A note from the director....... 

Beginning July 1, 2015, the Weirton office of the Child Care Resource Center located at 3622-B West Street will close. We recognize the importance of having office space that continues to meet the needs of our customers and providers in the Brooke and Hancock Counties, therefore, we have secured part time office space in the Hancock county DHHR office two days per week. This office is located at 100 Municipal Plaza, Suite 600, Weirton, WV 26062. The tentative days a case manager will be available in this office each week is Tuesday and Wednesday from 8:30 am to 4:30 pm. Not only will this relocation allow us to continue to service this area, but will increase our visibility and allow for easier access to community resources.

Please refer all questions to 1-800-585-1603.

Thank you for your patience during this transition.

~ Melissa Harvey

Provider Appreciation Day!!!

Noah’s Ark Director, Beth Hinebaugh with TRAILS Associate, Jamie Burton. Beth was selected as a raffle winner for one of two Arts & Crafts baskets. Beverly Stubbs was the recipient of the second basket.

Thank you to all of our Child Care providers who are dedicated to the children of WV.

---

WV Infant/Toddler News.............2
Great Beginnings Conference........2
Extended Office Hours.............3
Training Topics...................4-5
Training Calendar...................6-7
TRAILS News.......................8
Sun Safety..........................10
ACDS Council.......................11
Early Care Share WV.............12
WVFCCA Tour........................12
WV I/T Mental Health Assoc........12
West Virginia Infant/Toddler (WVIT II)
Professional Development Program

Ohio County CCRC Office

♦ Caregivers and administrators enrolled in this program will have successfully completed WVIT I and must be registered with WV STARS Career Pathway.

Administrators’ Module:
July 14, 2015, Tuesday 8:30am-3:30pm

Sessions as follows:
Session 1: Tuesday, July 21, 2015 11-2:30pm
Session 2: Tuesday, July 28, 2015 11-2:30pm
Session 3: Tuesday, Aug. 4, 2015 11-2:30pm
Session 4: Tuesday, Aug. 11, 2015 11-2:30pm
Session 5: Tuesday, Aug. 18, 2015 11-3:30pm
Session 6: Tuesday, Aug. 25, 2015 11-2:30pm
Session 7: Tuesday, Sept. 8, 2015 11-2:30pm
Session 8: Tuesday, Sept. 15, 2015 11-2:30pm
Session 9: Tuesday, Sept. 22, 2015 11-2:30pm
Session 10: Tuesday, Sept. 29, 2015 11-2:30pm

Heat Stress in Infants and Young Children

Infants and small children are not able to regulate their body temperature in the same way that adults do. According to the American Academy of Pediatrics, every year children die from heat stroke from being left in a hot car, often unintentionally, with the majority of these deaths occurring in children under 3 years of age. Below are a few tips for parents or caregivers when traveling in a car with infants and young children:

♦ Always check the back seat to make sure all children are out of the car when you arrive at your destination.
♦ Avoid distractions while driving, especially cell phone use.
♦ Be especially aware of children in the car when there is a change from the routine, i.e. someone else is driving them in the morning, you take a different route to work or child care.
♦ Have your childcare provider call if your child has not arrived within 10 minutes of the expected arrival time.

♦ Place your left shoe, cell phone, laptop, bag or purse in the back seat beside the child, so you are reminded to check the back seat when you arrive at your destination.

We can never be too careful or too safe when it comes to our most precious cargo, our children!

~Janice Barnett, Infant/Toddler Specialist
The WV Infant and Toddler Professional Development Program

The WVIT Professional Development Program for Caregivers interfaces with WV STARS and begins with a 50-hour training program. Because professional development is an ongoing process, trainers and administrators work together to monitor the personal and professional growth of infant/toddler caregivers.

The training consists of four modules:
♦ Module I - The Caregiver
♦ Module II - The Family
♦ Module III - The Child
♦ Module IV - Quality Programs

Technical Assistance for Caregivers of Infants and Toddlers (TACIT) is provided by the Infant/Toddler Specialist to provide individualized support that links training to everyday experiences. The 3 hour visits are conducted in the classroom after Modules I and II and another visit after Modules III and IV.
Each participant in WVIT I will develop a Professional Portfolio which they will work on throughout the WVIT classes.

