

News From the Heart



MountainHeart
Child Care Resource & Referral



Springing Forward with New Administration at MountainHeart North



MountainHeart Community Services, Inc. announced in our last newsletter issue that Larry Kincaid, Program Director for Region V, had retired. Earl D. Smith, Executive Director, has appointed Willetta Bolinger as the new Program Director for the region. Willetta has been

employed by MountainHeart for seven years. She began her tenure with the agency as the Behavior Consultant and then became the Assistant Program Director. Mr. Smith has appointed Leann Andrew as the new Assistant Program Director. Leann has been employed with Mountain-

Heart for seven years. She has served as the Supervisor and Case Manager for the Elkins and Weston offices. Willetta and Leann are excited to continue to serve the families and child care providers in our region in their new positions.

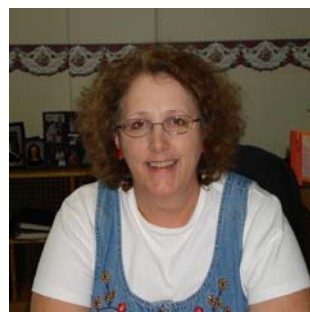
"We cannot direct the wind, but we can adjust the sails."

- Bertha Calloway

New Supervisor for the Elkins & Weston Offices

Diana Gillispie is the new Supervisor for the Elkins & Weston offices. She was born in Webster County. She and her husband, Bill, live in Randolph County and are proud parents of two daughters, Elizabeth Shahan and Emily Gillispie. Diana returned to college after twenty years to graduate in 1997 from Davis

& Elkins College with a Bachelor's Degree in Elementary Education. She is also a licensed Social Worker. Her career goals have always centered on being able to provide services to individuals in need. She is looking forward to working in such a positive environment and with the customers and staff at MountainHeart.



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CONGRATULATIONS to Hardy County Child Care Center and Teddy Bear Daycare for achieving Tier II Reimbursement status!

Five Essential Reasons to Keep Naptime

by: Cheryl Wolfe, TRAILS ECHS

**Ages 3-5 years need an average of 9-12 hours of sleep daily
10 hours of nighttime sleep - 1-1.5 hours for naptime**

1. Sleep is Essential to Good Health

- a. Sleep-deprived children may be more susceptible to medical problems, such as allergies and ear infections.
- b. More children are suffering from lack of sleep due to sleep apnea, a direct result of obesity.
- c. Evidence suggests that sleep deprivation may be a risk factor for Type II diabetes.

2. Sleep is Essential for Psychological and Social/Emotional Wellbeing

- a. Children who do not get required amount of sleep have more negative adjustments in preschool.
- b. Sleep deprivation in young children are similar to jet lag, including "nagging fatigue" and cognitive disorientation.
- c. Mood dysfunction and meltdown may be associated with daytime sleepiness.
- d. Sleep loss is a form of stress, which leads to inability to regulate emotions and pay attention.

3. Sleep is Essential for Cognitive Functioning

- a. Sleep plays an important role in learning and long-term memory.
- b. The ability to learn abstract concepts may be impaired in young children not getting required amount of sleep.
- c. Sleep provides time for the brain to resynchronize the multiple centers of the brain.

4. Sleep is Essential for Positive Behavior

- a. Two and three year-old children seemed to be at greater risk for oppositional and noncompliant behavior if they do not get at least 10 hours of sleep daily.
- b. Behavior problems are more prevalent among poor sleepers.
- c. More difficulty with negative behaviors in children in the afternoon sessions than in morning, so providing an afternoon nap may help to moderate negative behaviors.
- d. Children who are deprived of sleep may manifest symptoms similar to those of ADHD.

5. Sleep is Essential for High Academic Performance

- a. Sleep problems are often associated with children's learning difficulties and can adversely affect school performance.
- b. Children may have difficulty staying focused on academic task.

"Sleep should be thought of as nutrition for the brain."

TRAILS TIPS by: Janet Aitchison, TRAILS ECHS

April 22 is **Earth Day** and with all we are hearing about "Going Green" I have a recycling tip for you. According to the March 3, 2009 issue of Woman's Day, discarded crayons spend an eternity in a landfill. Go to *crazy-*

crayons.com for details about their recycling program. Your castoffs will be melted down and turned into a new generation of crayons. Remember, if everyone does a little, there will be a lot of impact. "Go Green".



