



News From The Heart



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Summer 2014

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A Fond Farewell

Willetta Bolinger, Program Director

The TRAILS program has provided many wonderful services to child care providers for years. When the WV DHHR Division of Early Care and Education developed the TRAILS program, the child care resource and referral agencies hired personnel to implement the new program. Janet Aitchison, TRAILS Early Childhood Specialist in the Martinsburg office, began the TRAILS program in the eight counties that she and Jen Gorman currently serve.



Through the years, Janet has provided a vast array of services to child care providers in our region. She has consistently sought out professional development opportunities in order to keep abreast of the latest ideas and information in the early childhood realm. She has shared the information that she has obtained with the hope that it would make a difference in the quality of care & education that was provided to children. Janet has served as a mentor to many providers, as well as MountainHeart staff members. She has provided training and technical assistance throughout our region. Janet has been a strong advocate for children and child care providers.

Janet recently announced that she is retiring. Her last day with MountainHeart will be May 30th. Her announcement was bittersweet for me. Although I am extremely happy that Janet will now be able to spend more time with the grandchildren that she adores, I will miss her both professionally and personally.



Janet's words of wisdom, creative ideas and her insistence on providing quality services have greatly enhanced the MountainHeart team. Our team members have shared many happy, memorable times with Janet.

Please join me and the MountainHeart team in wishing Janet much happiness and enjoyment in her retirement.



Changes to Newsletter Distribution



Our newsletter "News from the Heart" will be distributed electronically beginning with the fall 2014 issue instead of being mailed. If you wish to receive the newsletter, please go to <http://ccnorth.mountainheartwv.org> and click on the subscribe button listed on the left side of the page. You will be directed to choose a mailing list. Please select "News from the Heart" newsletter and follow the directions.

Hard copies are available by request.

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

Diana Gillispie, Supervisor

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 to register for a free **FACTS PLUS** Account. To register follow this link:

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

"Am I Eligible for Child Care?"

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

Dr. Sues story time at Little Feet Child Care and Preschool



Learning is fun at Little Feet Daycare and Preschool



"Children make your life more important" ~ Erma Bombeck



Day Care Humor

I perform the monthly fire drills and storm drills in my daycare as required by state regulations. These drills ensure that the children will be prepared in case of an emergency.

Because I am the only adult in a house with six children, I add one more drill. I ask the children what they would do if they walked into the kitchen and I was lying on the floor. It would look like I was sleeping but when they shook me I didn't wake up.

The children I care for are very young and I depend on the four year olds to be the most responsible. The last time I asked this question to the children, one four year old girl answered with "I'd put you to bed."

Thanks for the help!

Read Across America

Lori Dameron & Jen Gorman



*"The more that you read, the more things you will know.
The more that you learn the more places you'll go."*

March 2, 2014, marks Dr. Seuss' 110th Birthday!
MountainHeart Community Services
celebrated by reading to children in our communities.



The Grafton office Case Manager, Hannah Dixon, traveled with the TRAILS staff, Cheryl Wolfe & Lori Dameron to visit with Julie Dowdy's Little Feet Day Care & Pre-school in Grafton, WV. Hannah read "The Foot Book" to 4 classrooms dressed as The Cat in the Hat while Lori took pictures dressed as Thing 2. Cupcakes were baked in honor of Dr. Seuss and books were given to each classroom.

Wendy Wolford, Early Childhood Specialist, visited Tucker County Playgroup at the Tucker County FRN and read, "The Nose Book." Children participated in various Dr. Seuss activities, wore hats and enjoyed Cat in the Hat Jell-O Treats.

Melodee Price, Early Childhood Specialist, read to children as they came to visit the Elkins office.



The TRAILS Team in Martinsburg, Janet Aitchison and Jen Gorman, visited and read to The Golden Rule Daycare.



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

Child Abuse prevention Month Observed

Cheryl Wolfe and Wendy Wolford

MountainHeart Community Services, churches, schools, and other social service agencies joined together during the month of April to make the public aware and direct attention to the tragedy of violent abuse and neglect to our children in this country. On March 25, 2014, in Randolph County, Wendy Wolford and Melodee Price, along with community leaders and families gathered to witness the reading and signing of a proclamation to proclaim April 2014 as Child Abuse Prevention and Awareness month.



