



News From The Heart



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SPRING 2014

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Celebrating Earth!

Willetta Bolinger, Program Director

The extremely cold temperatures during the month of January had many people dreaming of and wishing for the arrival of spring. I spent time looking through the seed catalogs that arrived in the mail. I began planning what types of flowers and vegetables that I am hoping to plant in my gardens. The thought of being able to enjoy the sunshine, fragrant breezes, beautiful flowers and fresh vegetables lifted my spirit.

In my opinion, there is not much that can compare to the joy of being outside and enjoying the fresh air and sunshine.

Earth Day gives us the opportunity to celebrate the wonderful things that we enjoy, but often take for granted. West Virginia was recently reminded of the importance of clean water after the contamination of the water supply in the Charleston area. This contamination affected people in several counties. They not only were unable to drink the water, but they could not bathe or wash clothing with the water. They had to find another source of water in order to complete daily routine activities, and at this time we have no idea how this will further impact the children and families who live in the Kanawha Valley.

Earth Day is a time to promote and teach environmental awareness. We can show children how the daily decisions we make influence the limited resources of the Earth. This year, April 22 is designated as Earth Day. Will you take the initiative to provide learning opportunities to the children in your care?

What can you do to promote Earth Day? Some easy ideas include recycling, planting trees, flowers and gardens, composting and not littering. Remember that children learn by example. You can also provide opportunities for children to learn about sources of water and gardening. Children love to take nature walks where they can observe plants, trees and animals.

There are many websites, books and articles that can provide you with ideas. They contain lists of resources, activities and books, as well as ideas for parental involvement.

You may want to consider having a community member who is a naturalist, forester, extension agent or a member of the local garden club to come to visit. Children can learn about jobs that involve nature and natural resources.

When you seriously consider how dependent we are upon our natural resources, everyday should be Earth Day. We need to take the necessary steps to ensure that we leave behind a positive legacy of responsible usage of our natural resources for future generations.



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Reminder that all Health and Safety Grant Applications for Subsidized Family Child Care Home Providers and Facilities Region V are due by March 31, 2014

Please Mail your Application to:

**MountainHeart Community Services
Attention: Leann Andrew
1200 Harrison Ave., Suite 220
Elkins, WV 26241**

Applications can be downloaded at www.mountainheartwv.org/ccnorth



Early Television Exposure

Cheryl Wolfe, TRAILS E.C.Specialist

Today when nearly every child old enough to speak is plugged into something while parents and care givers juggle ipads, iphones, and other gadgets, our children are being exposed to possible long-term developmental problems.

The American Academy of Pediatrics published an article in 2011 that states parents and child care professionals should limit the time children spend in front of televisions, computers, and self-described educational games. The article stated there are no educational benefits for children under the age of 2 years to have any screen time. The Pediatrics Association estimates that for every hour a child under the age of 2 spends in front of a screen, he or she loses about 50 minutes of interaction with a parent or care giver.

Surveys show that between 40 to 60 percent of homes leave the television on for background noise which is only a distraction for children and adults. The article strongly warns parents against having television in a young child's room. Excessive television watching steals from family time, zaps child's creative thinking skills, and can affect how well a child does in school. Research makes it clear that a child's brain needs active interaction with the environment and people in order to have healthy neurological pathways for learning. Pretend play will increase language and problem solving skills, critical thinking, and increase physical activity levels.

The number of children and adolescents who are overweight or obese has doubled in the past 20 years. Studies link excess weight with watching television, because it reduces children's physical activity and they are bombarded with commercials for unhealthy foods. The average child watches over 40,000 commercials per year. The American Academy of Pediatrics recommends little-to-no television viewing for children four and under. The recommendation for children in grades K-12 is about 10 hours per week or 90 minutes a day.

The most important action we can do to help our children to be successful in school and in life that costs no money is to use the "OFF" switch on our televisions and computers.



April is Child Abuse Prevention Month

Sarah Hicks, RN

This is a very important topic that deserves to be brought into the spotlight every year. Child abuse and neglect remains a serious problem in West Virginia, and there are many factors that can place children at risk for being abused or neglected. While some of the risk factors can be changed and others cannot, one thing is for certain and that is that all of us play a role in child abuse prevention.

Child abuse prevention can be achieved by strengthening families. The "strengthening families" approach works for all families by identifying and building on the positives that the family already has in place, while buffering the risk factors that are identified. Strengthening families can be achieved through use of protective factors.

The protective factors include:

1. Building parental resilience by helping parents find healthy ways to deal with stress.
2. Building social connections by connecting families with others. Isolation is a risk factor for abuse and neglect.
3. Helping families get concrete support in times of need by directing them to agencies and services that can help them meet their basic needs during challenging times.
4. Building knowledge of parenting and child development so that parents can understand what to expect of their children at different ages and stages.
5. Helping families to build a child's social and emotional development so that children learn to interact positively with others and are able to effectively communicate their feelings.

Even though April is recognized nationwide as Child Abuse Prevention month, we should be making these efforts every day to assist and educate families on ways to reduce the risk of child abuse and neglect to help protect West Virginia's children! For more information visit www.preventchildabusewv.org



"Every age is the most fun age a child can be."

News from the West Virginia Family Child Care Association

FREE! FREE! FREE! FREE!