Teaching Kids About Feelings by: James Weber, Behavior Consultant

Children who understand feelings do better in life. They relate on a higher level to others and are more successful in school. As parents and providers, we need to help children identify feelings, understand the range of emotions, decide what causes them, and plan how to manage very strong emotions.

Sometimes we think that we do not have time for this added responsibility or we do not know where to begin. Actually, it is rather easy to include the discussion of feelings during 'teachable moments' that happen throughout the day. You can read a book about feelings to children. Some of these books include: 'On Monday When It Rained' by Cherryl Kachenmeister, 'The Way I Feel' by Janan Cain, 'Glad Monster, Sad Monster' by Ed Emberley & Anne Miranda, 'Sometimes I'm Bombaloo' by Rachel Vail, and 'How Are You Peeling' by Saxton Freymann. These books cover a range of emotions for discussion. After reading other story books, you can ask the children how a particular character felt when faced with some event. Pictures

also can be used as a springboard when discussing feelings. For example, you can ask a child how the person in the picture feels based on the expression of their face. A discussion about feelings also can begin with, 'How do you think you would feel if you broke your favorite toy?' or 'When is the last time you felt proud?' Another start could be something like this: 'It looks like you are nervous about going to the doctor. I can tell by the look on your face.' These statements will help children accept their feelings and understand the causes for their emotions.

It is important to cover a wide range of feelings with children. Most of the time we only think of happy and sad. However, children can learn to identify a selection of emotions including excitement, joy, pride, and fear. Children also can learn that there are levels to each of these feelings. Sometimes one can feel happy and sometimes one can feel HAPPY!

Modeling is an excellent way to teach children about feelings since children learn from watching us.

We can share how we feel as a result of certain events in our lives. We can model ways to deal with these feelings by talking about them and then taking action if necessary.

First of all it is important to accept feelings. It is all right to feel angry or embarrassed. Secondly, it may be necessary to relax during stressful emotions. Taking three slow, deep breaths and relaxing will help lower blood pressure and enable us to come up with an action plan to relieve the stress.

Regardless of the age of the children in your care, you can start teaching about emotions right now. The best time to do so is when the child is calm and not excited or angry. Discussing the feelings about a character in a book or sharing from your own experience will help children articulate their feelings and become more accepting of their lives.



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 con-

sent 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.

Tentative Schedule for 2009-2010 WVIT Classes

West Virginia Infant Toddler classes 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.

July '09-October '09- Berkeley, Jefferson, Morgan, Hampshire, and Mineral county area

November '09-February '10-Barbour, Lewis, Preston, Taylor and Upshur county area

March '10-June '10-Grant, Hardy, Pendleton, Randolph and Tucker county area

National Child Abuse Prevention Month

April is National Child Abuse Prevention Month, a time to raise awareness about child abuse and neglect and encourage individuals and communities to support children and families.

Learn more at -

<http://www.childwelfare.gov/preventing/preventionmonth/>

Mineral County Family Resource Network (MCFRN) and West Virginia University Presents:

Spring 2009 Child Care Education Classes

The Exciting World of Children's Literature

Thursday, April 16, 7-9 p.m., Frankfort High School
Monday, April 20, 7-9 p.m., Technical Center, Keyser

Art Appreciation 101 for Young Children

Monday, May 11, 7-9 p.m., Technical Center, Keyser
Thursday, May 14, 7-9 p.m., Frankfort High School

Child Care Credits, WV STARS, and WVU CEU's Available
Refreshments Provided/Child-Care in Unavailable

It is very important to register with the WVU Extension Service.
Call (304)788-3621 today!

The WV Governor's Cabinet supports all MCFRN activities on Children Youth and Families.

