



October - December 2026

Training Calendar



October - December 2026 Training Dates

IN-PERSON Trainings				
Training Title	Location	Date	Time	Audience
BERKELEY COUNTY				
Stronger Together: Building and Maintaining Meaningful Partnerships with Families	Martinsburg MountainHeart Office	October 29	6 – 8 pm	All Providers
Understanding ECERS-3	Martinsburg MountainHeart Office	November 18	6 – 8 pm	Center staff working with 3–5 year-olds
Out of Ideas, I’ve Got You Covered	Martinsburg MountainHeart Office	November 19	9 – 11 am	All Providers
Borrowing Our Calm: Co-regulation to Self-regulation	Martinsburg MountainHeart Office	SATURDAY December 12	9 – 11 am	All Providers
GRANT COUNTY				
Stronger Together: Building and Maintaining Meaningful Partnerships with Families	Petersburg MountainHeart Office	November 19	6 – 8 pm	All Providers
HARDY COUNTY				
Borrowing Our Calm: Co-regulation to Self-regulation	Hardy County Public Library	November 17	1 – 3 pm	All Providers
JEFFERSON COUNTY				
Family Child Care Positive Behavior Supports (Must attend all 3 sessions)	 Charles Town Library 200 E. Washington St. Charles Town, WV 25414	November 5	All Sessions 6 – 8 pm	Family and Facility Providers ONLY
		November 12		
		November 19		
LEWIS COUNTY				
Borrowing Our Calm: Co-regulation to Self-regulation	Peas In a Pod Child Care Center 1126 US Hwy 19 N Jane Lew, WV 26378	October 14	6 – 8 pm	All Providers
RANDOLPH COUNTY				
Stronger Together: Building and Maintaining Meaningful Partnerships with Families	Elkins MountainHeart Office	SATURDAY October 10	9 – 11 am	All Providers
Out of Ideas, I’ve Got You Covered	Elkins MountainHeart Office	SATURDAY October 14	9 – 11 am	All Providers
TAYLOR COUNTY				
The Growing Brain (Must attend all 7 sessions) For more information or to register, contact Shaina Ballantyne at 1-304-637-2840.	 Grafton MountainHeart Office	October 6	All Sessions 5:45 – 8:45 pm	All Providers
		October 13		
		October 20		
		October 27		
		November 3		
		November 10		
		November 17		
Out of Ideas, I’ve Got You Covered	Grafton MountainHeart Office	October 22	6:30 – 8:30 pm	All Providers
Quality Environments: FCCERS-3	Grafton MountainHeart Office	October 8	6 – 8 pm	Family Providers Only
Emergency Preparedness – FCC	 Grafton MountainHeart Office	December 3	5:30 – 8 pm	Family and Facility Providers Only

UPSHUR COUNTY				
Emergency Preparedness - Centers		Upshur County Department of Human Services	December 9	12 – 2 pm
			Center Staff Only	



Online MountainHeart training will be offered through Microsoft TEAMS. Once you register for the training on the STARS Training Calendar, your trainer will contact you with detailed instructions for accessing the training session.

ONLINE Trainings offered by MountainHeart Community Services Professional Development Team				
Training Title	Location	Date	Time	Audience
Trauma in Childcare	Microsoft TEAMS	SATURDAY October 10	9 – 11 am	All Providers
Spreading HOPE	 Microsoft TEAMS	October 20	6 – 8 pm	All Providers
Spreading HOPE	 Microsoft TEAMS	November 12	1 – 3 pm	All Providers
Trauma in Childcare	Microsoft TEAMS	November 18	12 – 2 pm	All Providers
Spreading HOPE	 Microsoft TEAMS	SATURDAY December 5	9 – 11 am	All Providers
Trauma in Childcare	Microsoft Teams	December 15	6 – 8 pm	All Providers



Training Accommodation Now Available

Closed captioning is now available for all virtual training sessions.

For face-to-face sessions that are held in one of our MountainHeart offices, contact the instructor in advance and they will set up a screen to allow for closed captioning.

Log-in or arrive early to ensure proper set-up.

October - December 2026

Training Topics and Descriptions



Courses marked with this symbol are courses required to meet the voluntary Child Care Credential/Specializations criteria.

