

News From the Heart



Improvements Made in the Child Care Program

- ◆ More Families eligible for Child Care Assistance
- ◆ Child Care Providers to See Increase in Reimbursement Rates

The Department of Health and Human Resources is pleased to announce an increase in the eligibility guidelines for families in need of child care assistance beginning November 1, 2007. Intake eligibility guidelines will increase from 150% of 2005 Federal Poverty Level to 150% of 2007 Federal Poverty Level. A family of three can now make up to \$25,764 per year and still be eligible for child care assistance. Families already receiving assistance will be able to remain on the program until they make more than 185% of 2007 Federal Poverty Level. For a family of three, this means that, once on the program, they can make up to \$31,764 per year and continue to receive assistance in paying for child care. Previously, a family of three would lose assistance after making \$29,772.

Reimbursement rates for child care

providers participating in the child care assistance program will also be increasing to more closely match what parents in the private market are paying. Four separate rates are being established based on the age of children in care. Separate rates are now set for children up to two years of age, children two-three years of age, children three-four years of age and for children age 5 and up. Center rates will increase by \$1-\$2 per day for preschool children. Family child care facility and family child care home providers will receive an increase of \$1-\$3 per day per child. These new rates will be effective retroactively to October 1, 2007, so providers will see the increase on the check they receive in November.

The Division of Early Care and Education is also busy developing a tiered reimbursement system that will reward child care providers who achieve higher standards of quality. The Department currently rewards nationally accredited child care providers with an additional \$4 per day per child. The Department is devel-

oping additional rewards for \$2 per day per child for those providers who are providing higher quality care above basic regulatory requirements, but have not yet achieved accreditation. To help child care centers to achieve higher standards of care, the Department will also offer \$1500 grants to those centers wishing to purchase curricula or materials to improve the quality of services provided to children. Family homes and facilities will be eligible for smaller grants of \$500 to \$750 once the system is finalized. The Department anticipates implementing this program within the next 60-90 days.

These increases were made possible through the use of federal Temporary Assistance to Needy Families (TANF). Child care is a valuable support service for low-income families and TANF recipients, allowing them to participate in work or educational activities. This money will support the availability and affordability of child care for low income families and the quality of care for all of West Virginias families and children.

Important Information Concerning Medication Administration Training

Child care center staff members who administer medication must have the WV DHHR, Division of Early Care and Education approved Medication Administration training **before** administering medications. **This is effective January 1, 2008.** All interim medication administration training will no longer count after January 1, 2008.

The training sessions that are listed in this newsletter are the approved Medication Administration training sessions. Please see the Medication Administration training schedule on page 6 for upcoming training sessions.

Participants in the Medication Administration training must be on the STARS Career Pathway before attending the training. A minimum of five participants MUST be registered for the training sessions before it will be held. The maximum number of participants for the training is twelve people.

If you have questions, wish to register or need more information pertaining to the Medication Administration training, please call Heather or Willetta at 637-2840 or 1-877-862-3103.

Mark Your Calendars To Attend:

SUPER SATURDAY

March 29, 2008

See page 11 for more details

Inside this issue:

Success Stories	2
MRSA	3
Seasonal Affective Disorder	4
Training Advisory Council	5
Medication Administration Trainings	6
Training Calendar	6-11
WV Infant / Toddler	10

TAX SEASON IS COMING... WE CAN HELP!

**Earned Income Tax Credit, Child Tax Credit, Education Credits,
Residential Energy Credits, Senior Citizen Tax Credit.....**

Need help filling out your tax return? What Tax Credits do you qualify for? The VITA (Volunteer Income Tax Assistance) Program sponsored by **MountainHeart**

Community Services will prepare **basic** tax returns for low to moderate income tax payers. We can electronically file your return so you can get any refund due to you in as little as 7 - 10 days if you use direct deposit. Best of all this is a **FREE** service we are offering to our communities. It will **NOT** cost you anything to have your tax return prepared! We are not Tax Professionals, but by using the IRS Taxwise Software Program we have been trained and have the ability to prepare basic tax returns.

