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## Changes to the Subsidy Program

The West Virginia DHHR has announced that child care fees for parents earning between 40% and 150% of the Federal Poverty Level (FPL) will be increasing by approximately 50%. Please be sure to check the subsidy certificates that you receive for the amount of the parental co-pay, as some parents' fees will be increasing.

Effective January 1, 2013, families currently receiving services who earn over 150 percent of federal poverty level will no longer be eligible for the child care subsidy once their current certificate expires.

If you have questions about these changes, please contact your local CCR&R office or the Division of Early Care and Education. You may share comments with the Division of Early Care and Education about these changes at:

<https://www.surveymonkey.com/s/ChildCareComments2012>

## IMPORTANT NOTICE REGARDING THE NEWSLETTER

Beginning with our next issue of *News from the Heart*, everyone whose e-mail address MountainHeart has on file will be receiving the newsletter via e-mail. An advantage of receiving it via e-mail is that you will receive it approximately one week before those that are mailed. If we do not have your e-mail address and you would like to receive the newsletter by e-mail, please contact the Elkins office at 304-637-2840 or 1-877-862-3103 (toll free). All issues of *News from the Heart* are available on our website at:

[www.mountainheartwv.org/ccnorth](http://www.mountainheartwv.org/ccnorth)



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## Save The Date!

WHAT: "The Reggio Journey Begins"

WHEN: Friday, October 19, 2012 & Saturday, October 20, 2012

WHERE: Bridgeport Conference Center, Bridgeport, WV

WV STARS registered training

NAREA Affiliated

Open to center directors, Head Start, ECE Instructors, Classroom Teachers and ECE Students

For more information, please contact Helen Post Brown at 304-366-8590.

## Children Learn Through Play

By: MELODEE PRICE, EC SPECIALIST

Children learn through play. This is a simple concept but it sometimes gets lost in our field of child care. Some people think they should be doing worksheets and coloring sheets with the children to “get them ready for school.” What children really need to help them get ready for public school is to be able to get along with other children. They need to learn to follow directions and to interact with the children around them. If you have a child who can participate as a group member, who can follow directions, and who has friends, then you will have a child who will be ready to function in the public school classroom.

So throw out those worksheets and coloring books! Get with the current times! If you need ideas of how to play, come to my training called “Children Learn Through Play.” We will review songs, finger plays, Nursery Rhymes and we will be making some props for these activities to extend a child’s play.

## TRAILS Tips

By: JANET AITCHISON, TRAILS SPECIALIST

I was gathering information for a presentation about choosing child care and found an article written for *childcare.com* several years ago by Lillian Katz.

“The characteristics of a program that really predict its outcome are the answers to the bottom-up question which is: What does it feel like to be a child in this environment?” She says that to answer this question, you must make the very best guess about how each individual child experiences your program.

Tough questions like: Do I feel like I belong in the group? Am I accepted by the adults and taken seriously? Is the environment involving? Are the activities offered engaging and interesting? Do I come willingly? Think about your program and the children in your care. How would you answer?



*“A Child needs your love the most when she deserves it the least.” - Author Unknown*

## Talking With Children

By: SUZI POLGAR, BEHAVIOR CONSULTANT

Communication is the cornerstone of every relationship. The way we communicate with children can make or break our efforts to form strong relationships. Some children converse easily and enthusiastically, while others need more time and encouragement. Here are a few tips for parents and care givers to consider in communicating with young children:

1. Be sure to have the child’s attention when you talk with him or her.
2. Squat, bend, or sit at the child’s level. Try to come eye to eye with the child.
3. Use the child’s name often in conversation.
4. Talk about things that are important and interesting to the child. With very young children, talk about what is happening right now.
5. Show that you are listening by asking questions or restating what the child has told you. Open the door to conversation with comments like “that’s interesting” or “tell me about that”.
6. If you’re too busy to listen, tell the child that you are too busy to listen right now and that you will talk with him or her when you have more time. Then be sure to get back with the child at a better time!
7. Use words like “please”, “thank you”, and “you’re welcome” in conversation with children. Children imitate the adults around them. This is the best way to teach manners!
8. When giving instructions or guidance, tell children what to do rather than what not to do (for example, say “please walk” instead of “no running”). Avoid raising your voice, as this can be frightening to children.
9. Comment frequently on the child’s positive behavior in a meaningful way (for example, say “you put all the blocks back in the basket” rather than “good job”).
10. Silence is an important part of communication. When we are engaged and “in the moment” with a child, spoken words may interrupt. A glance, touch, a smile, or a hug may be all that is necessary to strengthen the power of shared experience.

