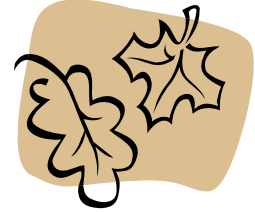


News From The Heart



Fall 2008



Provider Grant

By: Larry Kincaid, Program Director

I'm pleased to announce that once again MountainHeart North will be offering a provider grant to help family child care providers and child care facilities in our region to meet the health and safety requirements and to reward those who have completed the requirements to move up a tier on the tiered reimbursement system.

The health and safety grant will consist of a list of items that can be selected or a cash award of up to \$250.00 for approved health and safety items. A limited number of health and safety grants are available and will be awarded based upon the availability of the funds.

In order to be eligible for consideration for the health and safety grant, the provider will need to complete an application and present the application to their Regulatory Specialist for approval. When the application is received in the MountainHeart office, it will be reviewed to ensure that it meets all of the grant requirements. An award letter will then be sent to child care providers whose grant was approved. The award letter will detail further instructions on how to proceed. Unfortunately, child care centers are not eligible to receive this grant.

Health and safety grant applications may be obtained at your local MountainHeart office, at the MountainHeart website (www.mountain-heart.org/ccsnorth.htm) or from your Regulatory Specialist after October 15, 2008. The submission deadline for the health and safety grant will be November 14, 2008.

For those who wish to receive a grant for successfully completing the requirements to move up a tier on the tiered reimbursement system, you must complete the tiered reimbursement application (available at http://www.wvdhhr.org/bcf/ece/earlycare/tiered_reimb.asp) and submit with appropriate documentation to:

West Virginia Department of Health and Human Resources
Division of Early Care and Education
Attention: Jessica Crouch
350 Capitol Street, Room B-18
Charleston, West Virginia 25301

These grant opportunities are made available by the West Virginia Department of Health and Human Services, Division of Early Care and Education. The grantor reserves the right to determine which applications will be approved and awarded a grant. A limited number of tier reimbursement grants are available and will be awarded based upon the availability of the funds.

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Fall Super Saturday

October 18, 2008

Lewis County Fire Hall
325 Center Ave., Weston, WV

8:30-10:30 **All Aboard with Autism!**

10:45-12:45 **(Domestic Violence + Positive Adult Response) = Happy Healthy Newborns**

1:45-3:45 **"Hot Seats"**

Register by 10-13-08

Transition Tips

by: Tara Bowley, EC Specialist

Children like specific routines and enjoy doing things the same way each time. When children know what to expect it gives them a sense of security, a feeling of safety, and it helps them to handle their stress better.

When getting ready for transitions or changes, it is a good idea to take the gentle approach and do things in steps if possible. For example, if you know that a child has a hard time with saying goodbye at drop-off time, work with the parent to come up with ways to ease this transition. Possible

ways include:

- Having the parent spend at least 10-15 minutes with the child before leaving.
- The parent and child can develop a quick, fun ritual that they share when they arrive.
- Letting the child know when the parent is going to leave. Parents should not just "disappear" without saying goodbye.
- Reassure the child that the parent will pick him/her up at a specific time. "After nap, you have snack, then you play, then your Mommy will pick you up."

Providing children with structure and daily routines helps build their self-confidence, and self-confidence is a key element in the ability to handle change. For all children, no matter what their age, they will need time, support, and love as they adjust to changes.

Training Registration & Cancellation Reminder

Child care providers who wish to attend Mountain-Heart training sessions should call the Elkins office to register. If you register for a training and later find out that you can not attend, please call to cancel. We have had some training sessions that have had waiting lists. When a person calls to cancel, this allows us to call the first person on the waiting list to fill the empty slot. Unfortunately, we have had many instances where registered participants did

not call to cancel and did not show up for the training session. This meant that those on the waiting list were unable to fill empty slots.