Borrowing Our Calm: Co-regulation to Self-regulation: Child Growth and Development; Environment and Curriculum (Beginner)

In this training by Carrie Frasch, participants will explore the process of co-regulation as the foundation for developing self-regulation skills. We will discuss how children learn to regulate with a caregiver's support before gradually building independence to use those tools on their own. Participants will learn specific, empathy-based strategies to calm themselves while helping calm the child, allowing them to shift their focus from correcting behavior to effective co-regulation. At the end of the session, participants will be able to identify key co-regulation techniques, apply calming strategies during moments of distress, and foster environments that support emotional regulation.

Emergency Preparedness-Centers: Health, Safety and Nutrition (Beginner)



In this session with Sami Cochran, participants will learn about and discuss the types of emergencies that have and can occur while children are in care and planning needed to keep children and workers safe during those events. Participants will receive support in creating the required emergency preparedness action plan. This session is for center staff only.

Emergency Preparedness-FCC: Health, Safety and Nutrition (Beginner)



In this session with Melissa Hutson, participants will learn about and discuss the types of emergencies that have and can occur while children are in care and planning needed to keep children and workers safe during those events. Participants will receive support in creating the required emergency preparedness action plan. This session is for family and facility providers only.

Family Childcare Positive Behavior Intervention Support: Child Growth and Development; Environment and Curriculum; Professionalism and Leadership (Intermediate)



Join Meredith Lester for this 3-part module series for family child care providers that will examine the pyramid model and intervention strategies, including having difficult conversations with parents. You must attend all three sessions to receive credit.

Out of Ideas: I've Got You Covered: Child Growth and Development; Environment and Curriculum (Beginner)

Are you feeling stuck? Do you feel like you have run out of ideas? Are you bored with your activities? If you answer yes, then you need this training with Sami Cochran. This training focuses on activities, how to create them, some tips, and what to do when all else fails.

Spreading HOPE: Child Growth and Development; Family and Community Relationships (Beginner)



In this training with Carrie Frasch, participants will gain understanding of ACEs (Adverse Childhood Experiences), PCEs (Positive Childhood Experiences), recognize the impacts of PCEs, and apply the four building blocks to their work with children.

Stronger Together: Building and Maintaining Meaningful Partnerships with Families: Family and Community Relationships (Beginner)

This course with Shaina Ballantyne is an interactive 2-hour session to support more respectful, positive, and collaborative partnerships with the unique families that you serve in your childcare program. Providers will reflect on their current relationships, identify opportunities for growth, and make plans for enhancing their connections with families. The course will cover topics such as collecting information from families, handling sensitive topics, methods, tools, and timing of communication, strategies for tough conversations, and collaborative efforts and activities with families in their program. A child's success relies on a unified team.

The Growing Brain: Various Core Knowledge Areas (Beginner)



This 7-session series with Shaina Ballantyne delves into research in brain development and strategies for childcare providers to support the growing brains of children, birth to 5 years old. The crucial development of the growing brain is one of the most important topics in early childhood development. Research on the topic is exploding, underscoring the need for early childhood professionals to stay up to date on brain development and strategies to best support the growing brains of children, birth to 5 years old, in their care.

Trauma in Childcare: Family and Community Relationships; Environment and Curriculum (Beginner)

In this training by Meredith Lester, you will learn about trauma in childcare. Trauma is a prevalent part of our society, what does this look like in childcare? Participants will leave this training with knowledge of childhood trauma and skills to help those who need it.

Quality Environments: FCCERS-3: Environment and Curriculum; Administration and Management (Beginner)

This training, offered by Melissa Hutson and Brenda Epperley, will introduce family child care providers to the Family Child Care Environment Rating Scale. The training will discuss how the FCCERS-3 is used in environments, why WV uses the scale and how it relates to the Tiered Reimbursement Program in WV. Family child care providers will get a basic understanding for the FCCERS-3 and be presented with an opportunity for further training in this area.

Understanding ECERS-3: Environment and Curriculum; Professionalism and Leadership (Beginner)

This course, by Sami Cochran, provides an overview of the Early Childhood Environment Rating Scale, 3rd Edition (ECERS-3) including purpose, content, scoring, and tips for observing. This tool is used in center-based programs caring for children 3 – 5 years old.

