



News From The Heart



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Summer 2015

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READ ACROSS AMERICA

Cheryl Wolfe, TRAILS Early Childhood Specialist



“You're never too old, too wacky, too wild, to pick up a book and read to a child.”

MountainHeart Community Services, Inc. at 4 Harman Center in Grafton, West Virginia celebrated “Read Across America” and Dr. Seuss’s birthday with refreshments and books. Refreshments were served to children and child care providers that visited the office on March 1, 2015 by Amanda Roy, Suzanne Hess, Hollie Maffett, Hannah Dixon, Brenda Epperley, and Cheryl Wolfe.

The TRAILS staff, Brenda Epperley and Cheryl Wolfe, and Hannah Dixon, Birth To Three (dressed as the Cat in the Hat), traveled to Barbour county to visit with Erynn Johnson at her facility on March 17, 2015. Hannah read **The Cat in The Hat** book and joined the children and staff for a snack of the Lorax cookies that were made by the Grafton office staff. Books were presented to Erynn to add to her childcare library.

Dr. Seuss epitomizes a love of children and learning. Also, his use of rhyme makes his books an effective tool for teaching young children the basic skills they need to be successful. When we celebrate Dr. Seuss and reading, we send a clear message to America's children that reading is fun and is important.

MountainHeart takes pride in providing services to parents and providers that improves the quality of early education services for young children and their families.

“A person’s a person, no matter how small.” ~ Dr. Seuss

News from WVDHHR Child Care Regulatory Staff

Joel Harris, LSW Division of Early Care & Education, Regulatory Supervisor

As most of you know by now, two of my most tenured staff members retired this past year. We hated to see them go but understood completely their need for a well-deserved rest and time to spend with family and friends.

James Richards retired November 30, 2014. James had been the Regulatory Specialist for Randolph, Tucker, and Pendleton Counties.

Sheila Hott retired December 31, 2014. Sheila had been the Regulatory Specialist for Grant, Hardy, Hampshire, and Mineral Counties.

I have been trying to hire replacements for a number of months now. I expect to have a new worker covering Randolph County and the surrounding area effective June 1st, and a new worker stationed in the Hampshire County office and covering the surrounding counties effective July 1st. I have been able to hire one new worker for the Berkeley, Jefferson, and Morgan County area.

Marie Eggleton started April 1st and hopefully her training will be complete and she will be in the field effective May 1, 2015.

I am currently covering the Randolph and Pendleton County areas and can be reached at 304- 269- 6820, ext. 2019.

Workers current assignments and where they can be reached until further notice is as follows:

Roberta Carpenter	Barbour, Taylor, Preston, Mineral	304-457-9030	ext. 78451
Kimberly Corley	Berkeley, Jefferson, Grant	304-457-9030	ext. 78450
Melissa Krinov	Lewis, Upshur, Tucker, Hardy	304-269-6820	ext. 2029
Melanie Lane	Jefferson, Hampshire	304-724-2600	ext.2025
Marie Eggleton	Morgan	304-724-2600	ext.2036

I regret any inconvenience these changes may have caused you, and I look forward to our new staff members being trained and ready to assist you in the near future.

Thank you for your patience while we go through our changes.



Summer Safety

Carrie Frasch, TRAILS Early Childhood Specialist



Finally, after a long, cold winter, summer is here! With the warmer weather, children will be spending many more hours outside. While it is wonderful to have the children outside engaging in physical activity, there are many safety concerns to remember.

According to the American Academy of Pediatrics, sunscreen is a must on sunny and cloudy days! Look for products with UVA and UVB protection and an SPF of at least 15. Sunscreen should be applied 30 minutes before going out in the sun, and reapplied every two hours or sooner if swimming, sweating or toweling off. Remember, child care providers may require written permission to apply sunscreen.

The Center for Disease Control and Prevention states that heat-related illness occurs when the body's temperature control system is overloaded. Those at greatest risk for heat-related illness include infants and children up to 4 years of age. Never leave infants or children in a parked car, even if the windows are cracked open. Dress infants and children in loose, lightweight, light-colored clothing. Try to schedule outdoor activities for morning and evening hours and limit outside time to 15 minutes when temperature is over 90° F. Seek medical care immediately if a child has symptoms of heat-related illness.

You may be surprised how much and when kids should drink liquids. According to the non profit Safe Kids USA, to prevent dehydration, kids should drink 12 ounces of fluid 30 minutes before an activity begins and take mandatory fluid breaks, with kids less than 90 pounds drinking five ounces every 20 minutes during activities and kids over 90 pounds drinking nine ounces every 20 minutes. Tip: A child's gulp equals a half-ounce of fluid, so your child should drink about 10 gulps for every 20 minutes of play.

Don't forget to check your play areas. Check to make sure that the surfaces under playground equipment are safe, soft, and well-maintained. Always supervise young children at all times around fall hazards, such as stairs and playground equipment. Check the equipment to make sure there are no cracks or broken pieces that may harm a child.

Following these simple safety tips can make everyone have a fun and enjoyable summer!

References: American Academy of Pediatrics <https://www.aap.org/>
Centers for Disease Control and Prevention www.cdc.gov/
Safe Kids USA www.safekids.org/



News and Information

Willetta Bolinger, Program Director

As a result of President Obama signing the Child Care and Development Block Grant (CCDBG) Act of 2014 into law this past November, there will be many changes made to the child care program in coming months. Although the details are being worked out, some of the changes include:

- ⇒ The new purpose and approach to the Child Care Program will be to increase the number of low income children in high quality settings and provide work supports for parents.
- ⇒ The purpose will be less about the parent and more about the child. Low income children will not lose child care if a parent loses their job.
- ⇒ Blending and braiding of early childhood funding sources will together raise the quality of programs
- ⇒ Child Care Certificates will be extended from six months (currently) to one year

For more information, please visit Child Care Aware of America's link at:

<http://www.usa.childcareaware.org>



" Every child is gifted. They just unwrap their package at different times." ~ Unknown

2014 KIDS COUNT Data Book

Willetta Bolinger, Program Director

The 2014 KIDS Count data book is available. The book gives information on the well-being of the children of West Virginia, including the quality of child care, the importance of early childhood development and other important child & family information.

