



News From The Heart



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Winter 2016

IN THIS ISSUE

The Importance of.....	1
PDT.....	2
Step Up Your Questions.....	2
Studying Geography.....	2
The Early Years	3
Creating Clay Creatures.....	3
Problem Solved!.....	3
Welcome New Staff.....	4
Early Care Share WV.....	4
Grant Your Wishes!.....	4
TRAILS TIPS.....	5
Keys 4 Healthy Kids.....	5
New Early Childhood Training	5
The Unwanted Guest.....	6
New Member.....	6
Benefits & Guidelines.....	7
Save The Date.....	8
MountainHeart News.....	9
Transient Nature Art.....	9
The WV EFCCS	10
Children Learn.....	10
WVIT Classes.....	10
WV CCA	11
Food Program Schedule.....	12
USDA Team.....	12
Training Topics.....	13
Training Calendar.....	14
Training Calendar.....	14
Greetings.....	15

The Importance of Outdoor Play Time

Willetta Bolinger, Program Director

As I write this article, it is a beautiful fall day. However, I know that the cold winter weather is just around the corner. The National Wildlife Federation has a wonderful website with lots of good information and activities to engage children with nature during the winter months. Below are excerpts from their website (www.nwf.org). I hope that you find the information as interesting and enlightening as I do. I encourage you to visit their website. The following information is taken from the NWF website:

Remember playing outside until mom called you in for dinner? Today's kids probably won't.

Moms and dads can be reluctant to send kids outside when temperatures drop. Myths about cold and illness, concerns about safety and preparedness, and ignorance of the mental, as well as physical, health benefits to year-round outdoor play combine to make moms and dads think twice about braving the elements. However, it is just as important to get outdoor playtime in the winter as it is in any other season.

American childhood has moved indoors during the last two decades, taking a mental and physical toll on today's kids. The negative impact of decreased time outdoors includes a doubling of the childhood obesity rate--accompanied by an incremental hundred billion dollar cost to our health care system--as well as declining creativity, concentration and social skills. The average American boy or girl spends as few as 30 minutes in unstructured outdoor play each day, and more than seven hours each day in front of an electronic screen.

Studies show outdoor time helps children grow lean and strong, enhances imaginations and attention spans, decreases aggression, and boosts classroom performance. In addition, children who spend time in nature regularly are shown to become better stewards of the environment.

Fast Facts About Outdoor Time and Children

Children are spending half as much time outdoors as they did 20 years ago. (*Juster et al 2004*); (*Burdette & Whitaker 2005*); (*Kuo & Sullivan 2001*)

Today, kids 8-18 years old devote an average of 7 hours and 38 minutes using entertainment media in a typical day (more than 53 hours a week). (*Kaiser Family Foundation*)

In a typical week, only 6% of children ages 9-13 play outside on their own. (*Children & Nature Network, 2008*)

Children who play outside are more physically active, more creative in their play, less aggressive and show better concentration. (*Burdette and Whitaker, 2005; Ginsburg et al., 2007*)

Sixty minutes of daily unstructured free play is essential to children's physical and mental health. (*American Academy of Pediatrics, 2008*)

Benefits to outside play which include:

Outdoor play increases fitness levels and builds active, healthy bodies, an important strategy in helping the one in three American kids who are obese get fit.

Schools with environmental education programs score higher on standardized tests in math, reading, writing and listening.

Children's stress levels fall within minutes of seeing green spaces.

Play protects children's emotional development whereas loss of free time and a hurried lifestyle can contribute to anxiety and depression.

Some say it takes a village to raise a child. At NWF, we say it takes a backyard, a playground, a park.



MountainHeart
Community Services, Inc.

Earl D. Smith,
Executive Director
Willetta Bolinger,
Program Director & Editor
Cathy Fisher, Melodee Price,
Publishers
Norm Miller, Design
Articles Submitted by:
MountainHeart Professional
Development Team





Professional Development Team

Willetta Bolinger, Program Director

In the past few months, MountainHeart has offered two training sessions entitled “*Meet the Professional Development Team*”. These sessions have offered child care providers the opportunity to personally meet the Professional Development (PD) team. During the sessions, the PD team members discussed the various services that they can offer (free of charge!) and answered questions.

MountainHeart’s PD team consists of:

Behavior Consultant – Lori Stutts

Early Childhood Specialists – Jaime Price and Melodee Price

Infant /Toddler Specialist – Shannon Nichols

TRAILS Associates – Brenda Epperley and Jennifer Gorman

TRAILS Early Childhood Specialists – Carrie Frasch and Cheryl Wolfe

The evaluations of the training sessions indicated that the information was very useful and relevant. Many participants stated that they did not know that some of these services are available to them.

The PD team is planning on continuing these sessions in the next year. We enjoyed meeting everyone who attended the sessions in Martinsburg and Weston. I hope that you will take the opportunity to come out and learn more about the PD team when the sessions are offered in 2016. We look forward to seeing you there!

Step Up Your Questions

Melodee Price, Early Childhood Specialist

Stepping up your questions with children will aid in their development. The theory is that you ask more thought provoking questions according to the developmental age of the child. At each level, the questions become more difficult and require deeper thinking before a child can respond. This is Bloom’s Taxonomy of questioning. This is a way for child care providers to measure and organize what they want to teach by using levels of questioning: remembering, understanding, applying, analyzing, synthesizing, and evaluating.