Have you joined our association yet? Membership is FREE. Yes, I said FREE! Your local Resource and Referral agency may be able to pay for your membership with grant money (pending availability of the funds). All you have to do is complete the grant paperwork (which can be obtained on their website) & abide by the grant rules and you will be eligible for great benefits through our association. We can help you fill the paperwork if needed. We have a new hard working board that wants to help you provide quality child care. Join today by visiting our website at <http://www.westvirginiafamilychildcare.com> or call 304-634-5545.

We look forward to working with you!





NO MORE, "CHECK'S IN THE MAIL!"

Diana Gillispie, Supervisor

Effective May 1, 2014, the Department of Health and Human Resources, Bureau for Children and Families, will require all child care providers to sign up for direct deposit in order that child care payments are directly deposited into a bank account. Beginning July 1, 2014, the Department will no longer mail paper checks to child care providers. *If you have already signed up for direct deposit of your child care payment, you do not need to take any action.*

If you do not currently have a checking/savings account with a bank, and/or you do not wish to open a new account, you may want to consider obtaining a free pre-paid debit card such as Master Card, American Express, or Visa to which you can have your payments deposited. These cards can be found online, in numerous retailers such as WalMart, or at your local convenience store.

In order for your check to be deposited directly to your bank account, or another depository account of your choosing, you must fill out a Direct Deposit Authorization application based on your ID number in our FACTS computer system. You may contact your local MountainHeart office if you do not know your FACTS Provider number.

Once your check is deposited to your account, you will no longer receive a pay stub with an itemized statement; but you can view your payment information online at the **FACTS PLUS** web site. **FACTS PLUS**, (*Provider Look-Up and Update System*), is a secure internet site that allows providers to view details about payments and children served. This online information is available 24 hours a day. You can use any computer that has Internet Explorer Browser 6.0 or higher. You will need register for a free FACTS Plus Account. To register follow this link:

<https://www.wvfacts.org/factsplusnet/user/RqstUsrAct.aspx>



West Virginia Birth to Three

Rachel Hamner, Program Director WV Birth to Three RAU 5 & 6



Every child



deserves



a good start...

What is WV Birth to Three?

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 are provided in the child's daily natural environment (home or community setting).

Who is eligible?

Any child in West Virginia between the ages of birth through 35 months may be eligible if the child:

- Is not reaching age –appropriate milestones in one or more areas of development.
- Is at risk for developmental delay, or
- Is diagnosed with a condition that may result in a developmental delay.

How can a child/family get help?

Anyone (a parent, doctor, caregiver, teacher, or friend) can make a referral. If the child is determined eligible, an Individualized Family Service Plan (IFSP) is written based on the individual needs of the child and family within 45 days of the referral.

The RAU 5 office of WV Birth to Three serves the following counties: Barbour, Lewis, Preston, Randolph, Taylor, Tucker and Upshur. If you would like to make a referral for any of the counties listed above please call (304)-637-2844 or toll free 1-800-449-7790

The RAU 8 office of WV Birth to Three serves the following counties: Berkeley, Grant, Hampshire, Hardy, Jefferson, Mineral, Morgan and Pendleton. If you would like to make a referral for any of the counties listed above please call (304)-267-3595 or toll free 1-866-681-4957.



3D Art Activities with Children

Melodee Price, Early Childhood Specialist



Our world is increasingly dominated by two-dimensional computers and television. This makes 3D art even more important to incorporate with the children than ever before. Children learn so much from art. Its benefits will last a lifetime for a child. For instance, art stimulates both sides of the brain and teaches kids to think creatively to solve problems. There are studies that show that kids who create art, read better and make better grades in science and math.

3D art is anything the child would create that isn't flat against the paper, (like your typical drawing with crayons or markers or your paintings). 3D art work would be something that a child can look at from all different angles. This includes things that they sculpt out of play dough or clay. This would be a 3D creation. You can incorporate many different 3D art projects in your curriculum with the children. It could be using toilet paper rolls to make penguins or Styrofoam bowls to make igloos. The possibilities are endless. Try doing a search on Pinterest by typing "3D art work." You will get some awesome ideas that you can try with the kids.

Children learn by using their senses and art is ideal in this process. Do not underestimate the power of art projects with the children. Art nourishes the human soul. We feel good by creating art work and parents love getting their children's creations too. Make a goal for yourself to try and incorporate at least one 3D art project a week. If you need other ideas, feel free to call me in the Elkins office and I would be happy to assist you in any way I can, 877-862-3103.

"What you don't see with your eyes, don't invent with your mouth." Jewish Proverb

Using Picture Schedules to Reduce Challenging Behaviors

Lori Stutts, Behavior Consultant



As adults, we have so much going on between work, home, and all our other obligations that it's difficult to remember everything that needs to be done each day! Do you use strategies to help you remember those tasks and to stay organized? Most of us make lists for our trips to the grocery store or "to do" lists to help remember all those things that need to get done this week. We also use calendars to jot down appointments and meetings we have throughout the month. Just as we use calendars and make lists to enhance our memory, children also need visual reminders to help them understand what they need to do throughout the day.

Oftentimes, we give verbal directions to a child and in return we see challenging behavior because they don't understand the directions or what is expected of them. The challenging behavior could include power struggles, tantrums, and crying. By implementing visual tools with our little ones, we can help them to remember what they need to do to complete a task or to understand our expectations throughout the day.

