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WINTER 2010

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MountainHeart Participates in “Take a Flower to Child Care Day”

By CHERYL WOLFE, TRAILS EC SPECIALIST

MountainHeart Community Services touched the people who are touching the future of our children by delivering flowers on October 19, 2010. It was the third annual “Take a Flower to Childcare Day.” West Virginia is dedicating this day to people who say “I am proud to be a child care provider.” We want to raise awareness about the important role that these special people have in the lives of our children and in the future of our state. The childcare providers of this state are making a difference in each of our children’s lives by wiping away tears, giving hugs, and making each experience a “teachable moment.” These special people are getting a once in a lifetime chance to touch the future!



Keyser Wee Care



Norborne Day Care Center



Little Bear Day Care, Inc.



Norborne Day Care Center



CQCE Participants



Little People Daycare



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Save The Date!

WHAT: Celebrating Connections

WHEN: February 22-25, 2011

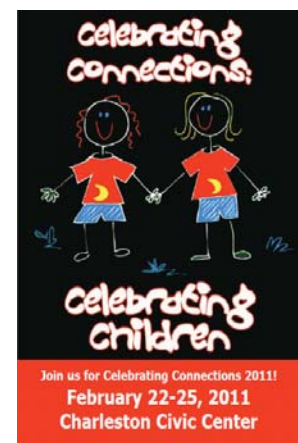
WHERE: Charleston Civic Center, Charleston, WV

FOR MORE INFORMATION, PLEASE CONTACT:

www.wvearlychildhood.org/Celebrating_Connections.html

Alyson Edwards at (304) 529-7603, ext. 401

or aedwards@rvcds.org





Childhood Maltreatment

By MELODEE PRICE, EARLY CHILDHOOD SPECIALIST

Child abuse and neglect affects millions of children each year in the US. The estimated cost of child maltreatment exceeds \$100 billion annually. Child abuse can affect a person's social, cognitive, physical and emotional development. Child abuse and neglect is not caused by any one factor, but from several that may be related to the person, family, and community. The training on "Making a Difference" is intended to reinforce helping individuals to know when and how to intervene with a family to assist and support them before child abuse or neglect occurs. It will provide mandated reporters or concerned citizens with the information needed to recognize, report and prevent child maltreatment. If you suspect child abuse or neglect and you are a child care provider, you are considered a mandatory reporter. This means you must report your suspicions. You can call your local or state police, your local Department of Health and Human Resources or the National Child Abuse Hotline at 1-800-422-4453. If you suspect a child is in immediate danger, call 9-1-1 right away.

Children with Diabetes

By SARAH HICKS, NURSE HEALTH CONSULTANT

Diabetes is a chronic condition in which the pancreas does not produce enough insulin. Without insulin, the body is not able to use and store some nutrients appropriately, resulting in elevated blood glucose levels and the potential for very serious illness. Understanding what diabetes is and how it affects the child's body is important in caring for a child with the condition. Due to sporadic growth spurts in children and typical childhood eating habits, blood glucose levels can fluctuate greatly. It is important to know the signs of low and high blood glucose levels, and how to take appropriate actions defined by the child's health care plan to help the blood glucose return to a normal level. The goal of glucose management is to maintain a normal glucose level through diet, monitoring, exercise, and possibly medication. Care of a diabetic child is a collaborative process that involves the child, his/her family, child care staff, the child's health care provider, as well as your Nurse Health Consultant. For more information on Caring for a Diabetic Child, attend one of the trainings offered this quarter and/or contact Sarah Hicks, Nurse Health Consultant at shicks@rvcds.org or (304)972-6200.

"A teacher affects eternity; she can never know where her influence stops." - Henry Brooks Adams

Creating a Sensory Sensitive Preschool Classroom

By TRACI BUSCH, BEHAVIOR CONSULTANT

Sensory input is considered by many therapists to be a vital component in managing many classroom behavior problems for preschool age children. What exactly is "sensory input" and what does it mean to children in your classroom?

Most of us know and understand the five basic senses of sight, smell, hearing, taste and touch, don't we? How many of us understand that there are actually two other very important senses (Schiller & Willis, 2008)? One of those senses is the sense of movement, or the vestibular sense, and the other is a person's awareness of their body in space, which is termed as the proprioceptive sense. All human beings gather input through all seven senses, process this information in their brain and react and behave accordingly. When there is a problem in how the sensory information is processed in the brain, the resulting behavior can be mistakenly seen as intentional disruption or misbehavior on the part of the child.