Q: I am a Registered In Home Child Care Provider. How many children am I allowed to have in my care at the same time?

A: Per Family Child Care Home Registration Requirements
6.6.a. A family child care home shall have no more than six (6) children in care under thirteen (13) years of age at any one time. No more than two (2) of the children may be under twenty-four (24) months of age.

6.6.b. The number of children in the family child care home includes:

6.6.b.1. Children under six (6) years old who live in the home; and

6.6.b.2. Children under six (6) years old who are visiting and not accompanied by a parent or a responsible adult.

Q: How many hours am I able to watch children for consecutively? I watch one child overnight and another child during the day. Is this okay?

A: 4.2.a.3 You are not permitted to operate for longer than eighteen (18) consecutive hours in a twenty-four (24) hour period.
If you watch children overnight and during the day, make sure you are not exceeding 18 consecutive hours of child care.

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
* Heather Tallman at 1-888-272-7357

Extended Office Hours!

The Morgantown, Wheeling & Fairmont 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:

July 21, 2015  8:30 a.m. – 6:00 p.m.
August 18, 2015  8:30 a.m. – 6:00 p.m.
September 15, 2015  8:30 a.m. – 6:00 p.m.
Training Topics Offered July—September 2015

**All About the Creative Curriculum—An Introduction**  
*Curriculum Tier 2:* The Creative Curriculum is a scientifically based, comprehensive curriculum for programs serving children from birth to age 5. In this training, teachers will develop approaches for planning, learn how to design effective learning environments, develop daily schedules and incorporate intentional teaching.

**Art for Infants/Toddlers**  
*Curriculum Tier 2:* Infants and toddlers explore art as a learning experience or an experiment, discovering what is stimulating and interesting. They are more interested in doing art rather than making a finished product. This workshop will provide hands-on art experiences that will allow young children to explore, discover and manipulate their world.

**Battling the Biter**  
*Child Growth/Development 1 hour PIR 1 Hour Tier 2:* Biting is an inevitable part of life for children in child care, particularly with infants and toddlers. This training explores some of the reason why children bite and outlines some strategies on how to address biting situations in child care settings.

**Big feelings, Little People**  
*Curriculum Tier 2:* When you help children learn how to communicate their feelings and emotions effectively, you give them the social and emotional tools they need to deflate tense situations and to understand themselves better. This training will focus on teaching children about feelings and emotions and how to use their feelings appropriately to interact with others.

**Can You Repeat That?**  
*PIR 1 hour Curriculum 1 hour Tier 2:* Effective communication is essential in building positive relationships. In this training, participants will learn about types of communication through a variety of activities.

**Conscious Discipline Overview—Positive Interaction and Relationships—Tier 2:** This training will provide an overview of Conscious Discipline— a comprehensive classroom management and social emotional curriculum. It is based on brain research, child development information, and developmentally appropriate practices and includes strategies for responding rather than reacting to life events.

**Everyday I Learn Through Play**  
*Child Growth/Development Tier 2:* Play is how young children learn best. This training will combine the most current early childhood development research with fun play experiences to promote healthy brain development. Teachers will learn the types of play as well as the knowledge to determine development appropriate toys and which areas of development they target.

**FLIP It!**  
*PIR Tier 2:* is a simple four step strategy used to support the social emotional development of young children and reduce challenging behavior. Come see how you can use the FLIP It! Strategy in your classroom.

**A Handful of Fun - A Sensory Training**  
*Curriculum Tier 1:* Children use their senses to explore the world around them. Sensory experiences can be therapeutic, improve motor skills, raise awareness of how the world works and contribute to language acquisition. To encourage exploration, teachers can fill the sensory table with substances and materials for children to touch, smell, see and hear. Come learn new and exciting ways to encourage sensory play with items that are fun, affordable and promote learning!