Listed below are MountainHeart Offices who are offering free assistance in preparing basic tax returns. Please call the nearest office to schedule an appointment or for any additional information.

GRAFTON - Taylor, Barbour, Preston Counties call 1-877-811-5437 or 304-265-0035

ELKINS - Randolph & Tucker Counties call 1-877-862-3103 or 304-637-2840

WESTON - Lewis & Upshur Counties call 1-866-232-9227 or 304-269-6244

MARTINSBURG - Berkeley, Jefferson, Morgan Counties call 1-888-915-7653 or 304-262-1584

PETERSBURG - Hardy, Grant, Hampshire, Mineral, Pendleton Counties call 1-877-211-5437 or 304-257-9375



Super Saturday

MountainHeart held it's first SUPER SATURDAY on September 22nd at the Family Worship Center in Inwood. Julie Matthews from the WVU Taylor County Extension office offered eight hours of STARS registered training on topics including Food Budgeting, Food: Learning to Keep it Safe, Learn to Keep it Healthy, Healthy Recipes to Teach Children and Portion Distortion. Child Care providers from Berkeley, Grant, Jefferson, Mineral, Morgan, Randolph and Tucker Counties were in attendance. Almost 60 providers participated in a fun filled, informative day. They made peanut butter and jelly wraps, apricot and banana smoothies, apple graham delights, and shakin' pudding. All were yummy. They also learned about food budgeting, money saving tips and how to read nutrition labels. In addition, Julie talked about food portions and keeping food safe. She was enthusiastic, knowledgeable, energetic and fun. It was a pleasure to work with her.



Providers took away new information, great hand outs, tote bags, books and door prizes. I have received positive feedback from many providers saying that they enjoyed both the trainer and the experience. Thank you to Julie and the Family Worship Center for making the day a success.

By: Janet Aitchison

Saturday Training in Kingwood

Forty-two providers from Barbour, Lewis, Mineral, Preston, Randolph and Tucker Counties met on Saturday, October 27, 2007, at Kingwood's Wesley United Methodist Chapel for a day long training program. STAR's registered classes on

"Signing for Children," "Shaken Baby Training," and "Observation and Assessment" were offered to the participants giving them a total of six hours training. Most participants were excited to earn the educational hours in such a short amount of time.



Providers who took advantage of the "Super Saturday" held in Kingwood.

Methicillin-Resistant Staphylococcus Aureus (MRSA)

Methicillin-Resistant Staphylococcus Aureus (MRSA) has been making the headlines recently. Here are some questions and answers taken from The Centers for Disease Control and Prevention's (CDC) website:

What is MRSA?

MRSA is a type of staph that is resistant to antibiotics called beta-lactams (methicillin, oxacillin, penicillin, amoxicillin, etc.).

What is community-associated MRSA (CA-MRSA)?

MRSA infections that are acquired by persons who have not been recently (within the past year) hospitalized or have had a medical procedure are known as CA-MRSA infections. Staph or MRSA infections in the community are usually manifested as skin infections, such as pimples and boils, and occur in otherwise healthy people.

What does a staph or MRSA infection look like?

Staph bacteria, including MRSA, can cause skin infections that may look like a pimple or boil and can be red, swollen, painful, or have pus or other drainage. More serious infections may cause pneumonia, bloodstream infections or surgical wound infections.

How is MRSA transmitted?

MRSA is usually transmitted by direct skin to skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (e.g., towels, used bandages).

In what settings do MRSA skin infections occur?

MRSA skin infections can occur anywhere. Some settings have factors that make it easier for MRSA to be transmitted. These factors, referred to as the 5 C's, are as follows:

- Crowding
- Frequent skin-to-skin contact
- Compromised skin (i/e., cuts or abrasions)
- Contaminated items and surfaces and
- Lack of Cleanliness

Locations of where the 5 C's are common include schools, dormitories, military barracks, households, correctional facilities and daycare centers.



