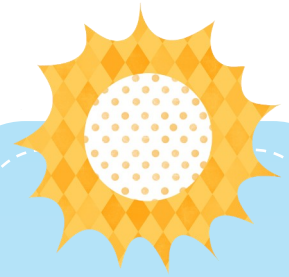


News From the Heart



Summer 2009

Subsidy Payment by: Dana Keplinger, Site Supervisor

Parents who participate in the WV State Child Care Subsidy program are evaluated and approved for services based on their income and their **need** for care. All parents are required to be in an approved activity. If both parents are in the home, **both** must be in an approved activity.

MountainHeart case managers are approving the parent for the activity that was last reported to our agency. This activity is listed on the child care certificate. (If you receive a certificate without the activity, please contact the case worker listed on that certificate.)

If you, the provider, have knowledge that the parent(s) are not participating in their activity, you are responsible for collecting privately from that parent for any services used during that time. For example: if you have knowledge that a parent is off work for the day, but brings the child(ren) to you, then you need to make private pay arrangements with that parent at the time of drop-off or pick-up. You are not permitted to bill the state subsidy program.

Parents cannot be approved for child care assistance when they attend medical appointments, go shopping, or other non-work or school related activities. The parents are informed of this at the time of application, whereas the parent service agreement is read to the parent(s) and the parent(s) sign in agreement of understanding of this policy.

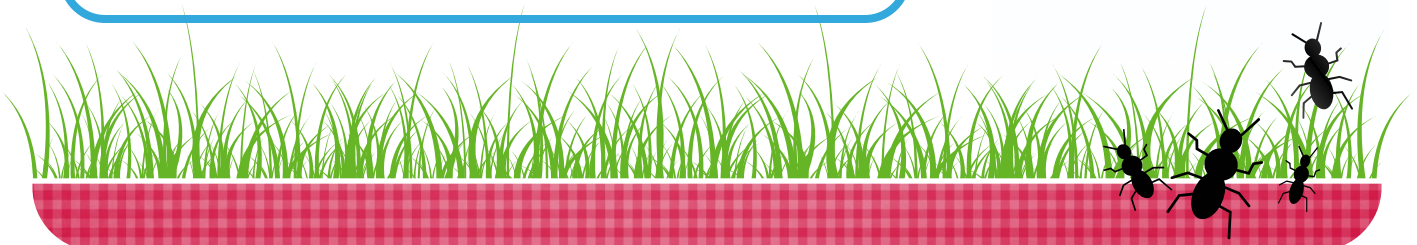
CONGRATULATIONS to Tiny Tots in Brandywine and Franklin for achieving Tier II Reimbursement status!

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Important Dates

09/26	Super Saturday in Jefferson County
10/08	Annual Child Care Directors' Meeting



Do You Have Concerns About Your Child's Development?

West Virginia Birth to Three is a system of services and supports for children ages birth to three who have a delay in their development or may be at risk for a delay. The early intervention services are offered at no cost to families and provided in the child's daily natural environment (home or community setting). If you would like to make a referral please call the RAU office in the county that you live in.

WVBTT RAU 5 Office 1-800-449-7790

Serves: Barbour, Lewis, Preston, Randolph, Taylor, Tucker and Upshur Counties.

WVBTT RAU 8 Office 1-866-681-4957

Serves: Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan and Pendleton

Providing Pleasing Spaces for Infants, Toddlers, and Their Families

by: Shannon Nichols, I/T Specialist

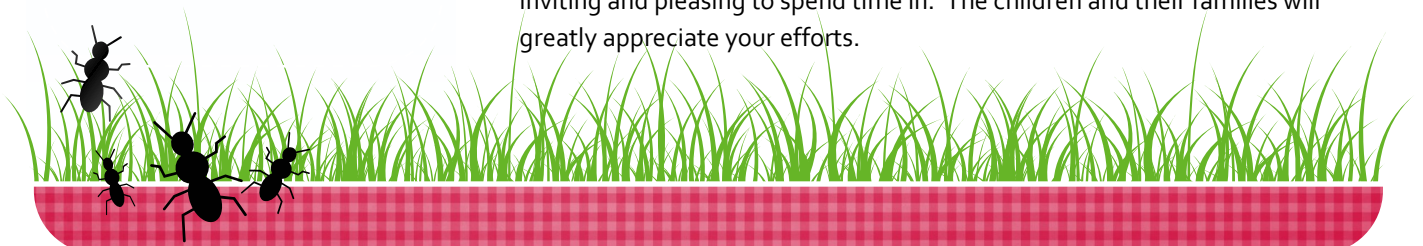
What kind of impression is your child care setting making on children and parents from the moment they walk in the door? First impressions are important. Your space should help children and families feel welcome, be comfortable and be engaged.

When creating a space that is welcoming, consider how it affects the senses of sight, smell, touch and sound. A welcoming space should be warm and inviting and be free of clutter. Consider the colors that are used in the space, they should act as an accent, not the focus of the space. Plants can add a "homey" feel to a space and improve air quality when dusted and watered regularly. Keep noise levels at a productive level where no one has to shout to be heard. An inviting space also has a pleasant smell. Try baking some cookies or bread or have a cinnamon and clove cider simmering in a safe, inaccessible spot to the children. Take dirty diapers outside regularly and get as much fresh air in the space as possible.