One beneficial tool to help reduce challenging behaviors is a Picture Schedule. A Picture Schedule has photographs and pictures next to the words describing the task or activity, which helps to communicate your expectations to the children in your care. The pictures give the children a symbol that they can refer to after receiving verbal directions. You can create a Picture Schedule to show children the daily routine (Ex: Arrival, Free Play, Snack, Circle Time, etc.), to show the steps in an activity (ex: Hand Washing, Brushing Teeth, etc.), or use it for a sequence of activities that need to be completed (ex: steps for a craft activity). Because the children are able to predict what steps or activity will be happening next, they gain a sense of control and confidence, which in turn reduces challenging behaviors.

See below for important tips and ideas to keep in mind when using Picture Schedules:

- * Include a clear beginning, middle, and end.
- * Teach children how to follow the Picture Schedule and refer to it often.
- * Start using the Picture Schedule for a difficult time of day (snack time, using the bathroom, nap time, etc.). Once the child(ren) master that activity, you can expand the Picture Schedule to include the entire daily routine.
- * Let children help create the Picture schedule if possible (Idea: Take and use pictures of the child actually doing the activity).
- * Just like we check off completed items on our "to-do" lists, have the children remove the pictures one at a time as each activity is completed.
- * Use Poster board, a binder, a pocket chart, or a Key Ring to display the picture schedule – whatever method works best for your children and you!

For more information or assistance with creating a Picture Schedule and other Visual Tools, feel free to contact Lori at 304-257-9375 or toll free at 1-877-211-5437.



MountainHeart News & Notes

Christina Bartles Receives National Child Care Teacher Award



The Terri Lynne Lokoff Child Care Foundation announced that Christina Bartles is one of the recipients of the 2014 Terri Lynne Lokoff / Children’s TYLENOL National Child Care Teacher Awards. Ms. Bartles is employed at the Mustard Seed Early Learning Center in Martinsburg, WV.

According to the Terri Lynne Lokoff Child Care Foundation’s website, the Foundation recognizes the need to raise the status of child care teachers and the need for quality child care. They created the Terri Lynne Lokoff / Children’s TYLENOL National Child Care Teacher Awards in order to accomplish those goals. The award acknowledges the critical role of child care teachers in providing quality early care and education. Child care teachers from all 50 states, the District of Columbia and on U.S. Military bases and installations around the world are invited to apply. Fifty teachers are selected for their commitment and dedication to the children they serve.

Each applicant, as part of the application process, is asked to design a classroom enhancement project for the children they teach illustrating the educational, social and emotional benefits of the project. Ms. Bartles’ project was “Introducing Technology to Our Classroom”.

The award package included \$500 for Ms. Bartles personal use and \$500 to implement her project. An all-expense paid trip to Philadelphia for three days to attend the Award Ceremony was provided. The award recipients will be honored at a special ceremony on Thursday, April 3, 2014.

As one of the top ten finalists for the 2014 Terri Lynne Lokoff/ Children’s TYLENOL National Child Care Teachers Awards, Ms. Bartles is now eligible to be considered for the Helene Marks Award.

The winner of the Helene Marks award is named the National Child Care Teacher of the Year and receives an additional \$1,000.

Christina Bartles has worked at The Mustard Seed Early Learning Center in Martinsburg since March of 2005. Michelle Seidel, Center Director, states that Christy “has been an extraordinary teacher for our Pre-K classroom”.

MountainHeart wishes to congratulate Ms. Christy Bartles on receiving the award.

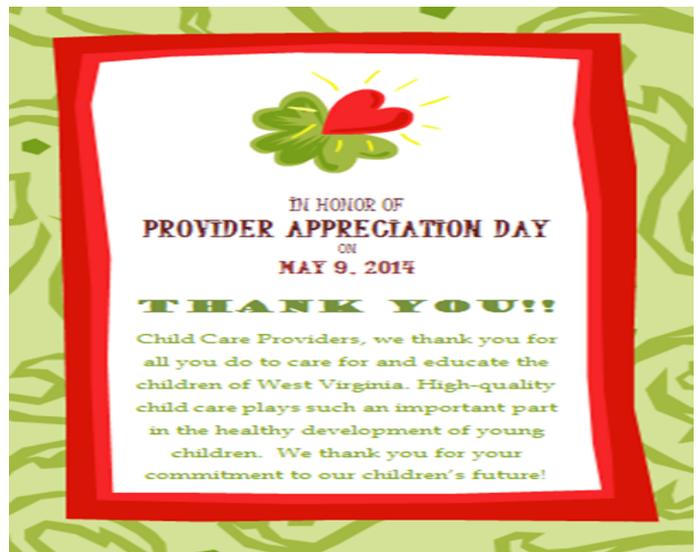


“Be in the moment—whether at work, with kids, family or friends. Be in the present and enjoy what you are doing!” Susan Touzi

Ode to Day Care

Little children come to me for hugs and books and such
I care for all their simple needs and I also fix them lunch.
I pick up toys, I mop their spills and often dry their tears.
I change their diapers, settle fights, and kiss away their tears
I tie their shoes, I button coats and push them on the swing.
I really love these kids you see but there is just one more thing
Call me Mom or Aunt or Florence, and those names just might fit.
But please don't call me SITTER because I never get to SIT!

~ author unknown





TRAILS TIPS

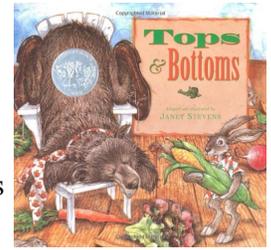
Janet Aitchison, TRAILS E C Specialist

Spring, hopefully, is right around the corner. It has been a long winter and I am ready. When I think of spring, I think daffodils and green grass. I also think gardening.

