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Winter 2015

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2014 MountainHeart Child Care Provider Conference

Melodee Price, Early Childhood Specialist



MountainHeart hosted a child care provider conference on Saturday, October 11 at Wesleyan College in Buckhannon. We had 80 child care providers attending from eight counties. The participants were able to earn 6 WV STARS registered training hours for the day and received a conference certificate.

Our key note speaker, Chris DelGreco from the FBI center, educated our providers about the Internet and social media. Chris was well received by the child care providers, they had many questions related to personal situations with issues such as identity theft and phone scams.

Tara Dilly, formerly of MountainHeart, gave a training on Cultural Diversity in the Classroom. Child care providers were given ideas of how to incorporate this theme within their program daily. She was able to expand ideas of how to use the cultural diverse door prizes that she awarded at the end of her training.

Cathy Coontz and Stephanie Southall spoke about drug trends in WV. Providers learned up to date information about synthetic drugs and the dangers for our children. Everyone seems to be affected in one way or another these days related to this topic, so they kept a captive audience.

Tracey Vincent with the Autism Training Center, educated her group on how to support individuals with Autism Spectrum Disorder while in the classroom. She gave practical ideas to use with children, both that you can make on your own or purchase.

Sheila Zickefoose, WV Birth to Three, spoke about making modifications/changes to the environment, activities, materials or interaction to maximize a child's ability to participate in everyday interest-based learning opportunities.

Our own Shannon Nichols, Infant/Toddler Specialist for MountainHeart North, presented a training called "The What, Where, Why, When, and How of Observation and Assessment." We have heard your concerns that you need more Observation and Assessment trainings so we wanted to offer this topic at our conference. Shannon's class was well received, we had people that traveled over 2 hours to get this core knowledge area.

Last but certainly not least, we had Sara Mathes from MountainHeart South. She gave a training called "Can Anybody Be a Super Hero?" She had many fun and interesting props that she used to convey her message about ways to guide super hero play into being positive in nature. All our presenters received a certificate of appreciation and fall flowers as a thanks for all their dedication and hard work in the field of quality child care services.

Participants had the opportunities to win many door prizes that had a cultural diversity theme. Such as, ethnic baby dolls, puzzles, skin toned paper, crayons, markers for art projects, books of different languages and ethnicities and music CD from other cultures.

MountainHeart Community Services provided another successful child care conference with the help and resources of many.

Thank you to all that attended. We look forward to serving you throughout the upcoming year and beyond.



MOUNTAINHEART
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Breakfast With Me

Cheryl Wolfe, TRAILS Early Childhood Specialist



Your mother was right. Breakfast really is the most important meal of the day. USDA, Food and Agricultural Organization released statistics that showed 79% of parents do eat breakfast with their children in America, but what about the other 21% of our children. As childcare professionals we have a responsibility to make sure our children

get a good healthy breakfast every morning. Breakfast time should be a time with parents sitting at the table with their children, but with moms and dads leaving early for work each day it may not be possible.

Child care professionals can make a difference in starting each child's day, not only with healthy food, but with positive and nurturing conversations in the morning. Sitting with children and eating "family style meals" can make the day be less stressful; children have better concentration, and help children maintain a healthy weight.

Family style meals are when bowls are passed around the table and children are allowed to serve themselves. This gives the child an opportunity to learn about portion sizes and food preferences. Pre-plated meals may not give the child the ability to read his/her own body hunger clues or have a choice in selecting unfamiliar foods. When children see others trying new foods, then they have an opportunity to select a smaller portion. Family style meals help each child learn and practice table manners and sharing.

Eating breakfast is very important for everyone, so why not start your day with a healthy meal with the most important people in our lives, our children.

Softening the Blow of Staff Turnovers for Families

Jaime Price, Early Childhood Specialist

I don't think anyone could argue one of the most important elements in the classroom or home provider environment is the teacher or primary caregiver. Much time and nurturing is spent building trusting relationships with families. For some children and their families, changing caregivers can be a traumatic experience. The new teacher is often a complete stranger the family must spend time getting to know all over again.



Families should be given sufficient notice the teacher is leaving to provide time for processing the change. Sometimes, a teacher leaves temporarily for educational or health reasons. It would be ideal to have

a few days where the incoming and outgoing teachers could briefly work alongside one another to provide proper goodbyes and introductions to children and families. If substitutes or "floaters" will be used, try using the same person until a replacement is found. A new teacher is more than just a new face; they are potentially bringing a new personality and teaching style to the classroom for the children to adjust to.

Develop a strategy to communicate such events with your families. Distribute a special letter informing them of the upcoming change, whether the position will be filled internally or externally, and how long the transition may last.

Also, encourage job seekers who are calling about whether you are hiring to submit resumes, even if you are not. Place them in a folder and keep them because they could facilitate the hiring of a new teacher and reduce the period of transition the next time around.

"Children make your life important." — Erma Bombeck

Best Wishes

Best Wishes to Krista Hiner

Willetta Bolinger, Program Director



Krista Hiner, Supervisor of the Petersburg office, has accepted a management position with another agency. Krista was initially employed with MountainHeart as a Case Manager. She was promoted to Supervisor of the Petersburg office in 2011. Krista has been providing quality services to the clients and child care providers of our region for almost 10 years.

Krista has made a positive impact within our agency. Her creative ideas, diligence to details, and her insistence on providing exceptional services have greatly enhanced our program. She utilized her knowledge of subsidy policy and her training skills to train and mentor new case managers as well as offer retraining to those who have been with the agency.

I wish to take the opportunity to thank Krista for her many contributions to the early childhood and child care fields, as well as to MountainHeart. I have enjoyed working with Krista and our team members have shared many happy times with her. Her "can do" attitude was always appreciated. We will miss her.