A pleasing space for children and families must also be comfortable. Keep the temperature at around 70 degrees and humidity at around 70%, as research suggests this to be the brain's optimal physical environment. A comfortable space for infants and toddlers includes appropriate areas for eating, sleeping, and exploring. Soft floor spaces are a must for this age group. Some adult furniture, such as a rocking chair or couch, allows adults and children opportunities to sit comfortably together to read a book or cuddle. Tunnels, lofts, risers or draped fabric in a corner or over a small table can offer a sense of privacy for children.

An effective space needs to be engaging. There should be a variety of safe materials for children to explore and discover. Display materials on low, open shelving to allow children to access them and put them away independently. Rotate toys regularly to keep them interested. Display children's artwork and family photos on the children's eye-level, while leaving some blank space to avoid overstimulation.

A welcoming, comfortable and engaging space sends the messages: you belong here, this is a place you can trust, you are a valuable member of this classroom or home community, you can do many things on your own here and this is a safe place for you to explore and try out your ideas. Take some time to look at your space from infant's, toddler's and family's eyes. Do you like what you see, hear, smell and touch? If not, look for ways to make your space more inviting and pleasing to spend time in. The children and their families will greatly appreciate your efforts.



New Staff

Hi, my name is Heather Keener and I am the new clerical for the Grafton office. My husband Hartsel and I reside in Taylor County with our two wonderful children, Tyler who is 13, and Bethany who is 9. I am thrilled to be part of this staff and I appreciate the opportunity to work at MountainHeart.



"Some think it's holding on that makes one strong: sometimes it is letting go." Sylvia Robinson

"Just Playing" by: Anita Wadley (submitted by: Cheryl Wolfe, TRAILS ECHS)

When I'm building in the block room,
Please don't say I'm **"just playing."**
For, you see, I'm learning as I play.
About balance and shapes.

When I'm getting all dressed up,
Setting the table, caring for the babies.
Don't get the idea I'm **"just playing."**
For, you see, I'm learning as I play.
I may be a mother or a father someday.

When you see me up to my elbow in paint,
Or standing at an easel, or molding and shaping clay,
Please don't let me hear you say **"he's just playing."**
For you see, I'm learning as I play.
I'm expressing myself and being creative.
I may be an artist or an inventor someday.

When you see me sitting in a chair
"Reading" to an imaginary audience,
Please don't laugh and think I'm **"just playing."**
I may be a teacher someday.

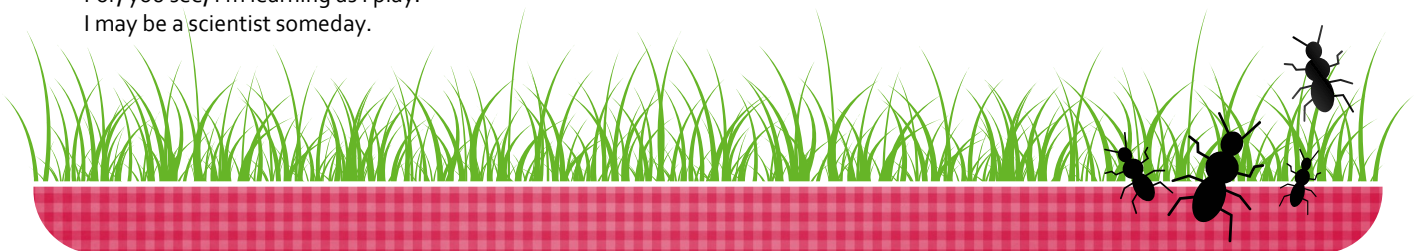
When you see me combing the bushes for bugs,
Or packing my pockets with choice things I find,
Don't pass it off as **"just playing."**
For, you see, I'm learning as I play.
I may be a scientist someday.

When you see me engrossed in a puzzle,
Or some "plaything" at my school,
Please don't feel the time is wasted in **"play"**
For, you see, I'm learning as I play.
I'm learning to solve problems and concentrate.
I may be in business someday.

When you see me cooking or tasting foods,
Please don't think that because I enjoy it, it is just **"play."**
I'm learning to follow directions and see differences.
I may be a chef someday.

When you see me learning to skip, hop, run and move my body,
Please don't say I'm **"just playing."**
For, you see, I'm learning as I play.
I'm learning how my body works.
I may be a doctor, nurse or athlete someday.

When you ask me what I've done at school today,
And I say, "I've played."
Please don't misunderstand me.
For, you see, I'm learning as I play.
I'm learning to enjoy and be successful in work.
I'm preparing for tomorrow.
Today, I'm a child and my work is play.



Save The Date!



What: Annual Child Care Center Directors' Meeting

When: October 8, 2009

Where: Bridgeport Conference Center
300 Conference Center Way
Bridgeport, WV 26630

Please note: *This meeting is mandatory for all center directors to attend. Failure to attend will result in an ineligibility to participate in the tiered reimbursement program and the associated grants. If you cannot attend, please send a designee in your place.*

Contact: Brenda Helper at (304) 558-4683

*"There is no greater joy nor greater reward than to make a fundamental difference in someone's life."
- Sister Mary Rose McGeady*

Activities for a Summer Day by: James Weber, Behavior Consultant

The warm summer months can be a stressful time for caregivers. Summer is synonymous with fun and freedom. We are tempted to turn out our children for free play away from structure and direction. Sometimes however, this leads to behavior issues when children do not have enough to occupy their minds and they move toward negative actions for attention.

The best way to deal with this is to be proactive in our approach and planning. Having activities prepared can be both fun and educational for our children. If this sounds like a daunting task, check out kidsource.com for a list of daily summer activities to do with the children in your care.