The book and other publications can be downloaded at: <http://www.wvkidscount.org/our-publications-0>



West Virginia KIDS COUNT



Update on Tiered Reimbursement Program

Jaime Price, Early Childhood Specialist

One of the most important factors is making sure you are completing the correct application. There are different applications for the different types of care; family child care home, child care facility, and child care center. Submission of your program's documentation can be done in a three-ring binder or electronically on a flash drive. If documentation is incomplete, you have two weeks to get the missing information re-submitted. For providers who do not have access to a scanner, the Division of Early Care and Education will allow MountainHeart to scan and email the information for you. If your documentation is not received within two weeks, the application will be denied and you must re-apply. If your documentation is accepted and your program is approved for advancement in the tier levels, please note you are consenting to monitoring. This involves an Early Care and Education representative or Licensing Specialist visiting your program to ensure what was submitted as evidence in your documentation is being carried out.

Additional information that should be kept in mind when putting together documentation for your program;

- Diaper changing policy must be the NAEYC standards or the posters distributed during WVIT.
- Child assessment policy should address the purpose and use of the assessment; it is not a screening tool.
- Transition policy should discuss how children transition in/out of or between classrooms and note whether you read books (ex: riding the bus) or send the child's portfolio with them to new class
- Lesson plans should reflect activities that hit on all developmental domains, curriculum content areas, and various activity types (teacher initiated, child initiated, individualized, large/small groups). Activities must also be developmental appropriate and not involve the use of worksheets.
- There is an approved list of curriculum for all types of care: child care center, child care facility, and family child care home.

When completing the staff credential form, remember you must include all staff working in your program. Professional development hours can be pro-rated according to date of hire, but only for 25% of staff. For example, for every three months of employment for a new employee, they must have 4.5 hours of professional development and this must include a session on Positive Interactions and Relationships. Certain trainings only have to be obtained once by each staff person including a session in Positive Interactions and Relationships, Child Observation and Assessment, a module style training or college credits, SIDS, Child Abuse and Neglect, and Medication Administration (M.A. for family child care only). Once a program has been approved, all staff must have 18 hours of professional development, not 15 as required in the WV Child Care Licensing Regulations. In addition, for child care centers, the Director and one staff must attend an early childhood conference.

If your renewal application is due by April 1st, they will be looking for documentation from the past April to the current April. Please keep in mind that renewal applications and documentation are due 60 days prior to the expiration of your current tiered reimbursement grant. This means you may need to ensure that staff get their training hours completed in a shorter period of time.

Also, if your program is Tier III because of accreditation with an approved accrediting body and you lose that status, it is your responsibility to notify the Division of Early Care and Education as soon as possible. You will have to pay back any monies received for the higher rate of subsidized child care payments. In addition, you will automatically be classified as a Tier I program and need to apply for Tier II status.

Lastly, please keep in mind that help is available with the Tiered Grant application process from the Quality Support Services. You can go online to http://www.wvearlychildhood.org/WV_Quality_Support_Services.html or call (304)558-8800 to apply for financial assistance, mentoring, or technical assistance.

“A person soon learns how little he knows when a child begins to ask questions.” ~ Richard L Evans

Preventing Container Baby Syndrome

Shannon Nichols, Infant/Toddler Specialist



Container Baby Syndrome (CBS) is a collection of movement, behavior, and other problems caused by a baby or infant spending too much time in a "container," including: car seats, Bumbo seats, strollers, vibrating chairs, swings, nursing cushions, and bouncy seats. A "container baby" is a newborn baby or young infant who is placed in a container for an excessive amount of time in a given day.

These types of equipment act as a container, immobilizing the baby in one position on the baby's back. Spending a lot of time lying on the back in the container allows little to no movement of the baby's neck, spine, or body. This kind of immobilization can actually cause delayed development of common skills, like rolling, crawling, and walking. Staying in the container for a prolonged time and over days and weeks can even cause severe, possibly lifelong problems, such as:

- Head and face deformities, including "flat head syndrome"
- Decreased muscle strength and coordination
- Speech, sight, hearing, and thinking problems
- Attention Deficit Hyperactivity Disorder (ADHD)
- Obesity



Container Baby Syndrome is 100% preventable by following these guidelines.

- Limiting the baby's time in car seats and strollers to only when the baby is actually being transported somewhere.
- Increasing the time the baby lies on the tummy when awake (with adult supervision).
- Holding the baby in their arms, instead of leaving the baby in a container.
- Allowing the baby to play freely on the floor on a blanket.

Adapted from [Physical Therapist's Guide to Container Baby Syndrome](#) by Andrea Avruskin, PT, DPT. For more information visit MoveForwardPT.com [editorial board](#).



Changes at the Division of Early Care and Education

Willetta Bolinger, Program Director

Janie Cole has been named the Director of the WV DHHR Division of Early Care and Education. Janie was previously the Program Manager of the Child Care Policy and Quality Initiatives Units at the Division of Early Care and Education. Congratulations to Janie on her promotion.



Jessica Dianellos, an Early Care and Education Specialist for the Division of Early Care and Education, has resigned. One of Jessica's responsibilities was to work with child care providers who wanted to move up on the tiered reimbursement system. We wish Jessica the best of luck in her future endeavors.



"I've found what makes children happy doesn't always prepare them to be courageous, engaged adults." ~Brene Brown

Early Care Share West Virginia: Are You a Member Yet?



Natalie Snyder, Distance Learning Statewide Coordinator WV Early Childhood Training Connections & Resources



The Early Care Share West Virginia website already has 400 members since its launch in February. Are you one of the 400?

If so, you have access to all of the quality information, cost savings, and useful forms and templates that you will need as a professional or student of early care and education. You have been able to access the featured articles about engaging and interacting with families during National Family Month, an additional 20% discount from Lakeshore, and a new toolkit to help conduct orientation with new employees.