Cheryl Wolfe attended the ceremony on April 7, 2014 for The Children's Memorial Flag to be raised in Grafton, West Virginia. This flag was created by a 16 year old student in Alameda County, California to honor children of abuse and neglect. The red flag shows blue, paper-doll-like figures of children holding hands, and in the center a white chalk outline of a missing child that symbolizes the thousands of children who die each year.

MountainHeart staff worked diligently to make over 800 blue ribbons to be distributed during the month of April. Each of our five offices and TRAILS provided ribbons to Child Care providers and clients during the month of April. We were joined by four churches; Philippi Baptist Church in Barbour, Davis Memorial Presbyterian Church in Randolph, St. Johns United Methodist and Leadmine United Methodist Church in Tucker County. They passed these blue ribbons out during services on April 27, 2014 for Blue Ribbon Sabbath Day.

It is the responsibility of every adult who comes in contact with a child to protect that child's inalienable right to a safe and nurturing childhood. Every child is entitled to be loved, cared for, nurtured, feel secure and be free from verbal, sexual, emotional and physical abuse and neglect. MountainHeart has dedicated individuals who work daily to help parents and child care providers with assistance when they are needed. We are committed to supporting and encouraging the families we work with to ensure children have a thriving and successful environment to learn and play.

Martinsburg Office



Elkins Office



Grafton Office



Weston Office



Petersburg Office



Summer Safety Tips

Wendy Wolford, Early Childhood Specialist



The weather is warming up and you're ready to grab up the Sippy cups and head outdoors. Whether you're hitting the playground, local pool or nature trail, you'll need to know the basics of summer safety. Read up, catch some rays and enjoy your summer!

1. Never leave children unattended near water. Purchase safety alarms for the gate or door leading to the pool. Drowning can take mere minutes and can be prevented with complete adult supervision.
2. Stay hydrated! Teach your children to drink plenty of water through the day during the summer time. This is a habit that is easy to teach by your example.
3. Use sunscreen. Make sure you regularly apply an effective sunscreen each time your child plays outdoors in the summer and reapply it frequently, especially when they are playing in or near water. It can be easy to forget this step in the later afternoon or on cloudy days, but remember that the sun is strong enough to burn your children's skin even when it does not feel particularly strong or hot. Try the convenience of using spray-on sunscreen.
4. Always wear shoes. Mats and other hot playground equipment can burn the bottoms of kids' sensitive feet.
5. Always check the backseat before you exit your car. We've all heard the tragic stories of parents who've left their children in an overheated car. Never take this chance. Get into the habit of looking in your back seat each time you get out of your car. This way, you'll never be in the position of leaving a sleeping baby.

"Some days, doing "the best we can" may fall short of what we would like to be able to do, but life isn't perfect—on any front and doing what we can with what we have is the most we should expect of ourselves or anyone else" ~ Fred Rogers

Autism Spectrum Disorder – Learn the Signs

Lori Stutts, Behavior Consultant



Autism Spectrum Disorder is a neurological disorder that affects the functioning of the brain and can profoundly impact how an individual interacts with the world. Typically, it appears during the first 3 years of life. The U.S. Centers for Disease Control and Prevention report that 1 in 68 American children are on the autism spectrum. When a parent has concerns about their child's development, they often rely on the expertise of a pediatrician to provide a diagnosis if one exists. However, research shows that pediatricians can fail to detect delays more than 70 % of the time. As a child care provider, it is critical that careful attention is paid to the development and behaviors of each child in your program. While we are not able to make a diagnosis ourselves, we should relay our observations to the parent/guardian and even make a referral ourselves to the appropriate program when necessary.

