



# The Quality Times

Child Care Resource Center  
Region I

## Winter Edition

January, February, March  
2015

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

### In This Issue:

A Word from the Director	1
Partnership in Child Care	1
Child Care Food Program	2
Nurse Health Consultant	3
New Child Care Coordinator	3
Subsidy Zone	4
Community Information	5
WV Family Child Care Series	6
Todd's Tool Box	7
Infant/Toddler News	7
WVIT II Schedule-Wheeling	8
Note Worthy	9
News from the TRAILS Room	10
Seasonal Affective Disorder	11
New Info. /Opportunities	12
Diversity in the Classroom	13
How to Tier II	14
Family Child Care Info.	15
WVFCCA Application	16
TEACH and ACDS	17
Training Schedule	18-19
TRAILS Information	19
Training Descriptions	20-21
Director's Corner	21

## The Theme for this Quarter is Inside Activities

### A Word from the Director



My name is Melissa Harvey, and it is an honor to introduce myself to you as the new director of the Child Care Resource Center of Catholic Charities West Virginia. I began this new position effective September 8, 2014 after being with the agency for over 8 years. In this new role, I look forward to working with each of you, and our dedicated staff to increase the number of people we serve, grow the number of child care providers in our area, and to raise awareness necessary to ensure our community has access to quality child care programs.

I am humbled to have the privilege to lead this organization. There is no doubt that this is an exciting time for CCRC as we begin a new chapter in our story. I hope to meet each of you soon, and forge a partnership with each of you, but until we see each other in person please contact me at any time at (304) 292-7357 or [melissa.a.harvey@wv.gov](mailto:melissa.a.harvey@wv.gov).

*Melissa Harvey, CCRC Director*

### "Partnership in Child Care"

They bring their child to me  
and hope I'll come to know.  
How much the offspring means to them,  
their trust in me bestowed.

They bring their child to me  
with love and hope and pride,  
looking for a helping hand,  
a teacher who will guide.

They bring their child to me,  
and our partnership is clear:  
To nurture and allow to bloom  
a life we both hold dear.

They bring their child to me,  
a step toward letting go  
and trusting in our special plan  
to help the child grow.

~ By Gloria Weber Henbesst ~





## Child Care Food Program Two Hour Training Schedule Program Year 2014 -2015

**Call Your  
Monitor  
Today to  
Register!**

<b>Date/Time</b>	<b>Location</b>	<b>County</b>	<b>Monitor/Cell Phone</b>
10/10/14 Friday 6:30pm – 8:30pm	Weston Fire Department Weston, WV	Lewis	June Walton 304-838-3064
10/18/14 Saturday 9:00am - 11:00am	Davis Community Center Davis, WV	Tucker	Marcie Phillips 304-614-2492
10/25/14 Saturday 10:30am - 12:30pm	Nutter Fort Library 1300 Buckhannon Pike Clarksburg, WV	Harrison	Phyllis Bolling 304-203-3711
11/8/14 Saturday 10:00am - 12:00pm	Holy Rosary Catholic Church 35 Franklin Street Buckhannon, WV	Upshur	June Walton 304-838-3064
11/8/14 Saturday 10:30am - 12:30pm	CCRC 965 Hartman Run Road Morgantown, WV	Monongalia	Phyllis Bolling 304-203-3711
11/15/14 Saturday 9:00am - 11:00am	St. Brendans Catholic Church Elkins, WV	Randolph	Marcie Phillips 304-614-2492
1/22/15 Thursday 9:00am - 11:00am	WVDHHR New Martinsville, WV	Wetzel	Chris Gillis 304-780-6504
2/19/15 Thursday 10:00am - 12:00pm	Heritage Center (CCWVa) Wheeling, WV	Ohio	Chris Gillis 304-780-6504
3/14/15 Saturday 10:30am - 12:30pm	Immaculate Conception Church (Dining Hall) 406 Valta Vista Ave Fairmont, WV	Marion	Phyllis Bolling 304-203-3711
3/21/15 Saturday 9:00am - 11:00am	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
3/21/15 Saturday 10:30am - 12:30pm	Nutter Fort Library 1300 Buckhannon Pike Clarksburg, WV	Harrison	June Walton 304-838-3064
3/21/15 Saturday 10:00am - 12:00pm	Mary Weir Library Weirton, WV	Hancock	Chris Gillis 304-780-6504
4/14/15 Tuesday 3:00pm - 5:00pm	Marshall County Library Moundsville, WV	Marshall	Chris Gillis 304-780-6504
4/14/15 Tuesday 6:00pm – 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
4/18/15 Saturday 10:00am - 12:00pm	St. Elizabeth Catholic Church Philippi, WV	Barbour	Shelly Gainer 304-677-3372
4/25/15 Saturday 9:30am-11:30am	Taylor County Library Grafton, WV	Taylor	June Walton 304-838-3064
4/25/15 Saturday 9:00am - 11:00am	Wesley United Methodist Church Kingwood, WV	Preston	Marcie Phillips 304-614-2492
5/12/15 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486
5/16/15 Saturday 10:00am - 12:00pm	Heritage Center (CCWVa) Wheeling, WV	Ohio	Chris Gillis 304-780-6504
5/19/15 Tuesday 10:00am - 12:00pm	Mary Weir Library Weirton, WV	Hancock	Chris Gillis 304-780-6504
7/14/15 Tuesday 6:00pm - 8:00pm	Knights of Columbus Hall (behind St. Leo's) Inwood, WV	Berkeley	Bridget Barton 304-820-4486



**WV Child Care Nurse Health Consultant**

*Glenna Bailey RN  
Sarah Hicks RN*

**What You Need to Know About Enterovirus D68**

Parts of the United States, particularly in the Midwest, are seeing an outbreak of respiratory illness that is caused by a virus known as Enterovirus D68 or EV-D68.

Enteroviruses are very common causes of respiratory illnesses that usually peak at the beginning of the fall. According to the Centers for Disease Control Enteroviruses cause about 10 to 15 million infections in the US every year. This particular virus- EV-D68- is less common but not new. Most people who become infected with Enteroviruses are only mildly ill with symptoms similar to a common cold. However children who have never been exposed to the virus are more likely to have serious illness. Infants and people with weakened immune systems are more likely to have complications.