**How Preschoolers Learn & Develop - A Creative Curriculum Training**  
*Child Growth/Development, 1 hour PIR, 1 Hour Tier 2:* This training will summarize the major theories and research behind the Creative Curriculum and a major component of the program: How children Learn & Develop. The knowledge of child development is the basis for planning your program, selecting materials and guiding children's learning. Participants will learn about the different types of development, objectives and milestones for preschool children. *****This training is intended for teachers working with 3, 4 & 5 year olds.
Making Math Fun in Afterschool Programs Curriculum Tier 2: In this training we will use resources from The Afterschool Training Toolkit to look at ways to design math activities that will engage students and make learning math fun.

Mandated Reporter: Reporting and Preventing Child Abuse & Neglect HSN Tier 2: This training is a comprehensive training session for mandated reporters of child abuse and neglect.

Medication Administration HSN Tier 2: 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)

Planning Your Professional Development Professionalism - Tier I: Participants will complete a Professional Development Record. The PDR will assist early childhood educators in identifying strengths and weaknesses, plan career development and create a record of achievements.

Time to Explore: Enhancing Children’s Outdoor Learning Environments Child Growth & Development & Curriculum Tier 2: Come learn how you can enhance the learning that is readily available outside! Strategies for creating outdoor learning environments that provide unique hands-on learning and support children’s creativity will be shared. Learn about different props that can be included while supporting the developmental domains.

WV Early Learning Standards Framework for Infants & Toddlers Program Management Tier 2 This workshop provides an opportunity to explore the WV ELSF IT: its purpose, content, application and benefits for professionals, programs, parents and children.

How to Tier II Series

The purpose of this series is to provide information and assistance to child care centers interested in applying for Tier II quality status as defined by the West Virginia’s tiered reimbursement system.

Session 1: Wednesday July 1st @ CCRC in Fairmont from 1:00-2:30pm

Session 2: Wednesday August 5th @ CCRC in Fairmont from 1:00-2:30pm

Session 3: Wednesday September 2nd @ CCRC in Fairmont from 1:00-2:30pm

Session 4: Wednesday October 7th @ CCRC in Fairmont from 1:00-2:30pm

First Aid and CPR Classes

Are you looking for an agency or individual who offers CPR & First Aid Classes. Please call your local Child Care Resource Center office for a list.
### Brooke/Hancock County

**Follansbee Library – 844 Main Street, Follansbee**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 14, 2014</td>
<td>All About Creative Curriculum</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>August 12, 2015</td>
<td>Big feelings, Little People</td>
<td>2:00-4:00 pm</td>
</tr>
</tbody>
</table>

**Mary Weir Library – 3442 Main Street, Weirton**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 17, 2015</td>
<td>FLIP It</td>
<td>3:00-5:00 pm</td>
</tr>
<tr>
<td>September 15, 2015</td>
<td>Time To Explore</td>
<td>1:00-3:00 pm</td>
</tr>
<tr>
<td>September 16, 2015</td>
<td>Battling the Biter</td>
<td>5:00-7:00 pm</td>
</tr>
<tr>
<td>September 21, 2015</td>
<td>Can You Repeat That?</td>
<td>6:00-8:00 pm</td>
</tr>
</tbody>
</table>

### Marion County

**309 Cleveland Ave., Suite 209, Fairmont**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 9, 2015</td>
<td>Making Math Fun in Afterschool Programs</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>July 23, 2015</td>
<td>Everyday I learn through Play</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>August 25, 2015</td>
<td>Mandated Reporter: Child Abuse/Neglect</td>
<td>10:30-12:30 pm</td>
</tr>
<tr>
<td>September 10, 2015</td>
<td>FLIP It</td>
<td>6:00-8:00 pm</td>
</tr>
</tbody>
</table>

### Monongalia County

**965 Hartman Run Road, Suite 1103, Morgantown**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 6, 2015</td>
<td>Planning Your Professional Development</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>July 13, 2015</td>
<td>Making Math Fun in Afterschool Programs</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>July 20, 2015</td>
<td>Big Feelings, Little People</td>
<td>1:00-3:00 pm</td>
</tr>
<tr>
<td>August 3, 2015</td>
<td>How Preschoolers Learn &amp; Develop - A Creative Curriculum Training</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>August 6, 2015</td>
<td>WV I/T Early Learning Standards</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>August 19, 2015</td>
<td>Medication Administration</td>
<td>10:00 am-2:00 pm</td>
</tr>
<tr>
<td>August 19, 2015</td>
<td>Mandated Reporter: Child Abuse/Neglect</td>
<td>2:00 pm-4:00 pm</td>
</tr>
<tr>
<td>August 20, 2015</td>
<td>FLIP It</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>September 28, 2015</td>
<td>A Handful of Fun - A Sensory Training</td>
<td>6:00-8:00 pm</td>
</tr>
</tbody>
</table>
**Marshall/Ohio County**