Autumn Bucket List

- | | |
|--|---|
| ☐ Pick apples | ☐ Go on a hayride |
| ☐ Jump in a pile of leaves | ☐ Navigate a corn maze |
| ☐ Make Caramel apples | ☐ Make handprint turkeys |
| ☐ Backyard Campout | ☐ Make leaf art |
| ☐ Make a pinecone birdfeeder | ☐ Do random acts of kindness |
| ☐ Make a gratitude jar | ☐ Drink apple cider |
| ☐ Make Thanksgiving placemats | ☐ Make cinnamon play dough |
| ☐ Make pumpkin pancakes | ☐ Make leaf sunCatcherS |
| ☐ Bob for apples | ☐ Paint a pumpkin |
| ☐ Go on a fall picnic | ☐ Visit a pumpkin patch |
| ☐ Make a paper bag owl | ☐ Go on a nature walk |
| ☐ Plant fall flowers | ☐ Visit a local farm |

NO-COOK NATURAL CINNAMON PLAYDOUGH RECIPE

Ingredients:

- 2 cups all-purpose flour
- 1 cup salt
- 2 Tablespoons Cream of Tartar
- 2 Tablespoons cinnamon
- 3 Tablespoons oil

Directions:

1. Add all the ingredients together in a bowl, then slowly stir in 1 1/4 cups boiling water
2. Mix, let sit for about 10 minutes to cool, and then it's ready for play.
3. This can be stored in an airtight container.

Optional: add 2 drops of cinnamon essential oil. The spicy scent of the cinnamon essential oils gives a warm, uplifting feeling that we love.



Date and Time	Training Topic	Trainer
10/8/26 6:00-8:00 PM	Communicable Diseases in Child Care	Candace Morgan
10/14/26 5:30-8:30 PM	Medication Administration	Candace Morgan
10/17/26 8:00-11:00 AM Saturday Morning	Medication Administration	Brittany Parsons
10/19/26 12:00-1:00 PM Lunchtime Learning	Morning Health Checks	Allison Taylor
10/22/26 6:00-7:00 PM	Respiratory Infections in Children	Brittany Parsons
10/26/26 12:00-3:00 PM Midday Session	Medication Administration	Allison Taylor
11/2/26 5:30-8:30 PM	Medication Administration	Candace Morgan
11/5/26 5:30-7:30 PM	All About Allergies	Kelly Amos
11/14/26 8:00-4:00 PM Super Saturday	Infection Control Childhood Obesity (CCHE Topic) Leading by Example (CCHE Topic) Morning Health Checks Respiratory Infections in Children Ear Infections	CCNHC & CCHE Teams
11/16/26 6:00-8:00 PM	Communicable Diseases in Child Care	Candace Morgan
11/18/26 12:00-2:00 PM Lunchtime Learning	All About Allergies	Kelly Amos
11/18/26 5:30-8:30 PM	Medication Administration	Brittany Parsons
11/23/26 5:30-8:30 PM	Medication Administration	Kelly Amos
11/30/26 5:30-8:30 PM	Medication Administration	Allison Taylor
12/2/26 5:30-8:30 PM	Medication Administration	Candace Morgan
12/7/26 5:30-8:30 PM	Medication Administration	Allison Taylor
12/9/26 12:00-1:00 PM Lunchtime Learning	Morning Health Checks	Allison Taylor
12/11/26 12:00-2:00 PM Lunchtime Learning	All About Allergies	Kelly Amos
12/15/26 6:00-8:00 PM	Communicable Diseases in Child Care	Candace Morgan
12/16/26 12:00-1:00 PM Lunchtime Learning	Respiratory Infections in Children	Brittany Parsons
12/16/26 5:30-8:30 PM	Medication Administration	Brittany Parsons
12/21/26 5:30-8:30 PM	Medication Administration	Kelly Amos
Training Topic	Summary	Training Topic
Communicable Diseases in Child Care	Tips for minimizing the spread of infection in programs as well as information about common communicable diseases.	
All About Allergies	Information about managing allergies in childcare settings, including food, insect, and seasonal allergies.	
Respiratory Infections in Children	Information about the anatomy of the respiratory system and how it functions. As well as information about common respiratory illnesses affecting children.	
Medication Administration	Participants will be introduced to safe medication handling and administration practices. This training is required for providers to administer medication to children in the childcare setting.	
Morning Health Checks	Explanation about what a morning health check is as well as how one is conducted.	