Adults show children how to be kind, respectful, and attentive by modeling good speaking and listening skills. Through thoughtful communication, adults help children feel connected, confident, and worthwhile.

## Take Care of YOU Too!

By: SHANNON NICHOLS, I/T SPECIALIST

As a child care provider, so much energy goes into caring for others that caring for yourself often gets put on the back burner. Do you take the needed steps to keep yourself healthy and safe, both at work and personally? It is important to maintain your own health and safety for a variety of reasons.

When you are rested and feel good about yourself, you are more able to provide positive, quality care. Aren't you frustrated when parents bring their children to care when they are sick, knowing that all the other children will end up sick too? Parents can feel the same way about a sick caregiver coming to work or not calling to cancel care for the day. You spread germs to others the same way children do. Research has shown that getting extra rest and doctor care in the first days of an illness reduces the overall length and severity of the illness.

Caregivers serve as role models for toddlers. They watch and learn about health, nutrition and safety by watching caregivers. Remember the old adage, "Do as I say, not as I do"? We all know how well that works as a teaching tool for children...it doesn't! They watch every move you make, so you have to be sure you are making good moves. Wear your seatbelt, have regular doctor check-ups, keep up to date on immunizations, get enough rest, exercise, eat healthy foods and make time for yourself.

It's time to put yourself back up front because you are a role model for the children in your care!

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*"Education should be the process of helping everyone to discover his uniqueness." Leo Buscaglia*

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## Concrete Mushrooms—Yard Art

By: CHERYL WOLFE, TRAILS SPECIALIST

**This is a fun activity for children to do outside with an adult.**

### Supplies

Shovel or digging tools; 1-60 pound bag QUICKRETE will make 4 mushrooms, you might need less or more depending on the size of your mushrooms. Available at home improvement stores like Lowes or Home Depot; WATER (enough to mix into concrete); MIXING SPOON strong enough to mix concrete; PLASTIC TUB to mix concrete in; Marbles, colored glass beads, colored tile pieces or other items that may add color to the top of your mushrooms; Small tree branches, PVC pipes, or other sturdy materials for the stem.

### Digging Holes in the dirt

This is a job for the adults and children to work together. Let the children dig a hole in the ground the size they desire for their mushroom. The hole should be the shape or close to the shape of the top of a mushroom.

### Mixing Concrete

Pour some QUICKRETE in the plastic tub and add enough water to thoroughly wet the concrete. Mix the concrete, adding more water if necessary until it's thoroughly moistened and about the consistency of muffin batter. Be sure to stir the dry concrete from the bottom and the corners of the tub so all the mix is completely wet.

### Filling the pre-dug holes

Place the marbles, colored glass bead, colored tiles or sea shells inside of the edges of the pre-dug hole. Pour enough concrete mixture into the hole to fill it to the top of ground. Then add a small tree branch or other strong item into the concrete to make the stem. Let set up and dry as instructions on concrete bag. Then dig the mushroom out of the hole and wash away the extra dirt. Now you have special mushroom for your yard or garden.



## MountainHeart News & Notes

### 64th Annual SECA Conference

February 28—March 2, 2013

Renaissance Mobile  
Riverview Plaza Hotel

Mobile, Alabama

For more information, please visit:

[http://www.southernearlychildhood.org/  
seca\\_conference.php](http://www.southernearlychildhood.org/seca_conference.php)

### 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 Kim. Those signing up to participate on the committee will be notified of the meeting dates, times, and locations of the meetings.



### 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.

November 2012-February 2013— Barbour, Lewis, Upshur or Randolph County  
(5 person minimum to hold course)

March-June 2013—Berkeley or Jefferson County  
(8 person minimum to hold course)

July –October 2013 — Grant, Hardy, or Mineral County  
(5 person minimum to hold course)

Please note that WVIT classes beginning after July 1, 2013 will have a minimum attendance requirement to hold sessions. If the listed minimum is not met at session 1, the course will not continue.

### Check Us Out!

MountainHeart Community Services is on the web! We have an informational website where you can download payment forms and receive valuable information. Our website is [www.mountainheartwv.org/ccnorth](http://www.mountainheartwv.org/ccnorth) come and check us out.

