



The Quality Times

Child Care Resource Center

Region I

Fall Edition

October, November,
December
2014

Child Care Resource Center
is sponsored by
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and Funded by the
WV DHHR - Bureau for
Children & Families,
Early Care & Education

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The Theme for this Quarter is SAFETY:

October is Fire Safety Month - November is Child Safety & Protection Month
and December is Safe Toy & Gift Month

A Word from the Director



Dear Child Care Professionals:

I want to bid farewell and inform you that I am leaving my position as the CCRC Director. I have accepted the role as President/CEO of Easter Seals located in Wheeling. This was not an easy decision to make, as the staff, child care providers, Division of Early Care & Education and Catholic Charities have been my family for the past 13 years.

Thank you for your dedication to the children and families of West Virginia; I have been truly blessed to be a part of this great team! I am thankful for all that you have taught me and I am proud to have worked alongside of you.

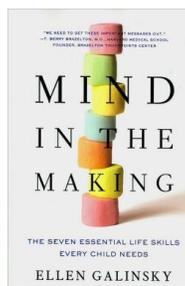
If you need assistance please contact the Interim Director, Cathy Knox at: 304-232-1603 or cathy.j.knox@wv.gov

Take Care and God bless all of you!

Traci Kinney, CCRC Director

Mark Your Calendars

MIND IN THE MAKING



Mind in the Making is an 11 part learning process that uses research on children's development, including classic and recent studies on how children learn and how teaching can encourage engaged learning. Each module includes written research summaries, learning goals and outcomes, practical tips for teachers, quotes from researchers and engaging opportunities to practice new skills

Training Schedule CCRC - Wheeling

Thursday - October 2nd - 1:00 - 2:30 -Administrator's Session: Overview of Mind in the Making
 Monday - November 10th - 6:00 - 8:00
 Monday - November 17th - 5:00 - 9:00
 Monday - November 24th - 5:00 - 9:00
 Monday - December 1st - 5:00 - 9:00
 Monday - December 8th - 5:00 - 9:00
 Monday - December 15th - 5:00 - 9:00

Complete Your
Application Today!
Located on the last
page of newsletter.

Participants will receive the following WV STARS hours upon completion:

3 - Child Observation & Assessment	12 - Positive Interactions & Relationships
6 - Child Growth & Development	15 - Curriculum
9 - Professionalism	45 Total WV STARS Hours!

WVIT II Relationship Based Care

You asked for it and now it's available in your area.

**Free
Resources**

- Caregiver Modules
 - Increase your knowledge and skills related to planning, implementing, and evaluating relationship-based, individualized care
- Practicum
 - Develop and implement new strategies to enhance the quality of care within your program
- Administrator Module– Mandatory Attendance– must have completed WVIT I.
 - Overview of Modules and Practicum

All participants must be registered on WV STARS and have completed WVIT I.

Session begins in October, 2014 in Morgantown

West Virginia



**Infant/Toddler Professional
Development Program**

Call for more information:

**Janice Barnett, Infant/Toddler Specialist
Child Care Resource Center**

304-232-1603 or 800-585-1603



WV Child Care Nurse Health Consultant

Yvonne Frederick RN, MSN, CIC



Insect Bites and Stings in the Fall

The weather is becoming cooler so we do not have to worry about insect bites and stings, right? Wrong. Insect bites and stings are actually more likely to occur in the fall because the insects have multiplied during the summer months so by the fall there are many of them. Early educators must protect children from bites and stings.

A few tips for fall insect safety are:

- Stay away from plants where you see insects gathering nectar from the flowers and remove any rotten fruits that may fall from vegetation where children or adults may go.
- Wear shoes outside.
- Place all sugary items, rotten and discarded foods in covered containers. Remember sweet drinks and food attracts these stinging insects.
- Eliminate any pool of standing water.
- Avoid bright colors that may attract some insects and wear protective clothing, such as long sleeves or pants.
- Avoid wearing scented products.
- Apply insect repellent containing no more than 30% DEET. These insect repellents prevent bites from mosquitoes, fleas, ticks, chiggers, and biting flies, but offer little protection from bees, hornets, or wasps.

If a child has an allergy to insect bites or stings, take this time to reacquaint yourself with each child's individualized health care plan and check their emergency medications to make sure they are not expired and they are ready for use. Have a safe and fun fall!



DID YOU KNOW...



All Family Child Care Providers can receive up to 4 hours of WV STARS Training Hours by being a part of the TRAILS Program? You can turn your TRAILS Visit into a training session where you will exchange your resources and earn WV STARS Credit! All Trails Trainings are Technical Assistance driven meaning that the topic of the training is based on your own needs/interest and the training may be hands-on depending on the topic. This is a great way to get some ideas for that space that you want to utilize into your learning environment or to collect ideas and resources to promote learning. TRAILS trainings are a great addition to the 2-hour trainings our Training Specialist provide and also a good way to expand and implement what you have learned.

*Due to regular TRAILS scheduling we ask for at least a two-week notice for desired TRAILS Trainings.