Varying the types of questions you ask children you work with is an important strategy to support learning and thinking. Children need to be able to recall information before they can fully understand the information. Asking children more complex questions as they are ready can help them mature with their thinking. Child care providers should be encouraging conversations with children to extend and deepen those conversations.



“Every age is the most fun age a child can be.”

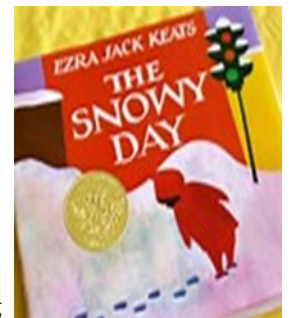
Studying Geography On A Walk

Cheryl Wolfe, TRAILS, Early Childhood Specialist

“George Edward’s oldest girl rode a pig home yesterday”. This is how I learned to spell geography. As a child that lived on a farm, being outside and playing in the sunshine, rain, or snow is where I learned about geography (the study of relationship between humans and their environment.) I had trees, creeks, and a playhouse to use my five senses to explore the world.

Today a lot of children are only exposed to indoor play areas or interacting with electronic devices. They are missing the opportunities of smelling, touching, and hearing the concrete and living things that make up their environment.

It is our responsibility to make sure our young children are outside to experience geography. These memories will foster a sense of place for that child, of where he/she lived, personal relationships, and a place of belonging to this world.



The Snowy Day by Ezra Jack Keats is an excellent book to read, take a walk, and learn about geography in West Virginia in the winter months. The Grafton TRAILS team has this book with an activity sheet just waiting to be read.





The Early Years: The Young Infant Part 1 of 3

Shannon Nichols, Infant/Toddler Specialist

The first 3 years of a child's life are full of stages of development. These early years lay the foundation for lifelong learning. Caregivers help infants with the developmental issues of security, exploration and identity. During different stages of infancy, the type of help children need will change. In part 1 of this 3 part series of articles, we will focus on security, which is the primary developmental issue of the young infant (birth-8 months).

More than anything, young infants need to feel secure and know that someone special is going to care for them. Knowing that their needs will be met in a safe, consistent, prompt and loving way helps build their growing sense of security.

Young infants are learning what to expect from life: how their body works, if the environment is safe and peaceful, and if they can depend on others to meet their needs. They need closeness, reassurance, and comfort. You can help develop their need for security by:

- ♥ Creating opportunities for close contact
- ♥ Establishing primary caregivers
- ♥ Being available and responding to needs promptly
- ♥ Bringing things of interest to the infant
- ♥ Taking the infant to interesting things
- ♥ Avoiding overstimulation

Mangione, Peter L., PITC, "The Ages of Infancy: Caring for Young, Mobile, and Older Infants". California Department of Education. 1990.

Creating Clay Creatures

From: Community Playthings

Most children, when given a piece of clay, are immediately motivated to explore its inviting sensory qualities. Like water and sand, clay has a natural open-ended appeal and provides an inspirational break from using markers, crayons, paint, or other art mediums. Children delight in the freedom to manipulate and transform their creations: a simple coil can become a snake, then a bowl, then a bracelet!

Now, add natural loose parts to your clay activity to open up even more creative possibilities! What creature can you make from a lump of clay and some natural materials?

I tried this activity with both our three and six-year old classes, with highly successful, though rather different results. Both groups were completely absorbed working on their masterpieces for over an hour!

For instructions and pictures go to:
www.comunityplaythings.com



"Protect Our Earth Today for Our Children's Tomorrow."

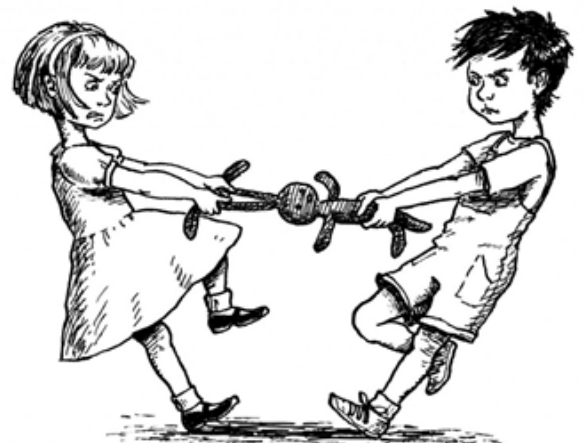
Problem Solved!!

Lori Stutts, Behavior Consultant

As child care providers, it's inevitable that you will encounter situations where children feel something isn't fair, something has been taken from them, or someone is being mean to them. You may find yourself spending a large portion of your day "putting out fires". Swooping in and solving the problem for the children may seem easier at the time, however, by patiently guiding children in using problem solving skills, you are instilling habits and skills that will serve them well for a lifetime. When conflicts arise with the children in your care, follow these steps:

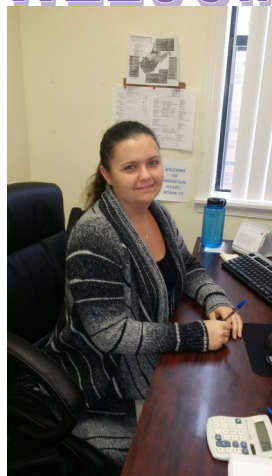
- ♥ Approach calmly, stopping any hurtful actions.
- ♥ Acknowledge children's feelings.
- ♥ Gather information.
- ♥ Restate the problem.
- ♥ Ask for ideas for solutions and choose one together.
- ♥ Be prepared to give follow-up support.

For more information on conflict resolution skills, please contact Lori Stutts at 304-257-9375 or Lori.C.Stutts@wv.gov.