If you aren't yet an Early Care Share West Virginia Member, what are you waiting for? We all need to save time, reduce costs, and improve quality; Early Care Share West Virginia can help you do this.

The site can be accessed by visiting www.EarlyCareShareWV.org. You can fill out a New Member Request form by clicking on "Request a Log in Account" upon visiting the site. It's entirely free!

For additional information or to arrange an online or in person demonstration about Early Care Share West Virginia, please contact Natalie Snider at nsnider@rvcds.org.

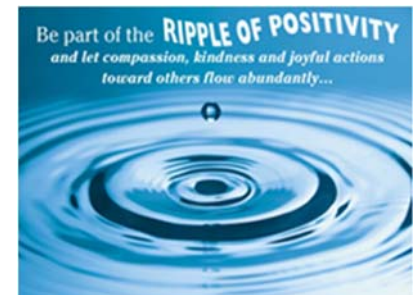


Have You Filled a Bucket Today?

Lori Stutts, Behavior Consultant

MountainHeart North and South recently participated in a joint conference in Daniels, WV where we took a few minutes to self-reflect and answer one question about ourselves: "Am I a Bucket Filler or a Bucket Dipper?" Tom Rath and Donald O. Clifton wrote a book called, **How Full is Your Bucket?** based on research conducted which clearly indicated that our lives are shaped by our interactions with others. Based on a metaphor of a dipper and a bucket, we learned that each of us has an invisible bucket which is constantly emptied or filled as a result of our interactions with others. We feel great when our bucket is full and make a positive impact on those around us, but when our buckets are empty we feel down and deflated. Not only do we all have an invisible bucket, but we each have an invisible dipper too! We can use our dipper to fill others' buckets by doing and saying things that increase positive emotions in those around us or we can dip from their buckets when we are negative and decrease the positive emotions in those around us. This idea of bucket filling not only applies to us as adults, but to the children in our care. What are we doing to fill their buckets each day? Don Clifton talks about "The Magic Ratio" in his book. This magic ratio suggests that children (and adults) need at least 5 positive interactions to every 1 negative interaction in order to increase positive emotions and reduce stress, anger, and hostility on the mind and body. In addition, positive emotions in children can help protect us from and undo the effects of negative emotions, encourage resilience from pain, trauma, and illness, and encourage creativity. If you want to see if you are making a positive impact on the children you see each day, take a minute to see how many of these statements you can agree with regarding your own actions.

1. I have helped a child in the last 24 hours.
2. I am exceptionally courteous to the children in my care.
3. I like being around positive people.
4. I have given sincere praise to a child in the last 24 hours.
5. I have developed a knack for making children feel good.
6. I am more productive when I am around positive people
7. In the last 24 hours, I have told the children in my care that I care about them.
8. I make it a point to become acquainted with people wherever I go.
9. When I receive recognition, it makes me want to give recognition to someone else.
10. In the last week, I have listened to a child talk through his or her goals and ambitions.
11. I make unhappy children laugh.
12. I make it a point to call each child by the name she or he likes to be called.
13. I notice what my colleagues do at a level of excellence.
14. I always smile at children when I meet them for the first time and when they arrive each day.
15. I feel good about giving praise whenever I see good behavior.



On a daily basis, we can choose to be Bucket Fillers to everyone around us, both young and old, through a variety of acts of kindness such as giving thank you notes to people for things we appreciate, spending time with someone who has asked for our help, and giving credit for contributions others made to work, activities, or programs, just to name a few. So, the question is, what will you do today to fill someone else's bucket??



West Virginia Family Child Care Association

Announces WVFCCA TOUR

Delivering the training you deserve with the respect you've EARNED

for 2015/2016
SAVE THE DATE!!
September 19, 2015

Second Helping is unique, specialized training for family child care providers. It's taught by family child care providers.
304-634-5545

www.westvirginiafamilychildcare.com



May Membership Drive!

For every new paid membership you'll be entered in a drawing for a \$20.00 Walmart card!!

Do you need help

with any issues you are experiencing in your fcc home? Need help getting your Tier II? Contact us today!

wvfamilychildcare@yahoo.com

Upcoming Events

2015 ASCD Conference on Teaching Excellence

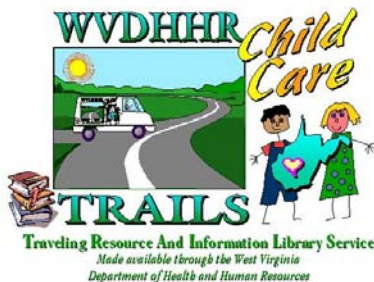
June 26–28, 2015

Pre-Conference Institutes: June 25, 2015

Gaylord Opryland Resort & Convention Center

Nashville, Tenn.

Visit www.ascd.org for more information



"Building A Firm Foundation"

This professional development session will be offered by your TRAILS Early Childhood Specialist. It consists of four modules that gives you an overview of the West Virginia Elements of Family Child Care (WVEFCCS).

For more information contact them today!

COMING SOON

Fall 2015



ACDS Local Councils

Sherri Myers, ACDS State Coordinator

The Apprenticeship for Child Development Specialist (ACDS) is a training opportunity for those working in the field of early care and education. It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks.

ACDS is supported through local councils in each county where classes are taught. These councils are the strength of the program at the local level and are responsible for the administration of the ACDS classes in their area. Local councils typically meet one time each semester to make arrangements for upcoming classes. Councils need the help and input from those in the early care and education field. If you are a graduate of the ACDS program or director of a childcare program and you are interested in becoming an ACDS local council member in your area, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org

Fall Classes

The Apprenticeship for Child Development Specialist (ACDS) will soon begin fall classes. If you currently work in the field of early care and education at least 20 hours per week with children birth through eight, you may want to consider this educational opportunity. ACDS is a rewarding program at a minimal cost to the participant. It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks. You can also earn training hours toward licensing requirements as well as college credit. If you are interested in ACDS or have questions about the program, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org.