There is no vaccine for Enterovirus and treatment consists of supportive care of symptoms. Children with asthma and other respiratory illness are at particular risk of serious illness.

Enteroviruses are spread by close contact with someone who is infected. Since this is a respiratory disease, the most common mode of transmission is through respiratory secretions. It likely spreads by when an infected person coughs or sneezes near others. It can also be spread by contact with surfaces contaminated with respiratory secretions.

As with all contagious diseases the best action is prevention. Protect yourself by using these common but effective preventive measures:

-  Wash your hands frequently with soap and water
-  Avoid touching your eyes, nose and mouth with unwashed hands
-  Avoid hugging, kissing or sharing eating utensils with someone who is sick
-  Disinfect frequently touched surfaces such as tabletops and doorknobs

Be alert for any children that have signs of serious respiratory illness including high fever, wheezing, difficulty breathing, blue tinge around the mouth, or severe fatigue. Alert parents immediately if children present with any of these symptoms.

If you have any questions please contact:

Sarah Hicks, RN	304-972-6200	<a href="mailto:shicks@rvcds.org">shicks@rvcds.org</a>
Glenna Bailey, RN	304-972-6300	<a href="mailto:gbailey@rvcds.org">gbailey@rvcds.org</a>



**New Child Care Coordinator in Morgantown!**

As some of you may know I have been a case manager in our Morgantown CCRC office for some time. I started at the CCRC in February 2012 after working for 5 years in a Community Mental Health Agency in Morgantown. I have thoroughly enjoyed assisting the families and child care providers in our community as a case manager and look forward to continuing to do so as the new Supervisor of the Morgantown and Fairmont CCRC offices.

At this time we are in the process of hiring another case manager to fill my position and I will continue to oversee my caseload throughout the transition. If you ever have any questions, concerns or simply want to introduce yourself, please feel free to contact me at any time at (304) 292-7357 or [heather.e.tallman@wv.gov](mailto:heather.e.tallman@wv.gov) .



Heather Tallman  
Child Care Coordinator

## 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.

### This Quarter we focus on Substitutes

**Question:**

I am a registered child care provider and a friend of mine assisted as my substitute when I was at a doctor's appointment, how do you pay her?

**Answer:**

CCRC cannot make direct payment to the substitute. You as the child care provider may claim the days of care provided by the substitute on your billing forms and once you receive your payment through the state you will pay the substitute.

**Question:**

When can I use a substitute?

**Answer:**

Substitutes can be used for emergencies, planned vacations, trainings, or sick leave. You cannot use a substitute for more than two consecutive weeks annually or more than average of 8 hours weekly.

**Question:**

When should I tell my child care parents I am using a substitute?

**Answer:**

You should notify your parents in advance when you need to use a substitute for non-emergency situations. In an emergency situation the substitute may notify your child care parents if you are unable to do so.

**Question:**

Can my teenage daughter be my substitute?

**Answer:**

A substitute has to be at least 18 years of age. If your child is under the age of 18 they cannot be your child care substitute.

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.

**If you have any questions regarding the Health and Safety Grant Applications please contact Kelly Coen at the Wheeling CCRC office at 1-800-585-1603.**

### Your Local Child Care Specialist

**Hancock & Brooke Counties**

*Danise Jones* 304-748-2007

**Ohio & Marshall Counties**

*Niki Crabtree & Brianna Murray* 304-232-1603

**Wetzel & Tyler Counties**

*Katie Snider* 304-455-0920

**Monongalia County**

*Jessica Waddell & Vacant* 304-292-7357

**Marion County**

*Emily Hunt & Karyn Christopher* 304-366-3615

**Child Care Coordinators**

*Kelly Coen* Wheeling Office 1-800-585-1603

*Heather Tallman* Morgantown Office 1-888-272-7357

### 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 3<sup>rd</sup> Tuesday of each month, the above offices will operate on the following schedule:

<b>January 20, 2015</b>	<b>8:30 a.m. – 6:00 p.m.</b>
<b>February 17, 2015</b>	<b>8:30 a.m. – 6:00 p.m.</b>
<b>March 17, 2015</b>	<b>8:30 a.m. – 6:00 p.m.</b>

# 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.westvirginiachildcare.com](http://www.westvirginiachildcare.com)



**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?

**By 24 months.**  
Does your baby...  
• point to body parts?  
• walk, run, climb without help?  
• get along with other children?  
• use 2 or 3 word sentences?

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

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



WV Birth to Three RAU-1 is a program of Catholic Charities West Virginia



West Virginia Children's Health Insurance Program  
[www.wvchip.org](http://www.wvchip.org)

Health Care Coverage for children & expectant moms  
Apply online at [www.wvinroads.org](http://www.wvinroads.org)



**ACDS**  
For Information about ACDS  
Contact:  
Sherrie Myers at 304-523-0433 or  
[smyers@rvcds.org](mailto: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](http://www.wvearlychildhood.org) and click on the Publication Tab & follow the directions

Contact the Child Care  
Resource Center  
to register.  
(304)232-1603

# West Virginia Elements of Family Child Care Series (WVEFCCS)

The 7 part series is designed for Registered Family Child Care Providers and will focus on specific needs that must be addressed, such as mixed age groups, organizing the home, record keeping, etc.