Some actions can be as simple as a walk in the park or hike through the woods. This is a wonderful opportunity to discuss shapes of trees and leaves. Conversations can take place regarding comparisons of taller and shorter, as well as bigger and smaller. Children might be interested in learning that not all trees lose

their leaves in the fall. Some, like the oak tree, keep most of their leaves until spring arrives. At the same time there are lots of interesting sounds coming from animals in the area.

While you are out walking, stop at the library to pick up a book. Younger children like colorful pictures to supplement the story. Even if they cannot read, they can make up a story that follows the pictures. Have you ever tried a 'serial story?' One person starts a story and then someone else picks it up, and then another until everyone has a turn. If the last person is not ready to end the story, it can keep going. Books and stories add much to the literacy development of our children. Remember that puppets and sounds greatly add to the experience of storytelling.

Having a few creative activities for children will help them feel that they had a full day. Perhaps it will help you too experience a sense of accomplishment for a job well done.





Spring Conference in Moorefield

by: Tara Bowley, EC Specialist

MountainHeart and the Hardy County WVU Extension Service had a good turnout for the Spring Conference held at the Moorefield Elementary School on April 18th. We had approximately 80 participants who attended the different sessions throughout the day. The day offered 6 trainings that all met the requirements of the tiered reimbursement system and participants were able to choose which 3 trainings they wanted to attend.

During the first session, Tara Bowley taught *Math for Preschoolers* and Melodee Price taught *Family Child Care Environmental Rating Scale-Revised*. Lunch was provided for the participants by the Hardy County Child Care Center. The second session provided participants with the choice of attending *An Introduction to the Early Childhood Environment Rating Scale-Revised* taught by Shannon Nichols or *Strong Families Eat Together* by Miriam Leatherman. The third session offered *Building Positive Relationships* by Sheila Zickefoose or *Sudden Infant Death Syndrome* by Sarah Hicks.

Prizes were given away during the different sessions and everyone who attended the conference got to choose a resource item before leaving. The resources included baby dolls, books, art supplies, science activities, and much more.

Shannon and I would like to thank everyone who was involved in helping make the Spring Conference a huge success!

Special thanks to Melodee Price, Sarah Hicks, Miriam Leatherman, Sheila Zickefoose, Sara Stewart, HCCCC, Moorefield Elementary School, and the Hardy County WVU Extension Service.

Volunteers Sought for Professional Development Advisory Council

If you are interested in participating on the Professional Development Advisory Council or would like more information, please call the Elkins office at

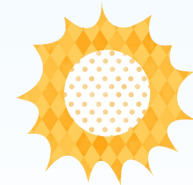
(304) 637-2840

or

1-877-862-3103

(toll free)

and ask for Willetta or Heather. Those signing up to participate on the committee will be notified of the meeting dates, times, and locations of the meetings.



Looking at the World Through the Eyes of a Child by: Melodee Price, EC Specialist

Making the most of summer time with your little ones might take some planning, but it doesn't have to take money. Memories are made from spending time together. Think back to when you were a child. What do you think of as a fond memory during summer? Maybe it was catching fire flies and putting them in a jar to see who could collect the most. In the eyes of a child that jar may light up as bright as a beacon. Going on a nature walk may also be a fond memory. A child may look at a group of trees and see a forest. An adult who looks at the same place may see just a wooded area. Making the most of simple times may be more memorable to a child than the annual, expense filled field trip you take, or the costly game station you purchase. So get out your flash lights and go for a moth hunt. Have your child mash a banana in a bowl, add about 4 tablespoons of sugar and a cup of juice. Your child can put the mixture on a tree just before dark. Later in the night, visit the tree with a flashlight, the fruit mixture should have attracted a few moths. If you and your child bring along a snack, you can have a picnic with the moths. ***Tell me at our next training together how you have made some memories this summer with the kids that you work with, or your own. Maybe you can get recognized in our next newsletter with the memory you made through the eyes of a child.***

T.E.A.C.H. Early Childhood® WEST VIRGINIA Scholarship Program for Child Care Center Teachers

River Valley Child Development Services is offering scholarships through the T.E.A.C.H. (Teacher Education and Compensation Helps) Early Childhood® Project. The goal of T.E.A.C.H. WV is to assist child care workers in earning advanced degrees in Early Childhood Education, while increasing their wages and reducing their turnover rate.

Scholarships are available for current and potential Pre-K teachers working in licensed child care centers who would like to obtain their associate degree or bachelor's degree in early childhood education. These scholarships can be utilized at Marshall Community and Technical College, Marshall University, Pierpont Community and Technical College or West Virginia University. In 2010, the scholarships will be able to be utilized at any West Virginia community college or university offering an early childhood education program.

T.E.A.C.H. WV funds 75 % of tuition cost for nine credit hours in one year, 90 percent book reimbursement, a travel stipend, reimbursement of 50 percent of the weekly paid release time and provides a bonus upon successful completion of the scholarship.