You may also find us on Facebook. As a way to communicate with the public, MountainHeart has created a Facebook page. Join us on Facebook by visiting [www.facebook.com/mountainheartwv](http://www.facebook.com/mountainheartwv)





## MountainHeart 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 and are WV STARS approved.

**October 16, 2012 (Tuesday) at 12:30 pm in Petersburg (Grant County DHHR)**

**November 12, 2012 at 5:00 pm in Philippi (Philippi Baptist Church)**

**November 26, 2012 (Monday) at 12:30 pm in Martinsburg (James Rumsey Technical Institute)**

**November 27, 2012 (Tuesday) at 11:00 am in Charles Town (Jefferson County DHHR)**

**December 18, 2012 (Tuesday) at 12:30 in Buckhannon (Upshur County Public Library)**

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).

**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).

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

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## Mind in the Making

Mind in the Making is a 12 module learning process that uses research on children's development on how children learn and how child care providers can encourage engaged learning. It will be composed of 30 hours of class time and 15 hours of homework that will equal 45 WV STARS registered training hours.

The Modules are based on research about teaching and learning. During each module there will be lecture, videos, discussion and hands on activities to complete individually, with a learning partner or in a group. Some of the topics will include understanding temperament, building confidence and competence, encouraging curiosity and problem solving, memory and learning, creating communities of learners and more.

Mind in the Making is for child care providers who work with children in their home, facility, or center. You must be registered with WV STARS before beginning the modules. Upon completion of all 12 modules and homework assignments, you will receive a training certificate. This will cover your required amount of training hours for two years. You will also receive 12 children's books that are valued at \$150.00.

**Those interested in participating in this professional development opportunity need to call Melodee Price in the Elkins office at 1-877-862-3103 toll free or 304-637-2840 by October 5, 2012. Dates, locations and times will be determined based on interest for the Randolph, Barbour, and Upshur County area this quarter.**



**FREE RESOURCES UPON COMPLETION**



## Training Topics Offered October-December 2012

Children Learn Through Play. Core Knowledge Area: Child Growth and Development. Tier II. Target audience: all child care providers. Did you know that your idea of “play” is exactly how children learn about their environment, and that traditional play will prepare them for school? Throw out worksheets and coloring books!!! That is “old school.” You will be given ideas to use with the children that are traditional like Nursery Rhymes and finger plays. You will also be given ideas to extend children’s learning through play. Make and take ideas.

How to Communicate Through Bulletin Boards, Newsletters and More. Core Knowledge Area: Family and Community. Tier II. Target audience: all child care providers. Keep communication open with the families that you work with through a variety of methods. By being creative and using several ways to communicate with parents, you will be able to keep them informed and current on the information that needs relayed. Make and take ideas.

Managing Infectious Diseases in Child Care. Core Knowledge Area: Health, Safety, and Nutrition. Tier II. Target audience: all child care providers. Based on the recommendations for the American Academy of Pediatrics, this training covers common childhood diseases including identifying symptoms, how they are spread, how to control them, roles of the provider, and knowing when to exclude.

Talk to Me: Facilitating Early Language Development. Core Knowledge Area: Curriculum. Tier II. Target audience: child care providers who work with infants and toddlers. Developing a better understanding of how to provide an environment that supports children’s use and understanding of language will lay a foundation for language development that will last a lifetime. Join us in a discussion on facilitating early language experiences for our youngest children using concepts presented in the Infant/Toddler Environment Rating Scale and the PITC Early Messages video.

Child Care for Children with Special Needs. Core Competency Area: Positive Interactions and Relationships. Tier II. The training will offer information to help providers understand the diverse impact of disability on individuals, families, and communities. A variety of strategies for meeting children’s needs in the child care setting will be introduced, along with discussion of provider responsibilities under the Americans With Disabilities Act (ADA). Developing respectful and trusting relationships with parents will be considered, and resources for parents and caregivers will be reviewed.

**You must call the Elkins office to register at least 5 days before the training date.  
Call 1-877-862-3103 or e-mail [melodee.b.price@wv.gov](mailto:melodee.b.price@wv.gov)**

## 2012 NAEYC Annual Conference & Expo

November 7-10, 2012 • Atlanta, Georgia

**Developmentally Appropriate Practice  
in the 21st Century**



## Training Calendar for October-December 2012

### Barbour County

**Philippi Baptist Church: 107 Church Street, Philippi, 26416**

Children Learn Through Play	10/15/12 (Monday)	10:00-12:00
How to Communicate Through Bulletin Boards, Newsletters and More	10/15/12 (Monday)	1:00-3:00
Medication Administration	11/12/12 (Monday)	5:00-9:00