The classes will be offered over the course of 7 weeks & presented in 4 hour sessions. The training will be offered in Ohio County on the following dates:

### Class Time – 9am 1pm

January 5, 2015  
January 12, 2015  
January 26, 2015  
February 2, 2015  
February 9, 2015  
February 23, 2015  
March 2, 2015

Makeup Class – March 9 & March 16, 2015

### WVEFCCS Participant Benefits

- ❖ Implement the Creative Curriculum
- ❖ Develop individual plans and set goals that directly respond to the needs of the children in your care
- ❖ Earn **30 hours of WV Stars Training** credit – includes 28 hours of classroom instruction and 2 hours of on-site technical visits
- ❖ **Receive \$300 in resources** to support & improve quality of care
- ❖ Use the Family Child Care Environmental Rating Scale
- ❖ Develop a professional portfolio

**January 5, 2015 – Building a Firm Foundation:** Participants will learn about the importance of using quality curriculum and how to evaluate the family child care environment. Each participant will learn how to develop a professional portfolio and will have the opportunity to build that portfolio throughout the course. **3 hours – Professionalism 1 hour – Program Management**

**January 12, 2015 – Knowing How Children Learn:** This module will provide participants an overview of how children develop and learn from birth through three years. Activities will be used to engage participants in learning developmental milestones and to learn about what to expect during these years. **4 hours of Child Growth & Development**

**January 26, 2015 – Organizing your Day:** The purpose of this module is to help family child care providers create a developmentally appropriate program that meets the need of all children in the program. It will show participants how to organize and prepare their home and develop and plan their weeks. **1 hour Health, Safety & Nutrition 1.5 hours Program Management 1 hour Curriculum .5 hour Positive Interaction and Relationships**

**February 2, 2015 – What Children Are Learning (Part 1):** This module will discuss what kinds of experiences to offer children at each stage of development. It will specifically look at positive approaches to learning, language and literacy skills, mathematical relationships and exploring science. **4 hours Curriculum**

**February 9, 2015 - What Children Are Learning (Part 2):** This module will specifically look at positive approaches to learning social studies and creative arts. Integrating learning with studies will also be discussed. **4 hours Curriculum**

**February 23, 2015 – Caring & Teaching:** This session will build upon prior modules and will present sound strategies for building relationships with children and families and guiding children's learning and behavior. Social/emotional development strategies will be covered along with ways to foster strong positive guidance. **4 hours Positive Interactions and Relationships**

**March 2, 2015 – Building a Partnership with Families:** The purpose of this module is to present practical ideas to help family child care providers build and improve strong partnerships with families. **4 hours Positive Interactions and Relationships**

**March 2, 2015 & March 16, 2015 – Makeup Day**

### IMPORTANT

Providers can register for individual sessions.  
**However, in order to receive the \$300 in resources, you MUST attend all 8 of the sessions.**

### COMING SOON!!!!

The WVEFCCS will be offered in  
**MARION COUNTY beginning April 2015!**  
The classes will be held on Monday's



**Todd's Toolbox**

Winter is here. That means we are going to see cold temperatures and probably get some snow. Going out in the cold every morning and driving to work in the snow can get old pretty fast, and for many of us spring can't get here soon enough. Since we can't make spring come any faster, let's take advantage of the cold temperatures and the opportunities they provide for children to explore and play.



Bring some snow inside for the sensory table. Let the children bury items in it, dig with tools, and build little snowmen. Allow them to drip food coloring on the snow to observe how it changes the color of the snow and water as it melts. Document the melting of the snow by taking pictures of it throughout the day in different stages. Ask the children to predict ways to make the snow melt faster or more slowly, or place snow in different areas of the room or in different containers and children make predictions about which will melt first. Children can also explore snowflakes by catching them on a cold sheet of black construction paper and then viewing the structure of the snowflakes using a magnifying glass. Extend the activity by having them use art materials to represent what they observed.



Todd Fromhart  
Early Childhood Specialist

**Infant /Toddler News**

By: Janice Barnett - MA

**Creative Art for Infants and Toddlers**



Janice Barnett  
Infant/Toddler Specialist

Infants and toddlers are much more interested in the sensory qualities of art materials than with any artistic outcome. Developmentally appropriate art is usually a sensory exploration of materials and media and should always be more process-oriented than product-producing. Art for infants is only a matter of making sense of the world.

Visual explorations of form and color can include smearing, poking holes, and pounding. Teachers can help children by using open-ended questions ("What do you see?"), by giving words to the child's visual or tactile exploration ("It's really soft, bumpy, etc.") and by providing media to experiment with. Art is not just pictures and painting; it is also sculpture, light, and motion.

**Example of Art for Infants:**



Sensory Mat

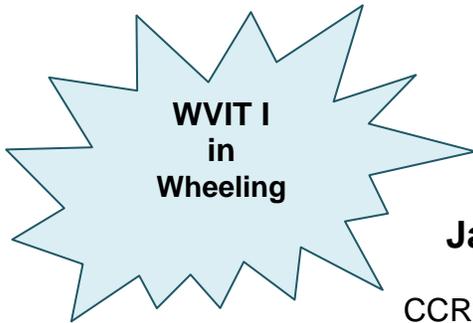
**Examples of art for Toddlers**



Play Dough Counting



Nature Board



## WVIT II Registration

**January, February, March, April 2015**

Held in Ohio County  
CCRC Office - 2000 Main Street - Wheeling - 3<sup>rd</sup> Floor

*Dates as follows:*

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

SESSION	DAY	DATE	TIME
One Session Only	Tuesday	January 6, 2015	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	January 7, 2015	10:00 am - 3:30 pm
Session 2	Wednesday	January 14, 2015	10:00 am - 2:30 pm
Session 3	Wednesday	January 21, 2015	10:00 am - 3:30 pm
Session 4	Wednesday	January 28, 2015	10:00 am - 2:30 pm
Make Up Day	Thursday	January 29, 2015	10:00 am - 4:00 pm
Make Up Day	Friday	January 30, 2015	10:00 am - 4:00 pm
<b>TACIT I</b>	<b>To Be Scheduled</b>		<b>3 Hours</b>
Session 5	Wednesday	February 25, 2015	10:00 am - 2:30 pm
Session 6	Wednesday	March 4, 2015	10:00 am - 3:30 pm
Session 7	Wednesday	March 11, 2015	10:00 am - 2:30 pm
Session 8	Wednesday	March 18, 2015	10:00 am - 4:00 pm
Session 9	Wednesday	March 25, 2015	10:00 am - 3:30 pm
Session 10	Wednesday	April 1, 2015	10:00 am - 1:00 pm
Make Up Day	Thursday	April 2, 2015	10:00 am - 4:00 pm
Make Up Day	Tuesday	April 7, 2015	10:00 am - 4:00 pm
<b>TACIT II</b>	<b>To Be Scheduled</b>		<b>3 Hours</b>

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](http://www.wvit.org)

Check it out Today for all your  
Infant/Toddler Information!