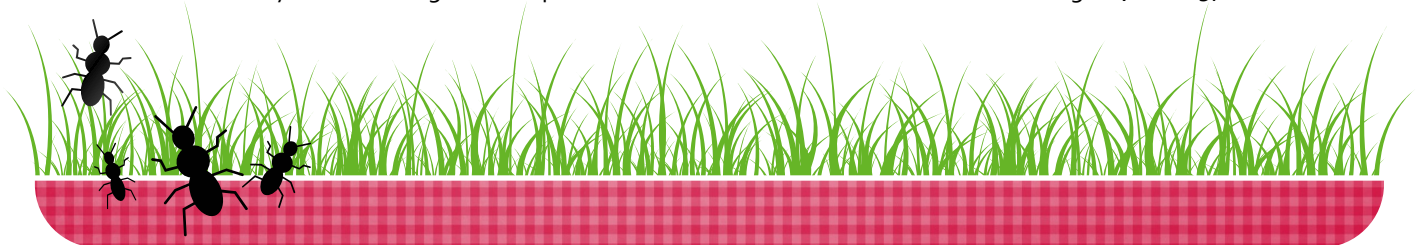
In return, the participant is responsible for 15 percent of tuition cost for nine credit hours in one year, 10 percent of book cost and commits to working in their sponsoring child care center during and for one year beyond completion of their scholarship. Also, the sponsoring child care center is responsible for 10 percent of tuition cost for nine credit hours in one year, providing weekly paid release time and distributing a bonus or raise upon successful completion of the scholarship.

Potential applicants receiving another form of financial aid may still be eligible for all or part of a T.E.A.C.H. scholarship. T.E.A.C.H. WV will evaluate the need(s) of each applicant to determine which components of a T.E.A.C.H. scholarship will wrap around the other form(s) of financial aid.

Funding for the T.E.A.C.H. Early Childhood® WEST VIRGINIA scholarship program is sponsored by Pew Charitable Trust and the WV Department of Health and Human Resources. For more information concerning T.E.A.C.H. Early Childhood® WV, or to apply for a scholarship, contact T.E.A.C.H. WV:

Phone: 304-529-7603 x118 or x403
E-mail: brandolph@rvcds.org or lmcginley@rvcds.org
Website: www.wvearlychildhood.org/teach.asp

Mailing Address: T.E.A.C.H. WV
611 Seventh Avenue, Suite 322
Huntington, WV 25701





Sun Safety by: Sarah Hicks, Nurse Health Consultant



We all need a little sun exposure, because it is our primary source of vitamin D. Vitamin D helps us to absorb calcium for stronger, healthier bones. However, it only takes a very short time in the sun for most people to get the vitamin D they need, and unprotected exposure to the sun's ultraviolet rays can cause skin damage, eye damage, immune system suppression, and even cancer. Most kids rack up between 50% and 80% of their lifetime sun exposure before age 18, so it's important that adults teach their children how to enjoy fun in the sun safely. With the right precautions, kids can safely play in the sun. Here are the most effective strategies:

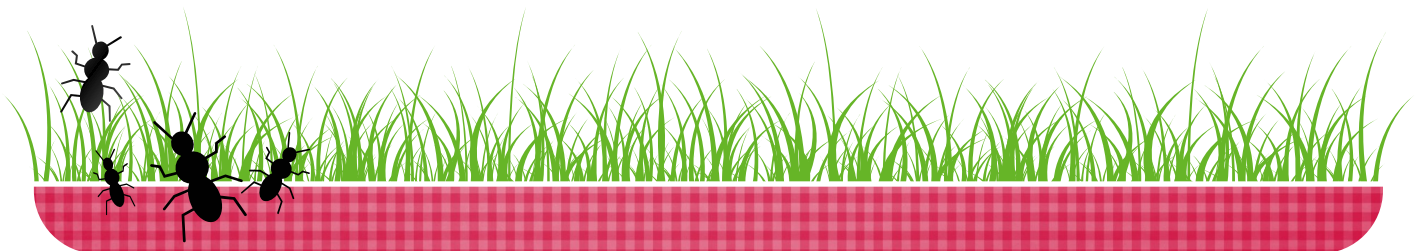
Avoid the Strongest Rays of the Day - First, avoid being in the sun for prolonged times when it's highest overhead and therefore the strongest (normally from 10:00 AM until 4:00 PM in the northern hemisphere). If kids are in the sun between these hours, be sure to apply protective sunscreen. Most sun damage occurs as a result of incidental exposure during day-to-day activities. Even on cloudy, cool, or overcast days, UV rays travel through the clouds and reflect off sand, water, and even concrete. Clouds don't filter out UV rays.

Cover Up - Infants have thinner skin, so their skin burns more easily than that of older kids. But sunscreen should **not** be applied to babies under 6 months of age (unless a doctor advises), so they absolutely must be kept out of the sun whenever possible. If an infant must be in the sun, dress him or her in clothing that covers the body, including hats with wide brims to shadow the face. Children of all ages need a break from the sun, as long exposure can make them feel tired and irritable. For outdoor activities, bring along a wide umbrella or a pop-up tent to play in, or find some shade to rest in. If it's not too hot outside and won't make the child even more uncomfortable, you can have him or her wear a light long-sleeved shirt and/or long pants. Sun exposure can damage the eyes as well as the skin. Cumulative exposure can lead to cataracts later in life (clouding of the eye lens, which results in blindness). The best way to protect eyes is to wear sunglasses. Sunglasses with labels ensuring that they provide 100% UV protection should be used.