Gardening is a wonderful activity to enjoy with children. It offers many curriculum opportunities: language and literacy, science and math concepts, social sciences and the arts. In addition, it requires time outdoors and children are moving!

If you have a sunny window, start your seeds in an egg shell or a yogurt cup. You could also start marigold seeds in a clay pot that has been decorated with permanent markers for a Mother's Day gift.

Go on line, make a trip to the public library or contact your local Cooperative Extension for gardening ideas with children. You can also get ideas and borrow books, both fiction and non-fiction from the TRAILS van. Tops and Bottoms adapted by Janet Stevens and Growing Vegetable Soup by Lois Ehlert are good choices as well as The Gardening Book by Jane Bull.



"The good things in life should stay that way." Dewitt Jones

What is Primary Care Anyway?

Shannon Nichols, Infant/Toddler Specialist

West Virginia Child Care Center licensing item 14.5 states: "A center shall arrange its staffing pattern so that each child has a primary caregiver who is a qualified staff member." So, what exactly does the term primary care mean and why is it so important for infants, toddlers and their families?

During the first year of life, children need to establish what psychologist Erik Erikson called *basic trust* or the feeling of safety and security that the world and oneself are all right. Basic trust is established through familiar, caring people who are responsive, predictable, nurturing and have developed a deep, loving attachment. Setting up a system of primary caregiving establishes an environment in which meaningful and lasting relationships can develop between caregivers and children as well as between caregivers and families. A primary caregiver system ensures that every child has a special person and that each parent has a primary contact. This allows the caregiver to become an expert on the child and family, making it easier to effectively meet their needs.

Primary caregiving is NOT exclusive caregiving. It simply means you have a deeper understanding of your primary group of children and a stronger relationship with those families, which in turn helps you to communicate, nurture and care affectionately, and teach and help children learn more effectively.

Some centers move children or caregivers daily to maintain caregiver-to-child licensing standard ratios. Although this approach may make sense from an administrative point of view, it certainly does not make sense for children, families or caregivers in regards to establishing the deep relationships needed for quality caregiving and the development of basic trust.

For more in depth information on setting up a primary care system, consider attending one of the Primary Care Summits that are being held around the state or contact Shannon Nichols at 1-866-232-9227.

Adapted from: Greenman, Jim, Anne Stonehouse, and Gigi Schweikert. Prime Times: A Handbook for Excellence in Infant and Toddler Programs. 2nd Edition. Redleaf Press. 2008.





The Importance of Men in the Lives of Children

Wendy Wolford, Early Childhood Specialist



Research has shown that fathers can have an enormous impact on children, from how well they succeed in school, to how they get along with their friends. Studies also show that when fathers are involved in their children's lives, their kids tend to be more independent and self-reliant. Yet society's stereotypes and their own upbringing often makes it hard for fathers to play an active role. However, this generation of dads is taking a more active role in everything from changing diapers to helping with homework and it's paying off.

Research shows the importance of having men in early childhood education. For more information on this topic, register to attend "The Importance of Men in the Lives of Children" in an area close to you or contact Wendy Wolford, Early Childhood Specialist, at 304-637-2840 or toll-free at 1-866-232-9227.

West Virginia Afterschool Program Standards

Wendy Wolford, Early Childhood Specialist



The West Virginia Afterschool Program Standard Writing Team, assisted by the West Virginia Statewide Afterschool Network, has developed the state's first Afterschool Program Standards. These standards are designed to assist afterschool and out-of-school time programs in adopting high quality practices and fostering continuous improvements. The West Virginia Afterschool Program Standards are offered as voluntary guidance in effective practice. They incorporate basic safeguards for safety, health and nutrition and describe effective practices for administration, programming, staffing and professional development, interpersonal relationships, family, school and community involvement and program environments. The standards align with the West Virginia out-of-school Time Program Requirements and the West Virginia Child Care Center Licensing Rules and are applicable to programs serving multi-age children in a wide variety of settings.

For more information on this topic, register to attend "West Virginia Afterschool Program Standards" in an area close to you or contact Wendy Wolford, Early Childhood Specialist, at 304-637-2840 or toll-free at 1-866-232-9227.

West Virginia Association for Young Children

You now have **TWO** chances to see
Dr. Jean Feldman
Singing and Dancing with the
Common Core State Standards

Monday, July 28, 2014
Ramada Inn, Morgantown, WV
AND
Tuesday, July 29, 2014
WVU-P, Parkersburg, WV
Registration is from 7:30 a.m. –
8:30 a.m. and the workshop is from
8:30 a.m.-3 p.m.

Registration must be postmarked by
July 15, 2014.
No refunds after July 15, 2014.



The old saying goes, "You gotta dance with the one that brung you." The question now is how do we dance with the "ones who fund us?" If you are required "to dance" with the new Common Core Standards, you won't want to miss this workshop. Dr. Jean will demonstrate dozens of creative activities that will brighten your classroom and make standards a song.

SAVE THE DATE



West Virginia Association for Young Children Workshop Registration Form

Please keep a copy of your registration as your receipt. We cannot send out confirmations.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Select Workshop Date / Location: Monday, July 28, 2014 in Morgantown, WV
 Tuesday, July 29, 2014 in Parkersburg, WV

Member \$65
 Non-Member \$80
 Student \$35 (must provide copy of student ID or most recent ACDS semester certificate)

Total Enclosed: _____
Cost includes box lunch.

Make check payable to WVAYC.