Questions & Answers

We have received a lot of questions from providers and have decided that if one provider has a question there could be others out there who are in need of an answer as well.

Question:

One of my clients is not paying their child care fee. What do I do?

Answer:

WV Child Care policy states *Parent fees should be paid **at least monthly**. The provider must notify the R&R worker in writing **no earlier than five no later than 30 days** after the date payment was due.* Once CCRC has received this notice a closure letter will be sent out to the client giving them 13 days to pay this in full or their case will be closed.

Question:

I receive multiple Provider Notification letters throughout the month indicating a parent is eligible or ineligible. What is the purpose of a Provider Notification Letter?

Answer:

WV Child Care policy states: The CCR&R worker uses the Provider Notification Letter to inform the child care provider of information regarding client's eligibility and changes in fees. Receiving a Child Care Certificate or a Provider Notification Letter is the only guarantee or payment from the R&R. Accepting a child into your care without receipt of the Child Care Certificate or Provider Notification letter may result in a private pay situation. The CCR&R worker also sends Provider Notification Letters to inform a child care provider of a parent's potential closure resulting in an ineligibility of payment. Please note, any time a closure notice is issued to a subsidy parent you will receive a Provider Notification of ineligibility. Once that parent submits the requested verification, a Provider Notification letter of continued eligibility is issued. If the parent fails to submit the requested verification, the case will be closed and no further payment made.

If you have any questions that you would like to be included in the Subsidy Zone please contact Kelly Coen at 1-800-585-1603 or Melissa Harvey at 1-888-272-7357.

Your Local Child Care Specialist

Hancock & Brooke Counties

Danise Jones 304-748-2007

Ohio & Marshall Counties

Niki Crabtree & Brianne Murray 304-232-1603

Wetzel & Tyler Counties

Katie Snider 304-455-0920

Monongalia County

Heather Tallman & Jessica Waddell 304-292-7357

Marion County

Emily Hunt & Karyn Christopher 304-366-3615

Child Care Coordinators

Kelly Coen Wheeling Office 304-232-1603

Missy Harvey Morgantown Office 304-292-7357

Extended Office Hours!

The Morgantown & Wheeling Child Care Resource Center will continue to offer extended hours for the convenience of our clients and providers. The 3rd Tuesday of each month, the above offices will operate on the following schedule:

October 21, 2014 8:30 a.m. – 6:00 p.m.

November 18, 2014 8:30 a.m. – 6:00 p.m.

December 16, 2014 8:30 a.m. – 6:00 p.m.

Community Information



The West Virginia Family Child Care Association is excited to announce that we now have 3 local family child care associations. Fayetteville, Kanawha, and Cabell-Wayne.

We would love to get a local association started in your community as well so that you can meet with peers that understand what you experience in your family child care home or facility. Please contact the WVFCCA if you need any help at all. We are here to help you be your best!

Visit us online, on Facebook, or call. We look forward to hearing from you!

Call: 304-634-5545

West Virginia Family Child Care Association

www.westvirginiafamilychildcare.com



Are you noticing a delay in a child in your care?

We can HELP!
Call 1-800-619-5697

By 3 months.
Does your baby...
• grasp rattle or finger?
• hold up his/her head well?
• make cooing sounds?
• smile when talked to?

By 6 months.
Does your baby...
• play with own hands/feet?
• roll over?
• turn his/her head towards sound?
• holds head up/looks around without support?

By 9 months.
Does your baby...
• sit alone or with minimal support?
• pick up small objects with thumb and fingers?
• move toy from hand to hand?

By 12 months.
Does your baby...
• wave goodbye?
• play with toys in different ways?
• feed self with finger foods?
• begin to pull up and stand?
• begin to take steps?

By 18 months.
Does your baby...
• cling to caretaker in new situations?
• try to talk and repeat words?
• walk without support?



West Virginia Children's Health Insurance Program
www.wvchip.org

Health Care Coverage for children & expectant moms
Apply online at www.wvinroads.org



ACDS
For Information about ACDS
Contact:
Sherrie Myers at 304-523-0433 or
smyers@rvcds.org

WV Early Childhood Quarterly Magazine

The West Virginia Early Childhood Provider Quarterly is **going green** and will be available only by e-mail distribution. West Virginia Early Childhood Provider Quarterly is the first and only publication designed exclusively for West Virginia Early Care and Education Professionals. The magazine supports, informs and coordinates the early childhood community, including families. With over 20,000 copies distributed annually to early childhood programs, professionals and families throughout the state, the WV Early Childhood Provider Quarterly gives advertisers an opportunity to share information directly with the early childhood community.

To subscribe please go to www.wvearlychildhood.org and click on the Publication Tab & follow the directions

Infant/Toddler News



The items below are **NOT** intended for Infants and Toddlers



Choking Prevention

By Janice Barnett, Infant / Toddler Specialist

Infants and toddlers naturally use their mouths to explore and learn about their surroundings. A critical role that the caregiver plays is providing infants and toddlers the opportunity to explore and learn using their mouths, and at the same time ensuring their safety. Choking is a safety issue that has a higher probability of occurring in infants and toddlers due to their way of learning about the world and their immature physical abilities.