“Children are our most valuable resources.” ~Herbert Hoover

Sun Safety for Kids

Glenna Bailey, RN,MSN



The warm weather and long days of summer beckon children to enjoy the outdoors. While there are many pleasures in being in the sun, there are also precautions that need to be taken to keep children safe. Exposure to heat and sun can cause sunburns and heat-related illnesses in the short term and skin cancer and eye damage in future years.

To protect children from the damaging effects of sun exposure, follow these simple tips from the American Academy of Pediatrics:

- Keep babies younger than six months out of direct sunlight. Find shade under a tree, umbrella or stroller canopy.
- Use a sunscreen with an SPF of at least 15.
- Sunscreens should be applied 30 minutes before going outside and reapplied often.
- Kids should be dressed in cool, light-colored clothing that covers the body.
- Hats with a brim should be worn so that it faces forward to protect the face.
- Eyes need protection from the sun too. Children should wear sunglasses with at least 99% UV protection.
- Provide areas of shade in outdoor play areas.

Outdoor play can also bring on heat-related illnesses such as heat cramps, heat exhaustion or the life-threatening heat stroke. These illnesses are brought on by prolonged activity in the heat without proper rest and hydration. Take these measures to prevent heat-related illnesses in children.

- Limit outdoor activity during the peak hours of 10 am -4 pm.
- Make sure kids stay well hydrated. Have them take regular breaks to rest and drink water.
- Heat stroke is a medical emergency which warrants calling 911. Observe children for changes in consciousness, irritability and confusion. Cool the body through cool compresses and fanning. If the child is unconscious or vomiting do not offer water.

Summer time is fun time. Use these safety tips to ensure summer is also a safe time.

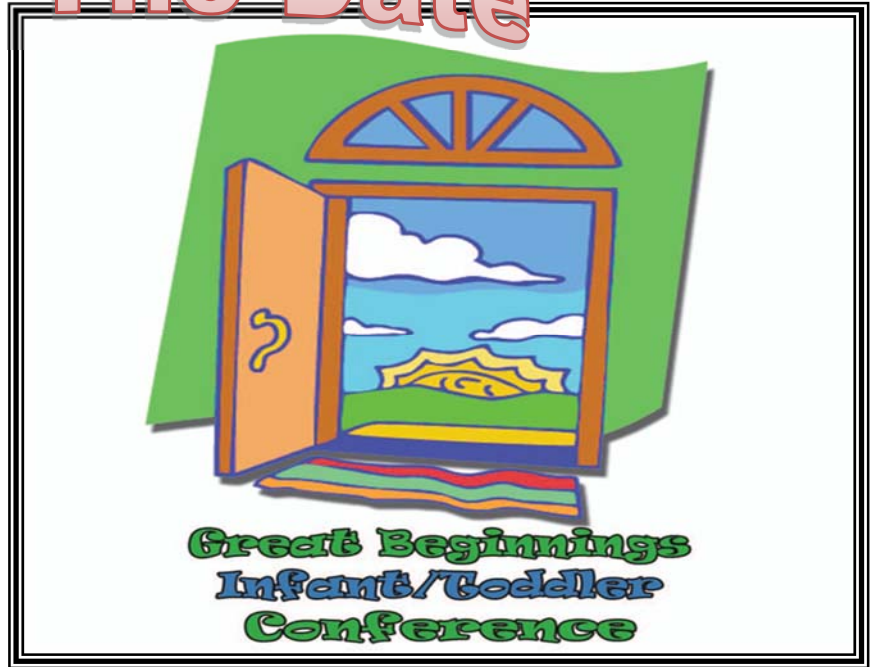




Save The Date

September 18 & 19
Waterfront Place Hotel
Morgantown, WV

For more information visit :
www.wvit.org



“Hugs can do great amounts of good, especially for children.” ~ Princess Diana

NAFCC CONFERENCE 2015

Together WE CAN

NAEYC's 2015 Annual Conference & Expo

November 18-21, 2015 | Orlando The NAEYC Annual Conference & Expo is the largest early childhood education conference in the world, where tens of thousands of educators choose from hundreds of presentations and exhibits.

Learn more about the 2015 Annual Conference and Expo.

Future NAEYC Annual Conference and Expo Locations and Dates:

- Los Angeles, CA — November 2-5, 2016
- Washington, DC — November 14-17, 2018
- Anaheim, CA — November 4-7, 2020
- Orlando, FL — November 17-20, 2021
- Washington, DC — November 16-19, 2022
- Nashville, TN — November 15-18, 2023
- Anaheim, CA — November 6-9, 2024

Who: The National Association for Family Child Care

What: Invites you to attend the 2015 "Together We Can" Conference

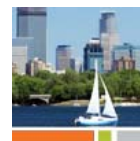
When: July 15-18, 2015

Where: Double Tree Hilton in Bloomington-Minneapolis, MN

Why: Come join us for an unforgettable experience and renew your excitement for family child care.

- * **3 keynote speakers**
 - * **An extra day of training**
 - * **Over 100 workshops to choose from**
 - * **Come meet your region reps**
 - * **Receive top quality training and CEU credits**
 - * **Meet and network with other family child care providers**
 - * **Explore the exhibit hall to find the latest and greatest in educational and professional tools, toys, and learning technology**
 - * **And so much more!**
- Be inspired, regain your focus, and leave feeling energized with new tools, resources, and knowledge to help you not just succeed but excel in the field of family child care. We can't wait to see you there!**

Visit www.nafcc.org for more information





“Show Me The MONEY!”

Seneca L. Bland, Supervisor



The Provider Payment Process can seem complicated at times, especially for new providers who are learning about how to get paid! Of course, we all want and need to receive our paycheck in a timely manner. So what can be done to insure your payment is received promptly?