Mail Check and Registration to: Gina Cheshire, WVAYC Support Staff, 374 Meadow Lane, Parkersburg, WV 26101





FREE Assistance & WV STARS Credit Available to Child Care Providers

The Professional Development team can provide **FREE** assistance to child care providers. We can assist you with room arrangement, lesson planning, daily schedules, developmentally appropriate activities, developing child portfolios, adapting activities to meet each child's needs and many other requests that are too numerous to mention.

We can provide you with information and training on the appropriate Environmental Rating Scale and assist you in using the scale to evaluate your learning environment. If you are considering applying for Tier 2, you will need to be trained to use the Environmental Rating Scale and will need to complete a self-assessment. With the Tier 2 application, documentation that must be included consists of:

- * Child care centers are required to provide a copy of the Environmental Rating Scale (ERS) self-assessment completed for each classroom in your program.
- * Facilities are required to provide evidence of completion for training in Environmental Rating Scales (ERS) self-assessments for the program director, **and** a completed self-assessment for your program.
- * Family Child Care Providers must provide evidence of completion for training in the Family Child Care Environmental Rating Scale-Revised (FCCERS-R) self-assessment for the program provider **and** a completed self-assessment for your program using FCCERS-R.

You can **earn WV STARS credit** while you learn new skills, enhance skills that you already have, as well as learn and utilize the most up to date strategies in the early childhood arena.

It is very easy to request technical assistance from the MountainHeart Professional Development team. All you need to do is call our Elkins office and state that you are interested in learning about or receiving technical assistance. You will be asked a few questions (name, telephone number, what you would like help with, etc.). The information will be submitted to the Program Director or Assistant Program Director who will assign the referral to a Professional Development team member. The team member will contact you to discuss your needs and schedule an initial visit to get you started.

To obtain more information about or to schedule **FREE on-site** technical assistance, please call the Elkins office at 304-637-2840 or 1-877-862-3103 (toll free).

I Wish I Could Apply Online!

Diana Gillispie, Supervisor

Some of your parents, who pay you privately, may be eligible for Child Care Subsidy. Now there is an easy way to find out! The Division of Early Care and Education announced that the Child Care portion of *inROADS* is available for use by those who wish to apply for child care online. All they have to do is create a free *inRoads* account. It's fast and easy by going to <https://www.wvinroads.org/selfservice/>

After an account is created, the parent can select to submit an application for Child Care. Parents are informed during the application process that they must visit their local MountainHeart office to complete the application process. The eligibility date is set when they make that face to face visit to the office.

Based on the information the parent enters into *inROADS*, they will be provided one of the following messages:

- 1) "Based on the information you provided, it looks like you **may not qualify** for Child Care. You still have the right to apply for child care by contacting your local MountainHeart Office."
- 2) "Based on the information you provided, it looks like you **may qualify** for Child Care. Please click "Next" to continue with your application."

Please feel free to refer your parents to MountainHeart to determine eligibility for Child Care subsidy.





MountainHeart News & Notes

Getting your degree in Early Childhood Education just got easier!

T.E.A.C.H. WV has funding available for eligible early childhood educators and directors who would like to earn their degrees in early childhood. We offer scholarships ranging from 3-12 credit hours per year.

T.E.A.C.H. will provide:

- Partial Tuition
- Partial Book Reimbursement
- Travel Stipend
- A Bonus Upon Completion of Contract



Visit our site or contact T.E.A.C.H. WV for information on our scholarships for Family Home Providers!

Find us on Facebook at:

<https://www.facebook.com/#!/TEACHEarlyChildhoodWV>

Check out our Blog at:

<http://teachwv.blogspot.com>

Visit our website at:

www.wvearlychildhood.org

Contact T.E.A.C.H. for More Information !!!

T.E.A.C.H. WV
611 7th Ave, Suite 322
Huntington, WV 25701
TEACHWV@rvcds.org
Phone: 304-529-7603 Ext 118



T.E.A.C.H. Early Childhood® WEST VIRGINIA is a licensed program of Child Care Services Association

MountainHeart Staff Attend SECA Conference

Janet Aitchison ECHS, TRAILS



The Southern Early Childhood Association held its 65th Annual Conference in Williamsburg, VA on January 16-18th. Janet Aitchison, Lori Dameron, Jen Gorman, Shannon Nichols, Lori Stutts and Cheryl Wolfe were in attendance. Everyone started the conference with an all-day training, "Hands-on, Heads-on, Hearts-on: Capitalizing on the Past, Present and Future Play of Adult Learners", provided by Chris Kelley. I'm sure you will witness some of the new techniques we learned.

The next three days were spent participating in hour long sessions and key note addresses on a variety of Early Childhood topics. I particularly enjoyed "Supporting Boys Through Active Learning", presented by Sandy Slack and Gerin Martin, "From Super Hero to Real-Life Hero: Fostering Healthy Play", presented by Dr. Melanie Kennon and sessions on language development and play.

Williamsburg is inspiring, even during these dreary winter days. A visit is well worth the trip. If you ever have the opportunity to participate in a regional or national conference, I encourage you to do so. You will be exposed to new thoughts and new interpretations while spending time with people who do what you do!

I'll close with some thoughts I was exposed to. "Without movement, there is no learning" and "Reading the same book (over and over) creates a constant environment". Good to know. I can still quote Goodnight Moon and Runaway Bunny by Margaret Wise Brown word for word and my baby is 36!