Information from Healthy Young Children (2002) indicates that 16 percent of situations that required first aid in child care were related to choking, and that 90 percent of fatal choking accidents happen with children under 4 years old. Pediatric first aid training from a competent health practitioner is critical in order to respond appropriately if children are choking. Prevention is the most important strategy to address choking hazards. The following checklist will help you prevent choking emergencies:

- Children eat and drink only while seated and not playing.
- Constant supervision is provided while infants and toddlers are eating or drinking.
- Children's feet are supported while eating (e.g., chair rail, high chair, floor). Portable high chairs do not provide support for a baby's feet.
- Small objects (smaller than 1.25 inches in diameter and shorter than 2.25 inches in length) are not accessible to infants and toddlers.
- Toys and equipment with removal parts less than a 1.25 inches in diameter and shorter than 2.25 inches in length are not accessible to infants and toddlers.
- Small, round, hard, slippery, or sticky foods are not accessible to infants and toddlers. These include hot dogs, nuts, whole grapes, hard candy, popcorn, marshmallows, spoonfuls of peanut butter, raw carrots, and peas.
- Babies are held while being fed.
- Bottles are not used to serve solid foods.
- Bottles are not propped during feeding.
- Solid food for babies is cut into ¼ inch cubes, and for toddlers the food is cut into cubes that are not larger than ½ inch.
- Balloons are not accessible to infants and toddlers.

13 Adapted from: <http://nrc.uchsc.edu/CFOC/> American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care. (2002). *Caring for our children: National health and safety performance standards guidelines for out-of-home child care* (2nd ed.). Retrieved November 30, 2004, from <http://nrc.uchsc.edu/CFOC/index.html>



Janice Barnett
Infant/Toddler Specialist

Professional Development Opportunities

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 Phone: 304-529-7603 Ext 118
 611 7th Ave, Ste 322 Fax: 304-529-2535
 Huntington, WV 25701 TEACHWV@rcvcds.org



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



Early Childhood Education Scholarship Availability Announcement

T.E.A.C.H. Early Childhood® WEST VIRGINIA is happy to announce two new scholarship models available to child care providers and child care directors!

1. Jump Start/Final Step scholarship – designed for child care providers and child care directors who are interested in trying out 1-2 college classes or have 1-2 classes left to complete a degree. This scholarship will provide tuition assistance for 3-8 credit hours, as well as other scholarship components.
2. Director’s Model scholarship – designed for child care directors who want to obtain an associate degree, bachelor’s degree, or pre-k endorsement. This scholarship will provide tuition assistance for a minimum of 9 credit hours, as well as other scholarship components.

For more information on these new scholarship models, or for existing models, please contact Amanda Martin amartin@rcvcds.org 304-529-7603 x118 or 1-888-983-2827. You can also visit our website at www.wvearlychildhood.org/TEACH_WV.html



WVIT II Registration

October, November, December 2014

Held in Monongalia County
CCRC 965 Hartman Run Road – Suite 1103 - Morgantown

Dates as follows:

I. Administrators' Modules (MUST attend Administrator's Session and MUST be registered on STARS):

SESSION	DAY	DATE	TIME
One Session Only	Wednesday	October 1, 2014	8:30 am- 3:30 pm

II. Participants Modules (MUST work with subsidized children up to 35 months for 20 hours a week or more, MUST be registered on STARS, and MUST have completed WVIT I)

SESSION	DAY	DATE	TIME
Session 1	Wednesday	October 8, 2014	11:00 am-2:30 pm
Session 2	Wednesday	October 15, 2014	11:00 am-2:30 pm
Session 3	Wednesday	October 22, 2014	11:00 am-2:30 pm
Session 4	Thursday	October 30, 2014	11:00 am-2:30 pm
<i>Make Up Day</i>	<i>Monday</i>	<i>November 3, 2014</i>	11:00 am-2:30 pm
Session 5	Wednesday	November 5, 2014	11:00 am-2:30 pm
Session 6	Wednesday	November 12, 2014	11:00 am-2:30 pm
Session 7	Wednesday	November 19, 2014	11:00 am-2:30 pm
Session 8	Wednesday	December 3, 2014	11:00 am-2:30 pm
Session 9	Wednesday	December 10, 2014	11:00 am-2:30 pm
Session 10	Wednesday	December 17, 2014	11:00 am-2:30 pm
<i>Make Up Day</i>	<i>Thursday</i>	<i>December 18, 2014</i>	11:00 am-2:30 pm
<i>Make Up Day</i>	<i>Friday</i>	<i>December 19, 2014</i>	11:00 am-2:30 pm

To register contact Janice Barnett, Infant Toddler Specialist at 1-800-585-1603 or 304-232-1603. If you do not speak to Janice directly, please call Cathy Knox, Early Childhood Professional Development Team Supervisor at the above numbers.