Please join me and the MountainHeart team in wishing Krista all of the best and much happiness in her future endeavors.



Dear Stress, let's break up.

Lori Stutts, Behavioral Consultant

The stress we experience in our lives can be caused by a variety of sources, including family hardships, relationship troubles, a new job, a new baby...and the list goes on and on. Even if you don't feel stressed, your body tends to let you know that you need to slow down, get some rest, and take care of yourself. Some signs of stress we should pay attention to include headaches, back pain, high blood pressure, moodi-

ness, fatigue, and anxiety just to name a few. Stress doesn't only affect us physically, emotionally, and mentally, but can have effects on others, including our children. During stressful periods in our lives, we may find ourselves more irritable causing us to lash out and even neglect our children.

When we handle our own stress poorly, our children's levels of stress and how they learn to respond to stress is greatly influenced. Below are a few suggestions to help reduce and manage the level of stress in your life:

- Exercise
- Eat Healthy foods-vegetables, fruits and whole grains
- Avoid caffeine, alcohol, drugs, and nicotine
- Get adequate sleep
- Find hobbies you enjoy
- Have family members help with chores at home
- Keep a "To Do" list to help eliminate clutter in your mind
- Take time to care for yourself!



In addition to these suggestions, establishing a predictable routine for children to follow helps children feel safe and secure. Set a schedule with regular times for homework, meals, play, quiet time, and sleep. Help children to recognize when they are feeling stressed and teach them how to relax through breathing exercises. There are also books that can be helpful for you and your children, such as "Getting Out of a Stress Mess!" by Michaelene Mundy, "Harriet, You'll Drive Me Wild!" by Mem Fox, "Becoming the Parent You Want to Be", by Laura Davis and Janis Keyser, and "Don't Sweat Guide for Parents" by Don't Sweat Press.



For more information on this topic and any other questions or concerns you may have, feel free to contact the Mountain-Heart Behavior Consultant at 304-257-9375.

Adapted from Children's Home Society of California brochure: *Stress—How it Affects You and Your Child.*

"A person soon learns how little he knows when a child begins to ask questions." — Richard L Evans

Reminder



Health and Safety Grant

Leann Andrew, Assistant Program Director

The 2014-2015 provider health and safety grant application is available on the MountainHeart website. This grant is available to family child care facilities and family child care providers who accept subsidy payments for children in their care. Child care centers are not eligible for this grant.

A child care facility may request up to \$500 to meet health and safety needs and for resources. A family child care provider may request up to \$250 to meet health and safety needs and for resources. We highly suggest that you fulfill your licensing requirements for health and safety before requesting educational and recreational items. Please watch our website at www.mountainhearttw.org/ccnorth for more information. Grants are based on available funding.



Welcome New Staff



Hollie Maffett, Case Manager Grafton Office

My name is Hollie Maffett. I was born in New Hampshire, but consider Oakland, MD to be my hometown.

I graduated from West Virginia University with a Bachelors of Art in Psychology in 2010. I married my husband in January of 2011 and relocated to Fort Hood, TX with him. Once he finished serving his time in the Army, we relocated to Houston, TX and spent the last 2 years there. During this time, I worked in a medical clinic as a therapist for children with Autism Spectrum Disorder.

I learned that although you can take the boy out of the country, you can't take the country out of the boy!

We relocated back to Oakland in August of 2014 and I began my career as a case manager in the Grafton office. Although still brand new, I am enjoying the work I am doing and look forward to meeting new people.



Diane Walker, Clerical Martinsburg Office

Diane and her husband, Ken, moved to Martinsburg in May 2014. She grew up in Montgomery County, Maryland and has lived in various counties throughout the state. Her husband is the new Pastor at Trinity United Methodist Church.

They have one adult son, Kyle, who lives in Houston, Texas. They have two dachshunds named Ricky and Lily. She has been an in-home provider and also employed at a large day care and Preschool as a 2-year-old teacher and Administrative Assistant.

Brenda Epperley, TRAILS Associate in Grafton

My name is Brenda Epperley, I reside in Thornton, WV. I was born and raised in Ohio, spent most of my childhood traveling to West Virginia visiting family. I love it here and am so glad I decided to move here. I'm the mother of three children and six grandchildren I'm so proud of.

I've worked with the public for years in management. I am so grateful and excited for this new opportunity working with the MountainHeart TRAILS Staff, meeting new people, and very blessed to have this new exciting future. I look forward to meeting and working with everyone.



New Case Manager Petersburg Office, Jo O'Haver

My name is Josephine O'Haver; please call me Jo. I was born and raised in Rawlins Maryland and currently reside in Keyser WV. I have three daughters named Corra, Amanda, and Trystyn, one granddaughter named Aubrey and one grandson named Joshua. It has taken me most of my adult life and working life to also complete college but I am a determined person and I never start anything I don't finish.

I currently hold a Bachelors of Science in Human Service and graduated from Post University in 2012. I have worked in the Human Service field in various positions as I continued my education and waited patiently for a position to open up that fit my abilities and likes. In September of 2014 I began another adventure as Case Manager of Petersburg office. I can't wait to meet everyone.



WELCOME





TRAILS TIPS

Best Toys for Young Children

Carrie Maybush, TRAILS Early Childhood Specialist

The holidays are just around the corner and if you are like me, you will be shopping for toys with bright colors and texture. Baby gyms are great for your little ones. We all know that play is an extremely important part of your child's development but entering a toy store or the toy aisle can become mind-boggling. With so many toys to choose from, it is important to not only select a toy that is safe and age-appropriate, but also toys that boost development and spark creativity and imagination.

In an infant's first months, the toys he or she needs are toys he or she can look at and listen to. Choose toys that are visually appealing and are also good for promoting important tummy time.