Wednesday - March 25, 2015  
10:30 am  
CCRC Wheeling

### PDAC Meeting

Professional Development Advisory Council

It is the role of PDAC to provide input into the professional development that is offered in the CCR&R region.

# 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](mailto:jeffrey.t.fromhart@wv.gov)
- Amy Morrow – TRAILS Specialist [amy.m.morrow@wv.gov](mailto:amy.m.morrow@wv.gov)
- Jamie Burton – TRAILS Associate [jamie.l.burton@wv.gov](mailto:jamie.l.burton@wv.gov)
- Janice Barnett – Infant/Toddler Specialist [janice.c.barnett@wv.gov](mailto:janice.c.barnett@wv.gov)
- Linda Reeves – Behavior Consultant [linda.j.reeves@wv.gov](mailto:linda.j.reeves@wv.gov)
- Brie Broughman - Early Childhood Specialist [brianne.e.broughman@wv.gov](mailto:brianne.e.broughman@wv.gov)
- Cathy Knox – Training Team Supervisor [cathy.j.knox@wv.gov](mailto:cathy.j.knox@wv.gov)
- Melissa Harvey - Executive Director [melissa.aharvey@wv.gov](mailto:melissa.aharvey@wv.gov)

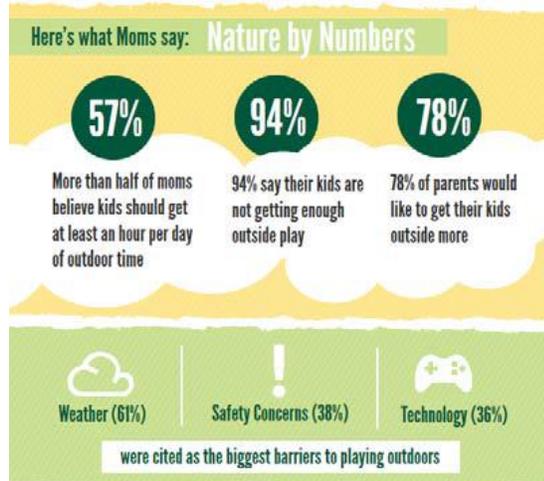
# News from the TRAILS Room



## Don't Let Old Man Winter Hinder Your Play!

By: Amy Morrow - M.A.  
TRAILS Early Childhood Specialist

The beautiful leaves of fall have come and gone and it is around this time of year that we naturally begin thinking about what kinds of learning activities we can do inside with the children because of the winter months. I have already heard the predictions for a possibly hard winter this year and before I share some indoor activity ideas, let me share the importance of playing outside in the winter! The National Wildlife Federation conducted the survey below in 2012 and as you can see, the majority of moms believe that their children were not only getting enough outside time, but weather was the largest factor.



### The benefits of outside winter play time.

- A daily dose of the outdoors helps ward off the winter blues..
- A good dose of Vitamin D. (10-15 Minutes is all children need)
- Provides children the exercise they need.
- Stimulates the imagination
- Promotes problem solving skills

### Words of Wisdom:

*"Children should get at least 60 minutes of exercise every day, and its great of they can do so outside for fresh air and more room to play"* Dr. Jennifer Shu

### Winter Dressing Tips



- Infant and children should be dressed in several thin layers to keep dry and warm. (AAP)
- Don't forget coats, boots, gloves, and hats.
- Set reasonable time limits for play.
- Apply sunscreen to faces to prevent burns from the sunlight reflecting off the snow. (AAP)

### Outside Winter Play Ideas

- Winter Theme Walks
- Sledding
- When the temperature drops below 32 degrees, blow bubbles and watch them freeze on the wand.
- Build creatures and sculptures with the snow and use items found in nature to embellish (twigs, leaves, acorns)
- Give kids spray bottles full of water that's tinted with food coloring to decorate the snow.
- Search for and collect the colors of winter.



### When it's Too Cold to Go Outside, Bring Winter Fun Inside!

- Fake snow in a sensory tub.
- Use baby food jars, glitter/fake snow and small toy or stuffed animals and make snow globes.
- Snowball Target: Hang pictures of snowflakes at different lengths and use white Styrofoam balls.
- Use masking tape and colored paper to make hopscotch indoors.
- Sun catchers: Contact paper on window with tissue paper, ribbons, yarn, confetti
- Use Popsicle sticks to ice cookies and decorate with different colors of sprinkles.



Amy Morrow - TRAILS Specialist  
Jamie Burton - TRAILS Associate

## Seasonal Affective Disorder: Children Get the Winter Blues Too



The cold temperatures and the longer, darker days lead people to stay inside more in the winter months. As the months drag by, many of us begin to feel cooped up and develop the dreaded “cabin fever”. While some people enjoy the winter months of snuggling up in warm blankets and sitting in front of the fire place, many battle feelings of sadness and depression.

Seasonal Affective Disorder, or SAD as it’s commonly referred to, is a form of depression that tends to show up in the fall and winter when there are fewer hours of daylight, then lifts in the spring as sunlight returns. While SAD typically hits adults it also is a disorder that can hit children and adolescents hard and often goes undiagnosed. According to the American Academy of Pediatrics, 10-20% of adults and about 3% of children feel the effect of this seasonal depression each year.

The signs and symptoms of SAD in children are similar to those in adults with the biggest being a change in personality from one that is typically healthy and happy, to one that is more withdrawn and moody. For children, you may first notice signs of SAD in their schoolwork or ability to listen or follow directions. Aside from feeling sad or depressed, a child may be irritable, feel tired, have difficulty concentrating, experience changes in school performance, or have decreased interest in things he/she usually enjoys. A child's eating habits may also be affected.

The timeframe and severity of symptoms are the biggest telltale signs that a child is experiencing more than the normal winter blahs. If symptoms persist for two weeks, or they're so severe the child is having difficulty functioning, encourage the parents to contact their child’s pediatrician or a licensed mental health professional that has expertise working with children.