How can the Teacher's Role support the sensory development of all children?

- Monitor your voice level, follow a routine and simplify instructions
- Prevent "meltdowns" through environmental design and observation of children's behavior
- Promote self awareness and respect the child's emotions



TRAILS Tips

By JANET AITCHISON, TRAILS EC SPECIALIST

The New Year is a wonderful time to assess our priorities, our space and our “stuff”. All too often we bring more and more into our homes and classrooms and never take anything out! The result is too much stuff that overwhelms us and the children we care for. Fewer toys mean easier choices and easier clean-up. Spend time with the children rather than dealing with too many toys that frustrate everyone. Rotate the toys – you will have something new to offer next month. And don’t forget the TRAILS van. We have a wide variety of resources that change with each visit.

Elkins Donates to CPS

The Elkins MountainHeart Child Care Resource & Referral and WV Birth to Three Staff, presented to the WVDHHR Child Protective Services Division a donation of needed items to aid in serving the children of Randolph and Tucker Counties. Below pictured on the left is Thelma Caplinger, CPS Supervisor, and Becca Sainato, Elkins MountainHeart Case Manager. The Elkins office has chosen different charities/agencies throughout the year to provide donations to assist others in the community.



Be Choosy, Be Healthy

Would you be interested in participating in “Be Choosy, Be Healthy” West Virginia? Providers interested in participating will need to contact Sarah Hicks, Nurse Health Consultant, to receive an application. Application deadline is Jan 31st, 2011. One hundred centers/facilities throughout the state will be chosen to participate. Those chosen will receive training, materials (including a “Choosy Kit”), and technical assistance on how to change or maintain current health, nutrition, and physical practices.



Sarah can be contacted at: shicks@rvcds.org

Hands That Touch the Heart of a Child

By CHERYL WOLFE, TRAILS EC SPECIALIST

The first set of hands that touch a child is a doctor or midwife to place the infant in the hands of his or her mother. A mother’s touch is the first sensation of love and tenderness that a child experiences in this world. Studies conducted in orphanages during World War II revealed that children without touch would become depressed and die, even if they had proper nutrition and hygiene.

The next set of hands that touches our children’s hearts is fathers, grandparents, family and friends. Children grow well, feel nurtured and gain a sense of security that will later develop into good self-esteem from a tender touch.



Then the next set of hands to touch our children is child care providers and teachers. They change a diaper, hold a hand to walk, doctor a wound, prepare a meal, rub a back for rest time, teach sign language and hold hands while dancing. We have the power in our hands to touch the heart of a child. Your touch is extremely important to every child so make sure it is always with respect for the child’s likes and dislikes. Remember, touch is nourishment for our children’s soul.

WV Elements of Family Child Care Series

The WV Elements of Family Child Care Series (WVEFCCS) is a seven part series that provides an overview of *The Creative Curriculum for Family Child Care* and the *Family Child Care Environment Rating Scale-Revised (FCCERS-R)*. The series is presented in 4-hour sessions with two technical assistance visits and totals 30 hours of professional development. This is a special opportunity to engage with other family child care providers in a small group classroom experience. In addition, you will receive the Creative Curriculum manual and the FCCERS-R handbook. There are plans to distribute additional resources to participants of the series, if funding allows. Keep watching for more information!



MountainHeart News & Notes

CONGRATULATIONS GRADUATES

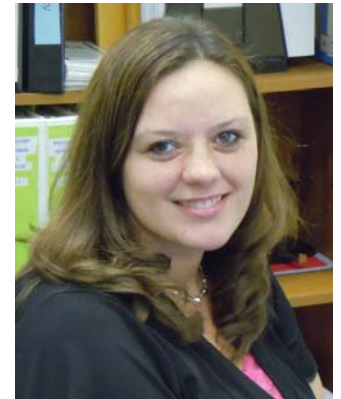
Congratulations to the following providers for completing the West Virginia Infant/Toddler Program (WVIT) in 2010. The children and parents of West Virginia appreciate their hard work and dedication to improving the quality of care for infants and toddlers.