At six to 12 months most babies are becoming mobile. They are sitting up, beginning to scoot around on their stomach, rock back and forth on their knees, crawl and eventually walk. Toys that they can reach for, hold, and suck on are best at this age. Once they are walking they enjoy things that move along with them. Stackers promote problem solving and fine motor skills. A soft book that you read develops early language skills. Toys that rattle and make noise teach cause and effect. Soft blocks, soft dolls, teething toys, and push/pull toys are also great ideas.

From one to two years, children are busy exploring the world around them. They are curious and now have the physical ability that makes playing and learning easy. An active one to two year old needs toys for physical play like walking, climbing, pushing, riding and toys that encourage experimentation. Balls that are 1-3/4 inches and larger, playground equipment like a small slide, small climbing gear, infant swing, and feet propelled ride-on toys all foster a toddler's physical play. Simple shape sorters develop early math skills, large knob puzzles and peg boards help develop spatial relationships, and sandbox toys that they can scoop and pour with help with fine motor skills.

Toddlers from two to three years are rapidly learning language and enjoy pretending and problem solving. They will enjoy play household items (telephone, dress-up clothes, lawn mower, kitchen equipment, shopping cart) and a playhouse for pretending. Non-toxic art supplies (large crayons, coloring books, finger paints, and clay) Cardboard books and pop up books really support a toddler's rapidly growing vocabulary.

Three, four, five, and six year olds are getting ready to read and write. They will continue to enjoy pretending, so a kitchen equipped with toy food and dress up clothes are still great ideas. Introduce puppets that they can retell stories with. Puppets will help develop abstract thinking and sequencing skills. Games such as Chutes and Ladders and CandyLand are great. Small objects to sort and classify, bead stringing with long, thin string, pegs and small pegs, colored cubes, table blocks, magnetic board/letters/numbers and shapes, perception boards and mosaics, art easel, and modeling dough all help with fine motor skills. Picture books, simple and repetitive stories and rhymes, animal stories, pop-up books and simple information books will continue to enrich their language skills.

Remember all of these items can be found on the TRAILS Van, too! Give us a call if you need any of these items.



"Provide time for children to do things for themselves." —David Weikart

The Power of Observation

Shannon Nichols, Infant/Toddler Specialist

Observation plays a critical part in your role as an effective care giver. The Merriam-Webster dictionary gives the following definition for *observe*, "to watch and sometimes also listen to (someone or something) carefully". When you observe children you are provided with important information that you need to help build trusting and responsive relationships which are key elements of caring for infants and toddlers.

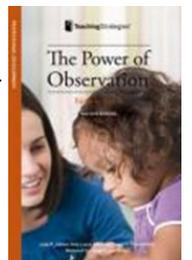
Observing can help you learn about a child's: health and physical development, temperament, skills and abilities, interests, culture and home life, approach to learning, use of verbal and body language and social interactions with adults and peers.

The deeper the relationship you have with a child, the more effective you will be at making decisions about their learning opportunities. With information you learn from observing, you can select the right materials, plan appropriate activities, and ask questions that guide children in learning to understand the world around them.

Making time to carefully observe your children will greatly impact the quality of the relationship you have with them. Watch. Listen. Ask. Act. Enjoy!



Adapted from: Jablon, Judy R., Amy Laura Dombro, and Margo L. Dichtelmiller. The Power of Observation, Second Edition. Washington, DC: Teaching Strategies, Inc. 2007.





ACDS Journeyperson (Graduate of the ACDS program) Sherri Myers, ACDS State Coordinator



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

ACDS Local Councils

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 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.

Website and Facebook

Please visit our website for information and upcoming trainings. The website address is: wvacds.org

ACDS also has a Facebook page. Please like our page for program information as well as articles related to the field of early care and education.

"Provide time for children to do things for themselves." — David Weikart

CCA For Social Good

CCA For Social Good and River Valley Child Development Services Launch an Early Childhood Education Online Resource Platform in West Virginia

Innovative web-based knowledge hub for ECE professionals provides thousands of practical resources helping ECE providers save time, money and advance quality.

CCA For Social Good, an operating division of CCA Global Partners, and River Valley Child Development Services announce the launch of EarlyCareShareWV.org, an online platform that delivers a wealth of practical resources for early childhood education directors, family care providers, and teachers. Its goal is clear: to help save time, reduce costs, and improve quality. Most simply, the platform helps its users manage their programs more efficiently.

Sponsored by River Valley Child Development Services and funded by the West Virginia Department of Health and Human Resources, EarlyCareShareWV.org will be available to early childhood education professionals in West Virginia, especially child care professionals and those that may be providing support, training and assistance to those professionals.

The site can be accessed by visiting www.EarlyCareShareWV.org. Interested parties in West Virginia can fill out a New Member Request form by clicking on Request a Log in Account" upon visiting the site. Eligibility will be determined by River Valley Child Development Services.

Early Care Share West Virginia will be demonstrated at the Celebrating Connections Conference in Charleston on February 18-20, 2015.

For more information about CCA For Social Good and ECE Shared Resources, please contact Denise Sayer at 603-626-2121. For additional information about Early Care Share West Virginia, please contact Natalie Snider at nsnider@rvcds.org.



Getting your degree in Early Childhood Education

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

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

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



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

Find us on Facebook at: <https://www.facebook.com/#!/TEACHEarlyChildhoodWV>

Check out our Blog at: <http://teachwv.blogspot.com>

Visit our website at: www.wvearlychildhood.org

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

T.E.A.C.H. WV



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



Winter wonderland



“Children are like sponges, they absorb all your strength and leave you limp, but give them a squeeze and you get everything back.” —Author Unknown



Family Child Care Listserv

Melanie Clark, Program Manager Division of Early Care and Education

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

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

We look forward to working with you!

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

Tentative Schedule for Future WVIT I & II Classes

is limited and filled on a first come-first serve basis. The county with the most providers interested will likely be the county/ counties in which class will be held.