The best thing you can do for a child with SAD is to be sensitive to what they are going through. Spend time outdoors every day, even on cloudy days. Open window shades in your center or home. Provide activities for the child to exercise regularly and eat a healthy diet, one low in simple carbohydrates and high in vegetables, fruit, and whole grains. Children who suffer from SAD crave sleep. Be conscious of scheduling appropriate nap and bedtimes that will keep them on track, rather than over- or under-doing it. Chat with the child about how he's feeling and explain to him that he may be feeling this way simply because of the season. Putting words to how the child is feeling may go a long way in improving things. Keep life simple: Wearing a child out in an attempt to get him/her moving isn't going to help- schedule downtime as well as busy activities to keep a balance in the child’s daily life.



Remember, moms and dads and other caregivers get SAD too! Being a functioning caregiver while suffering from Seasonal Affective Disorder can be challenging, to say the least. Be sure to take care of yourself during the winter months as well!



Linda Reeves  
Behavior Consultant

**New  
Information!**

## CCA For Social Good

### CCA For Social Good and River Valley Child Development Services Launch an Early Childhood Education Online Resource Platform in West Virginia

*Innovative web-based knowledge hub for ECE professionals provides thousands of practical resources helping ECE providers save time, money and advance quality.*

CCA For Social Good, an operating division of CCA Global Partners, and River Valley Child Development Services announce the launch of [EarlyCareShareWV.org](http://EarlyCareShareWV.org), an online platform that delivers a wealth of practical resources for early childhood education directors, family care providers, and teachers. Its goal is clear: to help save time, reduce costs, and improve quality. Most simply, the platform helps its users manage their programs more efficiently.

Sponsored by River Valley Child Development Services and funded by the West Virginia Department of Health and Human Resources, [EarlyCareShareWV.org](http://EarlyCareShareWV.org) will be available to early childhood education professionals in West Virginia, especially child care professionals and those that may be providing support, training and assistance to those professionals.

The site can be accessed by visiting [www.EarlyCareShareWV.org](http://www.EarlyCareShareWV.org). Interested parties in West Virginia can fill out a New Member Request form by clicking on Request a Log in Account" upon visiting the site. Eligibility will be determined by River Valley Child Development Services.

**Early Care Share West Virginia will be demonstrated at the Celebrating Connections Conference in Charleston on February 18-20, 2015.**

For more information about CCA For Social Good and ECE Shared Resources, please contact Denise Sayer at 603-626-2121.

For additional information about Early Care Share West Virginia, please contact Natalie Snider at [nsnider@rvcds.org](mailto:nsnider@rvcds.org).

## Great Training Opportunities

**Mark Your Calendars Now!**



**Feb 17-20, 2015**

## Save the Date

### Early Childhood Spring Training



February 28th, 2015  
9am to 4pm  
Mountainlair Ballrooms



## Diversity in the Classroom

Early childhood professionals are always looking for new and exciting ways to survive the “winter blues”. Introducing a new song, creating indoor obstacle courses, exercising, or introducing a new game are just a few ways that you can keep the classroom moving. The winter months can also be a great time to incorporate multicultural aspects into the curriculum and classroom environment.



It is important to incorporate multiculturalism and diversity in your lesson plans and it is not just because NAEYC & the ERS recommend doing so! Including multicultural activities across the curriculum is beneficial to a child’s social/emotional development. An emphasis on multicultural activities can improve positive socialization behaviors among children, foster positive self-regard in one’s own culture and positive attitudes towards the culture of others.

Planning multicultural activities throughout the weekly lesson plans is another way to keep children’s attention and an opportunity to introduce new concepts and topics! Integration of multicultural activities can be included in all parts of the day and in every part of the classroom.

- Instruments & music from around the world
- Books, books and more books
- Dramatic play – clothing, food and other accessories from around the world
- Art materials
- Photographs & posters

The tables below provide numerous opportunities to include diverse topics into your lesson plans!

<b>January</b> Chinese New Year Martin Luther King Day Australia Day
---

<b>February</b> Black History Month Groundhog Day Kindness Awareness Week St. Valentine’s Day
---

<b>March</b> Women’s History Month St. Patrick’s Day
--



Brie Broughman  
Early Childhood Specialist

## Are you a Tier I Child Care Center & Interested in Achieving Tier II Status?

If you answered YES - then we have Good News for You!

Child Care Resource Center is offering --- How to Tier II: The Series

Wheeling

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 tied reimbursement system.

Morgantown

### Descriptions of Specific Trainings

#### **Program Management:**

Program Management encompasses many aspects of running a child care center. This training will prepare the participants to review their program policies and revise as necessary to comply with the Tier II quality standards.

#### **Health, Safety & Nutrition:**

A safe and healthy environment is fundamental to providing quality child care. During this training, participants will learn the health, safety and nutrition standards as well as the items required on written menus.

#### **Child Growth & Development:**

It is important to understand how children develop and learn so that each child's positive growth and development is supported. This training will provide an overview of quality standards, approved lists of curricula and demonstrate appropriate lesson planning needed for Tier II requirements.

#### **Positive Interactions:**

Quality child care programs understand that the connections formed with children support and facilitate learning as well as a positive sense of self. Throughout this training participants will develop child information forms that gather information from families and teachers about each individual child in the program.

#### **Curriculum:**

A good curriculum is the blueprint for a quality program. This training will explore approved curriculum for both infant/toddler and preschool age groups. We will also discuss the appropriate materials and learning centers that are necessary to meet the standards for each age group.

#### **Child Observation & Assessment:**

Observation & Assessment is the process of collecting information about each child in your program. Participants will discuss necessary procedures and appropriate uses of the assessment results as well as describe an ongoing process that aligns with the chosen curriculum goals of the program.

#### **Family & Community:**

Family involvement is critical to the success of young children in early learning environments. Participants will determine strategies to connect with their community, gather information and seek new opportunities.

#### **Professionalism:**

High quality programs apply reflective practice and encourage continued learning in the field of early childhood education. Throughout this training we will discuss the Tier II quality standards, discuss ways to track professional development and review staff and program assessments.

Call  
304-232-1603 or  
1-800-585-1603

To Register!

#### **Training Dates/Times for MORGANTOWN**

CCRC – 965 Hartman Run Road  
Suite 1103 --- Morgantown

First Wednesday of Every Month 1:00-2:30

- Jan. 7 – Program Management (Brie)
- Feb. 4 – Health, Safety & Nutrition (Todd)
- March 4 – Child Growth & Dev. (Brie)
- April 1 - Pos. Inter. & Relationships (Todd)
- May 6 - Curriculum (Brie)
- June 3 - Child Ob. & Assm't (Todd)
- July 1 - Family & Community (Brie)
- Aug. 5 - Professionalism (Todd)

Please Note  
that by  
attending  
How to Tier II:  
The Series  
does not  
guarantee  
Tier II Status.