### Berkeley County

**James Rumsey Technical Institute: 3274 Hedgesville Road, Martinsburg, 25403**

Children Learn Through Play	10/22/12 (Monday)	2:30-4:30
How to Communicate Through Bulletin Boards, Newsletters and More	10/22/12 (Monday)	6:00-8:00
Medication Administration	11/26/12 (Monday)	12:30-4:30
Managing Infectious Diseases in Child Care	11/26/12 (Tuesday)	6:00-8:00

### Grant County

**Grant County DHHR: 15 Grant Street, Petersburg, 26847**

Medication Administration	10/16/12 (Tuesday)	12:30-4:30
Children Learn Through Play	11/2/12 (Friday)	10:00-12:00
How to Communicate Through Bulletin Boards, Newsletters and More	11/2/12 (Friday)	12:30-2:30

### Hampshire County

**Hampshire County Public Library: 153 West Main St., Romney, 26757**

Children Learn Through Play	11/16/12 (Friday)	10:30-12:30
How to Communicate Through Bulletin Boards, Newsletters and More	11/16/12 (Friday)	1:00-3:00

### Hardy County

**Hardy County Public Library: 102 North Main Street, Moorefield, 26836**

Children Learn Through Play	10/19/12 (Friday)	10:00-12:00
How to Communicate Through Bulletin Boards, Newsletters and More	10/19/12 (Friday)	12:30-2:30
Managing Infectious Diseases in Child Care	12/10/12 (Monday)	11:00-1:00

### Jefferson County

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

Children Learn Through Play	10/23/12 (Tuesday)	11:00-1:00
How to Communicate Through Bulletin Boards, Newsletters and More	10/23/12 (Tuesday)	2:00-4:00
Medication Administration	11/27/12 (Tuesday)	11:00-3:00

### Lewis County

**Lewis County Board of Ed. Building: 239 Court Ave., Weston, 26452**

Children Learn Through Play	10/30/12 (Tuesday)	11:30-1:30
How to Communicate Through Bulletin Boards, Newsletters and More	10/30/12 (Tuesday)	2:00-4:00
Managing Infectious Diseases in Child Care	10/30/12 (Tuesday)	4:30-6:30

### Mineral County

**Mineral County Technical Center: 600 Harley O. Staggers Drive, Keyser, 26726**

Talk to Me: Facilitating Early Language Development	11/7/12 (Wednesday)	7:00-9:00
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**Mineral County DHHR: 18 North Tornado Way, Keyser, 26726**

Children Learn Through Play	12/14/12 (Friday)	11:00-1:00
How to Communicate Through Bulletin Boards, Newsletters and More	12/14/12 (Friday)	1:30-3:30

### Morgan County

**Morgan County DHHR: 62 Regal Court, Berkeley Springs, 25411**

Talk to Me: Facilitating Early Language Development	12/19/12 (Wednesday)	12:00-2:00
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### Preston County

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

Children Learn Through Play	10/29/12 (Monday)	6:00-8:00
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**Little Bear Day Care, Inc.: 50 Nicklow Road, Bruceton Mills, 26525**

Talk to Me: Facilitating Early Language Development	12/19/12 (Wednesday)	5:30-7:30
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## Training Calendar for October-December 2012 Continued

### Randolph County

**Youth Health Services: 971 Harrison Ave. Elkins, 26241**

Child Care for Children with Special Needs

11/7/12 (Wednesday) 5:30-7:30

**Randolph County DHHR: 1027 North Randolph Ave. Elkins, 26241**

Children Learn Through Play

12/7/12 (Friday) 10:00-12:00

How to Communicate Through Bulletin Boards, Newsletters and More

12/7/12 (Friday) 1:00-3:00

### Taylor County

**Taylor County Public Library: 200 Beech St. Grafton, 26354**

Medication Administration

11/15/12 (Tuesday) 5:00-9:00

How to Communicate Through Bulletin Boards, Newsletters and More

11/21/12 (Wednesday) 5:30-7:30

### Tucker County

**Tucker County Family Resource Network: 501 Chestnut Street, Parsons, 26287**

Managing Infectious Diseases in Child Care

10/9/12 (Tuesday) 6:00-8:00

Children Learn Through Play

12/5/12 (Wednesday) 11:00-1:00

### Upshur County

**Upshur County Public Library: RR 6 Box 480, Buckhannon, 26201**

Talk to Me: Facilitating Early Language Development

11/28/12 (Wednesday) 5:30-7:30

Children Learn Through Play

12/12/12 (Wednesday) 11:00-1:00

Medication Administration

12/18/12 (Tuesday) 12:30-4:30



**Child Care Resource & Referral Division**

**1200 Harrison Avenue, Suite 220**

**Elkins, WV 26241**