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

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

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

If the listed minimum is not met at session 1, the course will not continue.





Save The Date

66th Annual SECA Conference

The World From Our Front Porch:

Community And Culture

January 15-17, 2015

Astor Crowne Plaza in the French Quarter

New Orleans, LA

http://www.southernearlychildhood.org/seca_conference.php

"A person is a person, no matter how small." — Dr Seuss



Feb 17-20, 2015

WHAT: Celebrating Connections

WHEN: February 17-20, 2015

WHERE: Charleston Civic Center, Charleston, WV

FOR MORE INFORMATION, PLEASE CONTACT:

www.wvearlychildhood.org/Celebrating_Connections.html

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Extension: 401

Fax: (304) 529-2535

E-mail: aedwards@rvcds.org

3rd Annual Child Care Spring Training Conference

When: March 7, 2015

Where: Heritage Hall

8539 Winchester Ave

Inwood WV 25428

Doors will open at 7:30 am

Cost: \$25.00 per person

Lunch will be provided

Sponsored by: Little Eagle Child Care Center and HillSide Child Care Development Center

8 STARS Registered hours Call Michele Gallihugh at 304-535-2234 or email: gallihugh@citlink.net

National Association for Family Child Care (NAFCC) 2015 Annual Conference

Bloomington — Minneapolis, MN

July 15-18, 2015

http://nafcc.org/index.php?option=com_content&view=article&id=673&Itemid=30



MountainHeart News & Notes

Avoid Holiday Havoc: Help for ADHD Children by [Carol Brady, Ph.D.](#)

Six ways for parents to help their ADHD children enjoy holiday celebrations without behavior problems, family conflict, or ADD symptom flare-ups.



The holidays can be stressful for attention deficit children. Traveling and visiting relatives may disrupt their day-to-day routines, and all the excitement can be overwhelming. Follow these real-family strategies to prevent holiday havoc, keep your ADHD kids feeling good, and create happier memories:

Plan Ahead

During the holidays, [routine and structure](#) go out the window: A child might have to [endure travel time by car](#), train, or plane; sitting politely at the dinner table for extended periods; less control of diet and [sleep](#). Planning for these holiday side effects is helpful for an ADHD child and his parents.

Decide how the days will be spent -- parties, decorating, visiting relatives, preparing holiday treats -- and [set up a schedule](#), building flexibility into it in case your child needs downtime.

Sketch out each phase of the holidays, including all "free" time when your child may be playing with other children or relatives. Now, given what you know about your son or daughter, flag the activities that may be a problem for him or her. Amend the schedule if necessary, and discuss with your child the following coping strategies.

Tip: If your son or daughter is on [ADHD medication](#), talk with your doctor about possibly [extending the coverage to 24 hours](#) during the holiday season. Increasing time on medication can maximize your child's enjoyment of the season during this high-energy period.

Teach Self-Control

Giving a child some tools for self-control can prevent an overreaction from becoming a temper tantrum. [Relaxation techniques](#) -- yoga, breathing exercises -- can help a child who is easily upset by a highly charged atmosphere. Also, give your child some verbal cues to keep him in a positive state of mind.

When facing a crowd at a relative's house or the task of sitting politely at the table, whisper to him, "I know you can do this. It'll only be a short time out of the day."

Rehearse Calming Techniques

Some ADHD children need to practice calming down at home before venturing out into holiday bedlam. Rehearsing the "stop, relax, think" technique with a child or [role-playing a scenario that has given him trouble in the past](#) are excellent strategies. You can teach your child to ask for help at the onset of conflict with a relative or friend. In time, just walking toward you may help your kid calm down.

Tip: To avoid conflicts with peers, encourage your child to bring along a game or toy to share with the other youngsters.

Schedule Time Wisely

Too many events can overstimulate an ADHD child. Decide which occasions are most important, and [don't overload the schedule](#). Include private playtime or an outing to a child-friendly restaurant with a friend, to provide some one-on-one fun for your child. Also, spending time together in a quiet corner of the house or taking a short walk can head off a tantrum in a child.

Tip: If you're planning to spend several days visiting a relative, stay at a motel instead of sleeping over. This will give your child built-in breathing space. To avoid hurt feelings, explain to your family why you're not bunking with them.

Encourage Good Behavior

[Commending a child's good behavior](#) reminds him of his strengths and increases his confidence that he can manage whatever the holiday throws at him. One parent mentioned to me that her child became the hit of the party when he read a book of riddles to family members. Another dad told me that his child amazed the crowd with his magic tricks. Reminding a child of his past successes will set him up to succeed this year.

Involve Your Child in Activities

Build happy memories by enlisting your child to help cook the holiday meal with you, create decorations, or wrap packages. Such activities strengthen the bond between child and parents.



Child Care Food Program Two Hour Training Schedule Program Year 2015

1/22/15 Thursday 9:00am - 11:00am	WVDHHR New Martinsville, WV	Wetzel	Chris Gillis 304-780-6504
2/9/15 Thursday 10:00am - 12:00pm	Heritage Center (CCWVa) Wheeling, WV	Ohio	Chris Gillis 304-780-6504
3/14/15 Saturday 10:30am - 12:30pm	Immaculate Conception Church (Dining Hall) 406 Valta Vista Ave Fairmont, WV	Marion	Phyllis Bolling 304-203-3711
3/21/15 Saturday 9:00am - 11:00am	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
3/21/15 Saturday 10:30am - 12:30pm	Nutter Fort Library 1300 Buckhannon Pike Clarksburg, WV	Harrison	June Walton 304-838-3064
3/21/15 Saturday 10:00am - 12:00pm	Mary Weir Library Weirton, WV	Hancock	Chris Gillis 304-780-6504
4/14/15 Tuesday 3:00pm - 5:00pm	Marshall County Library Moundsville, WV	Marshall	Chris Gillis 304-780-6504
4/14/15 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
4/18/15 Saturday 10:00am - 12:00pm	St. Elizabeth Catholic Church Philippi, WV	Barbour	Shelly Gainer 304-677-3372
4/25/15 Saturday 9:30am-11:30am	Taylor County Library Grafton, WV	Taylor	June Walton 304-838-3064
4/25/15 Saturday 9:00am - 11:00am	Wesley United Methodist Church Kingwood, WV	Preston	Marcie Phillips 304-614-2492
5/12/15 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
5/16/15 Saturday 10:00am - 12:00pm	Heritage Center (CCWVa) Wheeling, WV	Ohio	Chris Gillis 304-780-6504
5/19/15 Tuesday 10:00am - 12:00pm	Mary Weir Library Weirton, WV	Hancock	Chris Gillis 304-780-6504
7/14/15 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486