Save the Date
September 12 & 13
Waterfront Place Hotel
Morgantown, WV

ACDS Instructors Academy

Sherrie Barrett, ACDS State Coordinator

The Apprenticeship for Child Development Specialist (ACDS) is accepting applications for the annual Instructor's Academy to be held June 23 – 27, 2014. Participants must complete an intensive five day training to teach the ACDS class. They must also attend a one day update every other year to continue certification. (See website for requirements.)

From a personal perspective, being an instructor is a wonderful experience. It is very rewarding to witness the growth and development of students as they begin the program to completing fourth semester and then ultimately graduating. Many gain the confidence to continue their education and receive their associate and/or bachelor's degree. What a testament of the success of the program! If you are interested in this wonderful opportunity to continue your professional development and sharing your knowledge, please contact Sherrie Barrett at 304-523-0433 or sbarrett@rvcds.org.

ACDS Journeyperson (Graduate of the ACDS program)

An ACDS Journeyperson is a graduate of the program and has received their official Department of Labor certificate. Once your certificate is received, you're eligible to attend Journeyperson trainings. Typically, two are held each year in various parts of the state. The trainings focus on the most recent research and information relevant to early childhood professionals. Participants receive WV STARS training hours as well as a \$50.00 stipend. If you are a graduate of the ACDS program and are not receiving information for these trainings, please contact Sherrie Barrett at 304-523-0433 or sbarrett@rvcds.org.

NAEYC Accreditation

ACDS recently received an updated letter of endorsement from the office of NAEYC Accreditation of Programs. The letter states that the ACDS program is accepted as the equivalent to the National CDA Credential for the purpose of meeting NAEYC Candidacy, Renewal and Criteria requirements. If you are applying for NAEYC accreditation, renewal, or are an ACDS graduate and would like a copy of this document for these purposes, please contact Sherrie Barrett at 304-523-0433 or sbarrett@rvcds.org.

"A child does not thrive on what he is prevented from doing, but on what he actually does."



Family Child Care Listserv

Melanie Clark, Program Manager

The Division of Early Care and Education has created a listserv for family child care providers. This listserv will allow the Division of Early Care and Education to send information more quickly that will help you to better serve the children in your care. This listserv will be a closed listserv and your email address will not be shared with other agencies. Only information that has been approved by the Division of Early Care and Education will be sent out on the listserv. Some examples of what might be sent on the listserv include grant opportunities (when available), professional development opportunities, or information regarding child care from the federal or state level.

In order to have your email address added to the new Family Child Care Listserv, simply send an email to me at Melanie.A.Clark@wv.gov with the subject line **ADD LISTSERV**.

We look forward to working with you!

Tentative Schedule for Future WVIT I & II 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 2014- Berkeley or Jefferson County
(5 Person Minimum)

July-October 2014- Grant, Hardy, or Mineral County
(5 Person Minimum)

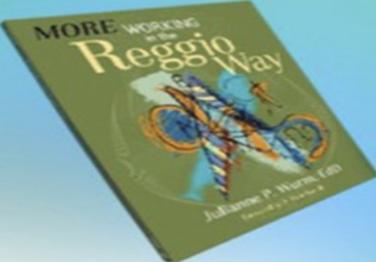
November 2014-February 2015- Barbour, Lewis, Upshur, or Randolph County (5 Person Minimum)





JULIANNE P. WURM
PRESENTS

Working in the Reggio Way



Julianne will discuss her book, *Working in the Reggio Way* on Friday, April 4, 2014 and her newly released book *More Working in the Reggio Way*, on Saturday, April 5, 2014.

April 4th & 5th, 2014
Colebank Hall, Pierpont Community & Technical College
1201 Locust Avenue, Fairmont, WV 26554

For tickets go to www.wvayc.com

Sponsored by: the West Virginia Association for Young Children (WVAYC) and the NAEYC Student Group of Pierpont Community & Technical College.

Day One: Friday, April 4, 2014. 9:00am – 3:00pm. This follows the outline of Julianne's first book, "Working in the Reggio Way". Fee: \$100.00. Breakfast and coffee included. **Bring a BAG Lunch.**

Day Two: Saturday, April 5, 2014. 9:00am – 3:00pm. Day Two workshop is all about Julianne's newly released book: "More Working in the Reggio Way". (Released March 2014) Fee: \$100.00. Breakfast and coffee included. **Bring a BAG Lunch.** For tickets go to www.wvayc.com

For questions: Helen Post-Brown 304-366-8590



Mineral County FRN Spring Child Care Conference

Potomac State College of WVU

Saturday, April 26, 2014

8:00 Am Registration

Classes: 8:30 AM– 3:30 PM

No Cost and lunch is on your own

Feature Presentation:

“Developing Milestones,”

Dr. Bilal Itani on Ages and Stages of Child Development.

Class Topics:

New Ideas for Themes: 2 to 3 year olds

WV After School Program Standards

Documenting Incidents and Communicating with Parents

Teaching Strategies for Disabilities



Anyone attending must pre-register with the WVU Mineral County Extension Office by calling 304-788-3621 or email sherry.simon@mail.wvu.edu



WV Elements of Family Child Care Series

The WVEFCCS was developed for trainers and family child care providers to improve the quality of early care and education for our State’s children. It 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 topics range from “Becoming a Professional” and “Organizing Your Day” to “What Children are Learning” and “Working with Parents.” The series is presented in 4-hour sessions with two technical assistance (TA) visits to ensure training objectives are met. This totals 30 hours of professional development. The WV Elements of Family Child Care Series 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 if you complete the entire series.

You must be registered with WV STARS, complete all the module sessions, participate in the two technical assistance visits and be caring for subsidized children to receive the free resources.