#### **Training Dates/Times for WHEELING**

CCRC – 2000 Main Street -- Wheeling

First Wednesday of Every Month 1:00 -2:30

- Feb. 4 - Program Management (Brie)
- March 4 – Health, Safety & Nutrition (Todd)
- April 1 - Child Growth & Dev. (Brie)
- May 6 - Pos. Inter. & Relationships (Todd)
- June 3 - Curriculum (Brie)
- July 1 - Child Ob. & Assm't (Todd)
- Aug. 5 - Family & Community (Brie)
- Sept. 2 - Professionalism (Todd)

# Attention FCC Providers!

Now is the time to get in on the ground floor with other FCC providers just like you to make the most of your day, your business, and your professional career!



## News

The WVFFCA is excited to announce we have local associations in 19 counties now! Chances are if you are looking for fellowship, trainings, and up to date information there is a local family child care association waiting to help you. Give us a call if you are interested in starting a local association or helping your association in your county. We would like to welcome aboard our newest local Presidents: Jamie Denman in Harrison County, Melissa Simmons in Greenbrier County, Ina Jo Masteller in Marshall County, and Angela Johnson (President) and Lilaclare Whitehair (Vice President) in Tucker County. We look forward to working with these new local associations.

Start looking for our training schedule for 2015. Second Helping Trainings are coming your way. What is Second Helping? It is very specialized trainings made especially for the field of family child care. Our executive board has been trained and we are currently doing trainings as often as we can across the state. If this interests you, let us know so that we can be sure to add your location to our list.

Our Christmas Party is right around the corner. We hope you have gotten your RSVP to us. It's not too late to join our association so Santa can bring you something good this year! Our Membership Drive has been extended until November 10<sup>th</sup>. Free food, entertainment, and gifts! What more could a family child care provider ask for? I know of one more thing. The **SECRET** we've been keeping will be announced at the party so make sure you are there to hear the biggest news ever in the state that it for family child care providers **only!!!**

We look forward to hearing from you soon!!

## Meet Your Second Helping Trainers!



Lorna Adkins, WVFFCA President  
Experience: 14 years  
Motto: Work smarter, not harder!



Abbie Daniel, WVFFCA VP & Treasurer  
Experience: 4 years  
Motto: Promote yourself and your business! Use technology where possible!



Dana Slater, WVFFCA Member  
Experience: 13 years  
Motto: It takes a village! Use your community to support your growth!



Tammy Eubank, WVFFCA Co-Secretary  
Experience: 30 years  
Motto: Use your resources! They're here to help!



Kathy Baker,  
WVFFCA Affiliate Associations Coordinator  
Experience: 23 years  
Motto: We are all professionals! We should promote quality and professionalism among FCC providers everywhere!



**WVFFCA**  
P.O. Box 3153  
Huntington, WV 25702  
(304) 634-5545  
Email: [wfamilychildcare@yahoo.com](mailto:wfamilychildcare@yahoo.com)  
Website: [westvirginiafamilychildcare.com](http://westvirginiafamilychildcare.com)

## Family Child Care Discussions Now Being Held in Marion County

Meetings held the 1<sup>st</sup> Tuesday of the Month

January 6, 2015  
February 3, 2015      10:30 am to 12:30 pm  
March 3, 2015

CCRC - Fairmont 309 Cleveland Avenue - Fairmont



Join the  
Conversation!

Please Contact Amy Morrow or Jamie Burton for questions or to join!  
304-232-1603 or 1-800-585-1603



## West Virginia Family Child Care Association **Membership Application**

*Quality care for West Virginia families!*

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

County: \_\_\_\_\_ Telephone: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Cell:(\_\_\_\_) \_\_\_\_\_

### Type of Membership:

- Family Child Care Provider \$30.00
- Co- Provider \$30.00
- Dual Membership (local/state) \$20.00** after you have paid \$15.00 for your local membership
- Advocate \$15.00
- Parent/Client \$10.00
- Agency/Business \$55.00

\_\_\_\_\_ Yes, I would like to contribute my resources, time, expertise, or volunteer to serve on a committee or at an event, please contact me.

Please make checks payable to: WVFCCA

Mail to: WVFCCA Membership  
P.O. Box 3153  
Huntington, WV 25702

Questions? Contact Lorna Adkins @ email [wvfamilychildcare@yahoo.com](mailto:wvfamilychildcare@yahoo.com)  
Or call 304-634-5545

Office use only: Date received \_\_\_\_\_ Check # \_\_\_\_\_ Amount \$ \_\_\_\_\_ Date Processed \_\_\_\_\_

**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@rvcds.org](mailto:amartin@rvcds.org) 304-529-7603 x118 or 1-888-983-2827. You can also visit our website at [www.wvearlychildhood.org/TEACH WV.html](http://www.wvearlychildhood.org/TEACH_WV.html)



**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/TEACH.EarlyChildhoodWV>

Check out our Blog at: <http://teachwv.blogspot.com>

Visit our website at: [www.wvearlychildhood.org](http://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 7<sup>th</sup> Ave, Ste 322 Fax: 304-529-2555  
Huntington, WV 25701 [TEACHWV@rvcds.org](http://TEACHWV@rvcds.org)



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



**Please Contact Sherrie if you are interested in starting an ACDS Local Council in the Northern Panhandle**  
**We are in need of an ACDS program in this area!**

**ACDS Journeyperson (Graduate of the ACDS program)**

An ACDS Journeyperson is a graduate of the program and has received their official Department of Labor certificate. Once your certificate is received, you’re eligible to attend Journeyperson trainings. Typically, two are held each year in various parts of the state. The trainings focus on the most recent research and information relevant to early childhood professionals. Participants receive WV STARS training hours as well as a \$50.00 stipend. If you are a graduate of the ACDS program and are not receiving information for these trainings, please contact Sherrie Myers at 304-523-0433 or [smyers@rvcds.org](mailto:smyers@rvcds.org).