We have been sending the Regulatory Specialists a list of those participants who have attended a training session. Beginning in July 2008, we will also be notifying the Regulatory Specialists and Licensing Specialists of those child care providers who have registered for a training

session, did not call to cancel and did not show up for the training session.

It is important to register for training sessions. We require a five person minimum before we will conduct training sessions. Registering also ensures that you will be notified if the training is cancelled for any reason.

You can call the Elkins office at 637-2840 or 1-877-862-3103 to register for or cancel your registration for a training session.

**"Flexible
people
never get
bent out
of shape"**
-unknown

Behavior Consultant Services Available

If you are perplexed by child behaviors and do not know what to do, this might be the answer. Child care providers registered through MountainHeart and parents of a child in the program, may utilize the services of the Behavior Consultant. These services include observation, behavior management strategies, room arrangement, referrals to other agencies, resource materials (books, handouts, etc.), training, and other technical assistance. The service is free of charge. However, some services require the consent of the child's legal guardian before being initiated.

The Behavior Consultant providing services for Region V is James Weber. He is housed in the Weston Office and can be reached at (304) 269-5332 or toll free at 1-866-232-9227.

Keeping Infants and Toddlers Safe & Healthy

By: Shannon Nichols, I/T Specialist

To help every child's brain develop, caregivers need to provide many different things. Some essentials to healthy development include: interacting and playing with the child, providing comforting and loving touches, developing strong, trusting relationships with the child, supporting their self-esteem through respect of individual differences, and plenty of opportunities for play, communication, music and reading. Providing a safe and healthy environment is also critical to optimal development.

A safe environment allows infants and toddlers the freedom to explore their surroundings without having to worry about getting hurt and sends a message to the child that they don't have to be afraid of their environment and that they can trust that you will keep them safe. If children are constantly getting hurt while in your care, they begin to be reluctant to venture out and explore new things and may lose trust in you.

A healthy environment is also important to development because it

helps children to use their energy to explore, learn, and grow rather than draining their energy due to sickness. Think about how much easier it is to learn something new when you are well rested, well fed and don't have the sniffles and a cough, than when you aren't feeling well, are tired or hungry.

Here are some ways to make sure you are providing a safe and healthy environment for infants and toddlers:

Healthy Environment

*Washing hands frequently for at least 20 seconds using liquid soap and warm water.

*Provide nutritious meals and snacks.

*Sanitize toys and equipment frequently (after each use if it goes in their mouth).

*Take care of your own health.

*Brush teeth regularly or wipe infant's gums with a moist towel.

Safe Environment

*Prevent choking by: NOT propping bottles or using bottles to serve solid

foods.

*Practice emergency plans regularly (maintain first aid and emergency evacuation kits and keep first aid and CPR trainings up to date).

*Follow "Back to Sleep" practices to reduce the risk of SIDS, unless you have written directions from a doctor to do otherwise.

*Care for small groups of infants and toddlers and get to know their individual abilities.

*Select and use appropriate equipment and materials (NO walkers or items smaller than 1.25 inches in diameter and shorter than 2.25 inches in length).

Infants and toddlers depend on you to meet their every need. If you can keep them safe and healthy, you're giving them a great start at developing all of the other skills necessary for successful learning.

For more information on SIDS and "Back to Sleep," check out our training this quarter titled "Sudden Infant Death Syndrome."

Do You Have A Plan?

By: Cheryl Wolfe, TRAILS ECS

Every year nearly 100,000 fires are started by children. More people die in fires than in hurricanes, earthquakes, floods, and other natural disasters. In 2007, there were 8,211 fires reported in West Virginia, 64 people lost their lives, and property damage estimated \$122,313,099. West Virginia has a higher death toll from fire than in almost any other state, due to the fact that 60% of West Virginians live in rural areas. Emergency response to fire is often delayed in

rural areas. Child care providers must have a fire escape plan and practice it year round. Here are some simple steps to follow:

1. Make sure your plan has two ways out of each room.
2. Make sure everyone in the household practices how to properly operate and open locked doors and windows.
3. Designate a meeting place outside and take attendance.
4. Practice escaping from every room

in the home.