New Website Launched

www.wvit.org

The West Virginia Infant/Toddler Specialists Network is busy as always promoting excellence in care for our youngest citizens. To that end, a new website has been developed for you to access. The site will offer overviews of the programs offered, the latest news, upcoming professional development opportunities and grant announcements as they become available. You will be able to ask questions to the Specialists and offer suggestions of how the Network can better serve you. The website will go live near the end of summer. Be sure to add it to your list of favorites!

Note Worthy

First Aid and CPR Classes



The following agencies/individuals offer CPR & First Aid Classes. Please call for date, time, fee and location. Also, check with your local Fire Department to see if they offer classes.

AGENCY	PHONE #
Fairmont Red Cross	304-366-2060
Marion Co. Rescue Squad	304-363-6246
Shirley M. Kimble Training Center	800-626-4748 or 304-293-1329
Brooke County Health Dept.	304-737-3665
Wetzel Co. Hospital	304-455-8000
Sistersville General Hospital	304-652-2611
Wheeling Hospital-Training Center	304-243-3569
Weirton Medical Center	304-797-6198
American Red Cross-Morgantown	304-598-9500
American Red Cross-Wheeling	304-232-0711
American Red Cross-Weirton	304-797-1600
Wheeling Fire Dept.	304-234-3726
Moundsville Fire Dept.	304-845-2050
Wetzel County EMS	304-455-5931

Morgantown Area

MTEC offers CPR Class every other Monday 6:00 pm to 9:00 pm
Cost: \$45.00

Call 304-291-9242 Monday-Thursday 1:00 pm to 7:00 pm to register.



Our mission is to provide quality services to children and families which will enrich their lives and empower them to achieve their fullest potential.

We are a community service organization that works with parents, child care providers and community organizations and help promote the availability of quality child care in our 8 county area.

Region 1 CCRC Offices

Ohio & Marshall County:

2000 Main Street, Suite 100
Wheeling, WV 26003
304-232-1603 or
800-585-1603

Monongalia County:

965 Hartman Run Rd., Suite 1103
Morgantown, WV 26505
304-292-7357 or
888-272-7357

Marion County:

309 Cleveland Avenue, Suite 209
Fairmont, WV 26554
304-366-3615

Brooke & Hancock County:

3622-B West Street
Weirton, WV 26062
304-748-2007 or
800-456-6607

Tyler & Wetzel County:

1236 North State Route 2
New Martinsville, WV 26155
304-455-0920

Contact Us:

Todd Fromhart – Early Childhood Specialist jeffrey.t.fromhart@wv.gov
 Amy Morrow – TRAILS Specialist amy.m.morrow@wv.gov
 Jamie Burton – TRAILS Associate jamie.l.burton@wv.gov
 Janice Barnett – Infant/Toddler Specialist janice.c.barnett@wv.gov
 Linda Reeves – Behavior Consultant linda.j.reeves@wv.gov
 Cathy Knox – Training Team Supervisor cathy.j.knox@wv.gov
 Vacant – Executive Director

News from the **TRAILS** Room

By: Amy Morrow
Trails Education Specialist M.A.

We are officially past the half-way point towards the biggest shopping season of the year! And in preparation of that busy time we would like to share some important information about purchasing developmentally appropriate toys that you will be able to share with parents and caregivers. It is easy to become overwhelmed when looking for that perfect toy that is safe, fun and prompts a learning experience for children. Keep your shopping guidelines simple by following the prompts below that are derived from NAEYC.

Look for toys that are:

- Well-made (with no shared parts or splinters and don't pinch)
- Painted with nontoxic, lead-free paint
- Shatter-proof
- Easily cleaned
- Electric toys should be "UL Approved." Be sure to check the label, which should indicate the toy has been approved by the Underwriters Laboratories. In addition, when choosing toys for children under age 3, make sure there are no small parts or pieces that could become lodged in a child's throat and cause suffocation.
- It is important to remember that typical wear and tear can result in a once-safe toy becoming hazardous. Adults should check toys frequently to make sure they are in good repair.
- Keep up to date with recalls by checking www.cpsc.gov you can also receive email updates of all current recalls.
- The American Academy of Pediatrics has a great resource about lead poisoning on their website at www.healthychildren.org

In addition to being safe, toys for young children need to match their stages of development and emerging abilities. Many safe and appropriate play materials are free items typically found at home. Cardboard boxes, plastic bowls and lids, collections of plastic bottle caps, and other "treasures" can be used in more than one way by children of different ages. As you read the following lists of suggested toys for children of different ages, keep in mind that each child develops at an individual pace. Items on one list - as long as they are safe - can be good choices for children who are younger and older than the suggested age range. NAEYC

Just ask!

If you would like more information regarding what kinds of toys would be appropriate for certain ages and/or how to safely disinfect and sanitize toys please give us a call or e-mail us at your convenience!



Please share your email with us to receive updates of new inventory items and TRAILS News! This is a wonderful way to send us your requests before your next TRAILS Van Visit!



Amy Morrow - TRAILS Specialist
Jamie Burton - TRAILS Associate



December is Safe Toys and Gifts Month

“I want that!” “Get me that!” “But everyone else has it!”