There are certain traits associated with Autism Spectrum Disorder with which we can become familiar. These traits can be mild to severe and range in intensity. Typically, they will occur across many different situations and be consistently inappropriate for that child's age. Some behaviors often associated with Autism Spectrum Disorder include:

- Difficulty in mixing with other children
- Inappropriate laughing or giggling
- Little or no eye contact
- Apparent insensitivity to pain
- Prefers to be alone; aloof in manner
- Spins objects
- Inappropriate attachment to objects
- Unresponsive to normal teaching methods
- Tantrums – displays extreme distress frequently or for no apparent reason
- Uneven gross/fine motor skills (may not want or be able to kick a ball but can stack a tall tower of blocks)
- Insistence on sameness; resist changes in routine
- No real fear of dangers
- Sustained odd or atypical play
- Echolalia (repeating words or phrases in place of normal language)
- May not want cuddling or typical affectionate touch
- Not responsive to verbal cues; acts as deaf
- Difficulty in expressing needs; uses gestures, pointing or pulling adults by the hand instead of words
- Noticeable physical overactivity or extreme underactivity

While this list may not include all traits and behaviors that may be exhibited by a child with Autism Spectrum Disorder, it is a good place to start if you have concerns regarding a particular child. Remember that early intervention is crucial to address the core issues that undermine social and behavioral development, as well as, to prevent further gaps or increased delays. When an evaluation and diagnosis is made early in life, it gives the child the best opportunity to reach his full potential. For more information regarding Autism Spectrum Disorder or to find out about agencies in your community that conduct evaluations, please contact Lori Stutts, Behavior Consultant, at 304-257-9375 or toll free at 1-877-211-5437.



Do You See What I See?

Shannon Nichols, Infant/Toddler Specialist



Infants and toddlers are great observers. They pay attention to everything in the environment that they can explore with their senses. Knowing this, it is important to be aware of what they are able to see from every area they use, in order to make the display area a valuable learning experience. Whether children are sitting at the table, getting a diaper change, crawling on the floor, or waking from nap, there should be interesting materials displayed at their eye level. To keep the display interesting, items should be both two dimensional (photographs, posters, children's artwork) and three dimensional (mobiles, hanging plants) and should be changed regularly. Items should also be meaningful to the children, such as familiar people, animals, activities and places, and can help caregivers to

initiate conversations with the children.

So get down on the floor and look at your child care space from the infants' and toddlers' view and make sure they have plenty of cool things to check out!



Adapted from [All About the ITERS-R](#)

"A person's a person, no matter how small." ~Dr. Seuss

Eastern Panhandle Family Childcare Providers Association Holds First Meeting

Karen Reyes

Eastern Panhandle Family Childcare Providers Association just held their first meeting. It was a relaxed time to just sit and listen for few minutes (something, we may not get much of most days). Why do we exist? We exist to serve you and each and every provider, to be a voice for and alongside of you, the childcare provider. Without you, family childcare as we know it, would not exist. You are important to the quality and education of children throughout the state of WV. We are a local association of the **WV Family Childcare Providers Association** (www.westvirginiafamilychildcare.com.) We have a Facebook page (**Eastern Panhandle Family Childcare Providers Association**.) You will need to ask to join first. The page is a place to get support, ask questions and get information that you need to excel in your home daycare business. Vision statement: To serve as a unified voice for family childcare. Offer support and education through a state conference, networking and newsletters. Increase public awareness regarding the positive professional image of family childcare with state and local agencies, family, media and legislators. Mission statement: To support local family childcare associations and to promote the professional development of family childcare. For those interested, there are forms to join the local and/or state association. Call for details. Please contact Karen L. Reyes at (681)252-3076 or check out our page.

"The essence of our effort to see that every child has a chance must be to assure each an equal opportunity, not to become equal, but to become different—to realize whatever unique potential



News from the West Virginia Family Child Care Association

Have you joined our association yet? 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!

TRAILS TIPS

Janet Aitchison, TRAILS Early Childhood Specialist



This is my final "TRAILS TIPS". It has been my pleasure to work with you. Here are a few parting thoughts. (You may have heard them before):

You have the most important job in the world. You are creating memories and modeling appropriate behavior every minute of every day. Children are always watching. Your efforts will help create a kind, inquisitive, responsible, caring human being.

You often spend more hours of the day with the children in your care than their parents do. Much of the caring, nurturing and teaching falls to you. Accept the fact that manners and respect need to be taught and you will probably be the one teaching them.