Fall Into Learning: Health and Safety Saturday

Online Trainings
For WV Child Care Providers

Presented by:
WV Child Care Nurse Health Consultants
and WV Child Care Health Educators

Schedule

8:00am-9:00am	Infection Control
9:15am-10:15am	Childhood Obesity
10:30am-12:00pm	Leading by Example
12:00pm-12:30pm	Lunch Break
12:30pm-1:30pm	Morning Health Checks
1:45pm-2:45pm	Respiratory Infections
3:00pm-4:00pm	Ear Infections

Event Details:

 **November 14, 2026**

 **8:00am-4:00pm**

 **Online**

Register Today!
www.wvstars.org

**Register for the sessions
that fit your needs.**

 **304-529-7603**
 www.wvearlychildhood.org

WEST VIRGINIA CHILD CARE HEALTH EDUCATORS ONLINE TRAININGS

REGISTER ONLINE
WWW.WVSTARS.ORG

OCTOBER

- 7TH BREAST FEEDING BASICS
12:30PM-1:30PM
- 15TH BED BUGS AND BEYOND
6:00PM-8:00PM
- 19TH LEADING BY EXAMPLE
6:00PM-7:30PM
- 26TH LET'S MOVE
6:00PM-8:00PM



DECEMBER

- 2ND NUTRITION BASICS
12:30PM-1:30PM
- 17TH SAFE SLEEP PRACTICES
6:00PM-8:00PM



NOVEMBER

- 4TH FUN AND HEALTHY
SNACKS
12:30PM-1:30PM
- 17TH NEW RECIPES IDEAS 1
6:00PM-8:00PM
- 24TH NEW RECIPE IDEAS 2
6:00PM-8:00PM





Great Beginnings

INFANT/TODDLER CONFERENCE

A FREE 3-day event for early childhood professionals caring for infants and toddlers—packed with expert insights, practical tools, and meaningful connections.

THURSDAY - SATURDAY
22 OCTOBER 2026

WATERFRONT HOTEL
2 WATERFRONT PLACE
MORGANTOWN, WV

REGISTRATION COMING SOON

WEST VIRGINIA
ITSN
INFANT/TODDLER
SPECIALIST NETWORK



Family Childcare

CONFERENCE

The Magic of Play

• APPROVED TIER 2 CONFERENCE
• 7.5 HOURS OF WV STARS CREDIT

SAVE THE DATE

SOUTH CONFERENCE:
OCTOBER 17, 2026

NORTH CONFERENCE:
NOVEMBER 7, 2026

Contact your TRAILS team for more information.

TRAILS

UPCOMING EVENTS

WV AYC

West Virginia Association
for Young Children

SAVE THE DATE

DIRECTORS' RETREAT

NOVEMBER 12-13, 2026
STONEWALL RESORT

EARLY CHILDHOOD NEWSLETTER



**PROFESSIONAL
DEVELOPMENT
TEAM**

UPCOMING PROFESSIONAL DEVELOPMENT SESSIONS THROUGH WV STARS



The Growing Brain

7 Sessions,
3 hrs each
+ \$250 in resources



Building & Maintaining Partnerships with Families

2 hr session



Emergency Preparedness

2 hr session
+ 1 hr TA



Understanding ECERS

2 hr session



Out of Ideas I've Got You Covered

2 hr session

These are the current trainings being provided in October through December that apply to pre-k and school age providers. See MountainHeart Region 5 Training Calendar for more details!

AUTONOMY: GIVE KIDS CHOICE!

1

All people young and old like to feel in control of their lives and have choices in what they do. For young children, it's part of growing up to be given more and more freedom with making choices of their own and understanding cause and effect. For children in your care, there are direct benefits to supporting their autonomy in this way. It helps to build their confidence, encourages better critical thinking, and teaches problem solving. You may even notice less resistance from kids—finding that they are more willing to cooperate. There may be less of a power struggle that pops up with certain children. Give kids choice to support their development!