- Lora Osburn-Mountain CAP of WV
- Amber Goldizen-Hardy County Child Care Center
- Brittany Barb-Hardy County Child Care Center
- Donna Southerly-Hardy County Child Care Center
- Jody Abrel-Hardy County Child Care Center
- Ashley Roby-Teddy Bear Daycare
- Cassandra Hershberger-Small World
- Teresa Albright-Tiny Tots Village
- Kayla Householder-Tiny Tots Village
- Shannon Lewis-Teddy Bear Preschool
- Angela Stoneberger-In His Care Children's Center
- Lisa Hawk-The Little Place
- Wendy Bowles-Bright Start Learning Center
- Amanda Beavers-Romney Little Rascals
- Jana Kelly-Little Bear Day Care
- Ann Westfall-Little Bear Day Care
- Tracie Savage-Little Bear Day Care
- Blair Crisson-Little Bear Day Care
- Sherry Gorondy-Little Bear Day Care
- Norma Oviedo-In His Steps
- Sophia Carey-Bowles-Bright Start Learning Center
- Natoshia Kindall-Hillside Child Care and Dev. Center
- Brittney Redman-Romney Little Rascals
- Lisa Chapman-Little Friends Child Care Center
- Kristi Alford-Little Friends Child Care Center
- Xiaoqin Lu-Shepherdstown Day Care
- Jessica Frelick-Shepherdstown Day Care
- Viola Welch-The Children's Treehouse
- Theresa Bostick-Youth Health Service
- Lisa White-Youth Health Service
- Teresa Perry-Discovery Corner
- Cindy Phares-Discovery Corner
- Tina Cook-The Wee Train
- Brittany Marsh-The Wee Train

Welcome To Our Team!

Traci Busch is the new Behavior Consultant in the Elkins office. Traci received her B.S. degree from WVU in Family Resources and her M.S. degree from the University of Tennessee in Child and Family Studies. She has three children: Mary Kate, age 21 who lives near Seattle, Washington and Maggie, age 8, and Aidan, age 6, at home. She also has a 10 month old grandson, Armin James (AJ). In her spare time Traci enjoys outdoor time with her friends and family, reading, and serving God.

Cynthia Quaglio is a new case manager in the Martinsburg office. Cynthia graduated from Blueridge Community Technical College with an Associate's degree in Criminal Justice and from Shepherd University with a Regents Bachelor's of Arts. She enjoys concerts, movies, crafts, shopping, spending time with family and friends. She also spends most of her time chasing her two hound dog pups around. Cynthia is looking forward to working at MountainHeart!



MountainHeart Open Houses a Huge Success

Our offices recently celebrated open house events that were well attended by both the public and staff. These event were hosted to recognize MountainHeart Community Services in celebrating 45 years of providing services to the public. For pictures and information on your local office event please visit the MountainHeart Facebook page or www.mountainheartwv.org.

CONGRATULATIONS to Shepherdstown Day Care Center in Jefferson County and Discovery Corner in Randolph County for achieving Tier II Quality Status!



MH News & Notes

Medication Administration Training

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 STARS registered. Training dates and sites are as follows:

- February 8, 2011 (Tuesday) at 6:00 pm in Junior (Wee Train Day Care Center)
- February 15, 2011 (Tuesday) at 12:00 pm in Summit Point (South Jefferson Public Library)
- February 16, 2011 (Wednesday) at 10:00 am in Martinsburg (MountainHeart 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 STARS 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 WV STARS Career Pathway. **All participants will need to bring their WV STARS 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 WV STARS 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.

"Life is the first gift, love is the second, and understanding the third." - Marge Piercy

Components of Quality Care and Education

CQCE modules are a 32-hour training that will cover a variety of topics. The modules were developed to meet the requirements of the WV Early Learning Standards. **Participants must be WV STARS registered before attending the training.** Each child care provider who completes the training may receive free resources for use in their home, facility, or child care center. Please contact the Elkins MountainHeart office at 1-877-862-3103 to register. If you have any questions about the training, please contact Melodee Price or Tara Bowley at the Elkins MountainHeart office.

Randolph County: Randolph County DHHR office: 1027 North Randolph Avenue, Elkins, WV 26241

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| January 10, 2011 – Monday, 10:00-2:30 | Module 1: Extreme Makeover/Space and Furnishings |
| January 19, 2011 – Wednesday, 10:00-2:30 | Module 2: Just Routine |
| January 24, 2011 – Monday, 10:00-2:30 | Module 3: For the Love of Literacy |
| January 31, 2011 – Monday, 10:00-2:30 | Module 4: Implementing Your Curriculum |
| February 7, 2011 – Monday, 10:00-2:30 | Module 5: Recipe for Relationships |
| February 14, 2011 – Monday, 10:00-2:30 | Module 6: Building Blocks: A Program's Structure |
| February 28, 2011 – Monday, 10:00-2:30 | Module 7: Including All Children |
| March 7, 2011 – Monday, 10:00-2:30 | Module 8: Communication is the Key |