Attention FCC Providers!



Now is the time to get in on the ground floor with other FCC providers just like you to make the most of your day, your business, and your professional career!

News

The WFCCA is excited to announce we have local associations in 19 counties now! Chances are if you are looking for fellowship, trainings, and up to date information there is a local family child care association waiting to help you. Give us a call if you are interested in starting a local association or helping your association in your county. We would like to welcome aboard our newest local Presidents: Jamie Denman in Harrison County, Melissa Simmons in Greenbrier County, Ina Jo Masteller in Marshall County, and Angela Johnson (President) and Lilaclare Whitehair (Vice President) in Tucker County. We look forward to working with these new local associations.

Start looking for our training schedule for 2015. Second Helping Trainings are coming your way. What is Second Helping? It is very specialized trainings made especially for the field of family child care. Our executive board has been trained and we are currently doing trainings as often as we can across the state. If this interests you, let us know so that we can be sure to add your location to our list.

Our Christmas Party is right around the corner. We hope you have gotten your RSVP to us. It's not too late to join our association so Santa can bring you something good this year! Our Membership Drive has been extended until November 10th. Free food, entertainment, and gifts! What more could a family child care provider ask for? I know of one more thing. The **SECRET** we've been keeping will be announced at the party so make sure you are there to hear the biggest news ever in the state that it for family child care providers **only!!!**

We look forward to hearing from you soon!!

Meet Your Second Helping Trainers!



Lorna Adkins, WFCCA President
Experience: 14 years
Motto: Work smarter, not harder!



Abbie Daniel, WFCCA VP & Treasurer
Experience: 4 years
Motto: Promote yourself and your business! Use technology where possible!



Dana Slater, WFCCA Member
Experience: 13 years
Motto: It takes a village! Use your community to support your growth!



Tammy Eubank, WFCCA Co-Secretary
Experience: 30 years
Motto: Use your resources! They're here to help!



Kathy Baker,
WFCCA Affiliate Associations Coordinator
Experience: 23 years
Motto: We are all professionals! We should promote quality and professionalism among FCC providers everywhere!

WFCCA
P.O. Box 3153
Huntington, WV 25702
(304) 634-5545
Email: wfamilychildcare@yahoo.com
Website: westvirginiafamilychildcare.com



West Virginia Family Child Care Association Membership Application

Quality care for West Virginia families!



Name: _____

Signature: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

County: _____ Telephone: (____) _____

Email: _____ Cell:(____) _____

Type of Membership:

Family Child Care Provider	\$30.00
Co- Provider	\$30.00
Dual Membership (local/state)	\$20.00 after you have paid \$15.00 for your local membership
Advocate	\$15.00
Parent/Client	\$10.00
Agency/Business	\$55.00

_____ Yes, I would like to contribute my resources, time, expertise, or volunteer to serve on a committee or at an event, please contact me.

Please make checks payable to: WFCCA

Mail to: WFCCA Membership
P.O. Box 3153
Huntington, WV 25702

Questions? Contact Lorna Adkins @ email wvfamilychildcare@yahoo.com
Or call 304-634-5545

Office use only: Date received _____ Check # _____ Amount \$ _____ Date Processed _____



What Early Care and Education Providers and Families Should Know About Enterovirus D68

The Administration for Children and Families has received questions from Head Start and child care programs about recent news reports of Enterovirus D68 (EV-D68) spreading across the country. Infecting about 10 to 15 million Americans each year, enteroviruses are very common, especially during the summer and fall months. Infants and children are more susceptible to infection due to developing immune systems and the lack of prior exposure to viruses. Pregnant women also have a greater chance of being infected but will only develop mild or no symptoms. In fact, most people who acquire enteroviruses do not get sick. However, EV-D68 can cause mild-to-severe respiratory illness. Children with asthma could have a higher risk for severe respiratory illness caused by EV-D68 infection.

Similar to the common cold, mild symptoms can include fever, runny nose, sneezing, coughing, and body and muscle aches. Severe symptoms can include wheezing and difficulty in breathing. Some individuals could develop heart or brain infections or even become paralyzed.

You can get infected with enteroviruses by having close contact with an infected person who coughs or sneezes. You can also get infected by touching objects or surfaces that have the virus on them and then by touching your mouth, nose, or eyes.

Currently, there is no specific treatment, antiviral medication, or vaccine for people with respiratory illness caused by EV-D68. For mild respiratory illness, symptoms can be relieved with over-the-counter medications for pain and fever, such as ibuprofen or acetaminophen. Aspirin should not be given to children. Individuals with severe respiratory illness might need to be hospitalized.

You can help prevent yourself from getting and spreading EV-D68 and other respiratory illnesses by following these steps.

- Wash hands often with soap and water for 20 seconds.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact, such as kissing, hugging, and sharing cups or eating utensils, with people who are sick.
- Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs.
- Stay home when you are sick.