Most parents are doing the best that they can. Work with them and support their efforts. Parents sometimes need nurturing and teaching as well as children. We are never too old to learn.

Children require infinite patience and encouragement. They live up to or down to your expectations for them.

We are all a work in progress!

Learning should be fun! Not everyone learns the same way.

Smile and enjoy your job! A sense of humor is one of the most important tools in your toolbox!



My best to all of you!



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

Summer is a Time for Safety

Sarah Hicks, RN & Glenna Bailey, RN



Summer is just around the corner. The days are longer and warmer which means lots of time for outdoor play. Kids love playing outside in the summer and it's a great time for them to increase physical activity. It's also a time to take some precautions to keep kids safe during the summer months.

First, be sure to protect children from the burning effects of the sun. Studies have shown that getting a sunburn as a child increases the risk of developing skin cancer as an adult. Sun screen for children older than six months is a must. Sunscreens should be applied 30 minutes before going outdoors and should have a sun protection factor (SPF) of at least 15 or higher. For infants six

months or less, keep them out of direct sun and/or use clothing to protect them from the sun's rays.

Insects such as mosquitos, ticks and bees can be a summertime annoyance but can also lead to more serious conditions such as anaphylaxis and Lyme disease. For children older than 2 months the best defense against mosquitos and ticks is to apply an insect repellent with no more than 30% DEET. Check children for ticks after coming in from outdoor play. Also, keep playgrounds free of standing water and keep the grass cut regularly. Bee stings are one of the most common causes of severe allergic reactions in children. Light colored clothing helps to keep bees away and the use of scented soaps or perfumes should be avoided. Do not leave food, drink or garbage uncovered outdoors. If a child who has been stung begins to have swelling around the mouth or tongue or complains of tightness in the throat and seems to have difficulty breathing, call 911 immediately.

Playing in water is a favorite summer activity but requires close supervision. Children can drown in less than 2 inches of water so even small pools of water can be hazardous. When children are playing in or around water an adult should always be within arm's length. Never leave children alone around water and avoid distractions when supervising children around water.

Finally, the use of trampolines has been deemed too dangerous for children by the American Academy of Pediatrics. There are over 100,000 trampoline injuries every year, many of them serious. Safety nets have not been shown to reduce the number of injuries. Young children are at greatest risk and should not be allowed to use trampolines.

With a few precautions, summer can be fun and safe for everyone.



Save The Date

***TWO Model Rooms!!
(Infant and Toddler)
And Cozy Room***

STARS Credit

Free resources available

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



**Great Beginnings
Infant/Toddler
Conference**

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 brought 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.

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



Online Registration (for NAFCC Members Only)

Tricia Sheely, Director of Little Eagle Child Care Center Honored



Kicking off activities in celebration of the Week of the Young Child, Little Eagle Child Care Center staff honored the director for her dedication to children and passion for early education.

Monday, April 7, 2014, child care center staff surprised director Tricia Sheely with a presentation in honor of her eight years of dedication to the center and its students. Senator John Unger presented Tricia with a Certificate of Recognition, honoring Little Eagle Child Care Center staff's effort to educate and nurture young children.

"We worked together a number of years ago, and she's always been a champion of children, ever since I've known her," Unger said. "I knew Tricia when she was involved with other initiatives and nonprofits way back. She's always been engaged with children and she's always been an advocate for children."

While the certificate of Recognition applies to the entire facility and staff, administrative assistant Mandie Kincaid said the staff rely on Sheely's guidance and passion to foster the best environment for children. "Tricia deserves this", Kincaid said. "Tricia is the best director in the world. I don't even call her my boss anymore, she's my friend."

While Sheely did know that the child care center would be having a kickoff event for Week of the Young Child, the proclamation and Unger's visit were kept a surprise.

"It really means the world to me," Sheely said. "This is my passion, and I don't do it for recognition, but it's nice to know that people know where I stand on it. They recognize and appreciate that I have such a passion for what I do."

The Week of the Young Child is a national celebration, sponsored by the National Association for the Education of Young Children, to bring awareness on the needs for programs and care centers that fulfill early education needs for young children.