5. Never open doors that are hot to the touch.
6. Once out, stay out and call 911.

October 5-11, 2008 is Fire Safety Week. The Super Saturday on October 18, 2008 at the Lewis County Fire Department will have Kenny James conducting fire extinguisher training and providers will get hands-on use in a controlled environment. This is one training you do not want to miss!

Internet Safety

by Jim Weber, Behavior Consultant

What a lucky time it is for our children. With a wealth of information available at their fingertips, they can learn history, science, and health issues simply by typing a word into the computer and clicking a mouse. Their lives are so much improved over what we experienced. They can use the computer to research school reports, communicate with teachers, talk to their friends and send letters to their relatives. All of this is accomplished in just a moment of time.

Unfortunately, with these vast improvements, there are increased concerns and dangers out there lurking on the web. Some surveys indicate that one in three children have been exposed to sexual material on the Internet. Not all of this is intentional. With a missed keystroke your child may enter into an area with objectionable materials. It is important that we be aware of what our children see and hear on the Internet.

You don't have to be a computer expert to do this. Although young people are learning about computers at an early age, parents and care givers can exercise control over what their children do on the Internet. Many Internet Service Providers (ISPs) provide parental controls so you may better monitor what your child can access on the Internet. Most ISPs have information attached to their installed program that you can access. They also have help desks to assist you and answer your questions.

It is important to spend time with your children online and offline. The best way to make sure that your children are not getting into trouble on the Internet or anywhere else is to stay engaged with them. Get your children to show you what they do on the computer and what websites they visit. This will help you feel more comfortable with and knowledgeable of computer operations. If objectionable materials surface, show your children how to deal with it. Advise them not to release any personal information about themselves or personal information about others to the Internet. Remember that anything entered into the Internet may be seen by untold numbers of people. Teach your children never to open, read, or respond to messages from someone they do not know.

"Structure the environment, not the child"
By: David Elkind

Supervise the use of the computer by keeping it in common areas of your home. Regularly ask your children with whom they are communicating and what sites they are visiting. Limit and monitor the amount of time your child spends on the Internet, as excessive time online may indicate a problem. Remind your children that Internet usage is a privilege, not a right. Creating family rules for Internet usage might also be helpful. These rules may include statements about prior permission, time limits, periods when the computer is available, when to use e-mail, and if chat rooms are permitted. Have your family rules in place and posted before your children begin using the computer. Children will find it easier to accept and follow rules that already have been established.

Ask your children to tell you when anything questionable or uncomfortable happens to them online. Make it clear that they will not lose Internet privileges if they tell you. Family rules and values apply on the Internet as they do in real life, so explain to your children why you think a site is inappropriate.

Monitoring Internet safety is another challenge that we can add to our list of responsibilities. By following a few rules we will accomplish this goal and ultimately provide for the safekeeping of our children.

New Staff

Tara Bowley is a new Early Childhood Specialist in the Elkins office. She is a Tucker County native, but has been a resident of Randolph County for three years. Tara graduated from Davis and Elkins College with a bachelor's degree in elementary education. She is excited to be working for MountainHeart and is looking forward to providing trainings for child care providers throughout the region.



West Virginia Infant / Toddler (WVIT)

Do you work with children birth to 35 months of age? If so, the West Virginia Infant/Toddler Professional Development Program for Caregivers (WVIT) is for you. Come network with other providers as we learn about the importance

of caring for yourself, developing positive relationships with families, supporting children's development and providing a quality program for infants and toddlers. WVIT is a 50 hour (10 sessions) course. Participants must be registered with STARS *prior* to beginning the class and work at least 20 hours per week with children under age three. Upon completion, participants will be eligible for free resources for use in their child care home or center. Administrators are required to attend a one-time session prior to sending staff through the WVIT class and must also be registered with STARS.