How do I protect myself from getting MRSA?

1. Practicing good hygiene (keeping your hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise.)
2. Covering skin trauma such as abrasions or cuts with a clean dry bandage until healed
3. Avoiding sharing personal items (towels, razors, etc.) that come into contact with your bare skin; and using a barrier (clothing or a towel) between your skin and shared equipment such as weight-training benches
4. Maintaining a clean environment by establishing cleaning procedures for frequently touched surfaces and surfaces that come into direct contact with people's skin.

If I have a staph or MRSA skin infection, what can I do to prevent others from getting infected?

1. **Cover your wound.** Keep wounds that are draining or have pus covered with clean, dry bandages. Follow your healthcare provider's instructions on proper care of the wound. Pus from infected wound can contain staph and MRSA, so keeping the infection covered will help prevent the spread to others. Bandages or tape can be discarded with the regular trash.
2. **Clean your hands.** You, your family, and others in close contact should wash their hands frequently with soap and warm water or use an alcohol-based hand sanitizer, especially after changing the bandage or touching the infected wound.
3. **Do not share personal items.** Avoid sharing personal items such as towels, washcloths, razors, clothing, or uniforms that may have had contact with the infected wound or bandage. Wash sheets, towels and clothes that become soiled with water and laundry detergent. Drying clothes in a hot dryer, rather than air-drying, also helps kill bacteria in clothes.
4. **Talk to your doctor.** Tell any healthcare providers who treat you that you have or had a staph or MRSA skin infection.

For additional information on MRSA and staph infections, visit the Centers for Disease Control and Prevention website at www.cdc.gov.

Seasonal Affective Disorder

Do you find during the winter season that you have less energy, feel less productive, need more sleep, feel down, or have less control over your appetite? If you answered yes to any of these questions, you may be one of the many people who suffer from Seasonal Affective Disorder (SAD). Studies indicate that most people in the northern United States experience seasonal changes in mood and behavior to some degree.



Life is a day at the beach

Thousands of people across the country have purchased boxes with specially made fixtures that emit far more light than is naturally available in an effort to mimic bright sunlight. This tricks the body and mind into reliving the warmer days of the year.

Other less expensive activities that may reduce the symptoms of SAD include engaging in social activities. Dinners with friends are a good idea, but make certain that you eat

healthy by including fresh produce like you eat in summer. Taking a class is another way to meet people and to occupy one's mind.

Remaining active with hobbies, seeing a funny movie, and

listening to upbeat music do much to brighten one's outlook. It is good to get outdoors as much as possible to soak up the real sunlight. If you cannot get outside, bring the outside in with plants to nurture during the colder days of winter.

While identifying SAD symptoms and taking steps to combat them are invaluable measures, one should seek professional help if these are not effective in reducing the serious blues of winter.



Congratulations Are In Order!

We would like to congratulate the following providers and centers for their dedication and hard work in completing the West Virginia Infant/Toddler Program for Caregivers in 2007. Thank you for all you do for West Virginia's children!