WELCOME NEW MARTINSBURG OFFICE STAFF



My name is Robin Thompson. I am new to the Martinsburg office. I previously was an Assistant Director at a local center for 6 years. I have worked with the other end of the MountainHeart process and I am excited to learn the office part of it.

I graduated from Concord University in May of 2015 with my RBA in Early Childhood Education and plan on pursuing my masters in either social work or education.

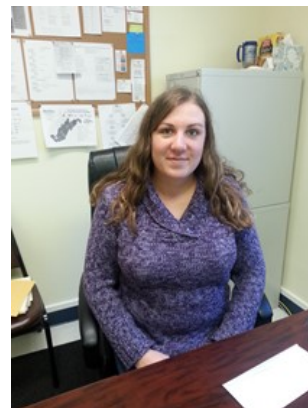
I am married. My husband's name is Shawn and we have 4 amazing children: Zoe, Kyra, Theo and Piers, ages 13, 9, 6 and 4.

I enjoy spending time with my family and friends, watching movies, and doing projects at home.

Sarah Palmer has joined the Martinsburg MountainHeart office as a new Case Manager.

Sarah has a background in social services, having obtained her BA degree in Psychology from Shippensburg University in 2009. She spent four years with the Berkeley County DHHR as a social worker for juvenile delinquents and families.

Sarah lives in Gerrardstown, WV with her fiancé and step son. In her free time she enjoys reading fiction, doing arts/crafts and being outdoors. Sarah is excited to be a new member of the Mountain Heart community!



"Determine your priorities and focus on them." Eileen McDaegh



EarlyCareShare WV Scavenger Hunt

Join the FUN, and earn a chance to WIN an iPad mini™!

Have you participated in the EarlyCareShareWV.org exciting **SCAVENGER HUNT**? Don't miss your chance to **win an iPad mini™** with case and keyboard!

Remember, you can't win if you don't play! Open your e-mails from TheTeam@EarlyCareShareWV.org to be on the lookout for our next challenge!

Not yet a member of EarlyCareShareWV.org? You are missing out on to up-to-date early childhood information, cost savings, and management resources. Join for free now at http://www.earlycaresharewv.org/new_member_request.aspx.

Have a question? E-mail Help@EarlyCareShareWV.org for help.

Grant Your Wishes!!!

Leann Andrew, Assistant Program Director

The 2015-2016 Provider Grant applications are being distributed. If you need an application, you can contact your local MountainHeart office. You will need to fill out the application with the items you wish to purchase for your program along with the price and where you are going to purchase the item(s).

Please make sure to remember that your items need to be purchased through a reputable retail store or through a reputable retail store website. You CAN NOT purchase items from yard sales, a neighbor, or online yard sale sites. You will need to make sure that you fill out your grant application completely and sign it with your signature and date.

Once we receive your application, we will make sure all items are appropriate and approved. If you would like more details on what is approved, they are on our MountainHeart website www.mountainheartwv.org.

If your application is approved, you will receive an approval notice to let you know you can purchase your items. You will then receive a check for the approved amount and then can purchase your items. Please make sure to send in your receipts so that you will be eligible for the grant next year. If you fail to submit your receipts, you will NOT be eligible for the grant next year.



TRAILS TIPS

Carrie Frasch, TRAILS, Early Childhood Specialist

Open Ended Art

As parents and providers, we want to give our children as many rewarding experiences as possible. Often, we like to do crafts with our children, but be sure not to discount the value of open ended art.

Open ended art means that a variety of materials are provided and available for children to choose. They choose the materials they want to use, how they want to use them, and what they will make. All too often we do not value open ended art because it doesn't always "look like" anything. Remember, they are children exploring and creating and their art should be as unique and individual as they are.

Each day simply put out items such as markers, glue sticks, scrap paper, google eyes, fabric scraps, or just things you might normally recycle. Let the children create their own masterpieces and when they are finished say "Tell me about your creation." You might be surprised at what they tell you.



There is a time and place for crafts, but be sure not to discount open ended art and its value to children. Children don't need to always be told what to make and how to make it. Children need to be allowed the freedom to be creative. Crafts are fun, and can come from the child's creative mind if you allow it to be open ended.



"If we can keep ourselves from interfering with the natural laws of life, mistakes can be our child's finest teacher." ~ Randy Alcorn

Did you know that approximately 32% of children ages 2-19 are overweight or obese? The trend begins in early childhood with 27% of children ages 2-5. By taking part in the Key 2 a Healthy Start initiative, WV child care centers can become leaders in reducing childhood obesity rates in WV and raising a healthier generation of kids.

Key 2 a Healthy Start is a statewide quality improvement initiative in early care and education with the goal of preventing childhood obesity.

Participating child care centers attend 3 one-day workshops that cover:

- Nutrition
- Physical activity
- Garden-based learning
- Personal health and wellness
- Parent outreach
- Healthy celebrations



Unlocking the Doors to a Better Tomorrow

Workshop presenters include a pediatrician, registered dietician, and exercise physiologist. Each participating program also receives on-site technical assistance visits after each workshop and will become part of a peer learning network.

Key 2 a Healthy Start centers receive MyPlate portion plates and placemats, portable physical activity equipment, parent outreach materials, and much more! The workshops are free and WV STARS registered.



This is a project administered by Keys 4 HealthyKids. We do not license centers or evaluate for compliance in any way. To learn more, visit www.keys4healthykids.com (then click on 'Current Initiatives', 'Childcare', and 'Key 2 a Healthy Start'). If interested, contact Jessica Dianellos at Jessica.Dianellos@camc.org or 304-388-3409.