Please call the Elkins office at 1-877-862-3103 or 637-2840 by October 27, 2008 to register or if you have any questions.

Classes will be held in the Upshur, Barbour, Lewis, Preston, Taylor County area.

We will confirm location information upon registration.

Make-up days are scheduled in the event of bad weather cancellations.

<u>Date</u>	<u>Date</u>	<u>Session</u>
November 4, 2008	Tuesday	Administrator Session
November 13, 2008	Thursday	Session 1
November 20, 2008	Thursday	Session 2
December 2, 2008	Tuesday	Session 3
December 9, 2008	Tuesday	Session 4
January 6, 2009	Tuesday	Session 5
January 8, 2009	Thursday	Session 6
January 13, 2009	Tuesday	Session 7
January 15, 2009	Thursday	Session 8
January 20, 2009	Tuesday	Session 9
January 22, 2009	Thursday	Session 10
February 5, 2009	Thursday	Make-up day
February 10, 2009	Tuesday	Make-up day

Tentative schedule for future WVIT classes

WVIT will be offered three times per year. If you are interested in participating in the WVIT program, please **contact the Elkins office at 1-877-862-3103**. The county with the most providers interested will likely be the county/counties in which class will be held.

March-June 2009— Grant, Hardy, Pendleton, Randolph and Tucker county area

July-October 2009—Berkeley, Jefferson, Morgan, Hampshire, and Mineral county area

November-February 2009/2010—Barbour, Lewis, Preston, Taylor and Upshur county area

TRAINING TOPICS OFFERED OCTOBER - DECEMBER

All Aboard with Autism! Core Competency: Child Growth and Development. This training will provide child care providers with basic information on autism, and how they can modify regular activities to successfully engage children with autism. This topic will only be offered at the Super Saturday in Lewis County on October 18th. (Tier I)

Child Abuse and Neglect: What is My Responsibility?

Child Abuse and Neglect-CPS Overview

Stop the Abuse! Core Competency: Health, Safety, and Nutrition. All three classes will go towards child abuse and neglect training. Learn what is included when being a mandated reporter, your requirements under the law, definitions of abuse and neglect, the reporting procedure, what is done after a referral is received, and response times. (Tier I).

Cultural Diversity. Core Competency: Family and Community. Design an environment that reflects sensitivity and acceptance of diverse family structures, values, cultures and languages. Hands on, make and take activities to use with the children you work with. This training will count towards the tiered reimbursement system requirements. (Tier II).

(Domestic Violence + Positive Adult Response) = Happy Healthy Newborns. Core Competency: Positive Interactions and Relationships. In this training, providers will learn some signs to observe in children who may be exposed to domestic violence and learn interpersonal communication skills for necessary emotional bonding. This topic will only be offered at the Super Saturday in Lewis County on October 18, 2008. (Tier II).

Early Childhood Environmental Rating Scale (ECERS). Core Competency: Program Management. This training is to provide a general overview of the ECERS. We will discuss what and how it is used, theory behind the development of the scale, as well as practice scoring. This is a class center based staff will need to move up on the tiered reimbursement system if you serve preschool age children. (Tier II)

Food; Learn to Keep it Safe, Learn to Keep it Healthy. Core Competency: Health, Safety, and Nutrition. The West Virginia Extension Service will teach this two hour training that will count towards your food program hours. Learn about safe food handling practices, temperature zone, cross contamination, washing produce and healthy recipes. (Tier I).

From the Inside Out: The Power of Reflection and Self-Awareness. Core Competency: Program Management. This training will ask you to step back and reflect on the career decisions you've made that have led you to where you are today. It will give you a framework for understanding the growth and development of director competence through the career cycle. Tara Bowley will provide this training for center directors, assistant directors, or owners of facilities. (Tier II)

Head Lice and other Parasitic Infections. Core Competency: Health, Safety, and Nutrition. Sarah Hicks RN will teach head lice recognition, treatment, and prevention based on the latest recommendations from the American Academy of Pediatrics. Information about scabies and intestinal parasites will also be discussed. (Tier II).