As director, Sheely has dedicated her efforts to ensuring that Little Eagle Child Care Center maintains high quality in staff, programming and facility to meet children's needs.

"We can provide child care all over the place," Sheely said. "It needs to be a high level of quality care to be able to reach children. All children need access to that, and all children deserve it. I want to make sure that we can do everything that we can to provide that."

Little Eagle Child Care Center currently has about 80 kids, and 300 participants in its before and after school programming. The center, a nonprofit facility, has been part of the community since 1990. It offers full-time and part-time care for ages six weeks to 12 years.

For the Week of the Young Children, Little Eagle will feature a different activity every day, including visiting the VA Center, drawing art of one of the VA Center's walls, planting trees and picking up in an area park.

~~~Article appeared in **The Journal** newspaper, April 8, 2014







## 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](http://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](mailto:TEACHWV@rvcds.org)



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

### Provider Appreciation Day Friday, May 9, 2014



The staff of MountainHeart Community Services would like to send special thanks to all of our child care providers in our region. We appreciate all that you do for the children in your care by providing caring, safe and educational childcare. You affect more than just the children, you help the parents, employers and the community.

Thank you on your special day and throughout the year!

## Administrative Professional Day Celebrated



On a beautiful spring morning, the Clerical staff from all of our offices, traveled to Moorefield to enjoy a buffet lunch. Denise Richmond, Child Care Specialist, gave a presentation to help us better understand our job duties of customer service and how to provide good customer service. We also had a scavenger hunt of items found in our purses and that had been placed around the room.

It's always good to receive a refresher course on things that need to be done and just how important it is for the Clerical staff to be able to assist customers when they call or enter our offices. Each were presented with a Certificate of Appreciation and a nice travel bag.



Thank you to Willetta Bolinger, Program Director, Leann Andrew, Assistant Program Director and Denise for an enjoyable and learning time together.



"There can be no happiness if the things we believe in are different from the things we do." ~ Freya Madeline Stark



## 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](mailto: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.

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

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

March-June 2015- Berkeley or Jefferson County  
(5 Person Minimum)





## Fun Summer Recipes

### Homemade Freezer Ice Cream

Everyone knows that one of the best ways to make a hot **summer** day even better is a nice cone or dish of homemade **ice cream**. Gather your children around, get out the ingredients and have some fun. Don't forget to pull out all your favorite toppings. You can use anything from sprinkles, crushed candy bars, cookies, or fresh fruit. You may add these ingredients to the blender with a splash of milk for a fabulous shake. Anything is possible. Have fun with it!

#### **Ingredients:**

- 1 cup sugar
- 3 tablespoons all-purpose flour
  - 1/2 teaspoon salt
  - 2 1/2 cups milk
  - 3 eggs
  - 2 cups heavy or whipping cream
  - 5 teaspoons vanilla extract



#### **Directions:**

In heavy, 3-quart saucepan with spoon, combine sugar, flour, and salt. In medium bowl with hand beater or wire whisk, beat eggs and milk together until well blended; stir into sugar mixture until smooth. Cook for about 15 minutes over low heat, stirring constantly, until the mixture thickens and coats the spoon, being sure that the custard does not boil or it will curdle; allow to cool (at room temperature).

Stir in 2 cups heavy or whipping cream and 5 teaspoons vanilla extract.

Freeze until desired consistency is reached.