New WV Early Childhood Training Connections and Resources Child Care Health Educator for Northern West Virginia



Renee Stonebraker is the new WV Early Childhood Training Connections and Resources Child Care Health Educator for northern West Virginia. Renee is from Preston County and has a degree in Family and Consumer Sciences Education with a minor in Food Service Management. She previously worked for the Monongalia County Health Department as a Nutritionist/Outreach Coordinator for the Women, Infants, and Children's program and as a Registered Sanitarian, performing inspections throughout the county. In her spare time, Renee likes to cook, bake, travel, hike, and spend time with her friends and family.

You can contact her to schedule WVSTARS registered trainings with topics in health, safety, and nutrition by calling 304-710-9695 or email at rstonebraker@rvcds.org.



The Unwanted Guest: The Flu

Glenna Bailey, RN, MSN



As the winter season approaches, families prepare for the holidays and brace themselves for an unwanted guest: the flu. Influenza season arrives predictably each year when the leaves begin to fall and the days become shorter. While a drop in the weather does not exclusively cause the flu, the virus that causes the flu is more common in the winter ("Winter Safety Tips," 2015). Since we tend to spend more time indoors in the winter, both children and adults are more likely to be exposed to others who are carrying germs (Robson, 2015).

There are three types of influenza viruses that can cause the flu; types A and B are responsible for the yearly epidemics while type C typically causes mild symptoms. The influenza virus is commonly spread when respiratory droplets from an infected person are inhaled. Droplets are created when a sick person coughs or sneezes into the air (Derrer, 2013). The flu can also be spread through direct contact or by touching an object that has the flu virus on it and then touching your face, nose, or mouth ("How Flu Spreads," 2013). To help decrease the spread of the flu, engage in frequent hand washing and teach children to cough or sneeze into the bend of their elbows ("Winter Safety Tips," 2015).

Symptoms of the flu occur quickly and include a high-grade fever up to 104 degrees Fahrenheit, body aches, headache, chills, extreme fatigue, dry cough, sore throat, vomiting, and stomach pain. Influenza is caused by a virus and antibiotics will not work to treat symptoms. However, antiviral medicines like Tamiflu can help if they are taken within the first 48 hours of being sick at the discretion of the licensed health care provider (Derrer, 2013).

Since influenza can cause dangerous symptoms in children, the CDC recommends that everyone 6 months of age and older receive a flu vaccine each year ("Children, the Flu, and the Flu Vaccine," 2015). While vaccination can help protect the flu in people of all ages, some children are at an increased risk of developing the flu. High-risk children include those who were born premature and those with chronic health problems like asthma ("Children, the Flu, and the Flu Vaccine," 2015).

If a child in your care develops the flu this season, it is important to make sure that they receive copious amounts of liquids and rest. Call 911 if you notice a child who exhibits difficulty breathing, skin that turns blue or gray, seizures, or any signs of dehydration, including decreased tears, decreased number of wet diapers, or lethargy (Derrer, 2013).

Check with your individual center to determine its policies on children staying home when they are ill.

For more information on influenza, its symptoms, and vaccine information, please visit the CDC's website at <http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm> or speak with a licensed health care provider.

References:

Children, the Flu, and the Flu Vaccine. (2015, August 21). Retrieved October 29, 2015, from <http://www.cdc.gov/flu/protect/children.htm>

Derrer, D. (2013, November 19). Children and Flu. Retrieved October 29, 2015, from <http://www.webmd.com/cold-and-flu/flu-guide/children-and-flu-influenza?page=2>

How Flu Spreads. (2013, September 12). Retrieved October 29, 2015, from <http://www.cdc.gov/flu/about/disease/spread.htm>

Robson, D. (2015, October 19). The Real Reason Germs Spread in the Winter. Retrieved October 29, 2015, from <http://www.bbc.com/future/story/20151016-the-real-reason-germs-spread-in-the-winter>



Winter Safety Tips. (2015, January 14). Retrieved October 29, 2015, from <https://www.healthychildren.org/English/news/Pages/Winter-Safety.aspx>



"Children see magic because they look for it." ~ Christopher Moore

New Member of the Quality Initiatives Unit Early Care and Education



I would like to take this time to introduce myself. I am Elizabeth Teel and I joined the Quality Initiatives Unit in the Division of Early Care and Education in September 2015. I am excited to be the new lead with Tiered Reimbursement as well as the Quality Rating and Improvement System (QRIS). Prior to my joining the Division, I served as a center director in the Kanawha Valley.

For those who may wonder what Tiered Reimbursement is all about, it is a quality initiative that offers higher subsidy payments to child care programs that demonstrate they meet higher standards of care. Programs that are licensed as a center or facility and family child care homes are eligible to apply for a higher quality tier level. There are currently 3 quality tier levels in our state: Tier I reimbursement rates are for licensed or registered programs, Tier II reimbursement rates are for programs that have demonstrated they meet a state specific set of quality standards and Tier III reimbursement rates are for programs that are nationally accredited by an approved accrediting agency. In addition to higher subsidy payments, programs are eligible for a one-time bonus payment when they move up a tier level.

The process of applying for a higher tier may seem overwhelming but there is help available! Programs may request a mentor to assist them with the Tier II process. Training and technical assistance is also available through your local Resource and Referral Agency. Receiving higher subsidy payment rates are a great benefit of Tiered Reimbursement but more importantly you are demonstrating the high quality of care being provided on a daily basis for the children you are serving.