Early care and education providers are encouraged to use the following standards from [Caring for Our Children](#). Please share the information provided below with families to help prevent the spread of the enterovirus as well as other contagious illnesses.

- [Standard 3.1.1: Daily Health Check](#)
- [Standard 3.2.2.2: Handwashing Procedure](#)
- [Standard 3.2.3.2: Cough and Sneeze Etiquette](#)
- [Standard 3.3: Cleaning, Sanitizing, and Disinfecting](#)

For more information, see www.cdc.gov/non-polio-enterovirus/EV68/ and <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/safety-injury-prevention/hygiene-sanitation/enterovirus.html>.

Keep your child from getting and spreading Enterovirus D68. (1) Avoid close contact with sick people. (2) Wash your hands often with soap and water. (3) Cover your coughs and sneezes. (4) Avoid touching your face with unwashed hands. (5) Clean and disinfect surfaces. (6) Stay home when you're sick. Each of the previous six statements is accompanied by an image that depicts the text in graphic art form. U.S. Department of Health and Human Services (eagle) logo and Centers for Disease Control and Prevention (CDC) logo. A CDC Web site that provides Enterovirus (EV-D68) information (www.cdc.gov/non-polio-enterovirus/EV68/).



Office of Child Care
Administration for Children and Families
U.S. Department of Health and Human Services
Aerospace Building, Fifth Floor East
370 L'Enfant Promenade, S.W.
Washington, DC 20447
General office number: (202) 690-6782
Fax: (202) 690-5600
General e-mail: occc@acf.hhs.gov

Web site: <http://www.acf.hhs.gov/programs/occc>

The text, accompanying graphic artwork, and/or attachments in this e-mail comply with the Section 508 Amendment to the Rehabilitation Act of 1973.





The WV Elements of Family Child Care Series (WVEFCCS)

ly Child Care Environment Rating Scale-Revised (FCCERS-R). The series is presented in 4-hour sessions with two technical assistance visits and totals 30 hours of professional development. This is a special opportunity to engage with other family child care providers in a small group classroom experience. In addition, you will receive the Creative Curriculum manual and the FCCERS-R handbook.

You must be registered with STARS to participate in this training and you must be caring for subsidized children to receive free resources 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.

Barbour County DHHR: 271 Mattalianno Dr., Philippi, 26416

January 14, 2015 (Wednesday)	10:00-2:00pm	Organizing Your Home and Your Day
January 22, 2015 (Thursday)	10:00-2:00pm	Knowing How Children Develop and Learn
March 4, 2015 (Wednesday)	10:00-2:00pm	Building Partnerships with Families

Taylor County DHHR: 235 Barrett St., Grafton, 26354

January 7, 2015 (Wednesday)	10:00-2:00pm	Building a Firm Foundation
February 4, 2015 (Wednesday)	10:00-2:00pm	What Children Are Learning-Part 2

Preston County DHHR: 18351 Veteran’s Memorial Hwy., Kingwood, 26537

January 21, 2015 (Wednesday)	10:00-2:00pm	What Children Are Learning-Part 1
February 18, 2015 (Wednesday)	10:00-2:00pm	Caring and Teaching

“Children are great imitators, so give them something great to imitate.” — Anonymous

It is a seven part series that provides an overview of *The Creative Curriculum for Family Child Care* and the *Fami-*

Fun Inside Winter Activities to keep the children active

- [Indoor Ice Skating](#) — All you need is some wax paper, rubber bands, and carpet. Be careful, as it’s quite slippery, but lots of fun!
- [Coffee Filter Snowflake Blizzard](#) — If you have coffee filters and scissors, you can make these snowflakes for your own indoor blizzard.
- [Sandpaper and Yarn Snowflakes](#) — Sandpaper and yarn is one of our favorite boredom busters. It’s a great mess-free activity too!
- [Icicle Craft](#) — All you need is some glue, paper, and salt for this!
- [Kid Friendly Printmaking](#) — Made with foam stickers for an easy kid-friendly printmaking technique that’s perfect for handmade wrapping paper.
- [Puffy Paint Snowflakes](#) — You can make these in the microwave and they dry in about 30 seconds!
- [Winter Tree Paintings](#) — Amazing what a little masking tape and watercolor paints can do!
- [Newspaper “Snowman”](#) — No snow in your neck of the woods, try making your own “snowman” out of news paper instead. Then leave by the curb for the recycling crew.
- [Make Peppermint Hot Cocoa](#) — We love making our own peppermint hot cocoa mix. The perfect winter time treat!
- [Snow Garland](#) — With a little string and some reinforcement stickers, you can make a very festive garland.

These easy crafts can be found at: innerchildfun.com

Some other web sites that have fun indoor winter activities for your children are:

www.parents.com

www.growingajeweledrose.com





FREE Assistance & WV STARS Credit Available to Child Care Providers

The Professional Development team can provide **FREE** assistance to child care providers. We can assist you with room arrangement, lesson planning, daily schedules, developmentally appropriate activities, developing child portfolios, adapting activities to meet each child’s needs and many other requests that are too numerous to mention. You can **earn WV STARS credit** while you learn new skills, enhance skills that you already have, as well as learn and utilize the most up to date strategies in the early childhood arena.

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

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

“Every child is one caring adult away from being a success story.”—Josh Ship

Provider Input Requested

Every year, the Professional Development team seeks input from child care providers in our region to assist in developing our Professional Development Plan for the upcoming year. We will be gathering this information through an on-line survey. We want your suggestions on what training topics you would like to see offered, what individual assistance that we may be able to provide, how to improve the services that we offer, etc.

The Professional Development Needs Assessment survey will be available on our website at : <http://mountainheartwv.com/ccnorthjoom/> . The deadline for completing the survey will be **Jan. 2, 2014**.