Medication Administration Trainings

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:

May 20, 2009 (Wednesday) at 12:00 p.m. at Mill Creek (Tygart Valley Library)

June 8, 2009 (Monday) at 4:00 p.m. at Ranson (Lion's Club)

June 9, 2009 (Tuesday) at 9:00 a.m. at Martinsburg (MountainHeart office)

June 27, 2009 (Saturday) at 10:00 a.m. at Buckhannon (Little Ones Place)

Space is limited. Only twelve participants per class will be allowed. 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). If all spaces are taken, you may place staff members 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.

Volunteers Sought for Training Advisory Council

If you are interested in participating on the Training Advisory Council or would like more information, please call the Elkins office at (304) 637-2840 or 1-877-862-3103 (toll free) and ask for Amelia or Willetta. Those signing up to participate on the committee will be notified of the meeting dates, times, and locations.

Huntington Area Early Childhood Conference

April 24 & 25, 2009

Huntington, WV

For more information, please contact:

Nikki Rabel

(304) 523-9540 or 1-800-894-9540

Super Saturday in Randolph County by: Melodee Price, EC Specialist

MountainHeart had a great turn out for the Super Saturday that was held at the Days Inn in Elkins. We had as many as 98 participants in one of the classes! Child Care providers from 8 counties participated in sessions to receive 6 hours of STARS approved training. They came from as far away as Berkeley County. Peggy Johnson and Kelly Rayfield from Youth Health Service, Inc. started the morning by sharing their knowledge of how to work cooperatively and communicate effectively with co-workers, families, children and others. Their many years experience in the field of working with families gave ideas of how to respect confidentiality, to promote your business of child care and to be more sensitive to the parents and fami-

lies that we work with on a daily basis.

Randy Chapman and Mike Neely lent their expertise with firearm safety in the home. They kept the audience captivated by showing how to unload different types of guns safely, to respect firearms and to teach children at an early age not to touch a gun if they encounter one and to tell an adult.

Jennifer Lipscomb from the Randolph County WVU extension office presented a training on "Fun with Food, a Science Exploration." She had the child care providers play a food bingo game, gave ideas of creative food presentations and how to read nutritional facts from food labels.

Over 50 door prizes were

given out in-between classes. Cultural diversity was the theme for the door prizes. We had baby dolls, puzzles, posters, multicultural paints, markers, people figurines to name a few items. More than half of the people that attended walked away with something to share with the children that they work with.

I want to thank all the child care providers for attending on that warm Saturday and making our Elkins Super Saturday a huge success! I hope you enjoyed it as much as I did and hope you will return again the next time it is offered in your area.

" Kind words can be short and easy to speak, but their echoes are truly endless."

-Mother Teresa

Get Caught Reading with Infants and Toddlers by: Shannon Nichols, IT Specialist

Reading to young children is an essential element in helping them thrive. Taking a few minutes at various times throughout the day to sit with a child in your lap and share a book helps provide many of the things young children need to be happy, healthy and successful. Through reading with a child, it allows you to build stable, trusting relationships, provide needed touch and interactions and sends a message to the child that reading is fun and is a way to connect with those who are important to them. Research has shown that reading to children is one of the best ways to boost language development, it improves memory and attention span and that a love of books is the number one determinant of future academic success. Here are some tips to help get you reading with your little ones:

- 1. Make it part of your routine.** Set regular times throughout the day for reading, but keep each session short, 5-10 minutes. Shoot for a total of 20-30 minutes of total reading time each day.
- 2. Find a comfortable spot.** A quiet, cozy spot will help children focus on the interaction and the book.
- 3. Provide a variety of books.** Because reading sparks imagination and curiosity, the more types of books children are exposed to, the more they'll learn. Include books about people of various ages, races, and abilities; animals; familiar objects; and familiar routines.
- 4. Offer choices and let them touch.** Choose 4 or 5 books at a time and let the child choose 1 or 2 to read. They will be more excited and interested if they are involved. Allow the child to point to pictures, turn the pages and hold the book. Books should be sturdy and easy to clean and reflect your child's everyday experiences.
- 5. Keep it fun!** Make it interesting by raising and lowering your voice, changing your pace and creating a different voice for each character. Follow the child's lead and go with the flow. If they simply want to point to pictures and hear you make the animal noise rather than reading every word, go with it. Enjoy the time together.