### Jell-O Magic Milkshakes

- 1 pkg (4-serving size) Jell-O gelatin
  - 1 cup milk
  - 1 pint softened vanilla ice cream

Pour 1 cup of milk into blender, add Jell-O. Cover and blend 30 seconds. Add softened ice cream and blend 1 minute longer.

### Banana Pops

- 1 cup vanilla yogurt
- 1/2 cup orange juice
- 1 medium ripe banana, cut into chunks

In a blender, combine the ingredients; cover and process until smooth. Pour into Popsicle trays, or into small plastic disposable cups and insert Popsicle sticks in center. Freeze until firm, about 5 hours or overnight. Makes 6 servings.





## Child Observation and Assessment

Melodee Price, Early Childhood Specialist



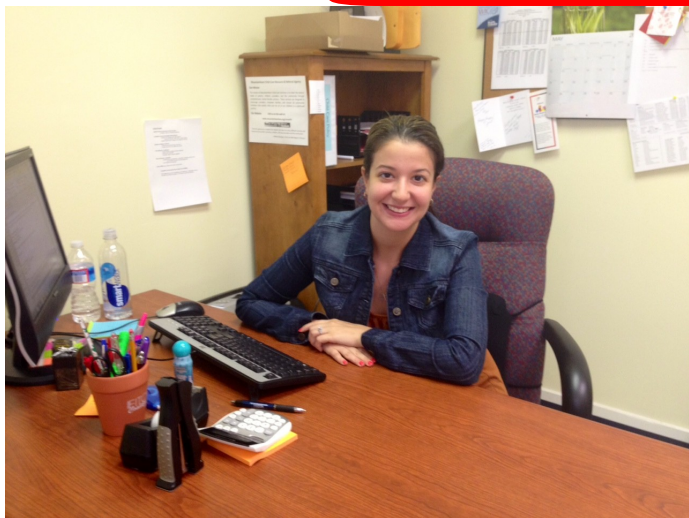
Observation and assessment can be thought of as the eyes and ears of a program. If you observe children and record what a child is currently capable of, you can then use that information to know what you should be doing with them while they are in your program.

For example, if you see a 4 year old child is having difficulty cutting with scissors, then you know they need to strengthen their fine motor skills. This could be the “red flag” to let you know you need to be doing some extra small manipulative activities with them. You could have the child play with pegs putting them in holes, string beads, manipulate play dough, paint, or anything that is going to exercise their hand muscles. It’s not that you need to practice using the scissors more. Their lack of control has to do with muscle tone or coordination.

The information you collect about each child should be used to create individualized lesson plans. Come to the “Observation for Lesson Planning” training to learn more about this subject.



## Welcome New MountainHeart Staff Member



My name is Kaitlyn Mahoney, I was born and raised in Jefferson County WV and currently reside in Charles Town WV.

I attended Alderson Broaddus College from 2008-2010. I graduated from Shepherd University in December 2013 with a Bachelors of Science in Family and Consumer Science with a minor in Marketing. I also studied for a short time, Fashion Merchandising at West Virginia University and LOVED it. So naturally I am a shopaholic! While attending AB I played Division II Women’s Soccer. I was a Fitness Consultant with Gold’s Gym in Charles Town for six years and I enjoy being active and staying fit.

I am engaged to Chad Carroll, and we are planning our Wedding for September 2014. We recently learned we are expecting our first child. I have four beautiful nieces that I

couldn’t imagine life without!

As of March 2014, I began a career as Case Manager at the Martinsburg, WV office. I look forward to assisting the families in the area with child care.

My life is changing very quickly and I am excited to share all my new experiences with my new MountainHeart Family.





## TRAINING TOPICS OFFERED July—September 2014

**How to be Culturally Sensitive in the Classroom.** Core Knowledge Area: Positive Interactions and Relationships. Intermediate Knowledge. (Tier II). A review of the Early Childhood Environmental Rating Scales to discuss what will help you 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.

**Managing Infectious Diseases in Child Care.** Core Knowledge Area: Health, Safety, and Nutrition. Intermediate information. (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.

**Medication Administration.** Core Knowledge Area: Health, Safety, and Nutrition. Beginner information. (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 STARS registered training hours. Center based staff, facility owners/staff, and home providers are welcome to attend.

**Medication Administration Recertification Program.** Core Knowledge Area: Health, Safety, and Nutrition. Intermediate information (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.*

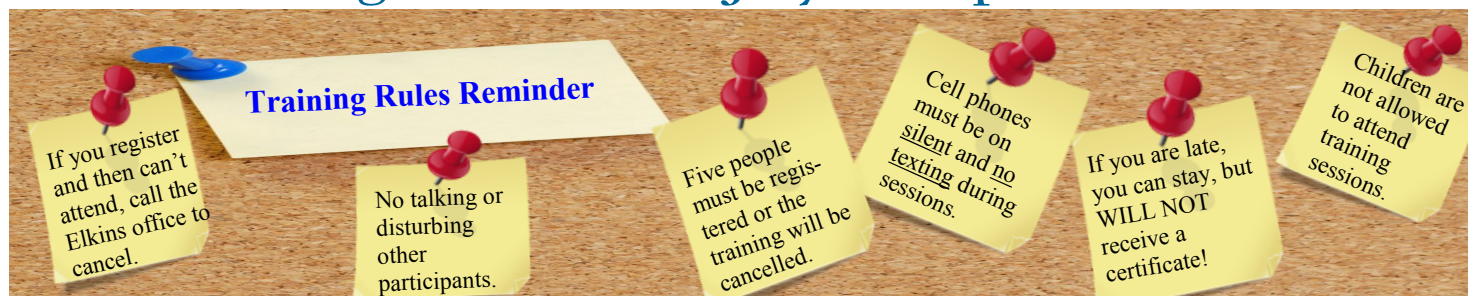