Use Sunscreen Consistently - Lots of good sunscreens are available for kids, including formulas for sensitive skin, brands with fun scents like watermelon, long-lasting waterproof and sweat-proof versions, and easy-application varieties in spray bottles. A sunscreen that states on the label that it protects against both UVA and UVB rays (referred to as "broad-spectrum" sunscreen) should be used. For sunscreen to do its job, it must be applied correctly. Be sure to apply sunscreen whenever the child will be in the sun, and about 30 minutes before kids go outside so that a good layer of protection can form. Don't forget about lips, hands, ears, feet, shoulders, and behind the neck. Apply it generously and reapply every 2-3 hours. Remember, every child needs extra sun protection. The American Academy of Dermatology recommends that all children, regardless of their skin tone, wear sunscreen with an SPF of 15 or higher.

A few easy steps can create a lifetime of healthy skin for the children you care for, and remember to be a good role model by taking the steps to protect your skin as well!

Sarah Hicks, Nurse Health Consultant, will be on leave from September 1st through December 1st, 2009. For health consultant questions during that time, please contact Glenna Bailey at (304) 972-6300. Sarah will resume work on December 1st, 2009.



Medication Administration Trainings

Medication Administration training is being offered in our region. As per center licensing requirements, staff members who work in child care centers or Head Start and who administer medication must have medication administration training. These trainings are conducted through the WV DHHR Early Care and Education office & are WV S.T.A.R.S. approved. Training dates and sites are as follows:

July 27, 2009 (Monday) at 11:00 am in Martinsburg (MountainHeart Office)

July 31, 2009 (Friday) at 10:00 am in Petersburg (Grant County Library)

August 17, 2009 (Monday) at 10:00 am in Elkins (Randolph County DHHR Office)

Space is limited. Only twelve participants per class will be allowed. Slots will be filled on a first come, first serve basis. You **MUST PRE-REGISTER** at least five (5) days in advance of the training session by calling the Elkins MountainHeart office at (304) 637-2840 or 1-877-862-3103 (toll free). If all spaces are taken, you may place staff members on the waiting list in the event that a slot becomes available. If the minimum number of participants is not met for a training session, the session will be cancelled.

IMPORTANT NOTICE: Staff members must be registered on the WV S.T.A.R.S. Career Pathway before taking the medication administration training. You will not be permitted to attend the training session if you are not currently on the S.T.A.R.S. Career Pathway. All participants will need to bring their S.T.A.R.S. Pathway certificate with ID number and/or their feedback letter from WV S.T.A.R.S. stating that they have been approved and their certificate will be mailed soon. **If staff attend the training and are not on the S.T.A.R.S. Career Pathway, the training will not count towards licensing requirements.**

The training session is 4 ½ hours long (including two 15 minute breaks).

Participants must pass the Medication Administration competency test with 80% accuracy in order to pass the training and obtain a certificate.

Each participant must bring the following materials to the training: pencil or pen, paper, 1 pair of non-latex gloves, 1 doll baby

Reminder: Children may not attend the training session.

Mineral County Family Resource Network (MCFRN) and West Virginia University Presents:

Recognizing Child Abuse and Neglect

Monday, Sept. 14, 7-9 p.m., Technical Center, Keyser

Hot Topics - Personnel Issues

Thursday, Sept. 17, 7-9 p.m., Frankfort High School

Child Care Credits, WV S.T.A.R.S., and WVU CEU's Available

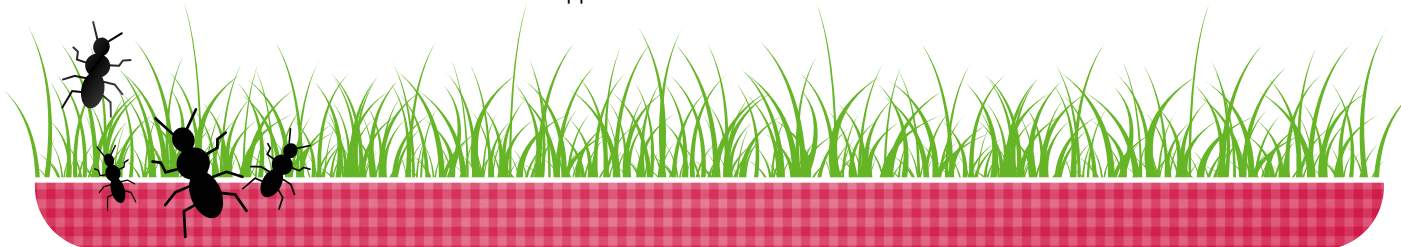
Refreshments Provided/Child-Care is Unavailable

It is very important to register with the WVU Extension Service.

Call (304) 788-3621 today!



The WV Governor's Cabinet supports all MCFRN activities on Children Youth and Families.