The following is a summary of the payment process:

- ♥ Providers should submit the Request for Payment for Child Care Services form and Child Care Attendance Sheets to the MountainHeart Resource & Referral office by the 3rd work day of each month.
- ♥ Once the payment form is received, it is reviewed and screened for possible errors. As a reminder, errors in payment request can result in a delay of payment.
- ♥ If the payment form is mistake free, the data entry worker enters the information from the form into the State computer system (FACTS).
- ♥ A computer tape with information for all payments that have been processed by the CCR&R agency is sent to the State Auditor’s Office. This tape is only sent twice per week. Next, the State Auditor’s office issues the checks/payment and returns them to the DHHR Finance office where they are sent to the providers. Currently, all providers are required to be registered to receive direct deposit payment. Having Direct Deposit also helps providers to receive their payment quickly.
- ♥ It usually takes 3 to 5 business days after the tape is sent to the Auditor’s office for payment to be made. State Holidays or computer system issues may delay the process.
- ♥ If providers have not received their check by the 20th of the month, they should contact their local CCR&R office. The MountainHeart supervisor will advise the provider on the status of the payment. As a reminder, payments are not considered late until after the 20th of the month. (Bureau for Children and Families, Child Care Policy (10/2014).

Before you submit your payment request, please remember to:

- ♥ Review each section of your payment request form before submitting. All information should be completed. The names of the parent and the child listed on your payment request should match the full name’s as listed on the childcare certificate.
- ♥ Include the child’s full name and birth date on attendance sheet. (Please remember not to use a child’s nick name on the payment form or attendance sheet).
- ♥ Always indicate AM or PM on your attendance sheets.
- ♥ Sign & date your payment request form.
- ♥ Make sure the parent signs each day on the attendance sheet. Please note: There are certain circumstances when the Provider should sign the attendance sheet. For example, when a child is transported to or from school by a bus, the caregiver may sign the child in or out.
- ♥ Check your calculation of how many days were used for each child. Please verify that this information was transferred from the sign in and out sheet to the payment request form correctly.
- ♥ Include the Daily Child Fee and Child Birth Date on the payment form. Both of these can be found on the child care certificate.
- ♥ Fill in the total for the month on the attendance sheet.
- ♥ Re-check the number of non-traditional days on the payment request form. As a reminder, non-traditional days are only to be counted when the following situations occur:

- * You are providing care for children at least four hours before 6am or after 7pm Monday through Friday.
- * You are providing care for children for four or more hours on a Saturday or Sunday.
- * You are providing care for children for 12 or more hours in a 24 hour period.
- * Holidays are not considered Non-Traditional Days.

In conclusion, prior to submitting your Request for Payment for Child Care Services Form and Attendance Sheets, be sure to thoroughly review your forms and remember the items discussed above. Please remember that staff at your local MountainHeart Child Care R&R office is available to assist you with any questions or concerns you may have about the payment form process.

“Children are likely to live up to what you believe in them.” ~ Lady Bird Johnson

Sidewalk Chalk



What you will need:

- 1/3 cup quick-setting plaster of Paris
- 1 Tbs. Powdered tempera paint
- 2 Tbs. water
- Plastic cookie cutter, candy mold, or paper towel tube cut in half
- 1 Tsp. of Glitter may be added if you would like your chalk to sparkle

How to mix it:

Mix plaster, powder tempera paint, and water together in a small bowl until blended. Quickly spoon the mixture into a mold Or paper tube. Let chalk dry 30-45 minutes. Carefully pop the chalk out of the cookie cutter, candy mold or peel tube away from chalk.





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

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



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



Funded Partner

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

Provider Appreciation Day 2015

Cheryl Wolfe, TRAILS Early Childhood Specialist



The second Sunday in May has long been recognized as the day to honor mothers and their commitment to children. The Friday before Mother's Day, May 8, 2014 was **Provider Appreciation Day**, a special day to recognize child care providers, teachers, school-age program staff, child care center directors and staff, and all those who work with children and are responsible for their education and care. It is estimated that nearly 11 million children under age 5 are cared for by 2.8 million child care providers in the United States.

"It takes a special person to work in the child care field, and these individuals are often unrecognized."

The Grafton office staff members, (Amanda Roy, Suzanne Hess, Hollie Maffett, Hannah Dixon, Brenda Epperley, and Cheryl Wolfe) assembled 92 provider appreciation bags that included a peppermint patty, an almond joy, and a note that stated: "We **"mint"** for you to know we have **"mounds of joy"** of appreciation for you!" The TRAILS staff gave out 40 bags the last part of April and May during their regular visits. The rest of the bags were given out during the month of May in the office.

We wanted to take the opportunity to recognize the hard work and dedication of all those who work with children and to acknowledge their contributions to quality care in West Virginia.

Mahala Mitchell/ Barbour Co
Brenda Epperley/ TRAILS





The WV Elements of Family Child Care Series (WVEFCCS)

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.

WVEFCCS is a seven part series that provides an overview of *The Creative Curriculum for Family Child Care* and the *Family Child Care Environment Rating Scale-Revised (FCCERS-R)*. The 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 visits to ensure training objectives are met. This totals 30 hours of professional development. The WV Elements of Family Child Care Services 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.

You must be registered with STARS to participate in this training, and you must be caring for subsidized children to receive a free Creative Curriculum manual and FCCERS-R handbook at the completion of the classes. If you have questions or would like to enroll in the class, feel free to call Melodee Price or Jaime Price in the Elkins office (toll free) 877-862-3103 or use our local number, 304-637-2840 before the deadline of June 25, 2015.

July 2, 2015 (Thursday) 10:00-2:30 Mountainheart office: 93 South Grove Street, Suite 139, Petersburg
Module 1: Building a Firm Foundation

July 6, 2015 (Monday) 10:00-2:30 Hampshire Co. DHHR: Rt. 50 East. Romney
Module 2: Knowing How Children Develop and Learn

July 10, 2015 (Friday) 10:00-2:30 Hardy Co. DHHR: 149 Robert C. Byrd Industrial Park, Moorefield Module 3: Organizing Your Home and Your Day

July 13, 2015 (Monday) 10:00-2:30 Mountainheart office: 93 South Grove Street, Suite 139 Petersburg Module 4: What Children are Learning-Part 1

July 17, 2015 (Friday) 10:00-2:30 Hampshire Co. DHHR: Rt. 50 East. Romney
Module 5: What Children are Learning-Part 2

July 27, 2015 (Monday) 10:00-2:30 Hardy Co. DHHR: 149 Robert C. Byrd Industrial Park, Moorefield Module 6: Caring and Teaching

July 31, 2015 (Friday) 10:00-2:30 Mountainheart office: 93 South Grove Street, Suite 139, Petersburg Module 7: Building a Partnership with Families

Registration Deadline is June 25, 2015

"The soul is healed by being with children." ~ English Proverbs

Welcome New Staff Member in Martinsburg



Caitlyn Viands has joined the Martinsburg MountainHeart office as a new Clerical staff member.