**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 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](mailto:smyers@rvcds.org).

**Website and Facebook**

Please visit our website for information and upcoming trainings. The website address is: [wvcds.org](http://wvcds.org)

ACDS also has a Facebook page. Please like our page for program information as well as articles related to the field of early care and education.

## Child Care Resource Center Training Team Calendar

# January, February, March 2015

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](http://www.wvearlychildhood.org).

### SEE PAGES 20 & 21 FOR TRAINING DESCRIPTIONS



#### Hancock/Brooke

	Title – Core Competency & Tier Level	Location	Time
	<b>Everyday I Learn Through Play</b> <i>Child Development &amp; Growth - Tier 2</i>	Brooke-Hancock FRN Office 1300 Potomac Avenue Suite C -- Upper Level Weirton	9:00-11:00
	<b>Supporting Early Literacy Skills</b> <i>Curriculum - Tier 2</i>		11:30-1:30
	<b>Math Counts!</b> <i>Curriculum - Tier 1</i>		2:00-4:00
Thursday February 5	<b>Math Counts!</b> <i>Curriculum - Tier 1</i>	Follansbee Library 844 Main Street - Follansbee	2:00 -4:00
Wednesday March 18	<b>Include Me! A Guide to Inclusive Child Care</b> <i>Child Growth &amp; Development - Tier 2</i>	Mary Weir Library 3442 Main Street - Weirton	1:00 -3:00

#### Wetzel/Tyler

Date	Title – Core Competency & Tier Level	Location	Time
Monday March 23	<b>Record Keeping</b> <i>Program Management - Tier 2</i>	Wetzel County Center for Children & Families RR2 Box 107 - New Martinsville	5:00-7:00

#### Ohio/Marshall

Date	Title – Core Competency & Tier Level	Location	Time
Thursday January 8	<b>Watch, Listen &amp; Learn</b> <i>Child Observation &amp; Assessment - Tier 2</i>	CCRC 2000 Main Street - Wheeling	6:00-8:00
Monday January 12	<b>Supporting Early Literacy Skills</b> <i>Curriculum - Tier 2</i>	CCRC 2000 Main Street - Wheeling	6:00-8:00
Thursday January 29	<b>Include Me! A Guide to Inclusive Child Care</b> <i>Child Growth &amp; Development - Tier 2</i>	CCRC 2000 Main Street - Wheeling	5:00-7:00
Thursday February 5	<b>Embracing Diversity</b> <i>Family &amp; Community - Tier 2</i>	CCRC 2000 Main Street - Wheeling	6:00-8:00



Ohio/Marshall Continued			
Date	Title – Core Competency & Tier Level	Location	Time
Tuesday February 10	<b>Medication Administration</b> <i>Health, Safety &amp; Nutrition - Tier 2</i>	CCRC 2000 Main Street - Wheeling	4:00 - 8:00
Thursday February 12	<b>All About the Creative Curriculum</b> <i>Curriculum - Tier 2</i>	CCRC 2000 Main Street - Wheeling	6:00 - 8:00
Thursday February 12	<b>Include Me! A Guide to Inclusive Child Care</b> <i>Child Growth &amp; Development - Tier 2</i>	Marshall County Library 700 5 <sup>th</sup> Street - Moundsville	12:00 - 2:00
Tuesday March 10	<b>Medication Administration RECERTIFICATION</b> <i>Health, Safety &amp; Nutrition - Tier 2</i>	CCRC 2000 Main Street - Wheeling	2:00 - 4:00
Tuesday March 10	<b>Making a Difference: Reporting and Preventing Child Abuse &amp; Neglect</b> <i>Health, Safety &amp; Nutrition - Tier 1</i>	CCRC 2000 Main Street - Wheeling	4:00 - 6:00
Tuesday March 10	<b>Make Your Passion a Profession: Business Management for Family Child Care Providers</b> <i>Program Management - Tier 3</i>	Marshall County Library 700 5 <sup>th</sup> Street Moundsville	5:00-7:00

Monongalia/Marion			
Date	Title – Core Competency & Tier Level	Location	Time
Monday January 5	<b>ECERS (Early Childhood Environmental Rating Scale)</b> <i>Program Management - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Thursday January 8	<b>Supporting Early Literacy Skills</b> <i>Curriculum - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Tuesday January 13	<b>Medication Administration</b> <i>Health, Safety &amp; Nutrition - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	10:00 - 2:00
Wednesday January 14	<b>Embracing Diversity</b> <i>Family &amp; Community- Tier 2</i>	CCRC 309 Cleveland Avenue - Fairmont	1:00 - 3:00
Thursday January 22	<b>Watch, Listen &amp; Learn</b> <i>Child Observation &amp; Assessment - Tier 2</i>	CCRC 309 Cleveland Avenue - Fairmont	6:00 - 8:00
Tuesday February 3	<b>Full STEAM Ahead</b> <i>Curriculum - Tier 2</i>	CCRC 309 Cleveland Avenue - Fairmont	1:00 - 3:00
Thursday February 12	<b>Embracing Diversity</b> <i>Family &amp; Community- Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Tuesday February 24	<b>Medication Administration RECERTIFICATION</b> <i>Health, Safety &amp; Nutrition - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	2:00 - 4:00
Tuesday February 24	<b>Making a Difference: Reporting and Preventing Child Abuse &amp; Neglect</b> <i>Health, Safety &amp; Nutrition - Tier 1</i>	CCRC 965 Hartman Run Rd - Morgantown	4:00 - 6:00
Thursday February 26	<b>All About the Creative Curriculum</b> <i>Curriculum - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00-8:00
Tuesday March 10	<b>Medication Administration</b> <i>Health, Safety &amp; Nutrition - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	12:00 - 4:00
Thursday March 12	<b>Record Keeping</b> <i>Program Management - Tier 2</i>	CCRC 309 Cleveland Avenue - Fairmont	10:00-12:00
Thursday March 12	<b>Include Me! A Guide to Inclusive Child Care</b> <i>Child Growth &amp; Development - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	1:00-3:00
Monday March 16	<b>Ages &amp; Stages</b> <i>Child Growth &amp; Development - Tier 2</i>	CCRC 965 Hartman Run Rd - Morgantown	6:00 - 8:00



Try TRAILS Today & see what you have been Missing!