Hot Seats. Core Competency: Health, Safety, and Nutrition. This training will include child safety seat installation tips, product ratings, recalls, information about child safety seats, booster seats, seat belts, air bags, and other useful information. A demonstration of how to properly secure all children in their car and booster seats, proper use and care of fire extinguishers, hands-on use of the fire extinguishers. This topic will only be offered at the Super Saturday in Lewis County on October 18th. (Tier II).

Introduction to Child Observation and Assessment. Core Competency: Child Observation and Assessment. Jim Weber will teach this two hour program. It will be an introduction to six basic types of assessments and their importance in child care settings. This class will qualify for the professional development in child assessment in which child care providers need to move up on the tiered reimbursement system. (Tier I).

Quick and Easy Transitions. Core Competency: Positive Interactions and Relationships. This training will provide a framework for learning about transition techniques that will better assist caregivers in their daily routines and provide consistency for children. This class will count towards the 2 hours of professional development in Positive Interactions and Relationships that child care providers need to move up on the tiered reimbursement system. (Tier I)

Sudden Infant Death Syndrome. Core Competency: Health, Safety, and Nutrition. This two hour training will count as Infant/Toddler credit. It will give you facts about Sudden Infant Death Syndrome or SIDS, reducing the risk of SIDS and information and handouts for the "Back to Sleep Campaign." (Tier II).

Traumatic Brain Injury: School Age. Core Competency: Health, Safety, and Nutrition. Scott Davis from the Traumatic Brain Injury Program at the Center for Excellence in Disabilities, a part of WVU, Robert C. Byrd Health Sciences Center will present information pertaining to traumatic brain injury with a focus on school age children. (Tier II).

October—December 2008 Training Calendar

Barbour County

Wee Train Daycare Center: P.O. Box 36, Junior, 26275

Quick and Easy Transitions 10/30/08 (Thursday) 6:00-8:00

Philippi Baptist Church: 107 Church Street, Philippi, 26416

Child Abuse and Neglect-CPS Overview 11/3/08 (Monday) 6:00-8:00

Berkeley County

Jack & Jill Preschool: 37 Preschool Court, Inwood, 25428

Sudden Infant Death Syndrome 10/13/08 (Monday) 1:00-3:00

St. Luke's United Methodist Church: 700 New York Avenue, Martinsburg, 25402

From the Inside Out 10/16/08 (Thursday) 11:00-1:00

Quick and Easy Transitions 10/16/08 (Thursday) 2:00-4:00

Traumatic Brain Injury: School Age 11/17/08 (Monday) 11:00-1:00

Food; Learn to Keep it Safe, Learn to Keep it Healthy 12/11/08 (Thursday) 11:00-1:00

Grant County

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

Sudden Infant Death Syndrome 10/1/08 (Wednesday) 10:00-12:00

Traumatic Brain Injury: School Age 12/6/08 (Saturday) 10:00-12:00

Hampshire County

Hampshire Co. Department of Health and Human Resources: P.O. Box 1736, Romney, 26757

Head Lice and other Parasitic Infections 11/12/08 (Wednesday) 11:00-1:00

Hardy County

Hardy Co. Public Library: 102 North Main Street, Moorefield, 26836

Intro. to Child Observation & Assessment 10/21/08 (Tuesday) 6:00-8:00

Moorefield Elementary School: 400 North Main Street, Moorefield, 26836

Super Saturday 10/18/08 (Saturday) 8:00-3:00

Jefferson County

South Jefferson Public Library: 49 Church Street, Summit Point, 25446

Intro. to Child Observation & Assessment 10/23/08 (Thursday) 1:00-3:00

Lewis County

Weston Fire Department: 325 Center Avenue, Weston, 26452

Super Saturday 10/18/08 (Saturday) 8:30-3:45

Board of Education Office: 239 Court Avenue, Weston, 26452

Intro. to Child Observation & Assessment 10/28/08 (Tuesday) 6:00-8:00

Mineral County

Grand Central Business Center: 1 Grand Central Park, Keyser, 26726

Early Childhood Environmental Rating Scales 11/19/08 (Wednesday) 6:00-8:00

Morgan County

Morgan Co. Dept. of Health and Human Resources: 84-1 Regal Court, Berkeley Springs, 25411