FREE RESOURCES UPON COMPLETION





Training Topics Offered January - March 2011

Attention Deficit Hyperactivity Disorder. *Core Knowledge: Child Growth and Development.* Melodee Price will teach this 2 hour session to help child care providers understand the basics of ADHD and strategies to help a child with this diagnosis. (Beginner)

Caring for Children with Diabetes. *Core Knowledge: Health, Safety, and Nutrition.* This training will cover the basics of caring for a child with diabetes, including understanding the condition itself, understanding the basics of blood glucose management, and implementing treatment and diet in collaboration with parents, health care provider, and the child's individualized health care plan. (Intermediate)

Family Child Care Record Keeping. *Core Knowledge: Program Management.* Family home providers will learn about their business expenses, deducting business expenses and claiming your depreciation expenses. This training will be geared for the self employed family child care providers. (Beginner)

Make the Changes, Make More Money. *Core Knowledge: Professionalism.* A tiered reimbursement system offers higher subsidy payments to programs that demonstrate they meet higher standards of care. Would you like to receive more pay for the quality care of children who are in the subsidy program? Learn how to compile information to submit your Tier II application. (Intermediate)

Making a Difference. *Core Knowledge: Health, Safety and Nutrition.* This training will help individuals to know when and how to facilitate a family's linkage to assistance and support before child maltreatment occurs. (Beginner)

Poison Prevention. *Core Knowledge: Health, Safety, and Nutrition.* Tara Bowley will teach this two hour training in which participants will learn what poisons are, where they can be found, and how to prevent poisonings from occurring. (Intermediate)

Puppet Power. *Core Knowledge: Child Growth and Development/Curriculum.* Tara Bowley will teach this two hour training in which participants will learn about the importance of puppets in the classroom. Participants will also be introduced to many different types of puppets, along with the opportunity to make a few of their own. This training will have a focus on school age children. (Beginner)

Tumbling with Toddlers. *Core Knowledge: Curriculum.* Shannon Nichols will be teaching this two hour training in which participants will be learning fun and creative ways to get little ones moving their bodies and growing their brains. Be prepared to get up and move! (Beginner)

WV STARS has a new telephone number: (304) 522-7827 or Toll Free: (855) 822-7827

Please visit their website at www.wvearlychild.org for more information.

Welcome all Family Child Care Providers!

We are the newly formed West Virginia Family Child Care Association. We would like to unite all of the providers in our state so that your voice can be heard. We would like to hear about your needs and dreams for the future.

Please join our association today and let your voice be heard! Applications for membership can be found at your local R&R or by contacting WVCCA at (304) 917-9697.

Tentative Schedule for Future WVIT Classes

If you are interested in attending the West Virginia Infant Toddler program, please contact Shannon Nichols in the **Weston office at 1-866-232-9227** for more information. Space is limited and filled on a first come-first serve basis. The county with the most providers interested will likely be the county/counties in which class will be held.

March-June 2011- James Rumsey Technical Inst.—Berkeley Co.

July-October 2011- Grant, Hardy, or Mineral County

November 2011-February 2012 – Barbour, Lewis, Upshur or Randolph County



Training Calendar for January-March 2011

Barbour County

Kid Care Child Development Center: Route 1 Box 165B, Philippi, 26416		
Puppet Power	1-13-11 (Thursday)	6:00-8:00
Wee Train Day Care Center: PO Box 36, Junior, 26275		
Med. Administration (Must be WV STARS registered)	2-8-11 (Tuesday)	6:00-10:30
Poison Prevention	3-3-11 (Thursday)	6:00-8:00

Berkeley County

Inwood Family Worship Center: 28 Lafayette Lane, Inwood, 25428		
Caring for Children with Diabetes	2-16-11 (Wednesday)	6:30-8:30
James Rumsey Technical Institute: 3274 Hedgesville Road, Martinsburg, 25403		
Family Child Care Record Keeping	1-7-11 (Friday)	10:00-12:00
Tumbling with Toddlers	3-1-11 (Tuesday)	6:00-8:00
Make the Changes, Make More Money	3-30-11 (Wednesday)	6:00-8:00
Martinsburg MountainHeart office: 891 Auto Parts Place, Martinsburg, 25403		
Med. Administration (Must be WV STARS registered)	2-16-11 (Wednesday)	10:00-2:30