2000 Main Street, Wheeling

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 1, 2015 (Wednesday)</td>
<td>Battling the Biter</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>July 31, 2015 (Friday)</td>
<td>Medication Administration</td>
<td>10:00 am-2:00 pm</td>
</tr>
<tr>
<td>July 31, 2015 (Friday)</td>
<td>Mandated Reporter: Child Abuse/Neglect</td>
<td>2:00-4:00 pm</td>
</tr>
<tr>
<td>August 20, 2015 (Thursday)</td>
<td>WV I/T Early Learning Standards</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>August 29, 2015 (Saturday)</td>
<td>FLIP It, A Handful of Fun - A Sensory Training</td>
<td>8:30-10:30 am</td>
</tr>
<tr>
<td>September 2, 2015 (Wednesday)</td>
<td>Conscious Discipline Overview</td>
<td>6:00-8:00 pm</td>
</tr>
<tr>
<td>September 10, 2015 (Thursday)</td>
<td>How Preschoolers Learn &amp; Develop - A Creative Curriculum Training</td>
<td>6:00-8:00 pm</td>
</tr>
</tbody>
</table>

**Marshall County Library—700 5th Street, Moundsville**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15, 2015 (Wednesday)</td>
<td>Making Math Fun in Afterschool Programs</td>
<td>5:30-7:30 pm</td>
</tr>
<tr>
<td>July 18, 2015 (Saturday)</td>
<td>Time To Explore</td>
<td>10:30 am-12:30 pm</td>
</tr>
<tr>
<td>September 14, 2015 (Monday)</td>
<td>Can You Repeat That?</td>
<td>5:30-7:30 pm</td>
</tr>
</tbody>
</table>

**Tyler/Wetzel County**

New Martinsville Library—160 Washington Street, Moundsville

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 16, 2015 (Wednesday)</td>
<td>Mandated Reporter: Child Abuse/Neglect</td>
<td>11:00 am-1:00 pm</td>
</tr>
</tbody>
</table>

---

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.

*These trainings, along with any possible additions during the quarter, are listed on-line at [www.wvearlychildhood.org](http://www.wvearlychildhood.org)*
The Beauty of the Outdoors!
By: Amy Morrow M.A.
Trails Early Childhood Training Specialist

Warm and sunny weather has made its grand entrance and all of the wonderful sensory experiences of the outdoors are in bloom! How much time are you enjoying the outdoors with the children you care for? The numbers have sadly declined by around 50% according to a study by CBS News in 2012 and girls are less likely to have outside experiences rather than boys. The benefits of being outside have a positive effect on all the developmental domains, especially physical development. A child over the age of 2 need at least 60 minutes of moderate intensity physical activity daily and going outside is not only fun, but opens up a different realm of experiences for children. Children have more room to release energy, breath in fresh air and enjoy all of the natural learning experiences that are available in the backyard or at the playground. Here are a few ideas:

*Go on a nature and/or listening walk
*Take a kitchen set outdoors
*Paint with water
*Create an obstacle course with found objects
*Make a shaded reading nook

Many Right Ways
Designing Your Home Child Care Environment

This session will introduce Family Child Care Providers to the idea that ere are many right ways to set up a home child care environment. Providers will be offered strategies that can be adapted to their individual situations and preferences to promote quality care.

This training is available through the TRAILS Program and is an excellent training for new Family Child Care Providers and Seasoned Providers!

Contact: Amy Morrow Trails Early Childhood Training Specialist
If you have any questions or would like more information! 304-232-1603

Trails Annual Inventory Clean-Up

Once a year, Trails collects all resources to conduct an inventory clean-up so our systems can be updated and everyone can have a current inventory list for the coming year. Letters of all items that need to be collected were mailed out and TRAILS will pick-up and inventory all items from May 18th – June 18th. Regular visits will concur after these dates.