**Observation for Lesson Planning.** Core Knowledge Area: Child Observation and Assessment. Intermediate information (Tier II). Participants will learn to modify their classroom curriculum to meet individual needs of children based on observation and assessment findings. This training can be applied towards the required hours needed for Tier II status.

**Promoting Social Emotional Competence.** Core Knowledge Area: 1 hour Positive Interaction and Relations. 1 hour Curriculum. Beginner information (Tier I). Participants will learn about The Pyramid Model for promoting social emotional competence in infants and young children. The Pyramid Model is a tiered intervention framework of evidence-based interventions that is used to promote the social, emotional, and behavioral development of young children within early childhood settings.

**WV Early Learning Standards Framework.** Core Knowledge Area: Program Management. Beginner Information (Tier I). Participants will learn about the WV Early Learning Standards Framework (WVELSF), why they are important, and how they can be incorporated into your daily routine. This training will count as the WVELSFs training that is required of facility based staff when working toward the tiered reimbursement system requirements.

**Overview of the WV Early Learning Standards Framework: Infant/Toddler.** Core Knowledge Area: Program Management. Beginner Information. (Tier I). Participants will learn about the WV Early Learning Standards Framework for Infants and Toddlers, why they are important, and how they can be incorporated into your daily routine. This training will count as Infant/Toddler training credit if you work with this age group.

## Training Calendar for July — September 2014



### Berkeley County

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

|                                                       |                   |            |
|-------------------------------------------------------|-------------------|------------|
| WV Early Learning Standards Framework                 | 7/21/14 (Monday)  | 11:00-1:00 |
| Observation for Lesson Planning                       | 8/5/14 (Tuesday)  | 11:00-1:00 |
| Promoting Social Emotional Competence                 | 8/19/14 (Tuesday) | 1:00-3:00  |
| WV Early Learning Standards Framework: Infant/Toddler | 8/25/14 (Monday)  | 1:00-3:00  |

### Grant County

#### **Grant County Public Library: 18 Mountain View Road, Petersburg 26847**

|                                       |                     |           |
|---------------------------------------|---------------------|-----------|
| Promoting Social Emotional Competence | 7/23/14 (Wednesday) | 5:30-7:30 |
|---------------------------------------|---------------------|-----------|

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

|                                 |                   |           |
|---------------------------------|-------------------|-----------|
| Observation for Lesson Planning | 7/15/14 (Tuesday) | 6:00-8:00 |
|---------------------------------|-------------------|-----------|

### Hampshire County

#### **EACHES Head Start: Romney, 26757**

|                                                 |                  |            |
|-------------------------------------------------|------------------|------------|
| Observation for Lesson Planning                 | 9/12/14 (Friday) | 9:30-11:30 |
| How to be Culturally Sensitive in the Classroom | 9/12/14 (Friday) | 12:00-2:00 |

### Hardy County

#### **Hardy County DHHR: 149 Robert C. Byrd Industrial Park, Moorefield 26836**

|                                       |                  |             |
|---------------------------------------|------------------|-------------|
| WV Early Learning Standards Framework | 7/14/14 (Monday) | 10:00-12:00 |
|---------------------------------------|------------------|-------------|

#### **Hardy County Public Library: 102 North Main St., Moorefield 26836**

|                                                       |                  |           |
|-------------------------------------------------------|------------------|-----------|
| WV Early Learning Standards Framework: Infant/Toddler | 8/18/14 (Monday) | 2:00-4:00 |
|-------------------------------------------------------|------------------|-----------|

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

|                                            |                    |            |
|--------------------------------------------|--------------------|------------|