Our days are filled with so much hustle and bustle we need to take time everyday to "get caught reading" with our infants and toddlers. By doing so, we are giving them a great start to a lifetime love of books and learning as well as much needed quiet time with the ones they love.



Raising the Bar:

Working Towards Tier II Reimbursement

Spring Conference 2009
Saturday, April 18, 2009

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

- ★ This day is worth **6 hours** of STARS credit, and will also qualify as a conference, if participants are in attendance for the entire day.
- ★ All trainings offered meet the requirements for Tier II Reimbursement.
- ★ Lunch will be provided for participants by the Hardy County Child Care Center.
- ★ There is a \$10.00 non-refundable registration fee. Please make checks payable to HCCCC (Hardy County Child Care Center.)

Registration must be received by April 8, 2009.

To register for the day, mail the form below to:

WVU Hardy County Extension Office
204 Washington Street
Moorefield, WV 26836



Sponsored by the West Virginia University Hardy County Extension Service in collaboration with MountainHeart Child Care Resource and Referral.

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Name: _____ Phone: _____

County: _____

Address: _____

Raising the Bar: Working towards Tier II Reimbursement

Schedule of Events

Saturday, April 18, 2009

8:15-9:00 **Registration**

9:00-11:00 **Session 1**

FCCERS-R (Family Child Care Environmental Rating Scale-Revised)

Melodee Price, Early Childhood Specialist, will guide family home providers through this introductory course. The course will focus on the basic components of quality care, what the FCCERS is, what it is designed to do and how it can be used to evaluate and improve your program. (Core Competency: Program Management, Tier II)

Math for Preschoolers

In this class, participants will learn how to provide age appropriate learning opportunities, activities, and materials that support mathematical development and exploration for preschool age children. This class will be taught by Tara Bowley, Early Childhood Specialist. (Core Competency: Curriculum, Tier II)

11:00-11:45 **Lunch** (provided by Hardy County Child Care Center)

11:45-1:45 **Session 2**

An Introduction to the Early Childhood Environment Rating Scale-Revised (ECERS-R)

This class will focus on the basic components of quality care, what the ECERS-R is, what it is designed to do and how it can be used to evaluate and improve center based care for children 2 ½ - 5 years of age. This class will be presented by Shannon Nichols, Infant Toddler Specialist. (Core Competency: Program Management, Tier II)

Strong Families Eat Together

When children enjoy family style meals: communication improves, food dollars are saved, kids do better in school and everyone has fun! Incorporate family style meals in families as well as the child care setting. This class will be presented by Miriam Leatherman, WVU Extension Agent, Hardy Co. (Core Competency: Family and Community, Tier II)

2:00-4:00 **Session 3**

Building Positive Relationships

This class will explore understanding how children learn, the importance of social emotional development, the role of early childhood professionals and what to do when there are concerns with child progress. This class will be presented by Sheila Zickefoose, WV BTT. (Core Competency: Positive Interactions & Relationships, Tier II)

Sudden Infant Death Syndrome

This class will give you facts about Sudden Infant Death Syndrome or SIDS, reducing the risk of SIDS, and information and hand-outs for the "Back to Sleep Campaign." This class will be presented by Sarah Hicks, RN. (Core Competency: Health, Safety, and Nutrition, Tier II)



Please mark your class choice for each session:

Session 1:

- FCCERS-R
- Math for Preschoolers

Session 2:

- ECERS-R
- Strong Families Eat Together

Session 3:

- Building Positive Relationships
- Sudden Infant Death Syndrome

Training Topics offered April-June 2009

All Aboard with Autism! Core Competency: Child Growth and Development. Tara Bowley will teach this two hour training on autism. The training will offer child care providers basic information on autism, and how they can modify regular activities to successfully engage children with autism. (Tier I)

Code of Ethical Conduct for Child Care Providers. Core Competency: Professionalism. Melodee Price will introduce you to the NAYCE Code of Ethical Conduct in this 2 hour training session. Through lecture she will review the 4 sections of the code, you will explore different scenarios related to the field of child care and through group discussion decide which is the most appropriate response to situations. This training will focus on you becoming more of a professional in your field of child care. (Tier III)