Training Calendar for July-September

Barbour County

Barbour County DHHR: 209 South Main Street, Philippi, 26416

Circle of Influence 9/9/09 (Wednesday) 10:00-12:00

WIC Office: The Small Mall, Philippi, 26416

Thirst, Snacking, and Meals 8/20/09 (Thursday) 10:00-12:00

Berkeley County

St. Luke's United Methodist Church: 700 New York Avenue, Martinsburg, 25402

What You Need to Know About Child Abuse 7/16/09 (Thursday) 6:00-8:00

Introduction to Child Observation & Assessment 8/20/09 (Thursday) 1:00-3:00

Circle of Influence 9/10/09 (Thursday) 3:30-5:30

Grant County

MountainHeart Office: 93 South Grove Street Suite 1, Petersburg, 26847

What You Need to Know About Child Abuse 7/16/09 (Thursday) 10:00-12:00

Teddy Bear Daycare: Keyser Avenue, HC 30 Box 11, Petersburg, 26847

Fetal Alcohol Syndrome 7/22/09 (Wednesday) 6:00-8:00

Hampshire County

Hampshire County DHHR: Route 50 East, Romney, 26757

Fetal Alcohol Syndrome 9/17/09 (Thursday) 10:00-12:00

Autism through the School Age Years 9/17/09 (Thursday) 12:30-2:30

Hardy County

Hardy County Child Care Center: 1989 State Road 55, Moorefield, 26836

Circle of Influence 9/10/09 (Thursday) 10:30-12:30

Hardy County DHHR: 112 Beans Lane, Moorefield, 26836

Autism through the School Age Years 9/15/09 (Tuesday) 12:00-2:00

Jefferson County

Jefferson County DHHR: 239 Willow Spring Drive, Charles Town, 25414

Sudden Infant Death Syndrome 7/13/09 (Monday) 10:00-12:00

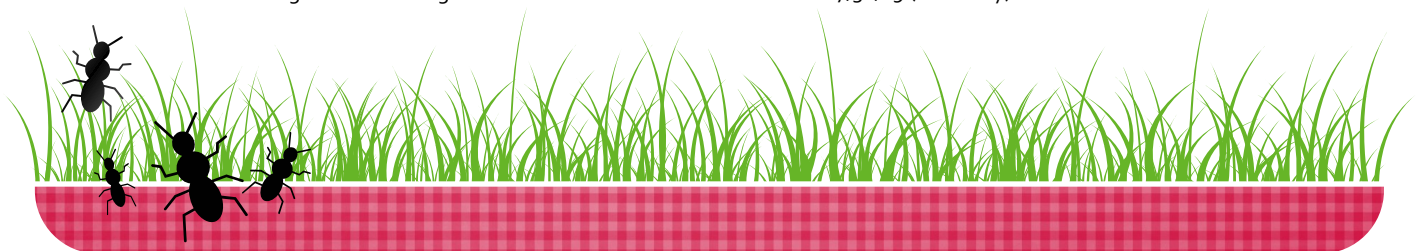
Ranson City Hall: 312 South Mildred Street, Ranson, 25438

Super Saturday 9/26/09 (Saturday) 8:00-3:30

Lewis County

Kids R Kids #2: 465 US Highway Route 33 E, Weston, 26452

Autism through the School Age Years 7/30/09 (Thursday) 6:00-8:00



Training Calendar for July-September

Mineral County

Mineral County DHHR: 18 North Tornado Way, Keyser, 26726

What You Need to Know About Child Abuse	7/9/09 (Thursday)	12:00-2:00
Circle of Influence	9/8/09 (Tuesday)	12:00-2:00

Morgan County

Doodlebugs Downtown: 640 Fairfax Street, Berkeley Springs, 25411

Sudden Infant Death Syndrome	7/25/09 (Saturday)	10:00-12:00
Summer Fun with Reading and Art	7/25/09 (Saturday)	12:30-2:30

Pendleton County

Tiny Tots Day Care Center: 312 Pine Street, Franklin, 26807

Fetal Alcohol Syndrome	7/16/09 (Thursday)	6:00-8:00
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Preston County

First Presbyterian Church Day Care Center: 106 E. High St., Kingwood, 26537

Sudden Infant Death Syndrome	9/12/09 (Saturday)	10:00-12:00
Fetal Alcohol Syndrome	9/12/09 (Saturday)	12:30-2:30

Randolph County

Discovery Corner: 601 Wilson Street, Elkins, 26241

What You Need to Know About Child Abuse	7/14/09 (Tuesday)	6:00-8:00
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Randolph Co. DHHR: 1027 North Randolph Avenue, Elkins, 26241

Sudden Infant Death Syndrome	9/2/09 (Wednesday)	11:00-1:00
Autism through the School Age Years	9/2/09 (Wednesday)	2:00-4:00

WIC Office: 107 Davis Avenue, Elkins, 26241

Thirst, Snacking, and Meals	7/30/09 (Thursday)	10:00-12:00
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Taylor County

Taylor County Public Library: 200 Beech Street, Grafton, 26354

What You Need to Know About Child Abuse	7/8/09 (Wednesday)	10:00-12:00
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Upshur County

WIC Office: 7 Southfork Center, Buckhannon, 26201

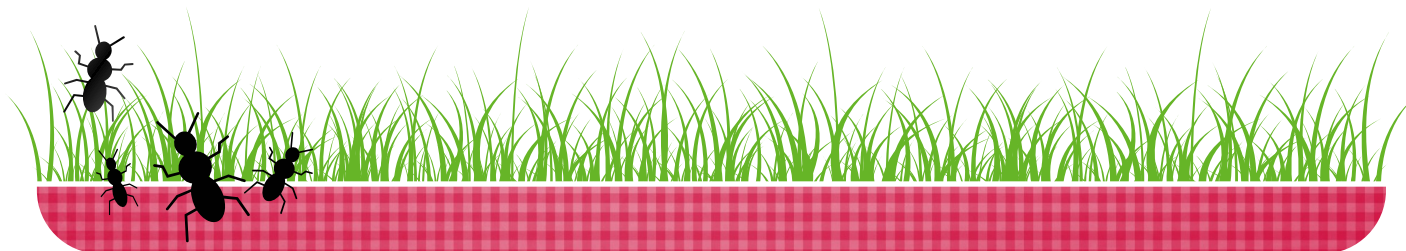
Thirst, Snacking, and Meals	7/28/09 (Tuesday)	10:00-12:00
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Little Ones Place Christian Child Care Center, LLC: P.O. Box 686, Buckhannon, 26201