| Managing Infectious Diseases in Child Care | 8/14/14 (Thursday) | 12:00-2:00 |
| Observation for Lesson Planning            | 9/5/14 (Friday)    | 12:00-2:00 |

### Jefferson County

#### **Wee Disciples Christian Academy: 114 Poor Farm Road, Kearneysville 25430**

|                                            |                    |             |
|--------------------------------------------|--------------------|-------------|
| Medical Administration Recertification     | 8/6/14 (Wednesday) | 10:00-12:00 |
| Managing Infectious Diseases in Child Care | 8/6/14 (Wednesday) | 12:00-2:00  |

### Lewis County

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

|                                                 |                    |             |
|-------------------------------------------------|--------------------|-------------|
| WV Early Learning Standards Framework           | 8/18/14 (Monday)   | 10:00-12:00 |
| How to be Culturally Sensitive in the Classroom | 8/18/14 (Monday)   | 12:30-2:30  |
| Medication Administration                       | 9/18/14 (Thursday) | 5:00-9:00   |

### Mineral County

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

|                                 |                   |           |
|---------------------------------|-------------------|-----------|
| Observation for Lesson Planning | 7/29/14 (Tuesday) | 6:00-8:00 |
|---------------------------------|-------------------|-----------|





## Training Calendar for July—September 2014 continued

### Pendleton County

**Tiny Tots Child Care Center: Franklin, 26808**

Observation for Lesson Planning

9/9/14 (Tuesday)

11:00-1:00

### Randolph County

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

WV Early Learning Standards Framework: Infant/Toddler

7/21/14 (Monday)

1:00-3:00

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

Managing Infectious Diseases in Child Care

7/25/14 (Friday)

10:00-12:00

Observation for Lesson Planning

8/8/14 (Friday)

10:00-12:00

### Upshur County

**MountainCAP: 10 Tennerton Dr. Buckhannon 26201**

Observation for Lesson Planning

7/22/14 (Tuesday)

6:00-8:00

**Upshur County Public Library: W Virginia 20, Buckhannon 26201**

WV Early Learning Standards

7/22/14 (Tuesday)

3:30-5:30

Promoting Social Emotional Competence

9/17/14 (Wednesday)

1:00-3:00

**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.**



### **Medication Administration Class Reminder**

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.

You **MUST PRE-REGISTER** at least five (5) days in advance of the training session by calling the Elkins Mountain-Heart 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.

**Reminder: Children may not attend the training session.**





# News From The Heart

Visit us at: [www.facebook.com/#!/mountainheartwv](http://www.facebook.com/#!/mountainheartwv)

Come visit us at: [www.mountainheartwv.org/ccnorth](http://www.mountainheartwv.org/ccnorth)



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

| Date/Time                          | Location                                                  | County   | Monitor/Cell Phone             |
|------------------------------------|-----------------------------------------------------------|----------|--------------------------------|
| 7/15/14 Tuesday<br>6:00pm - 8:00pm | Knights of Columbus Hall (behind St. Leo's)<br>Inwood, WV | Berkeley | Bridget Barton<br>304-820-4486 |

The Guidelines to participate in the program are as follows:

- ◇ Current in-home child care license from West Virginia DHHR
- ◇ Keep written attendance, menus, meal counts, and other records
- ◇ Have a minimum of three successful visits yearly with your food program monitor
- ◇ Plan, prepare, and serve meals and snacks that meet USDA standards

If you are a Licensed Family Day Care Home Provider and are interested in participating in the Child Care Food Program, you can contact: **Catholic Charities West Virginia**

**Child and Adult Care Food Program**

**2000 Main Street, Suite 200**

**Wheeling, WV 26003**

**1-888-688-7468 ext 2203**

**[www.CatholicCharitiesWV.org](http://www.CatholicCharitiesWV.org)**



**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.