Developing Individual Guidance Plans. Core Competency: Positive Interactions and Relationships. Jim Weber will provide this two hour training on a Tier III level for those who have completed Tier I and II behavior courses. It will be beneficial for owners, child care directors and administrators. Participants will receive information on the need to complete a Functional Behavior Assessment and the process of doing so for children with behavior issues. (Tier III)

Environmental Aesthetics. Core Competency: Child Growth and Development. What does environmental aesthetics mean, anyway? Bring a picture of your space and we'll discuss ideas of how to make it more attractive and useful for the children in your care. Come and find out how to set up visually and physically pleasing environments for children. We will also discuss how the environment influences our behavior. Shannon Nichols will provide this two hour training that will count as Infant/Toddler credit. (Tier II)

Family Child Care Environmental Rating Scale-Revised (FCCERS). Core Competency: Program Management. Melodee Price will guide family home providers through this introductory course. The course will focus on the basic components of quality care, what the FCCERS is, what it is designed to do and how it can be used to evaluate and improve your program. This training will count towards the tiered reimbursement system requirements. (Tier II)

How to Tier II. Core Competency: Professionalism. A tiered reimbursement system offers higher subsidy payments to programs that demonstrate they meet higher standards of care. Would you like to receive more pay for the quality care of children who are in the subsidy program? Melodee Price will teach you how to develop a plan and compile information to submit your Tier II application. (Tier II)

Math for Preschoolers. Core Competency: Curriculum. Tara Bowley will teach this two hour training on math. In this class, participants will learn how to provide age appropriate learning opportunities, activities, and materials that support mathematical development and exploration for preschool age children. (Tier II)

Summer Fun with Reading and Art. Core Competency: Curriculum. Tara Bowley will teach this two hour training that will provide participants with many ideas related to art and reading that they will be able to use with their school age children during the upcoming summer months. This training will include lots of hands on experiences, so come prepared to have some summer fun! (Tier I)

Stop the Abuse! Core Competency: Health, Safety, and Nutrition. This class will count 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)



Training Calendar for April - June 2009

Barbour County

Philippi Baptist Church: 107 Church Street, Philippi, 26416

Developing Individual Guidance Plans	4/28/09 (Tuesday)	6:30-8:30
Environmental Aesthetics	6/11/09 (Thursday)	10:00-12:00

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

Math for Preschoolers	5/21/09 (Thursday)	6:00-8:00
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Berkeley County

Bunker Hill Presbyterian Church: Rt. 11 & Runnymede Road, Bunker Hill, 25413

Developing Individual Guidance Plans	6/3/09 (Wednesday)	6:30-8:30
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St. Luke's United Methodist Church: 700 New York Avenue, Martinsburg, 25402

Family Child Care Environmental Rating Scale-Revised	4/15/09 (Wednesday)	6:00-8:00
All Aboard with Autism!	5/6/09 (Wednesday)	6:00-8:00
How to Tier 2: for Home Providers and Facilities	5/27/09 (Wednesday)	3:30-5:30
How to Tier 2: for Centers	5/27/09 (Wednesday)	6:00-8:00

Grant County

Grant County Library: 18 Mountain View Street, Petersburg, 26847

Developing Individual Guidance Plans	5/1/09 (Friday)	1:00-3:00
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Hampshire County

Hampshire County DHHR: Rt. 50 East, Romney, 26757

How to Tier 2	5/5/09 (Tuesday)	10:00-12:00
Stop the Abuse!	5/5/09 (Tuesday)	12:30-2:30

Hardy County

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

Spring Conference	4/18/09 (Saturday)	8:30-4:00
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Jefferson County

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

Environmental Aesthetics	5/13/09 (Wednesday)	12:00-2:00
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Lewis County

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

Summer Fun with Reading and Art	6/1/09 (Monday)	10:00-12:00
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Mineral County

Mineral County DHHR: 1585 Cornell Street, Keyser, 26726

Summer Fun with Reading and Art	6/3/09 (Wednesday)	10:00-12:00
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Morgan County