Linda Reeves
Behavior Consultant

As we move into the fall and early winter seasons, many of us are already thinking about the holidays and finding the perfect gift for our young loved ones. What will be this year’s hottest toy or item? How long are you willing to stand in line for that extra special toy or play material or electronic device or fancy clothes that every child is craving this year? Are you willing to go to any length to make sure your child gets the “best” or most popular item or gift?

While the hunt for the perfect gift can be a challenging and entertaining process, there are several factors that must be considered before you gather your long johns, pot of coffee, and armored shopping bags to tackle the lines and chaos on Black Friday!

- First, and foremost, is safety. Is the gift safe for the child? Does it meet the U.S. Consumer Product Safety Commission (CPSC) standards? Are there small parts that could pose a choking hazard? Does the gift have sharp or rigid points, spikes, rods, or dangerous edges? Can it be easily broken into small sharp pieces? Look for the letters "ASTM." This designation means the product meets the national safety standards set by the American Society for Testing and Materials (ASTM).
- Developmentally appropriate. Is the item designed, built, and marketed for a specific age group? Does the child for which the gift is intended fall into that developmental age range? Just because a child is 36 months old does not mean they are developmentally ready to play with a toy labeled for children 2-5 years. Consider each individual child and their developmental needs along with safety features when choosing play materials and gifts.
- Is it holiday chaos and frenzy or a true desire to have that special gift? In the months leading up to the holidays, children are bombarded with noisy, over-stimulating advertising that primes them into a frenzy of “I-wants, gimmes, and I-gotta-haves.” Make sure the item the child “wants or must have” is really something they want (and not just because everyone has it or wants it!) AND it is appropriate for the child’s age and abilities.

Todd’s Toolbox



October is fire prevention month. Children under the age of 5 are twice as likely as older children and adults to die in a fire. Caregivers can help to prevent these tragedies by teaching children about fire safety and how to react in the event of a fire. The following activities can be used to teach children about how to stay safe.

Matches and Lighters

Many fires are started by children playing with matches and lighters. Teach children that these items are not toys. Have children cut out pictures of items from magazines that are safe to play with such as balls and bicycles and items that are not safe such as matches and power tools. Put the pictures in a box and then pull each one out and have the children state whether it is safe or unsafe.

Crawling Under Smoke

Have children practice crawling under smoke. Adults can stretch a bed sheet out close to the floor and children have to crawl low enough to stay under the sheet.

Plan Ahead

Sometimes children die in fires because they try to hide somewhere to be safe. Teach children they need to escape the building in the event of a fire and practice the escape route. Practice crawling beneath the smoke and stop, drop, and roll.

Taking the Message Home

Send fire safety information home with young children and encourage families to discuss fire safety together. Send home information on smoke detectors, child resistant lighters, planning an escape route, and having a meeting place.

Reference: Teaching Preschoolers to be Fire Safe. www.umchs.org



Todd Fromhart
Early Childhood Specialist



**The Center Accreditation Support Services CASS Program
Changes its name!
Now known as Quality Support Services**

The Center Accreditation Support Services (CASS) program, which historically offered financial assistance and mentoring to child care centers applying for national accreditation, has been renamed to clarify its purpose and so that it can expand without causing confusion. The program started out providing assistance to child care centers only, but has expanded to serve family child care, head start programs, and recently mentoring services for programs working toward Tier II quality status. Therefore, it is now called Quality Support Services. The webpage on the TCR website and all applications and forms have been updated. The process for applying will be the same. You can visit the webpage at http://www.wvearlychildhood.org/WV_Quality_Support_Services.html.



Brie Broughman

Early Childhood Specialist



I am eager to begin this new journey with Child Care Resource Center as the Early Childhood Specialist. I would like to take this time to introduce myself to the child care providers and the community we serve.

My name is Brienne Broughman and I am from Paden City, WV. I attended West Virginia University (*LET'S GO MOUNTAINEERS*®), and received my Bachelor's Degree in Early Childhood Development and Family Studies. After graduation in 2007, I moved to Pittsburgh, PA and began my career as an educator. I have a combined 7 years of experience working with young children.

I am excited to join the CCRC Training Team and make a difference in our early childhood community.

I look forward to meeting all of you – please feel free to contact me at any time!

1-304-232-1603 --- 1-800-585-1603 or briennebroughman@wv.gov

Thanks, Brie



Healthy Kids

Brie Broughman

Early Childhood Specialist



Healthy eating can stabilize children's energy, sharpen their minds, and even out their moods. By encouraging healthy eating habits now, you can make a huge impact on your children's lifelong relationship with food and give them the best opportunity to grow into healthy, confident adults.

Tips for a Healthy Lifestyle



Get the children outside and involved

incorporate gross motor movements and games into your daily routine. Playing ball with children or involving them in sports not only helps instill a healthy lifestyle, but it also helps develop coordination and social skills. Teach your children the joys of exercise and sports!!