2 Try This:

- Keep it simple with giving two or three clear options for children to pick from.
- Offer choices when the child will actually be allowed to choose. Don't ask if you want them to only do one thing!
- Let kids face the outcomes of their choices (within reason) to learn. Mistakes are okay.
- Encourage reflection after choices have been made: "How do you feel about what you chose?"

TRY THIS OUT: FALL RHYMING SONG

Leaves On the Trees
(to the tune of: "Wheels On The Bus")

The leaves on the tree turn orange
and red
Orange and red, orange and red.
The leaves on the trees turn orange
and red.
All through the town.

***Sing with yellow and brown too!*



from YUMPU

COACH'S CORNER

Have you recently been visited by the Early Childhood Quality Evaluators? Interested in your scores and how to improve them?

Contact Jessie for individualized support on your schedule.

For more information on the rating scales used in West Virginia visit:
<https://www.ersi.info>

CONTACT US

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COMING SOON...

NEW TRAININGS FOR PROVIDERS WORKING WITH SCHOOL-AGE CHILDREN

Quality Standards Overview



3 WV STARS Credit Hour Course
One 3-hour session

Elevate your afterschool or summer program with the WV Afterschool Quality Standards. Learn best practices and how to assess the quality of your school-age environment.



Part of the new Afterschool Credential
Specialization

Afterschool Excellence Module Series



28 WV STARS Credit Hour Course
9 Sessions + Homework + Showcase
Project

This learning module offers a comprehensive overview of key principles and practices essential to high-quality out-of-school time (OST) programming. Designed to support both new and experienced professionals.



Part of the new Afterschool Credential
Specialization

Shaina Ballantyne

Afterschool Specialist

(304) 637-2840

shaina.k.ballantyne@dwv.gov

**For more information or to schedule these
trainings for your staff**

*Contact
Us*

Sami Cochran

Early Childhood Specialist

(304) 265-0142

samantha.j.cochran@dwv.gov



Behavioral Consultant Office Hours

Come join our Behavioral Consultants for a virtual chat. Do you have questions about behavior, developmentally appropriate practices, or trauma? Do you need someone to talk to about issues within your classroom? We are here to help! These sessions are informal, join and leave when you need to! There is no STARS credit for these chats.

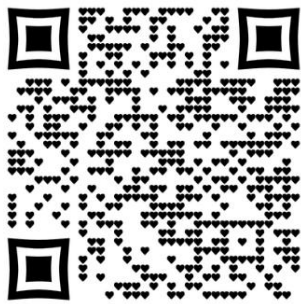


MEREDITH LESTER

Specializes in Special Needs
The 2nd Monday of each month
from 12-2pm
Starting September 14th

CARRIE FRASCH

Specializes in Trauma Informed Care
Every other Friday
from 12:30-2pm
Starting August 28th



Scan the QR
code to join a
session!



Specialization Credentials Available!

The Division of Early Care and Education understands the importance of the work you do and wants to help produce the best caregivers and child care programs possible for West Virginia families. Once a provider has attained their West Virginia Child Care General Credential, they can continue their journey with a Specialization.

- Director Specialization
- Infant Toddler Specialization
- Preschool Specialization
- Family Child Care Specialization
- Out of School Time Specialization – *Coming Soon*

Once the Specialization Credential is achieved, a bonus of \$250.00 is available. For more information about this exciting initiative, please contact Shannon Nichols at Shannon.M.Nichols@wv.gov.



Earn Your Breastfeeding-Friendly Child Care Designation



The West Virginia Breastfeeding-Friendly Child Care Designation (BFCCD) is a voluntary program that offers resources to child care providers who support breastfeeding mothers. The designation is open to all licensed child care centers, registered facilities and family child care providers who choose to participate. Providers who enroll in this initiative will receive support from Infant/Toddler Coaching Specialists, Child Care Nurse Health Consultants, and Child Care Health Educators. Upon completion of the

10-step process, your site will receive materials to support start up, a certificate of designation, and a stipend.

To view the 10-step process to becoming a breastfeeding friendly program, visit <https://www.wvit.org/breastfeeding-friendly-child-care-designation/> or contact our Infant/Toddler Coaching Specialist, Ashley Cleaver, at 1-877-211-5437 or Ashley.L.Cleaver@wv.gov.

IN RECOGNITION

Congratulations to the following programs on achieving higher Tier Status!