“While we try to teach our children all about life, Our children teach us what life is all about.” —Angela Schwindt

Is Tier II for You?

Are you wondering what is Tier II? Are you interested in applying for Tier II but do not know where to begin? Does the application process confuse or overwhelm you? The MountainHeart Early Childhood Specialists are available to assist you!

The Early Childhood Specialists can provide:

- Information on Tier II and the benefits of becoming a Tier II child care provider
- Assistance with the application process
- Professional development training in required areas
- On-site technical assistance to help you meet the requirements
- Resources your program may need



If you are interested in learning more about Tier II or in scheduling assistance, please contact the Elkins office at 304-637-2840 or 1-877-862-3103. Ask for Melodee or Jaime.



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 MountainHeart office at (304) 637-2840 or 1-877-862-3103 (toll free).

IMPORTANT NOTICE: Staff members must be registered on the WV STARS Career Pathway before taking the medication administration training. You will not be permitted to attend the training session if you are not currently on the WV STARS Career Pathway. **All participants will need to bring their WV STARS Pathway certificate with ID number and/or their feedback letter from WV STARS stating that they have been approved and their certificate will be mailed soon. If staff attend the training and are not on the WV STARS Career Pathway, the training will not count towards licensing requirements.**

The training session is 4 ½ hours long (including two 15 minute breaks).

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

Reminder: Children may not attend the training session.

Mind In The Making

Melodee Price, Early Childhood Specialist

Mind in the Making is a 12 module learning process that uses research on children's development on how children learn and how child care providers can encourage engaged learning. It will compose of 30 hours of class time and 15 hours of homework that will equal 45 WV STARS registered training hours. The Modules are based on research about teaching and learning. During each module there will be lecture, videos, discussion, hands on activities to complete both individually, with a learning partner or in a group. Some of the topics will include understanding temperament, building confidence and competence, encouraging curiosity and problem solving, memory and learning, creating communities of learners and more. Mind in the Making is for child care providers who work with children in their home, facility or center. *You must be registered with WV STARS before beginning the modules.* Upon completion of all 12 modules with the homework assignments, you will receive a training certificate. This will cover your required amount of training hours for two years. You will also receive 12 children's books that total close to \$150.00.

Those interested in participating in this professional development opportunity need to call Melodee Price in the Elkins office at 1-877-862-3103 toll free or 304-637-2840. A scholarship form will then be mailed to you to complete your registration for the class. Deadline will be Friday, January 2nd to register.

MountainHeart 1200 Harrison Ave. Suite 220, Elkins

January 16, 2015 (Friday)-10:00-11:30am	Mind in the Making Overview, for Directors
January 24, 2015 (Saturday)-8:30-12:30pm	Module 1 and Module 2
January 31, 2015 (Saturday)-8:30-12:30pm	Module 3 and Module 4
February 7, 2015 (Saturday)-8:30-12:30pm	Module 5 and Module 6
February 14, 2014 (Saturday)-8:30-12:30pm	Module 7 and Module 8
February 28, 2015 (Saturday)-8:30-12:30pm	Module 9 and Module 10
March 7, 2015 (Saturday)-8:30-12:30pm	Module 11 and Module 12





TRAINING TOPICS OFFERED January—March 2015

Everyday Sensory Play. Core Knowledge Area: Child Growth and Development. Tier II. Lori Stutts will provide this 2 hour training. Participants will learn the importance of sensory play for young children, including those with special needs, and will be given many ideas for sensory activities to incorporate into daily plans. Be ready to use all of your senses to discover a variety of ways to learn and play! Target audience home, facility and center based staff.

How to Handle Hard to Handle Parents. Core Knowledge Area: Positive Interactions and Relationships. Tier II. Melodee Price will be conducting this training for home providers, facility owners and center based staff. The information presented will give you a better understanding of options you can use when confronted with that difficult parent/person in the field of child care and/or life. Target audience home, facility and center based staff.

Medication Administration. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Sarah Hicks, RN will provide the most up to date medication practices as per center licensing requirements. This training will count towards 4 WV 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. 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. Target audience home, facility and center based staff. Only those that have taken the WV STARS registered original Medication Administration course will be allowed to take the Recertification training. Those that have never taken the original WV STARS registered Medication Administration course are NOT eligible to take the 2 hour Recertification course, and should take the 4 hour Original Course.

Mind in the Making Overview and WV STARS. Core Knowledge Area: Program Management. Tier II. This training will be an overview of the Mind in the Making series that is offered regularly throughout the year. It will give participants an understanding of what the 45 WV STARS registered hours class is about. Participants will also become knowledgeable of registering on the WV STARS career pathway so they are eligible to participate in the Mind in the Making modules. Target audience home, facility and center based staff.

Neonatal Abstinence Syndrome. Core Knowledge Area: Health, Safety, and Nutrition. Tier II. This will count as Infant/Toddler credit hours. West Virginia is currently experiencing an epidemic of drug abuse. A newborn infant born to a mother dependent on opioids or other substances is at risk for drug withdrawal commonly referred to as neonatal abstinence syndrome (NAS). NAS infants have special care needs as they transition into child care. Sarah Hicks will address these needs in her training. Target audience home, facility and center based staff.

Proactive Practice. Core Knowledge Area: Positive Interactions and Relationships. Tier I. Jaime Price will be conducting this training which will focus on the importance of using a proactive approach in order to promote a safer and more positive learning environment for children. Target audience home, facility, and center based staff.

Respiratory Illness. Core Knowledge Area: Health, Safety, and Nutrition. Tier I. Sarah Hicks, RN will provide the most up to date information regarding respiratory illness causes, treatment and prevention in the field of child care. Target audience home, facility and center based staff.