What You Need to Know About Child Abuse	7/7/09 (Tuesday)	6:00-8:00
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Upshur County Public Library: Rt. 6 Box 480, Tennerton Road, Buckhannon, 26201

Sudden Infant Death Syndrome	8/4/09 (Tuesday)	5:30-7:30
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Training Topics offered July – September

Autism through the School Age Years. Core Competencies: Child Growth and Development & Positive Interactions and Relationships. Tara Bowley will teach this two hour training which will provide participants with information regarding how students with autism learn, the individualized education program, adaptations to make learning easier, and much more. (Intermediate)

Circle of Influence. Core Competency: Program Management. Melodee Price has geared the training toward center directors, assistant directors or owners of facilities. This training will help you determine your preferred decision-making style, assess the impact of the decisions you make, increase the level of trust among your staff, and to make better decisions. (Advanced)

Fetal Alcohol Syndrome. Core Competency: Child Growth and Development. Tara Bowley will teach this two hour training in which participants will be provided with information regarding Fetal Alcohol Syndrome and Fetal Alcohol Spectrum Disorders. Participants will also learn about the long-term consequences of prenatal alcohol exposure and determine strategies for prevention. (Beginner)

Introduction to Child Observation and Assessment. Core Competency: Child Observation and Assessment. Jim Weber will teach this two hour program. It will be an introduction to six basic types of assessments and their importance in child care settings. This training will count towards the tiered reimbursement system requirements. (Beginner)

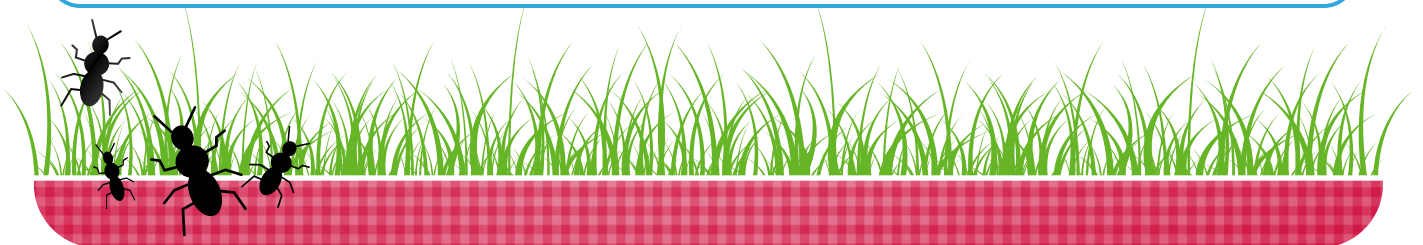
Sudden Infant Death Syndrome. Core Competency: Health, Safety, and Nutrition. This two hour training will be taught by Tara Bowley and count as Infant/Toddler credit. It will give you facts about Sudden Infant Death Syndrome or SIDS, reducing the risk of SIDS and information and handouts for the "Back to Sleep Campaign." This training will count towards the tiered reimbursement system requirements for facility owners and home providers. (Intermediate).

Summer Fun with Reading and Art. Core Competency: Curriculum. Tara Bowley will teach this two hour training that will provide participants with many ideas related to art and reading that they will be able to use with their school age children during the summer months. This training will include lots of hands on experiences, so come prepared to have some summer fun! (Beginner)

Thirst, Snacking, and Meals. Core Competency: Health, Safety, and Nutrition. WIC will present this two hour training that can count towards 2 hours of the food program hours you need. You will learn about the different kinds of drinks that are needed daily, creative ideas for drinking more water, why healthy snacking is important for growing children, and much more. (Beginner)

What You Need to Know About Child Abuse. Core Competency: Health, Safety, and Nutrition. This training will count towards 2 hours of child abuse and neglect training that is required of center based staff and toward the tiered reimbursement system requirements for facility owners and home providers. Melodee Price will use lecture, discussion, and small group activities to facilitate learning in the areas of physical, sexual, and emotional abuse and neglect. (Beginner)

Child care providers who wish to attend MountainHeart training sessions need to call the Elkins office at 1-877-862-3103 to register. If you register for a training and later find out that you can not attend, please call and cancel. We require a five person minimum for training sessions so it is important to register for trainings. If the five person minimum has not been met 5 days before the training date, the training will be cancelled.



CPR/First Aid Contact Information

Statewide Resources: www.redcross.org or www.wvucrem.org

Barbour County:

(304)457-2037: Barbour Co. Emergency Squad (\$25.00)

Berkeley County:

(304)263-5241: American Red Cross, Sam Bunner (\$30.00)
(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)

Grant County:

(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)
(304)257-1026: Grant Memorial Hospital (free)

Hampshire County:

(304)496-8223: Hampshire Co. EMS, Debbie (\$5.00 per class)
(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)

Hardy County:

(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)

Jefferson County:

(304)725-5015: Crystal Moran, American Red Cross (\$10.00 per component)
(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)

Lewis County:

(304)269-8207: Lewis Co. EMS, Pat Tomey (\$40.00 per person, \$20.00 for 6 or more)

Mineral County:

(304)788-6444: CPR Training Center (\$32.00)
(304)788-3955: American Red Cross

Morgan County:

(304)725-5015: Crystal Moran, American Red Cross (\$10.00 per component)
(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)