Thank you for your cooperation and for utilizing TRAILS!

We appreciate you!
Family Child Care Circles

Dear Family Child Care Providers! You are encouraged to join in on the fun and conversation at a local Family Child Care Circle! These meetings are held once a month and encourage a time of conversation, sharing of ideas and training just for Family Child Care Providers! These meetings are hosted by your TRAILS Team and are a great way to connect with other local providers! Please call to register to attend these meetings ahead of time; we would love to have you join us!

For questions or more information please contact TRAILS at 304-232-1603
Amy Morrow  Trails Early Childhood Training Specialist amy.m.morrow@wv.gov
Jamie Burton  Trails Associate Jamie.l.burton@wv.gov

Playground Safety

The warm weather means that you are probably spending a large amount of time outside on the playground. The playground can be great fun and provides an environment for children to practice gross motor skills such as running, jumping, and climbing. Unfortunately, the playground is also a setting in which injuries may occur. According to the Consumer Product Safety Commission, an estimated 200,000 children are treated in emergency rooms each year due to playground related injuries. Children four years old and younger account for over 50 percent of all injuries. Here are some recommendations to ensure that the children in your care are safe on the playground this summer.

- **Maintain constant supervision** – Minimize distractions to keep children safe. If something is occupying your attention, make sure other staff members are supervising the group.
- **Proper Positioning** – Equipment may obscure your view of the entire playground. Staff should be positioned in different areas to make it possible to supervise the entire playing area. Limit conversations with other teachers, as this will be a distraction and mean that staff is not positioned properly.
- **Cell Phones** – Talking, texting, and browsing on a cell phone limits an adult’s ability to effectively watch the children in their care. Cell phone use should not be allowed by staff that has supervision responsibilities.
- **Proper Ratios** – Always maintain proper adult-child ratios when on the playground. Even if the entire playground is in view, it is difficult to watch too many children at one time.

~Todd Fromhart, Early Childhood Specialist
The warm weather and long days of summer beckon children to enjoy the outdoors. While there are many pleasures in being in the sun, there are also precautions that need to be taken to keep children safe. Exposure to heat and sun can cause sunburns and heat-related illnesses in the short term and skin cancer and eye damage in future years.

To protect children from the damaging effects of sun exposure, follow these simple tips from the American Academy of Pediatrics:

- Keep babies younger than six months out of direct sunlight. Find shade under a tree, umbrella or stroller canopy.
- Use a sunscreen with an SPF of at least 15.
- Sunscreens should be applied 30 minutes before going outside and reapplied often.
- Kids should be dressed in cool, light-colored clothing that covers the body.
- Hats with a brim should be worn so that it faces forward to protect the face.
- Eyes need protection from the sun too. Children should wear sunglasses with at least 99% UV protection.
- Provide areas of shade in outdoor play areas.

Outdoor play can also bring on heat-related illnesses such as heat cramps, heat exhaustion or the life-threatening heat stroke. These illnesses are brought on by prolonged activity in the heat without proper rest and hydration. Take these measures to prevent heat-related illnesses in children:

- Limit outdoor activity during the peak hours of 10 am -4 pm.
- Make sure kids stay well hydrated. Have them take regular breaks to rest and drink water.
- Heat stroke is a medical emergency which warrants calling 911. Observe children for changes in consciousness, irritability and confusion. Cool the body through cool compresses and fanning. If the child in unconscious or vomiting do not offer water.

Summer time is fun time. Use these safety tips to ensure summer is also a safe time.