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|--|--|--|
| ◆ Shirley Davis—Small World | Care | ◆ Rana Smith—The Wee Train |
| ◆ Linda Day—Small World | ◆ Michelle Cook—Teddy Bear Day | ◆ Amanda Ware—The Wee Train |
| ◆ Melinda Turner—Hardy County CCC | Care | ◆ Michelle Williams—Grandmommy's House |
| ◆ Brittany Combs—Hardy County CCC | ◆ Heather Cosner—Teddy Bear Day Care | ◆ Michelle Wolfe—home provider |
| ◆ Ollie Mongold—Hardy County CCC | ◆ Melinda Gerbich—Grammy's Place | ◆ Renee Perry—Doodlebugs Learning Station |
| ◆ Samantha Turner—Hardy County CCC | ◆ Lovada Proctor—Grammy's Place | ◆ Samantha Gaither—Doodlebugs Learning Station |
| ◆ Tiffani Hinkle—Hardy County CCC | ◆ Andrea Sargent—Little Eagle CCC | ◆ Nicole Anderson—Little Eagle CCC |
| ◆ Elda Smith—Hardy County CCC | ◆ Kimbi Powell—Children's Treehouse | ◆ Donna Parks—Little Eagle CCC |
| ◆ Rachael Himelright—Tiny Tots Child Care Center | ◆ Casandra Curry—Hillside Child Care & Dev. Center | ◆ Christy Carter—Teddy Bear Preschool |
| ◆ Tammy Mitts—Tiny Tots Child Care Center | ◆ Marieke Griffioen—Bright Start Learning Center | ◆ Angel Ellinger—Doodlebugs Learning Station |
| ◆ Tina Crawford—Teddy Bear Day | ◆ Michelle Alkire—Punkin Patch | ◆ Brandy Quaglio—The Playroom |
| | ◆ Carol Everett—Little People Day-care | ◆ Crystal Rainey—Ten Fingers Ten Toes |

Training Advisory Council News

The Training Advisory Council will be holding its next meeting on January 10, 2008 in Elkins. If you are interested in attending and being part of this group, please contact the Elkins MountainHeart office at 1-877-862-3103 to RSVP and get the location of the meeting.

MountainHeart would like to thank those who have participated in the last two Training Advisory Council meetings. Those participants, in addition to MountainHeart staff, include the following:

- ◆ Marcie Phillips, Child and Adult Food Program
- ◆ Paula Marrone-Reese, Child and Adult Food Program
- ◆ Gina Raschella, Catamount Children's Center
- ◆ Sherry Gordy, Little Bear Day Care
- ◆ Lou Lowe, Little Bear Day Care
- ◆ Claude Pratt, Presbyterian Daycare Center
- ◆ Michelle Alkire, The Punkin Patch
- ◆ Jewell Moyer, Hugs and Kisses Daycare
- ◆ Kay Dewitt, Preston County Starting Points

- ◆ Susie Davis, Taylor County Starting Points
- ◆ Cindy Simmons, Tucker County Starting Points
- ◆ Audrey Morris, Morgan County Starting Points
- ◆ Joel Harris, DHHR
- ◆ James Richards, DHHR
- ◆ James Reddick, DHHR
- ◆ Janie Cole, DHHR Division of Early Care and Education
- ◆ Melanie Clark, DHHR Division of Early Care and Education
- ◆ Missy Smith, DHHR Division of Early Care And Education
- ◆ Jody Watkins, Baby Cubs Academy



A Big "Thank You"

It is always a challenge to find sites that are capable of hosting provider training sessions. The space has to not only meet the size of the group, but the site owner must be willing to allow us to use their facilities.

MountainHeart would like to extend appreciation to those who have so graciously allowed us to use their space to host one or more of our many trainings.

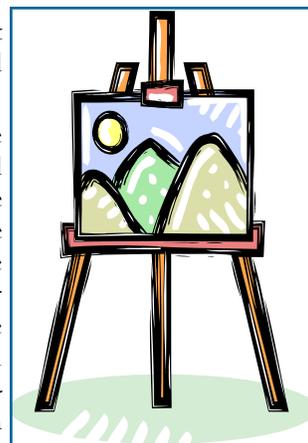
Those sites include: Discovery Corner, Punkin Patch, Little Bear Day Care in Bruceton Mills, Child Development Center in Buckhannon, Upshur County DHHR, Barbour County DHHR, Doodlebugs Learning Station, and Randolph County DHHR.

Art by Janet Aitchison

November and December are very busy months. For that matter, life seems to pick up speed in September and we crash in January. When you are busy making plans for activities during the holidays, remember that there is a difference between art and crafting. Gluing paper chains together to swag over a door or drape over the tree, tracing hand prints to make a giant wreath or coloring paper trees green are often traditional and fun, but are not art. Parents may love the traced handprints and caregivers may love decorating their space for the holidays.