If you have any questions regarding Tiered Reimbursement or how to get started, please feel free to contact me at Elizabeth.D.Teel@wv.gov or at 304-356-4605.



Benefits and Guidelines to Being Self-Employed

Amanda Roy, Supervisor

As a family child care home provider or a facility or center owner, you are a self-employed business owner. There are both big benefits and big responsibilities when operating a child care. See if you can relate to some of these benefits:

1. **Working with children.** Joy! Joy! Joy!
2. **Being your own boss.**
3. **Earn more money.** Deduct business expenses, incentives and more.
4. **You spend less.** Lower gas consumption, no parking fees, less eating out, etc.
5. **Variety.** You get to plan each day's activities. Be creative!
6. **Sick days? Vacations?** It's your decision when you want to take these.
7. **Your work area is truly yours.** Options are endless. Free technical assistance for room arrangement is available through MountainHeart.
8. **New equipment when you want it/need it.** Go to the store and get it. Keep your receipts. Deduct the costs from your taxes.
9. **No uniforms.** T-shirts? Sure, why not?! You are working with children.
10. **You set your own schedule.** You decide if your business hours are Monday-Friday, 9am-5pm or if your hours will include evenings and weekends.
11. **You're valued!** The children adore you and the parents are grateful for you.
12. **You choose your own customers.** No shows? No payments? You make the choice who you provide services to.
(Tom Ewer, Reasons why you're better off self-employed)

Being a self-employed child care provider also has many obligations and responsibilities in order to be successful. Here are some things to consider when starting or further establishing your business:

1. **Obtain the proper licensing or registered status.** You may also consider a higher quality Tier level.
2. **Obtain liability insurance.** Check with your homeowner's insurance provider or your landlord to see if this is already included in your policy or if you may need to purchase additional liability insurance.
3. **Obtain health insurance for you and your family, if desired.** There are no benefits provided to you when you are a self-employed child care provider.
4. **Track your income and establish a good record keeping system.**
5. **Register your business.**
6. **Set up the area in your home that you will use for child care.** Keeping in mind accessibility to the kitchen and bathrooms, as well as, an area that is safe for the children.
7. **Purchase or borrow the necessary items based on the age of the children in your care.**
8. **Secure an outdoor area for children to play.** Be sure that this area meets all state regulations.
9. **Advertise your child care.** You may consider yard signs, car signs, local newspaper ads, printed promotional items, or a flier posted at your local R&R and other businesses.
(Shelley Frost, How to Become Self-Employed)

Helpful Resources

***Business Registration:** You may pick up a business application at your local R&R office or visit these websites:
www.sos.wv.gov/business-licensing www.business4wv.com

***Business Start-Up:** www.childcareaware.org

***Liability Insurance:** www.markelchildcare.com

***Health Insurance:** www.healthcare.gov or www.dhhr.wv.gov or your local DHHR office

***Record Keeping:** *Family Child Care Record-Keeping Guide* by Tom Copeland, JD, 8th ed. (TRAILS resource lending library)

***Finding a Tax Professional:** www.resourcesforchildcare.org or www.natptax.com

***Technical Assistance:** Free technical assistance is provided by your regional Resource and Referral agency. You may contact them at: (877)862-3103.



Save The Date

4TH ANNUAL CHILD CARE SPRING TRAINING CONFERENCE

SATURDAY, MARCH 5, 2016

8 HOURS WV STARS REGISTERED TRAINING

120.00 REGISTRATION FEE WITH A DONATED ITEM TO GIVE TO BACKPACK FOR KIDS

125.00 REGISTRATION FEE OTHERWISE REGISTRATION TO START AT 7AM

**SPONSORED BY: LITTLE EAGLE CHILD CARE CENTER AND HILLSIDE CHILD CARE DEVELOPMENT CENTER
CONTACT NICOLE GALLIUGH AT 304-535-2234 OR**

Celebrating Connections 2016

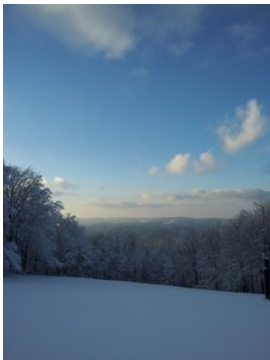
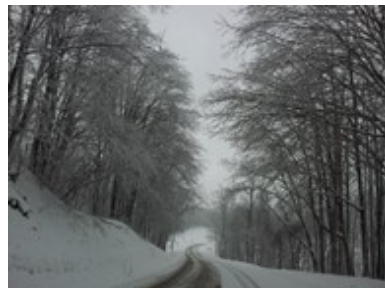
Join us April 5-8, 2016!

Keynote speakers:
Jim Gill and Mary Jo Huff/
Lisa Maddox-Vinson

Please visit www.wvearlychildhood.org for more information as it is released.

Registration materials will be mailed in January.

WINTER IN OUR BEAU-



Child Care Provider Conference

WHEN :Saturday, April 23, 2016
WHERE: Potomac State College of WVU
TIME: 8:00 AM – 3:30 PM

6 hours of WV STARS credits for full time attendance.

Keynote presentation and choice of 2 workshop topics.

Watch for more information in the next newsletter.



MountainHeart News & Notes

Getting your degree in Early Childhood Education just got easier!