- The TRAILS Van & Resources are Available to ALL Registered Child Care Providers!**
- Check out the Educational Materials Available: Books, Games, Toys & Resource Books
  - We also have Assistive Technology Equipment
  - Family Child Care Providers that utilize the TRAILS Van services can receive up to 4 Hours of STARS Registered In-Home Training.

**Give Amy & Jamie a call and check out what TRAILS can offer You!**  
**304-232-1603 or 1-800-585-1603**

## Training Descriptions

**Call the Wheeling CCRC Office to Register 1-304-232-1603 or 1-800-585-1603**

Training Description	Training Offered By:
<p style="text-align: center;"><b><u>Ages &amp; Stages</u></b></p> <p>This training will provide participants with an overview of the Ages &amp; Stages Questionnaires. Ages &amp; Stages is a screening program designed to be completed by parents or caregivers to detect possible developmental delays</p>	<p>Todd Fromhart Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>All About the Creative Curriculum</u></b></p> <p>The Creative Curriculum is a <i>scientifically</i> 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.</p>	<p>Brie Broughman Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>ECERS (Early Childhood Environmental Rating Scale)</u></b></p> <p>This training will provide an overview of the Early Childhood Environmental Rating Scale. Participants will learn how to assess the environment and interactions in the classroom as well as identify areas of strengths and improvements.</p>	<p>Todd Fromhart Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>Embracing Diversity</u></b></p> <p>This training will look at ways to create an environment that reflects sensitivity and acceptance of diverse family structures, values, cultures and languages.</p>	<p>Todd Fromhart Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>Everyday I Learn Through Play</u></b></p> <p>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 developmentally appropriate toys and which areas of development they target.</p>	<p>Brie Broughman Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>Full STEAM Ahead</u></b></p> <p>STEAM stands for Science, Technology, Engineering, Art and Math. In this training, we will look at ways of incorporating all of these elements into your curriculum.</p>	<p>Todd Fromhart Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>Include Me! A Guide to Inclusive Child Care</u></b></p> <p>No matter what their “special needs” may be, all children are CHILDREN FIRST! Children are more alike than they are different. Every child wants to have the same opportunities to learn, have fun, make friends, and to be accepted. This training will examine how to include children of all ages with special needs into child care settings (centers and homes) in a manner to promote their overall development, enhance social/emotional skills, adapt learning environments, and promote a community of respect and diversity.</p>	<p>Linda Reeves Behavior Consultant</p>
<p style="text-align: center;"><b><u>Make Your Passion a Profession: Business Management for Family Child Care Providers</u></b></p> <p>Whether you are a new Family Child Care Provider or a seasoned Provider, this training can help you with one of the most important aspects of running your own business! This training will establish what important policies and practices that need to be utilized to help make your business run smoothly. Come learn more about business plan, budgets and also spend time working with others in developing your goals for your business.</p>	<p>Amy Morrow TRAILS Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>Making a Difference: Reporting and Preventing Child Abuse and Neglect</u></b></p> <p>This training is a comprehensive training session for mandated reporters of child abuse and neglect.</p>	<p>Glenna Bailey Sarah Hicks Nurse Health Consultants</p>
<p style="text-align: center;"><b><u>Math Counts!</u></b></p> <p>Come learn how you can make math fun by engaging children in activities that support mathematical thinking. Participants will learn about pre-number activities for little ones and different ways to incorporate mathematical language in children’s daily learning experiences and the environment.</p>	<p>Amy Morrow TRAILS Early Childhood Specialist</p>
<p style="text-align: center;"><b><u>Medication Administration</u></b></p> <p>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)</p>	<p>Glenna Bailey Sarah Hicks Nurse Health Consultants</p>



<p><b>Training Description Continued</b>  <i>Call the Wheeling CCRC Office to Register 1-304-232-1603 or 1-800-585-1603</i></p>	<p><b>Training Offered By:</b></p>
<p><b>Medication Administration Recertification Course</b>                      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.</p>	<p>Glenna Bailey                      Sarah Hicks                      Nurse Health Consultants</p>
<p><b>Record Keeping</b>                      This training, specifically designed for family child care providers, will concentrate on the organization of your business records. It will cover everything needed to keep accurate business records-from tracking income and expenses to working with a tax professional.</p>	<p>Brie Broughman                      Early Childhood Specialist</p>
<p><b>Supporting Early Literacy Skills</b>                      This training will look at strategies for stimulating the emerging language and literacy skills of young children and examines how concrete experiences can enhance young children’s language development and early literacy.</p>	<p>Todd Fromhart                      Early Childhood Specialist</p>
<p><b>Watch, Listen &amp; Learn</b>                      Have you ever made a statement like this? “I observe my children all day, but I don’t have time to write it down because it takes too much time away from the kids.” Watch, Listen &amp; Learn is training designed to assist teachers in finding their “observation style”. We will learn about different tools to use for record keeping and practice our observation skills using video segments.</p>	<p>Brie Broughman                      Early Childhood Specialist</p>



**Directors  
 Corner**

**Directors Meetings are Being Held in Your Area!**

**Hancock/Brooke County - Facilitated By: Janice Barnett**

December 19<sup>th</sup> - Eat & Park Weirton 9:00 to 11:00

February 13<sup>th</sup> - Eat & Park Weirton 9:00 to 11:00

**Ohio/Marshall County - Facilitated By: Todd Fromhart**

January 16<sup>th</sup> - CCRC Wheeling 1:00 to 2:30

**Monongalia/Marion County - Facilitated By: Brie Broughman**

December 8<sup>th</sup> - CCRC Morgantown 12:00 - 2:00

February 9<sup>th</sup> - *Location to Be Announced* 12:00 - 2:00

If you have question or would like to participate in the meetings please call us at 304-232-1603 or 1-800-585-1603



The spring, summer, is quite a hectic time for people in their lives, but then it comes to autumn, and to winter, and you can't but help think back to the year that was, and then hopefully looking forward to the year that is approaching.

*Wishing You All Season's Greetings & A Very Happy  
 2015!*