Caitlyn was born and raised in Martinsburg WV and plans to remain in the beautiful country side to raise her 2 ½ year old daughter in Wild Wonderful West Virginia.

Prior to joining MountainHeart, Ms. Viands worked as a Receptionist at the Martinsburg WorkForce West Virgin-

ia One Stop. She is currently enrolled with Liberty University to obtain a Bachelor of Science in Religion and Christian Ministries.

When not in the office, Caitlyn loves to spend her time camping, swimming, visiting the beach, and shopping with her daughter, fiancée, family and friends.

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 2015 Grant, Hardy, or Mineral County
(5 Person Minimum)

November 2015 - February 2016 Barbour, Lewis, Upshur, or Randolph County (5 Person Minimum)

March-June 2016 Berkeley or Jefferson County
(5 Person Minimum)

Welcome





Summer Activities with Kids

Melodee Price, Early Childhood Specialist

The month of July, August, and September have some fun and interesting days to celebrate. Try and incorporate these ideas to do with children.



July is National Picnic Month. Set a goal of eating outside with the children at least one time a week for the month of July. Have a picnic by laying a table cloth or blanket down on the ground. The kids would love this change in their eating routine. July 1st is International Joke Day. Teach the children a simple joke that they could remember and tell to their parent or family member. July 11th is Cheer Up the Lonely Day. Have the children paint or draw a picture and take to a nursing home. The children could learn about giving to others and how it can lift both people's spirits. July 20th is Moon Day. You could read books to the children that are related to the moon such as "Good Night Moon" by Margaret Wise Brown. July 28th is Fingerprint Day. There are all kinds of wonderful things you can make with fingerprints that parents would love to be given from their child. Press the children's finger prints side by side to look like butterfly wings and add a head to the top of the prints along with a smile and eyes. Children can be learning that no two finger prints are the same while being creative and making their art work to give as a gift to someone they love.

August is American Artists Appreciation Month. Child care providers could visit a library that has displays of art work or museums. There are also books that can be read to children or available for them to explore the arts. August 2nd is Dinosaurs Day. The children could bring in their favorite dinosaur from home and you could do a show and tell circle time. Read a dinosaur book, go on a dinosaur hunt, and act out how different dinosaurs may have moved or sounded. August 9th is Book Lovers Day. The children could each bring in their favorite book from home and share it with the group. August 11th is Play in the Sand Day. Make it a special sand play day by bringing out different toys to scoop and dig in the sand. Or try adding water to the sand for some messy play that the children might not normally be exposed to. August 23rd is Ride the Wind Day. Talk about the wind and explore how the wind works with kites, scarfs, flags, and wind socks.



September is National Preparedness Month. Child care providers could practice safety drills with the children to get them familiar with what would be expected of them in the event of an emergency. This also keeps the other adults familiar with procedures, rules and regulations. September 6th is Grandparents Day. You could have the children make something special for their Grandparents or invite them for a special lunch. Grandparents love pictures of their grandkids or art work that uses their hands, feet, or fingerprints. September 9th is Teddy Bear Day. You could read a book about Corduroy or Paddington Bear and also have the children bring their favorite teddy from home to introduce to their friends. September 16th is Collect Rocks Day. Go for a nature walk and have the children find different rocks such as the smallest pebble they can find to unusual colored rocks then explore them with a magnifying glass.



For more information about special days to observe throughout the year, visit www.brownielocks.com

"We worry about what a child will become tomorrow yet we forget that he is someone today." ~ Stacia Tauscher

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. (See training calendar. Call the Elkins office to request that a Medication Administration course be scheduled.) 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.**





Special Education and Children with Special Needs

Lori Stutts, Behavior Consultant

I recently had the opportunity to hear Pete and Pam Wright speak at a two day conference called, 'Wrightslaw: Special Education Law and Advocacy Boot Camp'. Pete Wright is an attorney who represents children with special education needs, while his wife, Pam, is a psychotherapist who has worked with children and families for many years.

During this conference, not only did we learn about current laws and regulations applicable to children with disabilities, but we also received information on resources available in our state and online that assist children with disabilities, their families, and their providers. Below is a list of some of those resources that I hope you find helpful in your work with children and families!

If you have questions about special education or children with special needs, please, feel free to contact the Behavior Consultant, Lori Stutts, at 304-257-9375.

<p>Wrightslaw http://www.wrightslaw.com/</p>	<p>This website is put together by Pete and Pam Wright and is great for parents, educators, advocates, and attorneys to find information about special education topics. Look for upcoming conferences near you and sign up to receive a weekly newsletter via email through this site.</p>
<p>Wrightslaw Yellow Pages for Kids with Disabilities http://www.yellowpagesforkids.com/</p>	<p>This website, Wrightslaw Yellow Pages for Kids with Disabilities, lists contact information agencies that provide services for children with disabilities.</p>
<p>https://scholar.google.com/</p>	<p>Here you can search for a variety of articles and cases related to special education topics.</p>
<p>Parent Network Specialists <i>For more information, contact:</i> Todd Rundle Program Manager for Family Services 304-293-4692 ext. 1114</p>	<p>The Parent Network Project is a statewide system of Parent Network Specialists who serve as resources for parents of children with special needs. These parents/caregivers have children with special health care needs who in turn, help other parents locate services and information that may benefit children and families.</p>
<p>Legal Aid of West Virginia www.lawv.net 1-866-255-4370</p>	<p>A non-profit organization that provides advocacy services for low-income, institutionalized, disabled and elderly people throughout West Virginia.</p>
<p>West Virginia Assistive Technology System (WVATS) 1-800-841-8436 http://wvats.cedwvu.org/</p>	<p>This program's Virtual Loan Library and Exchange System allows people with disabilities to borrow equipment and try it in their natural environments to help in making a better decision as to whether the product and its features will be useful to them. It also allows users to:</p> <ul style="list-style-type: none"> Borrow devices to try See devices available for demonstration Find used devices for free or low-cost Sell used devices Give away devices Place want ads for devices you need





TRAINING TOPICS OFFERED July—September 2015

How Full Is Your Bucket? Core Knowledge Area: Positive Interactions and Relationships and Family and Community. Tier II. Refer to page 4 in newsletter for the article “Have You Filled a Bucket Today?” to understand what this training will cover. Target Audience: Home, facility and center based staff.