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

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

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



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

Find us on Facebook at:

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

Check out our Blog at:

<http://teachwv.blogspot.com>

Visit our website at:

www.wvearlychildhood.org

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

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



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



Here's an inspiring addition to **nature art**. Simply provide frames or trays and a collection of natural materials and allows the children to manipulate, explore, and experiment with

your art area: **transient** materials. Transient art, by definition, is non-permanent patterns and shapes in a completely process-oriented way.

Having a defined space to work within adds just enough subtle structure to provide focus. Having unconventional art materials—such as natural loose parts—compels them to use their imagination to create unique and original masterpieces.

Check out the website for other great ideas and free materials at: www.communityplaythings.com





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 WV 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.

MountainHeart Elkins office: 1200 Harrison Ave. Suite 220, Elkins 26241 Tuesday, January 5th from 10:00-2:00pm

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. *Core Knowledge 1 hour in Program Management, 3 hours in Professionalism.*

Upshur Co DHHR: 34 Auction Lane, Buckhannon, WV 26201 Tuesday, January 12th from 10:00-2:00pm

Module 2: **Knowing How Children Develop and Learn.** Tier I. Family home providers will 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 for all children. *4 hours in Child Growth and Development.*

MountainHeart Weston office: 239 Court Ave., Weston, WV 26452 Tuesday, January 19th from 10:00-2:00pm

Module 3: **Organizing Your Home and Your Day.** Tier I. This module will help providers to 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. *1 hour in Health, Safety and Nutrition, .5 hours in Positive Interactions and Relationships, 1 hour in Curriculum, 1.5 hours in Program Management.*

Randolph Co DHHR: 1027 N. Randolph Avenue, Elkins, WV 26241 Wednesday, January 27th from 10:00-2:00pm

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. *4 hours in Curriculum.*

Upshur County DHHR: 34 Auction Lane, Buckhannon, 26201 Tuesday, February 2nd from 10:00-2:00pm

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. *4 hours in Curriculum.*

Lewis Co DHHR: 91 Arnold Ave., Weston, WV 26452 Tuesday, February 9th from 10:00-2:00pm

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. *4 hours in Positive Interactions and Relationships.*

MountainHeart Elkins office: 1200 Harrison Ave. Suite 220, Elkins 26241 Tuesday, February 16th from 10:00-2:00pm

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. *4 hours in Family and Community.*





West Virginia Family Child Care Association

www.westvirginiachildcareassociation.com

wvfamilychildcare@yahoo.com

Telephone: 304-634-4806

Our 2015 WVFCCA Second Helping Conference was a huge success! Everyone who attended received valuable training and tons of gifts and resources. We are looking forward to our "2016 Road Tour" to your area with Second Helping Trainings available specifically designed for family child care providers.



Free Phone Conference for all members! We will be cancelling our phone conferences for the holidays but we want to encourage you to attend our next phone conference on January 18, 2016 at 8pm. The phone number and code will be sent to all members in advance.

STATE WIDE MEMBERSHIP DRIVE

January 1 - March 31

The county that has the most members join receive the Second Helping Module 1 training for FREE!! So get busy and recruit new members.





Child Care Food Program Annual Training Schedule Program Year January, 2016 - September 30, 2016

Date/Time	Location	County	Monitor/Cell Phone
1/21/16 Thursday 10:00am - 12:00am	WVDHHR New Martinsville, WV	Wetzel	Chris Gillis 304-780-6504
2/18/16 Thursday 10:00am - 12:00pm	Heritage Center (CCWVa) Wheeling, WV	Ohio	Chris Gillis 304-780-6504
3/12/16 Saturday 10:00am-12:00pm	Taylor County Library Grafton, WV	Taylor	Shelly Gainer 304-677-3372
3/12/16 Saturday 10:30am - 12:30pm	Immaculate Conception Church (Dining Hall) 406 Valta Vista Ave Fairmont, WV	Marion	Phyllis Bolling 304-203-3711
3/19/16 Saturday 10:00am - 12:00pm	Mary Weir Library Weirton, WV	Hancock	Chris Gillis 304-780-6504
4/9/16 Saturday 10:30am - 12:30pm	Nutter Fort Library 1300 Buckhannon Pike Clarksburg, WV	Harrison	Phyllis Bolling 304-203-3711
4/16/16 Saturday 9:00am - 11:00am	Wesley United Methodist Church Kingwood, WV	Preston	Marcie Phillips 304-614-2492
4/19/16 Tuesday 3:00pm - 5:00pm	Marshall County Library Moundsville, WV	Marshall	Chris Gillis 304-780-6504
4/26/16 Tuesday 6:00pm - 8:00pm	James Rumsey Technical Institute* Hedgesville, WV	Berkeley	Bridget Barton 304-820-4486
4/30/16 Saturday 10:00am - 12:00pm	St. Elizabeth Catholic Church Philippi, WV	Barbour	Shelly Gainer 304-677-3372
5/14/16 Saturday 10:00am - 12:00pm	Heritage Center (CCWVa) Wheeling, WV	Ohio	Chris Gillis 304-780-6504
5/24/16 Tuesday 10:00am - 12:00pm	Mary Weir Library Weirton, WV	Hancock	Chris Gillis 304-780-6504
5/26/16 Thursday 6:00pm - 8:00pm	James Rumsey Technical Institute* Hedgesville, WV	Berkeley	Bridget Barton 304-820-4486
7/26/16 Tuesday 6:00pm - 8:00pm	James Rumsey Technical Institute* Hedgesville, WV	Berkeley	Bridget Barton 304-820-4486
8/23/16 Tuesday 6:00pm - 8:00pm	James Rumsey Technical Institute* Hedgesville, WV	Berkeley	Bridget Barton 304-820-4486

* James Rumsey location is in Main Building, Main Entrance Assembly Room

USDA Team Nutrition Website

Lots of free resources to child care programs participating in CACFP!
<http://www.fns.usda.gov/tn/team-nutrition>

Programs can order recipe books, gardening books, posters, stickers, MyPlate resources, etc.