Stack on the support

talking positively, encouraging the children, and rewarding them with positive comments will help to reinforce good behavior and healthy habits. When the children choose to be active or choose a healthy snack, adults should positively reinforce these actions by being making sure that their good choices are noticed and applauded. This helps build your child's self-confidence and can help create a strong future leader.



Lead by example

One of the best ways to instill a healthy lifestyle in young children is to lead one yourself. Children are constantly picking up on our habits and behaviors.



Provide a positive environment

the more positive the child's environment; the more positive your child's outlook will tend to be. Exposing children to a positive environment with positive role models, healthy food options and outside activities can help them become more positive individuals, which in turn will help them make choices that perpetuate a healthy outlook and a healthy lifestyle.

Indoor Gross Motor Activities for your Classroom

Keep the kids active during the Winter Months



Penguin Walk -- Put a ball in-between your knees – put your hands by your side with palms facing the floor & waddle like a PENGUIN! Make sure you don't drop the ball 😊



Ice Cream Cone Relay – Save your toilet paper tubes – put a ball on top of the tube and the children can balance the ball on the tube as they walk! Don't drop the ball 😊



Hula Hoop Hop – place hula hoops on the floor and have kids jump from one hoop to the other – start with the hula hoops close together and increase the distance as the kids improve their hopping skills



Physical Activity Ball – Using a beach ball – draw different activities on each color (i.e. jumping jack, touch the sky, touch the floor, etc.) -- Toss the ball back and forth – when a child catches the ball they perform different exercises!

Child Care Resource Center Training Team Calendar

October, November, December 2014

Call the WHEELING CCRC Office to Register! 1-304-232-1603 or 1-800-585-1603

TRAINING REMINDERS

1. You **MUST** register at least 24 hours in advance.
2. **Classes MUST have at least 5 participants registered by noon the day before the class is scheduled or the class will be cancelled. These trainings will not be rescheduled. *Wetzel/Tyler must have at least 3 participants**
3. Infants and children are not to attend the training sessions. Alternate child care arrangements need to be made in advance.
4. If you register for a class and then are unable to attend, please call the CCRC to cancel as there may be a waiting list for that class.
5. In order to receive WV STARS credit for the trainings participants must bring either their WV STARS barcode sticker or have their WV STARS number on hand.
6. **Please be on time!** If you are late, you may not receive WV STARS credit.
7. **PLEASE NOTE: FOR EVENING & SATURDAY TRAININGS HELD AT THE WHEELING & MORGANTOWN & Fairmont CCRC BUILDING: Doors will open 15 minutes prior to training time and doors will be locked 15 minutes after the start of the scheduled training.**
8. **If schools are closed in the county that the training is taking place, the training will be canceled.**

These trainings, along with any possible additions during the quarter, are listed on-line at www.wvearlychildhood.org.

SEE PAGES 16 & 17 FOR TRAINING DESCRIPTIONS

Hancock/Brooke

Date	Title – Core Competency & Tier Level	Location	Time
Thursday October 9	Safe Sleep <i>Health, Safety & Nutrition - Tier II</i>	Mary Weir Library 3442 Main Street - Weirton	1:00-3:00
Thursday October 16	<u>WV Early Learning Standards Framework</u> <i>Program Management - Tier I</i>	Follansbee Library 844 Main Street - Follansbee	4:30-6:30
Thursday November 6	PTSD- Pretty Tough Stuff Dude! <i>Curriculum - Tier II</i>	Mary Weir Library 3442 Main Street - Weirton	1:00-3:00
Monday November 24	<u>Building Relationships with Families</u> <i>Family and Community - Tier II</i>	Mary Weir Library 3442 Main Street - Weirton	6:00-8:00

Wetzel/Tyler

Date	Title – Core Competency & Tier Level	Location	Time
Monday October 6	<u>Early Bonds Shape Behavior</u> <i>Positive Interactions & Relationships - Tier II</i>	New Martinsville Library 160 Washington Street - New Martinsville	5:00-7:00

Ohio/Marshall

Date	Title – Core Competency & Tier Level	Location	Time
Thursday October 9	<u>Building Relationships with Families</u> <i>Family and Community - Tier II</i>	CCRC 2000 Main Street - Wheeling	6:00-8:00
Saturday October 18	<u>Medication Administration</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 2000 Main Street - Wheeling	10:00-2:00
Saturday October 18	<u>Making a Difference: Reporting and Preventing Child Abuse & Neglect</u> <i>Health, Safety & Nutrition - Tier I</i>	CCRC 2000 Main Street - Wheeling	2:00-4:00
Wednesday October 22	PTSD- Pretty Tough Stuff Dude! <i>Curriculum - Tier II</i>	CCRC 2000 Main Street - Wheeling	6:00-8:00
Thursday October 23	<u>WV Early Learning Standards Framework</u> <i>Program Management - Tier I</i>	Marshall County Library 700 5th Street - Moundsville	3:30-5:30