Child Abuse & Neglect: What is My Responsibility? 11/10/08 (Monday) 10:00-12:00

Preston County

Little Bear Day Care, Inc.: RR 3 Box 152-B, Bruceton Mills, 26525

Traumatic Brain Injury: School Age 12/2/08 (Tuesday) 6:00-8:00

1st Presbyterian Church Day Care Center: 106 E. High St., Kingwood, 26537

Head Lice and other Parasitic Infections 12/11/08 (Thursday) 6:00-8:00

Training Calendar continued

Randolph County

MountainHeart Office: 1200 Harrison Ave. Suite 220, Elkins, 26241		
From the Inside Out	10/8/08 (Wednesday)	10:00-12:00
Tygart Valley Community Library Rt. 219/250 Mill Creek 26280		
Cultural Diversity	10/29/08 (Wednesday)	6:00-8:00
Youth Health Service, Inc. 971 Harrison Ave. Elkins 26241		
Traumatic Brain Injury: School Age	11/5/08 (Wednesday)	6:00-8:00
Randolph Co. DHHR: 1027 North Randolph Avenue, Elkins, 26241		
Quick and Easy Transitions	12/15/08 (Monday)	10:00-12:00
Stop the Abuse!	12/15/08(Monday)	1:00-3:00

Taylor County

MountainHeart Office: 4 Harman Center, Grafton, 26354		
Quick and Easy Transitions	11/7/08 (Friday)	5:30-7:30
Taylor Co. Public Library: 200 Beech Street, Grafton, 26354		
Food; Learn to Keep it Safe, Learn to Keep it Healthy	11/13/08 (Thursday)	5:30-7:30

Tucker County

Davis Community Center: 5th Street and Kent Ave, Davis, 26260		
Quick and Easy Transitions	11/22/08 (Saturday)	9:00-11:00
Starting Points Family Resource Center: 501 Chestnut St., Parsons, 26287		
Head Lice and other Parasitic Infections	12/15/08 (Monday)	6:00-8:00

Upshur County

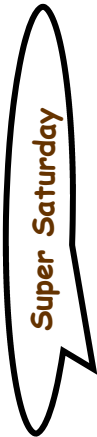
Child Development Center: 20 Camden Avenue, Buckhannon, 26201		
Stop the Abuse!	10/8/08 (Wednesday)	6:00-8:00
Upshur Co. DHHR: Route 3 Box 376-A, Buckhannon, 26201		
From the Inside Out	10/14/08 (Tuesday)	2:00-4:00
Little Ones Place Christian Child Care Center, LLC: P.O. Box 686, Buckhannon, 26201		
Sudden Infant Death Syndrome	10/15/08 (Wednesday)	6:00-8:00

Components of Quality Care and Education Modules (CQCE)

The CQCE modules are a 32-hour training that will cover a variety of topics. The modules were developed to meet the requirements of the WV Early Learning standards. Each child care provider who completes the training may receive free resources for use in their home or child care center. Each session will be held at the Randolph County Department of Health and Human Resources in Elkins. The address is 1027 North Randolph Avenue. Please contact the Elkins MountainHeart office at 1-877-862-3103 to register. If you have any questions about the training, please contact Melodee Price at the Elkins MountainHeart office.

Participants must be STARS registered before attending the training.