Here is the actual order form -
<https://pueblo.gpo.gov/FNS/FNSPubs.php>



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.

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

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

July-October 2016 Grant, Hardy, or Mineral County (5 Person Minimum)

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





TRAINING TOPICS OFFERED January 2016-March 2016

Communicable Diseases in Child Care. Tier II. Sara Bell, RN, will facilitate this seasonal training. Based on the recommendations for the American Academy of Pediatrics, this training covers common childhood diseases including identifying symptoms, how they are spread, how to control them, roles of the provider, and knowing when to exclude. *Core Knowledge Area: Health, Safety, and Nutrition.*

Freedom of Movement. Tier II. Shannon Nichols will share information on the importance of floor time for infants and the developmental consequences of too much time in “containers”. Target Audience: home, facility or center staff working with infants. *Core Knowledge Area: 1 hour Child Growth and Development. 1 hour Curriculum.*

Medication Administration. Tier II. Sara Bell, 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. The target audience is home, facility and center based staff. *Core Knowledge Area: 4 hours in Health, Safety, and Nutrition.*

Oral Health. Tier I. Renee Stonebraker, Child Care Health Educator, will facilitate this training. She will teach the importance of dental care for children, procedure for brushing teeth, and ways to incorporate dental care into your curriculum. *Core Knowledge Area: 1 hour Health, Safety, and Nutrition. 1 hour Curriculum.*

Prop Boxes: Extending Dramatic Play. Tier II. Jaime Price will show how prop boxes can help children engage in pretend or make-believe play. Participants will see and explore prop boxes of different themes which provide children with the opportunity to role play. Participants will also brain storm themes and props to use in their own prop boxes. *Core Knowledge Area: Curriculum.*

Signing with Daily Activities. Tier II. Each participant will receive information about including American Sign Language into their daily activities and routines from Cheryl Wolfe. They will be able to make laminated cards with ASL words and signs on them to display in various areas of the child’s learning and play environment. These cards will give the children and adults a visual aid to help remind them of the word and sign to use in appropriate area and situation. The participants will also learn some finger plays and songs using ASL to incorporate into their classrooms. They will be encouraged to provide these signs to their children’s families so that everyone will know the signs that the children are using at their child care site. *Core Knowledge Area: Child Growth and Development.*

Step Up Your Questions. Tier II. Come to this newly developed training to learn about how to step up your questions by applying Bloom’s Taxonomy of questioning. Melodee Price will be facilitating this training to further explain a process to follow by matching a child’s current developmental level and asking thought provoking questions according to the individual child. *Core Knowledge Area: 1 hour Child Observation and Assessment. 1 hour Positive Interactions and Relationships.*

What’s the Problem? Tier II. Inevitably, children are going to engage in conflict for reasons such as two children wanting to play with the same toy or a child feeling like something is unfair. In this training, Lori Stutts will share techniques adults can use to help children prevent and effectively resolve conflicts. *Core Knowledge Area: 2 hours Positive Interactions and Relationships.*

“A child does not thrive on what he is prevented from doing, but on what he actually does.” ~ Marlene Cox



2015 MountainHeart Child Care Provider Fall Conference Huge Success!

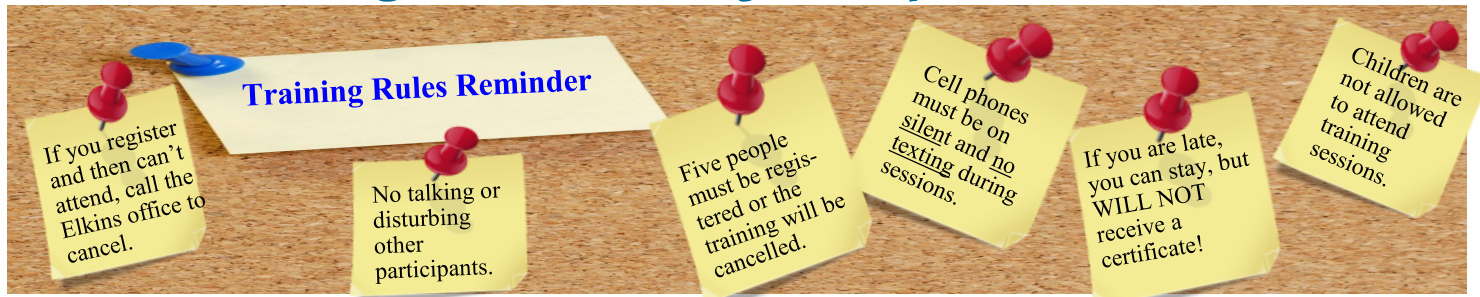
Melodee Price, Early Childhood Specialist

We had 86 child care providers from over 9 counties attend at Buckhannon High School. Participants received 6 hours of WV STARS registered training. The classes focused on the Core Knowledge areas of Health, Safety, and Nutrition. We offered *Medication Administration* and *Medication Administration Recertification* with the new Nurse Consultant, Sara Bell. Lisa Wotring from Taylor County Starting Points presented *Making a Difference* and *Period of Purple Crying*. VJ Davis from the Health Department offered a Food Handlers class. Our own Shannon Nichols, Infant/Toddler Specialist, taught *Reducing the Risk of SIDS*. Renee Stonebraker, Child Care Health Educator, gave an *Indoor/Outdoor Safety* training. Gina Sharps, MPH, RDH, Regional Oral Health Coordinator, Marshall University, facilitated a training called *Bright Smiles, Bright Future*. And last but not least, Jane Rose offered the Child Care Food Program’s class.