However, any project that is teacher directed and one size fits all is not art.

Art activities are the child's choice. The child decides to make her tree green or purple. The caregiver provides the crayons and the paper but the child adds the creativity. Children should have opportunities to experiment with many different art medi-



ums to create a work of art unique to them.

So during this busy time of year, put the green finger paint and finger paint paper on the plastic covered table and let the children in your care create. Offer wrapping paper scraps, colored paper and glue to make collages. Allow each child to design their parents' holiday card. That way, each card will be a true original.

MEDICATION ADMINISTRATION TRAINING OPPORTUNITIES



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:

- January 8, 2008 (Tuesday) at 4:00 p.m. at Elkins (Days Inn)
- January 26, 2008 (Saturday) at 9:00 a.m. at Berkeley Springs (Doodle Bugs Day Care)
- January 29, 2008 (Tuesday) at 9:30 a.m. at Petersburg (Grant County Library)
- February 7, 2008 (Thursday) at 4:00 p.m. at Buckhannon (Child Development Center)
- February 15, 2008 (Friday) at 9:00 a.m. at Inwood (Inwood Family Worship Center)
- February 23, 2008 (Saturday) at 9:00 a.m. at Romney (Bank of Romney Community Center)
- March 3, 2008 (Monday) at 9:00 a.m. at Kingwood (Wesley UM Church)
- March 13, 2008 (Thursday) at 9:00 a.m. at Ranson (Lion's Club)
- March 22, 2008 (Saturday) at 9:00 a.m. at Martinsburg (The Mustard Seed Day Care)
- March 25, 2008 (Tuesday) at 9:00 a.m. at Philippi (Philippi Baptist Church)

Class sizes are limited. Slots will be filled on a first come, first serve basis. You **MUST PRE-REGISTER** at least ten (10) days in advance of the training session by calling the Elkins MountainHeart office at (304) 637-2840 or 1-877-862-3103 (toll free).

Space is limited. Only twelve participants per class will be allowed. 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 STARS 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). **A lunch or supper break is not included in the schedule. Please bring a snack if you feel that you will need one.**

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.

Training topics offered January through March 2008

Child Growth and Development Theories. Learn current theory and policies on child growth and development. This training will focus on children under the age of 2 years old. Training will count towards **2 hours of infant/toddler credit**. Core Competency: Child Growth and Development (Tier III)

The Family Child Care Environment Rating Scale-Revised. (FCCERS-R) This 2 hour training is an introductory course for family day care providers. The course will focus on the basic components of quality care, what the FCCERS is, what it is designed to do and how it can be used to evaluate and improve your child care program. Core Competency: Program Management (Tier II)

Developmentally Appropriate Guidance. Learn developmentally appropriate guidance approaches that promote positive behaviors, problem solving, and self-control. Core Competency: Positive Interactions and Relationships (Tier II)

The School Age Learning Environment. This 2 hour training will focus on setting up your environment with a balance of active and quiet, child directed and teacher directed, individual and group, indoor and outdoor activities. Core Competency: Curriculum (Tier II)

Recognizing and Reacting to Child Abuse. This class will count as **2 hours of Child Abuse training**. You will gain knowledge and begin to feel more confident when ensuring that state mandated child abuse and neglect regulations are followed. Core Competency: Health, Safety and Nutrition (Tier II)

Preschool Art-Get hands on experiences during this “play session.” You will learn new art ideas to implement in your program that will foster the imagination and creativity of the children you work with. Core Competency: Curriculum (Tier II)

Infant/Toddler Environmental Rating Scale. (ITERS) Shannon Nichols will guide you through the ITERS. This evaluation of your program will help you to provide the best possible learning environment for the infants that you work with. Core Competency: Program Management (Tier II).