Ohio/Marshall Continued			
Wednesday October 29	<u>Medication Administration RECERTIFICATION Course</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 2000 Main Street - Wheeling	4:00-6:00
Wednesday October 29	<u>Cleaning, Sanitizing & Disinfecting</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 2000 Main Street - Wheeling	6:30-8:30
Wednesday November 12	<u>Medication Administration</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 2000 Main Street - Wheeling	10:00-2:00
Wednesday November 12	<u>Making a Difference: Reporting and Preventing Child Abuse & Neglect</u> <i>Health, Safety & Nutrition - Tier I</i>	CCRC 2000 Main Street - Wheeling	2:00-4:00
Monday November 24	<u>Everyday I Learn Through Play</u> <i>Child Growth & Development - Tier II</i>	CCRC 2000 Main Street - Wheeling	1:00-3:00
Monday December 1	<u>Quality Group Time</u> <i>Curriculum - Tier II</i>	CCRC 2000 Main Street - Wheeling	5:00-7:00
Friday December 5	<u>Medication Administration RECERTIFICATION Course</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 2000 Main Street - Wheeling	12:00-2:00
Friday December 5	<u>HAPPY</u> <i>Health, Safety & Nutrition</i>	CCRC 2000 Main Street - Wheeling	2:30-4:30
Saturday December 13	<u>Theories of Child Development</u> <i>Child Growth & Development - Tier II</i>	CCRC 2000 Main Street - Wheeling	10:00-12:00
Monday December 15	<u>Medication Administration</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 2000 Main Street - Wheeling	10:00-2:00
Monday December 15	<u>Making a Difference: Reporting and Preventing Child Abuse & Neglect</u> <i>Health, Safety & Nutrition - Tier I</i>	CCRC 2000 Main Street - Wheeling	2:00-4:00

Monongalia/Marion			
Date	Title – Core Competency & Tier Level	Location	Time
Thursday October 2	<u>Medication Administration RECERTIFICATION Course</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	4:00-6:00
Thursday October 2	<u>Cleaning, Sanitizing & Disinfecting</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	6:30-8:30
Friday October 10	<u>PTSD- Pretty Tough Stuff Dude!</u> <i>Curriculum - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	12:30-2:30
Monday October 20	<u>Quality Group Time</u> <i>Curriculum - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Tuesday October 21	<u>Medication Administration</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	10:00-2:00
Tuesday October 21	<u>Making a Difference: Reporting and Preventing Child Abuse & Neglect</u> <i>Health, Safety & Nutrition - Tier I</i>	CCRC 965 Hartman Run Rd - Morgantown	2:00-4:00
Wednesday November 5	<u>Medication Administration RECERTIFICATION Course</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	2:00-4:00
Wednesday November 5	<u>HAPPY</u> <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	4:30-6:30
Thursday November 13	<u>Everyday I Learn Through Play</u> <i>Child Growth & Development - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Saturday November 15	<u>Building Relationships with Families</u> <i>Family and Community - Tier II</i>	CCRC 309 Cleveland Avenue - Fairmont	9:00-11:00
Saturday November 15	<u>Early Bonds Shape Behavior</u> <i>Positive Interactions & Relationships - Tier II</i>	CCRC 309 Cleveland Avenue - Fairmont	11:30-1:30
Saturday November 15	<u>The Importance of Primary Care</u> <i>Positive Interactions & Relationships - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	2:00-4:00

Monongalia/Marion Continued			
Friday November 21	Medication Administration <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	10:00-2:00
Friday November 21	<u>Making a Difference: Reporting and Preventing Child Abuse & Neglect</u> <i>Health, Safety & Nutrition - Tier I</i>	CCRC 965 Hartman Run Rd - Morgantown	2:00-4:00
Thursday December 4	<u>Theories of Child Development</u> <i>Child Growth & Development - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Friday December 5	PTSD- Pretty Tough Stuff Dude! <i>Curriculum - Tier II</i>	CCRC 309 Cleveland Avenue - Fairmont	10:00-12:00
Thursday December 11	Medication Administration <i>Health, Safety & Nutrition - Tier II</i>	CCRC 965 Hartman Run Rd - Morgantown	10:00-2:00
Thursday December 11	<u>Making a Difference: Reporting and Preventing Child Abuse & Neglect</u> <i>Health, Safety & Nutrition - Tier I</i>	CCRC 965 Hartman Run Rd - Morgantown	2:00-4:00