You can register to attend individual sessions if you do not want to take the entire series. Training locations will be in the county with the most providers interested. An e-mail notice will be sent out when the location and date is selected.

If you have questions, would like to enroll in the class or receive the e-mail notice of the training date and location, feel free to call Wendy Wolford in the Elkins office (toll free) 877-862-3103 or use our local number, 304-637-2840. You can also contact her at Wendy.J.Wolford@wv.gov.

April, May & June- Mineral, Hampshire, Hardy, Grant or Pendleton Counties.

The county with the most providers interested will likely be the county/ counties in which class will be held.

- Module 1: Building a Firm Foundation
- Module 2: Knowing How Children Develop and Learn
- Module 3: Organizing Your Home and Your Day
- Module 4: What Children Are Learning—Part 1
- Module 5: What Children Are Learning—Part 2
- Module 6: Caring and Teaching
- Module 7: Building a Partnership with Families



Week of the Young Child to be Celebrated April 6 – 12 Taken from: NAEYC website

The Week of the Young Child™ is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world’s largest early childhood education association, with nearly 80,000 members and a network of over 300 local, state, and regional Affiliates.

This year’s celebration will take place from April 6 – 12, 2014. The purpose of the Week of the Young Child™ is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child™ in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children’s success in school and later life. The Week of the Young Child™ is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.

Today we know more than ever before about the importance of children’s earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing.

The Week of the Young Child™ is a time to recognize that children’s opportunities are our responsibilities, and to recommit ourselves to ensuring that each and every child experiences the type of early environment—at home, at child care, at school, and in the community—that will promote their early learning.

Celebrations are organized and coordinated by regional, state, and local NAEYC Affiliates, and by individual early childhood programs and community organizations providing services to young children and families. Local communities may tailor celebrations to meet their own needs.

How do people celebrate Week of the Young Child™?

- ♥ Coordinate with community members to plan events in public places.
- ♥ Invite community members to visit high-quality programs.
- ♥ Publicly recognize those who work with and for young children in your community.
- ♥ Promote partnerships with business and community leaders.



For more information on Week of the Young Child™ or additional ideas, visit <http://www.naeyc.org/woyc>.



TRAINING TOPICS OFFERED APRIL-JUNE 2014

A Child's Social Journey In The Eyes of Erik Erikson. Core Knowledge Area: Child Growth and Development. Tier III. Come to this training to learn how theory can be real to the child care provider as it relates to your everyday work with the children. You will understand that child development theory makes your days with the children smoother, your job easier, and the program stronger.

After School Program Standards. Core Knowledge Area: Program Management. Tier I. Target Audience: After School Program child care providers. Wendy Wolford will review the After School Program Standards while participants learn about what they are, why they are important, and how they can be incorporated into your daily routine.

Happy! Healthy Active Planning Prepares Youth! Core Knowledge Area: Health, Safety, and Nutrition. Tier II. Do you need creative ideas on how to incorporate health, safety, and nutrition topics into your curriculum? Sarah Hicks will give you simple and fun ideas on how to engage children in these fun topics!

How to be Culturally Sensitive in the Classroom. Core Knowledge Area: Positive Interactions and Relationships. Tier II. Melodee Price will review the Early Childhood Environmental Rating Scales to discuss what will help you to score higher on your classroom/home assessment in relation to being culturally sensitive. This training can be applied toward the required hours needed for Tier II status.

Medication Administration Recertification Program. Core Knowledge Area: Health, Safety, and Nutrition. Tier II. A two hour program that updates the skills and knowledge the learner gained in the Original Medication Administration Program. It also reviews important points covered in the original course. *Only those that have taken the STARS registered original Medication Administration course will be allowed to take the Recertification training. Those that have never taken the original STARS registered Medication Administration course are NOT eligible to take the 2 hour Recertification course, and should take the 4 hour Original Course.*

Medication Administration. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Sarah Hicks, RN will provide the most up to date medication practices as per center licensing requirements. This training will count towards 4 WV S.T.A.R.S. registered training hours. Center based staff, facility owners/staff, and home providers are welcome to attend.

Positive Interactions and Relations using Story Stretches. Core Knowledge Area: Positive Interactions and Relationships. Tier II. Melodee Price will explore classic books to give you ideas of how to extend activities and learning through the particular literature. This training can be applied toward the required training hours needed for Tier II status since child care providers need 2 hours in the core knowledge area of Positive Interactions and Relationships.

The Importance of Men in the Lives of Children. Core Competency: Positive Interactions & Relationships and Family and Community. Tier I. Target Audience: All child care providers. Wendy Wolford will teach this 4 hour training in which participants will learn about the impact fathers have on children and the importance of men in early childhood education.