Teaching Hearing Children to Sign-Cheryl Wolfe will give providers information on American Sign Language.

This training will include the history of ASL, the appropriate techniques to start and continue signing with children, and the developmental advantages of using sign language in centers and homes. There will also be several activities that will be “hands on.” Core Competency: Curriculum (Tier I).

Tinkle, Tinkle, You’re the Star. Cheryl Wolfe will help child care providers understand that toilet training is a developmental milestone. In this training, we will discuss signs of readiness, words that families will be using, panties or pull-ups, accidents, methods for learning and patience. We will do some “seeing” and “feeling” activities that you may want to include in your curriculum with the children. Core Competency: Child Growth and Development (Tier I).

MRSA and Other Health Concerns. Beth Bond, RN, will present information on Methicillin Resistant Staphylococcus Aureus (MRSA) and vector-borne diseases. Information will include how the diseases are transmitted, signs and symptoms, treatment and preventative measures. Core Competency: Health, Safety and Nutrition (Tier II).

Building Positive Partnerships with Parents-This Super Saturday session will be presented by Jim Lockhart and will cover strategies that he has used over the years to build effective relationships and partnerships with children and families. Core Competency: Family and Community (Tier I)

Where Does Creativity Come From?- James Richards will present this Super Saturday Session. Mr. Richards will discuss the origins of creativity in children as well as how we can encourage creativity in children. Core Competency: Child Growth and Development (Tier I)

Promoting Cognitive Development in Infants and Toddlers-Shannon Nichols will present this Super Saturday session which will define what cognitive development is in addition to the types of materials and activities to do with infants and toddlers to ensure healthy cognitive development. **This will count towards 2 hours of Infant/Toddler Credit.** Core Competency: Curriculum (Tier II)

Child Care Provider Training Calendar

2 hour training dates for January through March

Barbour County-Philippi Baptist Church. (Registration deadline: 1-17-08)

107 Church St. Philippi, WV 26416

January 23, 2008 (W)	3:30-5:30	Family Child Care Environmental Rating Scale
January 23, 2008 (W)	6:00-8:00	Developmentally Appropriate Guidance

Berkeley County-Family Worship Center .28 Lafayette Lane, Inwood, WV 25428

January 28, 2008 (M)	6:30-8:30	Preschool Art (Registration Deadline 1-23-08)
February 25, 2008 (M)	6:30-8:30	Sign Language (Registration Deadline 2-20-08)

MountainHeart @ 891 Auto Parts Place Suite 139

February 26, 2008 (Tues)	10:00-12:00	Tinkle, Tinkle You're the Star (Registration Deadline 2-21-08)
March 12, 2008 (W)	10:00-12:00	Developmentally Appropriate Guidance (Registration Deadline 3-7-08)

Grant County-MountainHeart office (Registration deadline: 1/25/08) 93 S. Grove Street. Petersburg, WV 26847

January 31, 2008 (Th)	3:00-5:00	Child Growth and Development
January 31, 2008 (Th)	5:30-7:30	Preschool Art

Hardy County-Hardy County Department of Health and Human Resources (Registration deadline: 2-21-08) . 112 Bean Lane. Moorefield, WV 26836

February 27, 2008 (W)	10:30-12:30	The School Age Learning Environment
February 27, 2008 (W)	1:00-3:00	Infant/Toddler Environmental Rating Scale

Hampshire County-Bank of Romney (Registration deadline 3-19-08) 95 E. Main Street. Romney, WV 26757

March 25, 2008 (Tues)	5:30-7:30	Child Abuse and Neglect
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Jefferson County-South Jefferson Public Library (Registration deadline 1-7-08) 49 Church Street. Summit Point, WV 25446

January 12, 2008 (Sat)	10:30-12:30	Child Growth and Development
January 12, 2008 (Sat)	1:00-3:00	Child Abuse and Neglect

Lewis County- MountainHeart office (Registration deadline 1-11-08) 239 Court Avenue. Weston, WV 26452