Training Description	Training Offered By:
<i>Call the Wheeling CCRC Office to Register 1-304-232-1603 or 1-800-585-1603</i>	
<u>Building Relationships with Families</u> This training will look at strategies for promoting a family friendly environment in your program and give examples of ways to get families involved.	Todd Fromhart Early Childhood Specialist
<u>Cleaning, Disinfecting and Sanitizing</u> Participants will explore what it means to have a healthy child care environment by gaining information and guidance on how to control communicable and infectious disease in the child care setting as well as establishing, developing and promoting written policies regarding health and safety for the children they care for.	Yvonne Frederick Nurse Health Consultant
<u>Early Bonds Shape Behavior</u> Attachment theory is centered on emotional bonds and suggests that our earliest attachments can leave a lasting mark on our lives. During this training, we will look at the different types of attachment, the effect it has on development and ways to cope with separation anxiety.	Brie Broughman Early Childhood Specialist
<u>Everyday I Learn Through Play</u> Play is key to young children's development and one of the most influential ways they learn. This training will include suggestions & information for helping children thrive with play-based learning. We will discuss ways to observe play; identify strengths/weaknesses and strategies to improve play skills.	Brie Broughman Early Childhood Specialist
<u>HAPPY</u> This two hour course is designed to help integrate health & safety into children's daily learning experiences.	Yvonne Frederick Nurse Health Consultant
<u>Making a Difference: Reporting and Preventing Child Abuse and Neglect</u> This training is a comprehensive training session for mandated reporters of child abuse and neglect.	Yvonne Frederick Nurse Health Consultant
<u>Medication Administration</u> This session will discuss proper administration of medication in the child care setting; guidelines of the WV Child Care Center Regulations. (Minimum 5; Maximum 20 participants)	Yvonne Frederick Nurse Health Consultant
<u>Medication Administration Recertification Course</u> This two-hour course is designed for participants who have already completed (and STARS certified) the original WV Medication Administration course (4 hrs) and wish to receive a STARS certified refresher. Recommended best practice is to refresh at least every 3 years.	Yvonne Frederick Nurse Health Consultant



<p>Training Description Continued <i>Call the Wheeling CCRC Office to Register 1-304-232-1603 or 1-800-585-1603</i></p>	<p>Training Offered By:</p>
<p>PTSD- Pretty Tough Stuff Dude! Most children are exposed to some type of traumatic event while they are young- divorce, death of a close loved one, serious accidents, natural disasters, health emergencies, etc. and may develop Post Traumatic Stress Disorder (PTSD). How children respond to traumatic events can have a significant impact on their overall development and health. This training will look at types of traumatic events children may experience and ways child care providers can assist the child and family.</p>	<p>Linda Reeves Behavior Consultant</p>
<p>Quality Group Time Group time provides an opportunity for children to build social skills, share ideas and listen to others. This training will supply teachers with an effective structure for group times as well as multiple activities to incorporate, We will focus on a circle time or “morning meeting”, small & large group times as well as a closing time or end of the day meeting.</p>	<p>Brie Broughman Early Childhood Specialist</p>
<p>Safe Sleep Participants will receive information on the promotion of safe sleep environments in the child care settings. Will raise awareness and improve practices in family child care homes and center-based environments; as well as encourage safe sleep best practice guidelines within the WV Child Care regulations.</p>	<p>Yvonne Frederick Nurse Health Consultant</p>
<p>The Importance of Primary Care A primary caregiving system ensures that each child is assigned to a caregiver who is primarily, but not exclusively, responsible for that child’s care while in the program. This will encourage the formation of close and trusting relationships between caregivers, infants, and their families. Activities during this training will encourage participants to reflect on the importance of relationships and how to adapt their program to address each child’s needs, temperaments, interests, and learning styles.</p>	<p>Janice Barnett Infant/Toddler Specialist</p>
<p>Theories of Child Development This training will look at popular theories of child development and examine how these theories have shaped the way we care for children.</p>	<p>Todd Fromhart Early Childhood Specialist</p>
<p>West Virginia Early Learning Standards Framework This training will provide participants with an overview of the West Virginia Early Learning Standards Framework, which was developed by a collaboration of early childhood professionals</p>	<p>Todd Fromhart Early Childhood Specialist</p>



To Marion County Family Child Care Providers



Look for Information Beginning January 2015

We are very pleased to announce that CCRC will be implementing the WV Elements of Family Child Care Series (WVEFCCS) using Creative Curriculum for Family Child Care and The Family Child Care Environment Ratings Scale-Revised. This seven part series will guide you in making practical changes in your family child care program that will improve the quality of early education for the children in your care. It will also provide you with 2 years of STARS training hours as well as **\$300.00** worth of equipment and/or supplies that will enhance your program. Each participant will receive The Creative Curriculum for Family Child Care and The Family Child Care Environment Rating Scale (FCCERS).



MIND IN THE MAKING

Learning Modules for Early Childhood Teachers

Application

Criteria to Participate

Must work in child care setting (Child Care Center, Family Child Care Facility, or Family Child Care Home).

APPLICANT INFORMATION			
Last Name	First Name	M.I.	
Title	Program Type: Child Care Center: _____ Family Child Care Facility: _____ Family Child Care Home: _____		
Street Address	Apartment/Unit #		
City	State	ZIP	
Phone	E-mail Address		

WV STARS # (required to receive Mind in the Making resources):

Validated by WVECTCR:

I, _____, attest that the information written above is true and accurate to the best of my knowledge.

Applicant signature: _____

Child Care Resource and Referral Location: Child Care Resource Center - 2000 Main Street - Suite 100
Wheeling, WV 26003

EC Specialist Name and Phone Number: Todd Fromhart - 304-232-1603

Please Send or Fax Application to:
 Child Care Resource Center
 2000 Main Street - Suite 100
 Wheeling, WV, 26003
 ATTN: Todd Fromhart
 FAX
 304-232-1604