Everyone that stayed till the end of the day received a conference certificate and a bag full of theme door prizes for Health, Safety and Nutrition. Thank you for all who participated. We look forward to offering quality training again at our annual Fall Child Care Provider Conference in 2016.



Training Calendar for January—March 2016



Barbour County

Barbour County DHHR: 49 Mattaliano Drive, Philippi, WV 26416

Freedom of Movement	February 8, 2016 (Monday)	12:00pm-2:00pm
Step Up Your Questioning	March 3, 2016 (Thursday)	10:30am-12:30pm

Berkeley County

James Rumsey Technical Center: 3274 Hedgesville Road, Martinsburg 25403 Room B-1

Oral Health	January 19, 2016 (Tuesday)	6:00pm-8:00pm
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Shepherd University-Martinsburg Center: 261 Aikens Center, Martinsburg 25404

Medication Administration	February 3, 2016 (Wednesday)	10:00am-2:30pm
Prop Boxes: Extending Dramatic Play	March 24, 2016 (Thursday)	6:00pm-8:00pm

Grant County

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

Oral Health	January 7, 2016 (Thursday)	6:00pm-8:00pm
What's The Problem?	March 8, 2016 (Tuesday)	5:30pm-7:30pm

Hampshire County

Hampshire County DHHR: Route 50 East, Romney, 26757

Prop Boxes: Extending Dramatic Play	March 25, 2016 (Friday)	1:00pm-3:00pm
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EACHES Head Start: 161 Bill Taylor Road, Romney, WV 26757

Step Up Your Questioning	March 4, 2016 (Friday)	10:00am-12:00pm
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Hardy County

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

Prop Boxes: Extending Dramatic Play	January 29, 2016 (Friday)	12:00pm-2:00pm
Communicable Diseases in Child Care	March 8, 2016 (Tuesday)	12:00pm-2:00pm
Step Up Your Questioning	March 10, 2016 (Thursday)	12:00pm-2:00pm

Jefferson County

Shepherdstown Day Care Center: 531 E German St, Shepherdstown, 25443

Prop Boxes: Extending Dramatic Play	February 16, 2016 (Tuesday)	6:00pm-8:00pm
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Lewis County

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

*Family Child Care Module #3	January 19, 2016 (Tuesday)	10:00am-2:00pm
Oral Health	February 18, 2016 (Thursday)	6:00pm-8:00pm
*Family Child Care Module #6	February 16, 2016 (Tuesday)	10:00am-2:00pm



Training Calendar for January-March 2016 continued

Mineral County

Mineral County DHHR:

What's The Problem?	February 25, 2016 (Thursday)	12:30pm-2:30pm
Step Up Your Questioning	March 14, 2016 (Monday)	10:30am-12:30pm

Morgan County

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

Prop Boxes: Extending Dramatic Play	January 19, 2016 (Tuesday)	6:00pm-8:00pm
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Pendleton County

Tiny Tots Day Care: 312 Pine Street, Franklin, WV 26807

What's the Problem?	March 9, 2016 (Wednesday)	5:00pm-7:00pm
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Preston County

Preston Co DHHR: 18351 Veteran's Memorial Highway, Kingwood, WV 26537

Communicable Diseases in Child Care	February 11, 2016 (Thursday)	1:00pm-3:00pm
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Randolph County

Randolph Co. DHHR: 1027 N. Randolph Ave., Elkins, 26241

Communicable Diseases in Child Care	January 20, 2016 (Wednesday)	12:00pm-2:00pm
*Family Child Care Module #4	January 27, 2016 (Wednesday)	10:00am-2:00pm
Freedom of Movement	March 1, 2016 (Tuesday)	12:00pm-2:00pm

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

*Family Child Care Module #1	January 5, 2016 (Tuesday)	10:00am-2:00pm
*Family Child Care Module #7	February 16, 2016 (Tuesday)	10:00am-2:00pm
Oral Health	February 3, 2016 (Wednesday)	1:00pm-3:00pm

Taylor County

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

Oral Health	March 17, 2016 (Thursday)	6:00pm-8:00pm
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Tucker County

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

Signing with Daily Activities	March 15, 2016 (Tuesday)	10:00am-12:00pm
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Upshur County

Upshur County Public Library: 1150 Route 20 South, Buckhannon, 26201

Freedom of Movement	January 26, 2016 (Tuesday)	5:30pm-7:30pm
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Upshur County DHHR: 34 Auction Lane, Buckhannon, WV 26201

*Family Child Care Module #2	January 12, 2016 (Tuesday)	10:00am-2:00pm
*Family Child Care Module #5	February 2, 2016 (Tuesday)	10:00am-2:00pm
Step Up Your Questioning	March 7, 2016 (Monday)	10:30am-12:30pm
Communicable Diseases in Child Care	March 21, 2016 (Monday)	12:30pm-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.

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



May the beauty of the Christmas season bring you joy and warm memories to cherish throughout the year.

Merry Christmas & Happy New Year!

~MountainHeart Staff



MOUNTAINHEART
Community Services, Inc.

Child Care Resource & Referral Division

1200 Harrison Avenue, Suite 220

Elkins, WV 26241