January 17, 2008 (Th)	3:30-5:30	Preschool Art
January 17, 2008 (Th)	6:00-8:00	Child Growth and Development

Mineral County-Department of Health and Human Resources office (Registration deadline 2-4-08) 1585 Cornell Street, Keyser, WV 26726

February 8, 2008 (F)	12:00-2:00	The School Age Learning Environment
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Morgan County-Morgan County Public Library (Registration deadline 3-6-08) 105 Congress Street. Berkeley Springs, WV 25411

March 13, 2008 (Th)	12:00-2:00	Infant/Toddler Environmental Rating Scale
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Preston County-Wesley United Methodist Church (Registration deadline 2-20-08)

107 West High Street. Kingwood, WV 26537

February 26, 2008 (Tues) 10:30-12:30 Child Abuse
February 26, 2008 (Tues) 1:00-3:00 Preschool Art

Randolph County-Days Inn (Registration deadline 2-7-08) 1200 Harrison Ave. Elkins, WV 26241

February 13, 2008 (W) 9:30-11:30 Developmentally Appropriate Guidance
February 13, 2008 (W) 12:00-2:00 Child Abuse

SUPER SATURDAY (Registration Deadline March 24, 2008) Days Inn, Elkins, WV.

March 29, 2008 (Sat) 8-10:00 Building Positive Partnerships with Parents
March 29, 2008 (Sat) 10:15-12:15 MRSA and Other Health Concerns
March 29, 2008 (Sat) 1:15-3:15 Where Does Creativity Come From?
March 29, 2008 (Sat) 3:30-5:30 Promoting Cognitive Dev. In Infants & Toddlers

Taylor County-Public Library (Registration deadline 1-30-08) 200 Beech Street. Grafton, WV 26354

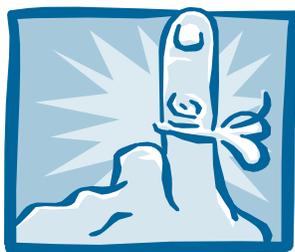
February 6, 2008 (W) 10:30-12:30 The School Age Learning Environment
February 6, 2008 (W) 1:00-3:00 Infant/Toddler Environmental Rating Scale

Tucker County-Davis Community Center (Registration deadline 1-9-08) 5th Street Kent Ave. Davis, WV 26260

January 15, 2008 (Tues) 9:30-11:30 Child Abuse
January 15, 2008 (Tues) 12:00-2:00 Developmentally Appropriate Guidance

Upshur County-Public Library (Registration deadline 3-7-08) Rt 6 Box 480. Buckhannon, WV 26201

March 13, 2008 (Th) 3:00-5:00 Family Child Care Environmental Rating Scale
March 13, 2008 (Th) 5:30-7:30 Child Abuse



IMPORTANT REMINDERS

- ◆ Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend a training.
- ◆ Five participants must be registered for each training or the training may be cancelled. Registration deadline is 5 business days before actual training.
- ◆ If you register and then can not attend, call the Elkins office to cancel. This will allow another child care provider to attend if there is a waiting list.
- ◆ Some class sizes may be limited. Register early to ensure you receive a spot.
- ◆ If school is cancelled in the county the training is offered, then the training is cancelled.

**Tentative Schedule for Child Abuse and Neglect Training
April-June 2008 Barbour, Berkeley and Mineral Counties**

Increase Your Infant/Toddler Knowledge & Skills



Do you work with children birth to 35 months of age? If so, the West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) is for you! Come join the fun as you learn how to take care of yourself, develop positive relationships with families, support children's development and ensure you are providing a quality program for the infants and toddlers of West Virginia. WVIT is a 50 hour (10 session) course that focuses on a variety of elements in working with children *birth to 35 months of age*. Participants must be registered with STARS prior to beginning class and work at least 20 hours a week with children under age three. Upon completion, participants will be eligible for free resources for use in their child care home or center.