The Power of Observation. Core Knowledge Area: Child Observation and Assessment. Tier II. Participants will learn how to watch, listen, take notes, respond and plan appropriate activities to do with children based on the child care provider’s findings. Target audience: home, facility and center based staff.

All About the Creative Curriculum. Core Knowledge Area: Curriculum. Tier I. This training will familiarize participants with an understanding of organizing your space, a well-balanced schedule, and planning. Target audience: home, facility and center based staff.

Understanding Temperament in Children: Core Knowledge Area: Child Growth and Development & Positive Interactions and Relationships. Tier I. Every child has their personal “style” or temperament which effects how they approach and react to the world. During this session, participants will learn about 9 temperamental traits and the impact those traits have on children’s behaviors. Target audience: home, facility, and center based staff.

Classroom Layouts: Core Knowledge Area: Positive Interactions and Relationships. Tier I. The way a learning environment is arranged can affect classroom management and even cause behavior issues. This training will discuss ideas for room arrangement and displaying materials. Participants will see examples of arranged rooms/interest areas as well as have opportunities to discuss room arrangement problems they may be experiencing and brainstorm solutions as a group. Target audience: home, facility, or center staff.

Child Supervision: Core Knowledge Area: Health, Safety, and Nutrition. Tier I. This training will focus on the importance of supervision in children’s activities, both indoor and outdoor, in order to prevent injuries and manage behavior issues. We will also discuss the value of performing daily safety checks on the classroom environment to ensure it is free from hazards, which can help stop accidents before they even happen. Target audience: home, facility, or center based staff.

Meet the Professional Development Team: Core Knowledge Area: Family and Community & Professionalism. Tier I. Child care providers will have an opportunity to meet the members of the Professional Development Team of MountainHeart North. The training team members will talk with providers about the ways in which we can all collaborate to provide high quality early care and education experiences to children. Providers will gain a better understanding of the resources that are available to them through MountainHeart. Target audience: home, facility, or center based staff.

WV Early Learning Standards Framework: Infant/Toddler. Core Knowledge Area: Program Management. 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. Target audience: home, facility and center based staff working with children birth to 36 months.

Module 1: Building on a Firm Foundation. Tier I. Learn the role of curriculum in family child care, how research and theory supports curriculum, using the Family Child Care Environmental Rating Scale and developing a professional portfolio. The target audience is home and facility providers. *Core Knowledge 7 hour in Program Management, 9 hours in Professionalism.*

Module 2: Knowing How Children Develop and Learn. Tier I. Learn to identify and understand the basic developmental milestones of children from birth through 12 years. Recognize various temperaments, learning styles and developmental rates of children. Learn how to support a culturally responsive environment. The target audience is home and facility providers. *0 hours in Child Growth & Dev.*

Module 3: Organizing Your Home and Your Day. Tier I. Providers will understand about shared and separate space for family child care, how environment can encourage positive behavior, developing a daily schedule that is appropriate for all children. The target audience is home and facility providers. *7 hour in Health, Safety and Nutrition, .1 hours in Positive Interactions and Relationships, 1 hour in Curriculum, 1.5 hours in Program Management.*

Module 4: What Children are Learning-Part 1. Tier I. Learning how to build language and literacy skills in children, promoting mathematical thinking, and how children learn about science. The target audience is home and facility providers. *0 hours in Curriculum*

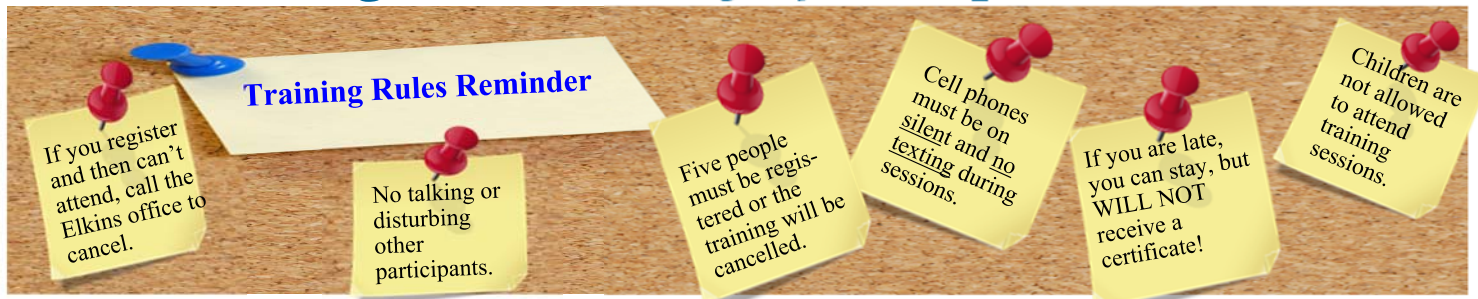
Module 5: What Children are Learning-Part 2. Tier I. Family home providers will learn about creative arts and how children can experience social studies. The target audience is home and facility providers. *0 hours in Curriculum.*

Module 6: Caring and Teaching. Tier I. This module will help you to learn how to build trust when working with children, strategies for helping children get along with others, balancing your family child care home and business with your family. The target audience is home and facility providers. *0 hours in Positive Interactions and Relationships.*

Module 7: Building Partnerships with Families. Tier I. Family home providers will learn means of communication to build trust with families, exploring the differences between families and the influence of culture upon child-rearing practices. The target audience is home and facility providers. *0 hours in Family and Community.*