Pendleton County:

(304)267-3595, ext. 126: Mary Lou Largent, American Red Cross (cost depends on class or indiv.)
(304)358-3323: Pendleton Co. EMS, Charles King

Preston County:

(304)598-9500, ext. 130: American Red Cross (\$60.00 per person)
(304)376-7858: Ann Herrington, American Heart Association (\$30.00)

Randolph County:

(304)624-7689: Karen Shuster, American Red Cross
(304)376-7858: Ann Herrington, American Heart Association (\$30.00)
(304)637-3894: Davis Memorial Hospital (\$75.00)

Taylor County:

(304)598-9500, ext. 130: American Red Cross (\$60.00 per person)
(304)376-7858: Ann Herrington, American Heart Association (\$30.00)

Tucker County:

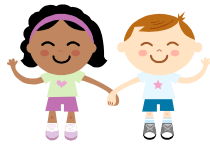
(304)598-9500, ext. 130: American Red Cross (\$60.00 per person)
(304)376-7858: Ann Herrington, American Heart Association (\$30.00)

Upshur County:

(304)472-1224: Upshur Co. EMS (\$20.00)
(304)376-7858: Ann Herrington, American Heart Association (\$30.00)



September Super Saturday



September 26, 2009

Ranson City Hall



312 South Mildred Street, Ranson, WV 25438

8:00 **Sign In**

8:30 – 12:30 **Nurtured Heart Approach: Transforming the Difficult Child.** Core Competency: Family and Community and Positive Interactions and Relationships. The frequency of children who are labeled with ADD (Attention Deficit Disorder) and ODD (Oppositional Defiant Disorder) is on the rise. James H. Gregory II, MSW, will offer new perspectives on the relationship between a child's intensity, the interventions selected and how and when change can take place. (Intermediate)

12:30 – 1:30 **Lunch** (on your own)

1:30 – 3:30 **PBS Ready to Learn.** Core Competency: Curriculum. Returning after last year's success, Debbie Oleksa will once again give us ideas to make reading fun! (Intermediate)

This training is a combined effort of MountainHeart and the Jefferson County Child Care Association providing 6 hours of S.T.A.R.S. Approved Training.

Please call the Elkins office at 1-877-862-3103 to register. The deadline to register is **September 18th**.

Tentative Schedule for 2009-2010 WVIT Classes

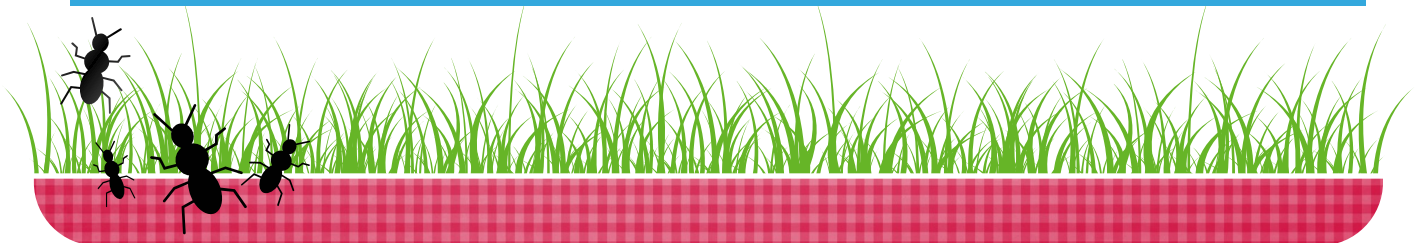
West Virginia Infant Toddler classes will be offered three times per year. If you are interested in participating in the WVIT program, please contact the Elkins office at 1-877-862-3103. The county with the most providers interested will likely be the county/counties in which class will be held.

November '09-February '10-Barbour, Lewis, Preston, Taylor and Upshur county area

March '10-June '10-Grant, Hardy, Pendleton, Randolph and Tucker county area

July '10-October '10- Berkeley, Jefferson, Morgan, Hampshire, and Mineral county area

* July '09—October '09 classes are being held in Martinsburg and slots are being filled off of a waiting list.





**“Children Are Our Future...
And Our Future Looks Promising”**

Grafton: 1-877-811-5437

Martinsburg: 1-888-915-7653

Weston: 1-866-232-9227

Petersburg: 1-877-211-5437

Elkins: 1-877-862-3103

MountainHeart Offices:

Dr. Jean Feldman

“Recipes for Fun”

Thursday, August 6, 2009

9:00 a.m. - 3:30 p.m.

Village Square, South
Clarksburg

For more information
and the registration
form, go to

www.wvayc.com

* Reservations must be postmarked
by Friday, July 24, 2009.

Trails Tips by: Janet Aitchison, TRAILS ECHS

Here is a new recipe for summer fun that is quick, easy, and fun!

Magic Finger Jello

2 packages unflavored gelatin

1 (6oz) package jello

2 ½ C water

¼ cup or less sugar

Dissolve unflavored gelatin in 1C of cold water. Set aside. In a saucepan, bring 1C of water to boil. Add jello and sugar. Bring to a boil. Remove from heat. Add gelatin mixture. Stir and add ½ C cold water. Pour into a greased pan. Refrigerate until solid (about 2 hours) . Cut into square or use cookie cutters. Store in an airtight container in the refrigerator. Change jello flavors with the holiday. Red jello and stars for the 4th of July. Orange jello and pumpkins for Halloween etc.