October 22, 2008 - Wednesday, 10:00-3:00	Module 1: Extreme Makeover/Space and Furnishings
October 27, 2008 - Monday, 10:00-3:00	Module 2: Not Just Routine
November 5, 2008 - Wednesday, 10:00-3:00	Module 3: For the Love of Literacy
November 12, 2008 - Wednesday, 10:00-3:00	Module 4: Implementing Your Curriculum
November 20, 2008 - Thursday, 10:00-3:00	Module 5: Recipe for Relationships
December 3, 2008 - Wednesday, 10:00-3:00	Module 6: Building Blocks: A Program's Structure
December 10, 2008 - Wednesday, 10:00-3:00	Module 7: Including All Children
December 17, 2008 - Wednesday, 10:00-3:00	Module 8: Communication is the Key



Child Care Provider Training

October 18, 2008

Moorefield Elementary
School
400 N. Main Street
Moorefield, WV 26836



WVU Hardy County Extension Office
204 Washington Street
Moorefield, WV 26836
304-530-0273
MSLeatherman@mail.wvu.edu

Name: _____ Phone: _____ County: _____

Address: _____

Please rank your class choices 1-3 for each time session

8-10:00 Class

10-Noon

1-3:00

_____ Children's Literature

_____ ECERS Evaluation and Assessment

_____ Room Arrangement

_____ ITERS Evaluation and Assessment

_____ "Stress Less"

_____ Movement for Fun and Fitness

_____ "How to Say It"

_____ We Are What We Eat

_____ True Colors

Payment of: \$10

Payable to: HCCCC

Deadline: October 10, 2008



8:00-10:00 a.m.

Children's Literature (Betty Bosley and Kathy Hardy, Reading Teachers) It's so important, there are so many lovely books, see what's new out there and immerse yourself a great two hours of language and literacy development.

ITERS Evaluation and Assessment (Gina Roschella, Catamount Children's Center, Inc.) This training is to provide a general overview of the ITERS-R. Discussion of what and how this evaluation is to be used, theory behind the development of the scale as well as practice scoring. (Tier I)

"How to Say It" Communication Skills (Jane Riffe, WVU Extension) Research shows repeatedly that some patterns are ineffective while others are much more effective. Learn how to know the difference and increase your effectiveness in talking with parents.

10:00 a.m.-NOON

ECERS Evaluation and Assessment (Gina Roschella, Catamount Children's Center, Inc.) This training is an introductory course for child care and Head Start center staff. The course will focus on the basic components of quality care, what the ECERS-R is, what it is designed to do, why WV uses the scale for the Pre-K programs and how it can be used to evaluate and improve child care programs in the center setting.

"Stress Less" Mindfulness Training for Childcare Providers (Jane Riffe, WVU Extension) Learn to spot your stress cues "Body Barometers & Mind Monsters." Learn and practice the Quieting Response (QR) to quickly calm down/gather more

energy. Have fun as we learn together to be more graceful in the face of daily stressors.

We Are What We Eat-Nutrition for the Preschool Child (Vicki Fertig, WVU NOI) Good nutrition is vital to each child's development. We formulate life habits and behaviors. Ensure that your program is providing opportunities to support healthy nutritional practices.

12:00-1:00 p.m. Lunch

A tasty experience as prepared by the nutrition class.

1:00-3:00 p.m.

Room Arrangement and Setting Up Stations (Melodee Price, Mt. Heart)

Participants will learn how to intentionally plan the best stations for children; all ages will be touched on along with special needs children. You will learn the different stations that can be set up in a child's learning environment and what items need to be available in the station (Tier II).

"Movement for Fun and Fitness" (Miriam Leatherman, WVU Extension) Are we doing our part to encourage physical Health

Practice" from infant through Pre-K activity? Is it an important piece of preventing childhood obesity and later adult obesity? This will be a fun and an active session.

True Colors-Understand Your Personality and Your Co-workers (Julia Haines)

Understanding personalities is a bases of all relationship. This will help you build better relationships with your colleagues, children, families and the community. You will take a closer look at your personality and discover your **True Colors**.



This is a day worth 6 hours of STARS credit filled with fun and ideas to use in your early childhood classroom.