Teaching STEM Activities. Core Knowledge Area: Curriculum. Tier I. This two hour training by Jaime Price will provide participants with an opportunity to see and experience examples of STEM (Science, Technology, Engineering, and Math) activities. These activities will be presented in a hands-on, interactive approach that integrates two of the four content areas together. Target audience is home, facility, or center based staff.





Training Calendar for January—March 2015



Barbour County

Barbour County DHHR 271 Mattaliano Dr., Philippi, 26416

WV Elements of Family Child Care Series : Organizing Your Home and Your Day	January 14, 2015 (Wednesday)	10:00-2:00pm
WV Elements of Family Child Care Series : Knowing How Children Develop & Learn	January 22, 2015 (Thursday)	10:00-2:00pm
WV Elements of Family Child Care Series : Building Partnerships with Families	March 4, 2015 (Wednesday)	10:00-2:00pm

Berkeley County

The Mustard Seed: 101 West Martin St. Martinsburg, 25401

Medication Administration Recertification	January 7, 2015 (Wednesday)	6:00-8:00pm
James Rumsey Technical Institute: 3274 Hedgesville Road, Martinsburg, 25403		
How to Handle Hard to Handle Parents	February 25, 2015 (Wednesday)	12:00-2:00pm
Neonatal Abstinence Syndrome	March 26, 2015 (Thursday)	9:00-11:00am
Medication Administration Recertification	March 26, 2015 (Thursday)	11:30-1:30pm
Shepherd University-Martinsburg Center: 261 Aikens Center, Martinsburg 25404		
Teaching STEM Activities	January 9, 2015 (Friday)	9:00-11:00am
Everyday Sensory Play	March 3, 2015 (Tuesday)	1:00-3:00pm
Heritage Hall: 8539 Winchester Ave. Inwood 25428		
3rd Annual Child Care Provider Conference	March 7, 2015 (Saturday)	see page 8

Grant County

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

Respiratory Illness	February 9, 2015 (Monday)	11:30-1:30pm
Grant Co. DHHR: 53 Kiess Street, Petersburg, WV 26847		
Proactive Practice	March 24, 2015 (Tuesday)	10:00-12:00pm

Hampshire County

EACHES Head Start: Bill Taylor Road, Romney, 26757

Teaching STEM Activities	March 13, 2015 (Friday)	10:00-12:00pm
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Hardy County

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

Neonatal Abstinence Syndrome	January 13, 2015 (Tuesday)	12:00-2:00pm
Hardy Co. Public Library: 102 N. Main St., Moorefield, 26836		
Everyday Sensory Play	January 14, 2015 (Wednesday)	1:00-3:00pm

Jefferson County

New Destiny Ministry Center: 437 Border Road, Kearneysville, WV 25430

Proactive Practice	January 8, 2015 (Thursday)	1:00-3:00pm
Children's First Child Development Center: 95 Children's Way, Kearneysville 25430		
Everyday Sensory Play	March 2, 2015 (Monday)	1:00-3:00pm
Wee Disciples Christian Academy: 114 Poor Farm Road, Kearneysville 25430		
How to Handle Hard to Handle Parents	March 18, 2015 (Wednesday)	1:00-3:00pm



Training Calendar for January—March 2015 continued

Lewis County

MountainHeart Office: 239 Court Ave., Weston, 26452

Mind in the Making Overview and WV STARS January 6, 2015 (Tuesday) 4:30-6:30pm

Mineral County

Mineral Co. DHHR: 18 North Tornado Way, Keyser, 26726

Mind in the Making Overview and WV STARS February 3, 2015 (Tuesday) 12:00-2:00pm

Morgan County

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

Teaching STEM Activities February 26, 2015 (Thursday) 1:00-3:00pm

Little Learners Village 640 Fairfax Street, Berkeley Springs, 25411

Medication Administration Recertification March 25, 2015 (Wednesday) 6:00-8:00pm

Pendleton County

Tiny Tots Child Care Center: Franklin, 26807

How to Handle Hard to Handle Parents March 10, 2015 (Tuesday) 11:00-1:00pm

Preston County

Preston Co. DHHR: 18351 Veteran's Memorial Hwy. Kingwood, 26537

WV Elements of Family Child Care Series : What Children are Learning-Part 2
January 21, 2015 (Wednesday) 10:00-2:00pm

WV Elements of Family Child Care Series : Building a Partnership with Families
February 18, 2015 (Wednesday) 10:00-2:00pm

Randolph County

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

Neonatal Abstinence Syndrome March 3, 2015 (Tuesday) 5:30-7:30pm

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

Mind in the Making Modules see article for details

Taylor County

Taylor County DHHR: 235 Barrett St. Grafton, 26354

WV Elements of Family Child Care Series : Building a Firm Foundation
January 7, 2015 (Wednesday) 10:00-2:00pm

WV Elements of Family Child Care Series : What Children Are Learning- Part 1
February 4, 2015 (Wednesday) 10:00-2:00pm

Tucker County

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

Neonatal Abstinence Syndrome February 5, 2014 (Thursday) 6:00-8:00pm

Upshur County

Upshur County Public Library: 1150 Route 20 S. Road, Buckhannon 26201

Everyday Sensory Play February 4, 2015 (Wednesday) 1:00-3:00pm

To register for trainings, please call the Elkins office at 1-877-862-3103 or 304-637-2840. You must register at least 5 days before the scheduled training. If schools are closed in the county that a training is being held, the training is automatically cancelled, but will be rescheduled for a later date.



News From The Heart

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

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



**This Christmas,
may you have the fulfillment
of seeing around you
the people you love the most.
May you have the satisfaction
of creating special memories
they will remember with pleasure forever.**

**This Christmas,
may you feel peaceful and contented,
knowing what Christmas means,
and celebrating it your way.**

Wishing you and your family, A Merry Christmas and A Happy New Year.

—MountainHeart Staff

MOUNTAINHEART
Community Services, Inc.

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