~Glenna Bailey RN, MSN; Nurse Health Consultant

Bring Dramatic Play Outdoors

~Brie Broughman - Early Childhood Specialist

Outdoor play is essential for children’s health and wellbeing. It is evident that children enjoy running, jumping, climbing and playing outside. Creative Curriculum recommends including 2 outdoor times into your daily schedule for 40-60 minutes each. The time children spend outdoors everyday is just as important to their learning as the time they spend in the classroom. The outdoors can offer several ways to enrich and support a child’s development and learning. Try adding things to the outdoor environment, much like we do to the learning environment inside! Teachers provide props and materials to enhance dramatic play experiences in the classroom; why not do the same outside? Gather laundry baskets, wooden boxes or plastic milk crates to store and transport items. Here are some ideas for play crates you can create with objects and materials that are easy to collect:

- Camping Play Crate: tent, blanket, flashlight, metal dishes & firewood
- Laundry Play Crate: clothesline, clothespins, liquid soap, buckets, clothes
- Building Crate: PVC pipes and elbows, clear tubes
- Painting Crate: buckets, large paintbrushes, painters hat, aprons
- Gardening Crate: cans, small rakes & shovels, child-sized gardening gloves
ACDS Local Councils

The Apprenticeship for Child Development Specialist (ACDS) is a training opportunity for those working in the field of early care and education. It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks.

ACDS is supported through local councils in each county where classes are taught. These councils are the strength of the program at the local level and are responsible for the administration of the ACDS classes in their area. Local councils typically meet one time each semester to make arrangements for upcoming classes. Councils need the help and input from those in the early care and education field. If you are a graduate of the ACDS program or director of a childcare program and you are interested in becoming an ACDS local council member in your area, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org.

"Children are our most valuable resource."
Herbert Hoover, 31st U.S. president

Helping Children Cope with Summertime Fears

Summer is typically a time for children to experience new adventures, like walking barefoot in the grass, splashing in a pool, zooming down a waterslide, camping in the woods, or going to a new summer camp/program. Some children rush bravely ahead. Others cautiously hold back, watch from the sidelines, or announce that they “can’t” or they “won’t.”

It’s perfectly natural for children to be afraid of new things or to have specific fears. Summertime and outdoor adventures may lead to new fears such as fear of the dark, wading in pools, bugs, thunder, or monsters in the woods. It’s so easy to dismiss or minimize a child’s fear or anxiety. To the child, the fear — the emotion — is real, no matter how silly a fear sounds. So what can you do to help a child overcome or ease their fears?

Validate the child’s fears without judging or pressuring the child to not be afraid. Make an effort to look at the child’s fear through their eyes. Speak calmly with matter-of-fact statements like "You really don’t like the feeling of water on your face. You’re afraid the water will splash on you. That’s really scary." Telling a child they shouldn’t be scared will only upset them more, but if they can see your calm and confidence, that will help them start to believe — on a deep, nonverbal level — that there’s nothing to fear.

To decrease a child’s long-term anxiety and fears break the stress or fear into baby steps. As a child overcomes worry and defeats fear, she’ll develop a new sense of self and a new inner voice — one that’s full of confidence instead of worry.

~Linda Reeves; Behavior Consultant
The Early Care Share West Virginia website already has 400 members since its launch in February. Are you one of the 400?

If so, you have access to all of the quality information, cost savings, and useful forms and templates that you will need as a professional or student of early care and education. You have been able to access the featured articles about engaging and interacting with families during National Family Month, an additional 20% discount from Lakeshore, and a new toolkit to help conduct orientation with new employees.

If you aren’t yet an Early Care Share West Virginia Member, what are you waiting for? We all need to save time, reduce costs, and improve quality; Early Care Share West Virginia can help you do this.

The Early Care Share West Virginia website already has 400 members since its launch in February. Are you one of the 400?

If so, you have access to all of the quality information, cost savings, and useful forms and templates that you will need as a professional or student of early care and education. You have been able to access the featured articles about engaging and interacting with families during National Family Month, an additional 20% discount from Lakeshore, and a new toolkit to help conduct orientation with new employees.

If you aren’t yet an Early Care Share West Virginia Member, what are you waiting for? We all need to save time, reduce costs, and improve quality; Early Care Share West Virginia can help you do this.

The site can be accessed by visiting www.EarlyCareShareWV.org. You can fill out a New Member Request form by clicking on “Request a Log in Account” upon visiting the site. It’s entirely free!

For additional information or to arrange an online or in person demonstration about Early Care Share West Virginia, please contact Natalie Snider at nsnider@rvcds.org.