Training Calendar for July — September 2015



Barbour County

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

The Power of Observation	August 25, 2015 (Tuesday)	6:00-8:00pm
Classroom Layouts	September 2, 2015 (Wednesday)	6:00-8:00pm

Berkeley County

Shepherd University-Martinsburg Center: 261 Aikens Center, Martinsburg 25404

Child Supervision	July 21, 2015 (Tuesday)	4:30-6:30pm
The Power of Observation	August 18, 2015 (Tuesday)	11:00-1:00pm
Meet the Professional Development Team	August 18, 2015 (Tuesday)	6:00-8:00pm
WV I/T Early Learning Standards Framework	August 19, 2015 (Wednesday)	6:00-8:00pm
Understanding Temperament in Children	September 1, 2015 (Tuesday)	1:00-3:00pm

Grant County

MountainHeart office: 93 South Grove Street Suite 139, Petersburg, 26847

*Module 1 Building a Firm Foundation	July 2, 2015 (Thursday)	10:00-2:30pm
*Module 4 What Children are Learning-Part 1	July 13, 2015 (Monday)	10:00-2:30pm
*Module 7 Building a Partnership with Families	July 31, 2015 (Friday)	10:00-2:30pm
Understanding Temperament in Children	September 2, 2015 (Wednesday)	5:30- 7:30pm

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

All About the Creative Curriculum	July 28, 2015 (Tuesday)	5:30- 7:30pm
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Hampshire County

Hampshire County DHHR: Route 50 East, Romney, 26757

*Module 2 Knowing How Children Develop and Learn	July 6, 2015 (Monday)	10:00-2:30pm
*Module 5 What Children are Learning-Part 2	July 17, 2015 (Friday)	10:00-2:30pm

Romney Middle School: 111 School Street, Romney, 26757

How Full Is Your Bucket?	August 14, 2015 (Friday)	12:30-4:30pm
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Valley View Daycare: 687 Depot Street, Romney, WV 26757

Understanding Temperament in Children	September 3, 2015 (Thursday)	6:00- 8:00pm
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Hardy County

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

*Module 3 Organizing Your Home and Your Day	July 10, 2015 (Friday)	10:00-2:30pm
*Module 6 Caring and Teaching	July 27, 2015 (Monday)	10:00-2:30pm

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

The Power of Observation	September 4, 2015 (Friday)	12:00-2:00pm
Classroom Layouts	September 24, 2015 (Thursday)	5:30- 7:30pm

Jefferson County

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

Child Supervision	August 6, 2015 (Thursday)	2:00-4:00pm
The Power of Observation	September 15, 2015 (Tuesday)	11:00-1:00pm

Children First Child Development Center: 95 Children's Way, Kearneysville, 25430

Understanding Temperament in Children	August 31, 2015 (Monday)	1:00 - 3:00pm
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Training Calendar for July—September 2015 continued

Lewis County

Lewis County Board of Education Building: (2nd floor classroom) 239 Court Ave., Weston, 26452

All About the Creative Curriculum	July 30, 2015 (Thursday)	6:00-8:00pm
Classroom Layouts	September 29, 2015 (Tuesday)	6:00-8:00pm

Mineral County

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

Classroom Layouts	August 26, 2015 (Wednesday)	6:00-8:00pm
The Power of Observation	September 1, 2015 (Tuesday)	6:00-8:00pm
WV I/T Early Learning Standards Framework	September 28, 2015 (Monday)	6:00-8:00pm

Morgan County

Little Learner’s Village: (School Age Site): 10 Myers Rd., Berkeley Springs, 25411

Child Supervision	July 14, 2015 (Tuesday)	6:00-8:00pm
Classroom Layouts	August 10, 2015 (Monday)	6:00-8:00pm

Pendleton County

Tiny Tots Child Care Center: Franklin, 26807

The Power of Observation	September 8, 2015 (Tuesday)	11:00-1:00pm
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Preston County

Play and Grow: 222 Hunter Lane Dr., Masontown, 26542

Classroom Layouts	September 17, 2015 (Thursday)	6:00-8:00pm
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Randolph County

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

WV I/T Early Learning Standards Framework	July 20, 2015 (Monday)	6:00-8:00pm
The Power of Observation	August 20, 2015 (Thursday)	5:30-7:30pm
MountainHeart office: 1200 Harrison Ave., Suite 220, Elkins, 26241		
Classroom Layouts	September 21, 2015 (Monday)	4:30-6:30pm

Taylor County

Little Feet Day Care and Preschool: 142 Blueville Drive, Grafton , 26354

Medication Administration	July 7, 2015 (Tuesday)	6:00-10:00pm
The Power of Observation	August 11, 2015 (Tuesday)	6:00-8:00pm

Tucker County

Tucker Co. Board of Education (Board Room): 501 Chestnut Street, Parsons, WV 26287

Child Supervision	July 9, 2015 (Thursday)	2:00-4:00pm
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Upshur County

MountainCAP: 10 Tennerton Dr., Buckhannon, 26201

All About the Creative Curriculum	August 4, 2015 (Tuesday)	6:00-8:00pm
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Upshur Co Head Start Conference:

****Please see insert for Upshur County Head Start Conference registration****

Child Supervision	September 10, 2015 (Thursday)	10:30-11:45am
Don’t Get Burned by Stress and Job Burnout	September 10, 2015 (Thursday)	1:00-2:30pm

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.





News From The Heart

Visit us at: www.facebook.com/#!/mountainheartwv

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

Dirt Dough Recipe for Sensory Play



Baking soda
Brown or Black food coloring
Water

Instructions

Add the desired amount of baking soda to a sensory bin or container. One large 16 oz. box will make enough dirt dough to cover the bottom of your sensory bin. Add several drops of black food coloring, and then slowly add water and mix. Slowly add more water until the desired consistency is reached. If you accidentally add too much water just add more baking soda.

Have a safe summer with your family and friends.



MOUNTAINHEART
Community Services, Inc.

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