Grant County

MountainHeart office: 93 South Grove Street Suite 1, Petersburg, 26847		
Family Day Care Record Keeping	1-3-11 (Monday)	12:00-2:00
Teddy Bear Daycare: HC 30 Box 11, Keyser Avenue, Petersburg, 26847		
Making a Difference	3-19-11 (Saturday)	11:00-1:00

Hampshire County

Hampshire County Public Library: 153 West Main Street, Romney, 26757		
Puppet Power	1-20-11 (Thursday)	12:00-2:00
Tumbling with Toddlers	3-1-11 (Tuesday)	12:00-2:00

Hardy County

Hardy County Public Library: 102 North Main Street, Moorefield, 26836		
Tumbling with Toddlers	3-3-11 (Thursday)	12:00-2:00
Hardy County Child Care Center: 1989 State Road 55, Moorefield, 26836		
Poison Prevention	3-12-11 (Saturday)	10:00-12:00
Puppet Power	3-12-11 (Saturday)	1:00-3:00
Attention Deficit Hyperactivity Disorder	3-26-11 (Saturday)	11:00-1:00

Jefferson County

Ranson City Hall: 312 South Mildred Street, Ranson, 25438		
Family Child Care Record Keeping	1-6-11 (Thursday)	3:30-5:30
Making a Difference	1-6-11 (Thursday)	6:30-8:30
Make the Changes, Make More Money	2-10-11 (Thursday)	6:00-8:00
Shepherdstown Day Care Center: PO Box 388, Shepherdstown, 25443		
Caring for Children with Diabetes	2-15-11 (Tuesday)	6:30-8:30
South Jefferson Public Library: 10 Shirley Road, Summit Point, 25446		
Med. Administration (Must be WV STARS registered)	2-15-11 (Tuesday)	12:00-4:30

Lewis County

Lewis County Board of Ed. Building: 239 Court Avenue, Weston, 26452		
Family Child Care Record Keeping	1-18-11 (Tuesday)	6:00-8:00
Tumbling with Toddlers	2-24-11 (Thursday)	6:00-8:00

Mineral County

Mineral County DHHR: 18 North Tornado Way, Keyser, 26726		
Make the Changes, Make More Money	3-22-11 (Tuesday)	1:00-3:00

Morgan County

Morgan County DHHR: PO Box 597, Berkeley Springs, 25411		
Caring for Children with Diabetes	2-17-11 (Thursday)	10:00-12:00

Preston County

Preston County DHHR: 18531 Veteran's Memorial Highway, Kingwood, 26537		
Puppet Power	1-4-11 (Tuesday)	12:00-2:00



Training Calendar for January-March 2011 continued

Randolph County

Tygart Valley Community Library: Route 219/250, Mill Creek, 26280

Family Child Care Record Keeping	1-22-11 (Saturday)	12:00-2:00
Making a Difference	2-19-11 (Saturday)	12:00-2:00

Youth Health Service, Inc.: 971 Harrison Avenue, Elkins, 26241

Puppet Power	1-5-11 (Wednesday)	5:30-7:30
Caring for Children with Diabetes	1-20-11 (Thursday)	5:30-7:30
Poison Prevention	2-10-11 (Thursday)	5:30-7:30

Taylor County

Taylor County Public Library: 200 Beech Street, Grafton, 25354

Family Child Care Record Keeping	1-13-11 (Thursday)	12:00-2:00
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Tucker County

Family Resource Network: 501 Chestnut Street, Parsons, 26287

Family Child Care Record Keeping	1-26-11 (Wednesday)	6:00-8:00
Attention Deficit Hyperactivity Disorder	2-1-11 (Tuesday)	6:00-8:00
Making a Difference	2-15-11(Tuesday)	6:00-8:00

Upshur County

Child Development Center: 20 Camden Avenue, Buckhannon, 26201

Puppet Power	1-11-11 (Tuesday)	6:00-8:00
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Upshur County Public Library: Route 6 Box 480, Tennerton Road, Buckhannon, 26201

Making a Difference	2-5-11 (Saturday)	1:00-3:00
Poison Prevention	2-9-11 (Wednesday)	2:00-4:00

To register for trainings, please call the Elkins office at 1-877-862-3103 or 304-637-2840.

You must register at least 5 days before the scheduled training.

If schools are closed in the county that a training is being held, then the training is automatically cancelled.



Child Care Resource & Referral Division

1200 Harrison Avenue, Suite 220

Elkins, WV 26241