Training Calendar for APRIL—JUNE 2014



Barbour County

Kid Care Child Development Center: RR 1 Box 154B, Philippi, 26416

Positive Interactions and Relations using Story Stretchers 6/12/14 (Thursday) 6:00-8:00

Berkeley County

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

HAPPY! Healthy Active Planning Prepares Youth! 4/23/14 (Wednesday) 6:00-8:00

Positive Interactions and Relations using Story Stretchers 6/17/14 (Tuesday) 4:00-6:00

How to be Culturally Sensitive in the Classroom 6/17/14 (Tuesday) 6:00-8:00

Leap of Faith Child Care Center: PO Box 322, Falling Waters, 25419

After School Program Standards 5/21/14 (Wednesday) 6:00-8:00

Grant County

Teddy Bear Day Care Center: 431 Keyser Ave., Petersburg, 26847

Positive Interactions and Relations using Story Stretchers 6/10/14 (Tuesday) 6:00-8:00

Grant County Library: 18 Mountain View St., Petersburg, 26847

Medical Administration 4/17/14 (Thursday) 12:00-4:00

Hampshire County

EACHES Head Start: Romney, 26757

A Child's Social Journey in the Eyes of Erik Erikson 4/11/14 (Friday) 11:00-1:00

Romney Little Rascals Day Care: 53 W. Main Street, Romney, 26757

Positive Interactions and Relations using Story Stretchers 5/20/14 (Tuesday) 6:00-8:00

HAPPY! Healthy Active Planning Prepares Youth! 6/9/14 (Monday) 6:00-8:00

Hardy County

Moorefield Elementary School: 400 North Main Street, Moorefield, 26836

Positive Interactions and Relations using Story Stretchers 4/5/14 (Saturday) 10:00-12:00

How to Be Culturally Sensitive in the Classroom 4/5/14 (Saturday) 12:30-2:30

The Importance of Men in the Lives of Children Part I 4/5/14 (Saturday) 10:00-12:00

The Importance of Men in the Lives of Children Part II 4/5/14 (Saturday) 12:30-2:30

Jefferson County

Shepherdstown Day Care Center: 531 East German St., Shepherdstown, 25443

Positive Interactions and Relations using Story Stretchers 4/15/14 (Tuesday) 6:00-8:00

How to Be Culturally Sensitive in the Classroom 5/13/14 (Tuesday) 6:00-8:00

Jefferson Co. DHHR: 239 Willow Springs Rd., Charles Town, 25414

HAPPY! Healthy Active Planning Prepares Youth! 4/24/14 (Thursday) 9:00-11:00

Hillside Child Care: 385 Washington St., Harpers Ferry, 25425

Medication Administration Recertification 4/24/14 (Thursday) 6:00-8:00



Training Calendar for APRIL-JUNE 2014 continued

Mineral County

Potomac State College of WVU (See Page 11)

Mineral County FRN Spring Conference 4/26/14 (Saturday) 8:30-3:30

Keyser Wee Care Day Care Center: 2084 New Creek Way S. Keyser, 26726

Positive Interactions and Relations using Story Stretchers 6/3/14 (Tuesday) 6:00-8:00

Morgan County

Morgan Co. DHHR: 62 Regal Court, Berkeley Springs 25411

How to Be Culturally Sensitive in the Classroom 6/18/14 (Wednesday) 11:00-1:00

Pendleton County

Tiny Tots Child Care Center: Franklin, 26807

Medication Administration Recertification 4/10/14 (Thursday) 6:00-8:00

How to Be Culturally Sensitive in the Classroom 5/6/14 (Tuesday) 11:00-1:00

Randolph County

MountainHeart office: 1200 Harrison Ave. Suite 220, Elkins, 26241

After School Program Standards 4/23/14(Wednesday) 5:30-7:30

Positive Interactions and Relations using Story Stretchers 5/9/14 (Friday) 10:00-12:00

How to Be Culturally Sensitive in the Classroom 5/9/14 (Friday) 12:30-2:30

Taylor County

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

Positive Interactions and Relations using Story Stretchers 4/7/14 (Monday) 3:00-5:00

How to Be Culturally Sensitive in the Classroom 4/7/14 (Monday) 5:30-7:30

Tucker County

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

Importance of Men in the Lives of Children 4/14/14 (Monday) 4:00-8:00

Upshur County

Mountain CAP: 26 N. Kanawha Street, Buckhannon 26201

Positive Interactions and Relations using Story Stretchers 4/24/14 (Thursday) 6:00-8:00

How to Be Culturally Sensitive in the Classroom 5/6/14 (Tuesday) 6:00-8:00

Upshur County Library: W Virginia 20, Buckhannon 26201

HAPPY! Healthy Active Planning Prepares Youth! 5/19/14 (Monday) 10:00-12:00

Medical Administration 5/19/14 (Monday) 12:30-4:30

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, the training is automatically cancelled, but will be rescheduled for a later date.

A Hundred Years

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove... But the world may be different because I was important in the life of a child."

—Author Unknown



News From The Heart

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Come visit us at: www.mountainheartwv.org/ccnorth



Child Care Food Program Two Hour Training Schedule Program Year 2013 -2014

Date/Time	Location	County	Monitor/Cell Phone
3/8/14 Saturday 10:00am - 12:00pm	Nutter Fort Library 1300 Buckhannon Pike Clarksburg, WV	Harrison	June Walton 304-838-3064
3/15/14 Saturday 9:00am - 11:00am	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
4/5/14 Saturday 10:00am - 12:00pm	St. Elizabeth Catholic Church Philippi, WV	Barbour	Shelly Gainer 304-677-3372
4/12/14 Saturday 9:30am-11:30am	Taylor County Library Grafton, WV	Taylor	June Walton 304-838-3064
4/15/14 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
4/19/14 Saturday 9:00am - 11:00am	Wesley United Methodist Church Kingwood, WV	Preston	Marcie Phillips 304-614-2492
5/13/14 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
7/15/14 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486



Child Care Resource & Referral Division
1200 Harrison Avenue, Suite 220
Elkins, WV 26241

MountainHeart Child Care Resource and Referral is a program of MountainHeart Community Services, Inc. and is funded under an agreement with the DHHR office of Early Care and Education. This program was established in 1992.