TIER II

THE CHILD DEVELOPMENT CENTER OF CENTRAL WV- UPSHUR COUNTY

TIER III – NATIONAL ACCREDITATION

Through the Quality Support Services project, West Virginia Early Childhood Training Connections and Resources (WVECTCR) provides financial assistance to West Virginia child care centers, family child care facilities, and family child care homes seeking national accreditation from an approved accrediting body, as part of the WV Tiered Reimbursement Program. Currently, the National Association for the Education of Young Children (NAEYC) and the National Association for Family Child Care (NAFCC) are approved accrediting bodies. Quality Support Services will reimburse for up to 75% of the fees charged by NAEYC or NAFCC that are associated with becoming accredited and maintaining accreditation. For more information, contact Jaime Price at Jaime.L.Price@wv.gov or follow this link to Quality Support Services. <https://www.wvearlychildhood.org/wv-quality-support-services>



If you are interested in learning more about the Tiered Reimbursement System, contact Shannon Nichols, at 304-637-2840 or Shannon.M.Nichols@wv.gov.

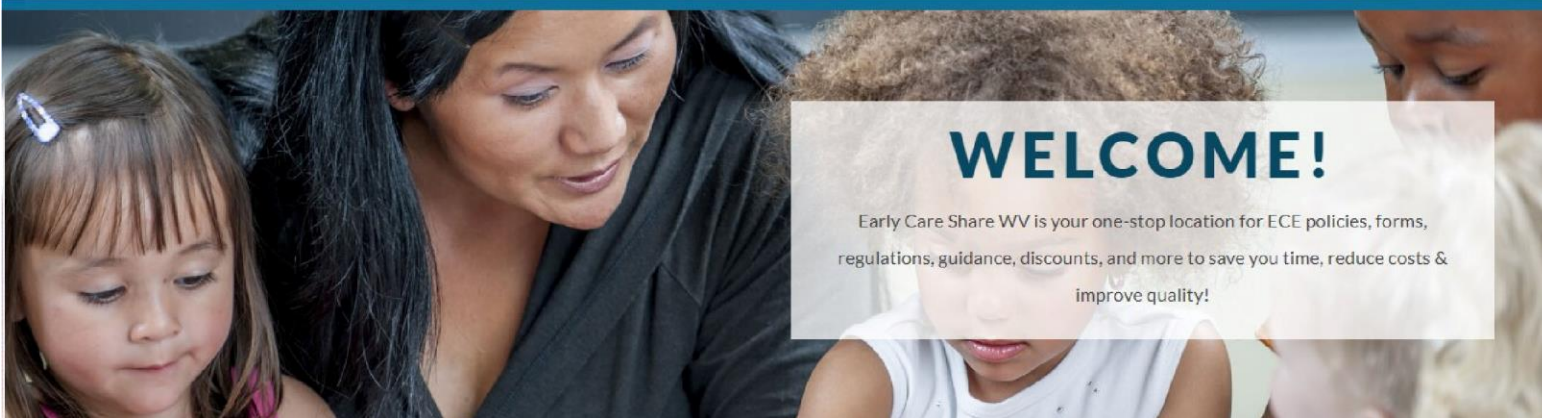


**Jennifer Sions from
Little Sprouts Clubhouse**

DESERVES RECOGNITION FOR:

completing all
requirements to
receive the General
Child Care Credential.
Great Job, Jennifer!





WELCOME!

Early Care Share WV is your one-stop location for ECE policies, forms, regulations, guidance, discounts, and more to save you time, reduce costs & improve quality!

Save Time

Thousands of practical and customizable resources, including sample policies, procedures, handbooks, forms, job descriptions, interview guides, and much more.

Save Money

Stretch your budget further by taking advantage of exclusive savings on everything from classroom and office supplies to credit card processing and job postings.

Raise Quality

Real world tools that support early childhood students and professionals.

Join Now for Free!!!
www.EarlyCareShareWV.org



This program is being presented with financial assistance as a grant from the West Virginia Department of Human Services and is administered by West Virginia Early Childhood Training Connections and Resources, a program of River Valley Child Development Services. TCR-ECE is supported by federal funding passed through the West Virginia Department of Human Services: Federal award amount: \$4,727,547 (99.9% of program budget) State award amount: \$5,122 (0.1%).