Space is limited, so make it your New Year's Resolution to educate yourself in the fine art of caring for Infants and Toddlers. They will surely thank you with plenty of bright smiles and warm hugs! Call the Elkins office at 1-877-862-3103 or 637-2840 by January 9, 2008 to register or if you have any questions.

Classes will be held in Upshur county. We will confirm location information when you call to register.

<u>Date</u>	<u>Day</u>	<u>Session</u>
January 18, 2008	Friday	Administrator Session
January 24, 2008	Thursday	Session 1
January 28, 2008	Monday	Session 2
January 31, 2008	Thursday	Session 3
February 4, 2008	Monday	Session 4
February 14, 2008	Thursday	Session 5
February 18, 2008	Monday	Session 6
February 25, 2008	Monday	Session 7
February 28, 2008	Thursday	Session 8
March 3, 2008	Monday	Session 9
March 10, 2008	Monday	Session 10
March 13, 2008	Thursday	Make-Up, if needed

Tentative Schedule for future WV Infant/Toddler classes

If you or your staff are interested in participating in the WVIT program, please contact the Elkins office at 1-877-862-3103. The county which has the most providers interested will likely be the county in which class will be held.

April-June 2008- training will be held in the Grant, Hardy, Mineral area



Super Saturday

March 29, 2008

Randolph County - Days Inn-1200 Harrison Avenue (Basement),
Elkins, WV 26241

(Registration deadline March 24, 2008)



- March 29, 2008 Saturday
8:00-10:00 Building Positive Partnerships with Parents
- March 29, 2008 Saturday
10:15-12:15 MRSA and Other Health Concerns
- March 29, 2008 Saturday
1:15-3:15 Where Does Creativity Come From?
- March 29, 2008 Saturday
3:30-5:30 Promoting Cognitive Development in Infants and Toddlers

Mark Your Calendars

Children's Day at the
Legislature
March 5, 2008

Celebrating Connections

February 20-22, 2008

Charleston Civic Center

www.wvearlychildhood.org

Week of the Young
Child
April 13–19, 2008

Confidentiality of Children and Families

Child Care Providers at **all levels** are held to state confidentiality codes concerning information about the children and families that they serve. Discussion between providers about children and their families is **not** permitted under Chapter 49-7-1 of the Human Services Law of West Virginia. This law may be viewed at the following web address:
www.legis.state.wv.us/WVCODE/masterfrm3Banner.cfm.



Postmaster: Please deliver to address or current resident. _____

Visit Us On The Web at:
www.mountain-heart.org/ccsnorth

MountainHeart Offices

Martinsburg 1-888-915-7653

Petersburg 1-877-211-5437

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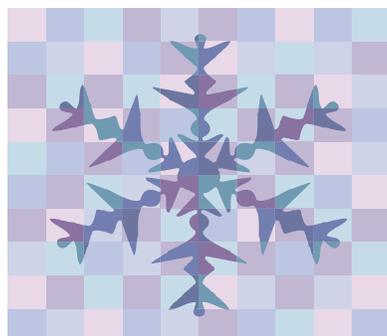
Elkins 1-877-862-3103

Weston 1-866-232-9227

TRAILS TIPS

By: Janet Aitchison, TRAILS Early Childhood Specialist

The holidays are fast approaching. Now, in addition to all that you do every day, all year long, you add holiday preparations to your overly full schedule. Please remember that children do best with an evenly paced, predictable routine. That is especially



important during the holidays when everyone is a little crazy. Children sense tension in the air and often react to it in less than positive ways. They won't remember next year how much money you spent on gifts. They will remember family and provider traditions and the positive responses they receive from the adults in their lives. So, be realistic and try to be disciplined. Don't overspend, over eat or over indulge. Live in the moment with those little people in your care and enjoy a safe and healthy holiday season.

“If you have
a job without
aggravations,
you don't have
a job”
Malcom
Forbes