A \$10 registration fee is non refundable. To register for the day, return the enclosed registration form with your \$10 payment (checks payable to HCCC) to the WVU Hardy County Extension Office at the address listed on the back of this brochure by October 10.



MEDICATION ADMINISTRATION TRAINING OPPORTUNITIES

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 & are WV S.T.A.R.S. approved. Training dates and sites are as follows:

Oct. 14, 2008 (Tuesday) at 10:30 a.m. at Buckhannon (Library)

Nov. 6, 2008 (Thursday) at 1:00 p.m. at Martinsburg (MountainHeart office)

Nov. 10, 2008 (Monday) at 10:00 a.m. at Petersburg (Library)

Dec. 30, 2008 (Tuesday) at 11:30 a.m. at Ranson (Lion's Club)

Class sizes are limited. Slots will be filled on a first come, first serve basis. 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).

Space is limited. Only twelve participants per class will be allowed. If all spaces are taken, staff members may be placed on the waiting list in the event that a slot becomes available. If the minimum number of participants is not met for a training session, the session will be cancelled.

IMPORTANT NOTICE: Staff members must be registered on the WV S.T.A.R.S. 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 S.T.A.R.S. Career Pathway. All participants will need to bring their S.T.A.R.S. 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 S.T.A.R.S. Career Pathway, the training will not count towards licensing requirements.**

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

Participants must pass the Medication Administration competency test with 80% accuracy in order to pass the training and obtain a certificate.

Each participant must bring the following materials to the training:

Pencil or pen

Paper

1 pair of non-latex gloves

1 doll baby

Reminder: Children may not attend the training session.

Mineral County Family Resource Network (MCFRN) And West Virginia University Extension
Presents

Child Care Credits,
WV STARS and
WVU CEU's Avail-
able

Caring For Infants and Toddlers

Monday, October 13th, 2008, 7-9 pm, Mineral Co. Technical Center, Keyser

Thursday, October 16th, 2008, 7-9 pm, Kinder Center, Ridgeley

Problem Solving With Children

Monday, November 10th, 2008, 7-9 pm, Mineral Co. Technical Center, Keyser

Thursday, November 13th, 2008, 7-9 pm, Kinder Center, Ridgeley

Refreshments
Provided

Child Care Unavail-
able

You must register by calling the WVU Extension Office at 304-788-3621

MountainHeart Child Care Resource and Referral is a program of MountainHeart Community Services, Inc., and is funded under an agreement with the DHHR Office of Early Care & Education. This program was established in 1992.

www.mountain-heart.org/ccsnorth.htm

Graton
1-877-811-5437

Matinsburg
1-888-915-7653

Weston
1-866-232-9227

Petersburg
1-877-211-5437

Elkins
1-877-862-3103

MountainHeart Offices:

"Children Are our future...
And our future looks promising"



TRAILS TIPS

By: Janet Aitchison, TRAILS ECS

Make snack and meal time fun with personalized placemats.

Start with inexpensive vinyl window shades. Outline a plate and cup with permanent marker and label each placemat with a child's name, "Cheryl's Place". Another possibility, put a photograph in the center of a heavy sheet of paper, write the child's name underneath and let them decorate it. Laminate it or cover it with clear contact paper. You could also cut the paper into different shapes, depending on the season.

National Conferences for Early Childhood Professionals

National Association for the Education of Young Children (NAEYC)

Annual Conference and Expo

November 5 - 8, 2008

Dallas, TX

For more information, go to www.naeyc.org

2nd Annual Center Directors' Meeting

Sponsored by WV DHHR/Division of ECE

Monday, October 6, 2008

8:00am—4:30 pm

Days Inn Hotel in Flatwoods, WV

Informational sessions on Quality Rating System, Role of Licensing, Subsidy and more. Afternoon break-out sessions on WV Pre-K and Liability and the Law.

Additional information will be supplied on the WV DHHR list serve. Contact aleciastreet@wvdhhr.org to add your e-mail address.