Doodlebugs Downtown: 640 Fairfax Street, Berkeley Springs, 25411

All Aboard with Autism!	4/25/09 (Saturday)	10:00-12:00
Math for Preschoolers	4/25/09 (Saturday)	12:30-2:30

Preston County

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

Developmentally Appropriate Guidance	4/29/09 (Wednesday)	6:30-8:30
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Preston Co. DHHR: 410 Kingston Road, Kingwood, 26537

Stop the Abuse!	5/7/09 (Thursday)	10:00-12:00
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Randolph County

Randolph Co. DHHR: 1027 North Randolph Avenue, Elkins, 26241

Developing Individual Guidance Plans	5/12/09 (Tuesday)	1:00-3:00
Environmental Aesthetics	5/21/09 (Thursday)	2:00-4:00
Code of Ethical Conduct for Child Care Providers	6/5/09 (Friday)	10:00-12:00
Summer Fun with Reading and Art	6/5/09 (Friday)	1:00-3:00

Tucker County

Tucker Co. DHHR: RR 3 Box 45, Parsons, 26287

Stop the Abuse!	5/6/09 (Wednesday)	10:00-12:00
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Upshur County

Little Ones Place Christian Child Care Center, LLC: P.O. Box 686, Buckhannon, 26201

Code of Ethical Conduct for Child Care Providers	6/4/09 (Thursday)	6:00-8:00
Upshur County Public Library: Rt. 6 Box 480, Tennerton Road, Buckhannon, 26201		
Developing Individual Guidance Plans	6/6/09 (Saturday)	10:30-12:30
Family Child Care Environmental Rating Scale-Revised	4/21/09 (Tuesday)	5:30-7:30

Components of Quality Care and Education (CQCE)

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. **Participants must be STARS registered before attending the training.** Each child care provider who completes the training may receive free resources for use in their home or child care center. 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 or Tara Bowley at the Elkins MountainHeart office.

Preston County: First Presbyterian Church Day Care Center: 106 E. High St., Kingwood, 26537

April 6, 2009 - Monday, 4:00-8:30	Module 1: Extreme Makeover/Space and Furnishings
April 13, 2009 - Monday, 4:00-8:30	Module 2: Not Just Routine
April 20, 2009 - Monday, 4:00-8:30	Module 3: For the Love of Literacy
April 27, 2009 - Monday, 4:00-8:30	Module 4: Implementing Your Curriculum
May 4, 2009 - Monday, 4:00-8:30	Module 5: Recipe for Relationships
May 11, 2009 - Monday, 4:00-8:30	Module 6: Building Blocks: A Program's Structure
May 18, 2009 - Monday, 4:00-8:30	Module 7: Including All Children
May 26, 2009 - Tuesday, 4:00-8:30	Module 8: Communication is the Key

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

April 9, 2009 - Thursday, 10:00-3:00	Module 1: Extreme Makeover/Space and Furnishings
April 16, 2009 - Thursday, 10:00-3:00	Module 2: Not Just Routine
April 23, 2009 - Thursday, 10:00-3:00	Module 3: For the Love of Literacy
April 30, 2009 - Thursday, 10:00-3:00	Module 4: Implementing Your Curriculum
May 7, 2009 - Thursday, 10:00-3:00	Module 5: Recipe for Relationships
May 14, 2009 - Thursday, 10:00-3:00	Module 6: Building Blocks: A Program's Structure
May 21, 2009 - Thursday, 10:00-3:00	Module 7: Including All Children
May 28, 2009 - Thursday, 10:00-3:00	Module 8: Communication is the Key

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.



MountainHeart Offices:

Elkins: 1-877-862-3103

Petersburg: 1-877-211-5437

Weston: 1-866-232-9227

Martinsburg: 1-888-915-7653

Grafton: 1-877-811-5437

*"Children Are Our Future...
And Our Future Looks Promising"*

Week of the Young Child

The National Association for the Education of Young Children (NAEYC) has designated **April 19-25, 2009**, as "Week of the Young Child." The theme this year is "Bringing Communities Together for Children—Children Bring Communities Together." The purpose of this week is to focus public attention on the needs of young children and their families and to support the early childhood programs that meet these needs.

Check out their website at www.naeyc.org

