



The Quality Times

Winter 2016



A Moment with Missy.....

A Message from the Director



~Melissa Harvey

February is National Children’s Dental Health Month

February is a wonderful time to promote the benefits of good oral health to children, their caregivers and families. Children who develop good oral health habits at an early age by brushing their teeth 2-3 times per day and scheduling regular dental visits get a good start on a lifetime of healthy teeth and gums. The following article entitled “Sippy Cups and Your Child’s Teeth” has been issued by the American Dental Association.

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby’s teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.



Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays. Many training cups, also called sippy or tippy cups, are available in stores. Many are —no spill cups, which are essentially baby bottles in disguise. —No spill cups include a valve beneath the spout to stop spills. However, cups with valves do not allow your child to sip. Instead the child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it prevents the child from learning to sip. Don’t let your child carry the training cup around. Toddlers are often unsteady on their feet. They take an unnecessary risk if they try to walk and drink at the same time. Falling while drinking from a cup has the potential to injure the mouth. A training cup should be used temporarily. Once your child has learned how to sip, the training cup has achieved its purpose. It can and should be set aside when no longer needed.

Tips

For sipping success, carefully choose and use a training cup. As the first birthday approaches, encourage your child to drink from a cup. As this changeover from baby bottle to training cup takes place, be very careful:

- what kind of training cup you choose
- what goes into the cup
- how frequently your child sips from it
- that your child does not carry the cup around

The Child Care Resource Center will have Dental Health Kits available from Colgate Bright Smiles Bright Futures during the month of February 2016 for National Children’s Dental Health month. If you are interested in receiving kits for the children in your care, please contact your local CCRC office for more information.



CCRC Office Locations

Hancock County

Tuesdays & Wednesdays

100 Municipal Plaza, Suite 600

Weirton, WV 26062

Contact the Wheeling Office for Questions

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

118 Adams Street - Suite 201

Fairmont, WV 26554

304-366-3615

Tyler & Wetzel County

1236 N. State Route 2

New Martinsville, WV 26155

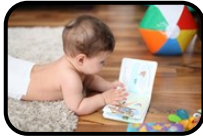
304-455-0920

Visit our website at:

<http://www.ccrewv.org/>

INSIDE THIS ISSUE

WV Infant/Toddler News.....	2
WV Family Child Care Association	2
Subsidy Zone.....	3
Huntington Area Early Childhood Conf.	3
Training Topics.....	4-5
Training Calendar.....	6-7
TRAILS News.....	8
Establishing Positive Parent Relationships.8	
Birth to Three and PDAC Information	8
Welcome.....	9
The Power of Portfolio’s	9
Moving Right Along/Transition	10
Keys 4 HealthyKids.....	10
Winter Health and the Flu	11
Tri-County FCCS	11
Winter Weather Advisory	11
First Aid & CPR	12
Celebrating Connections	12



Creating Rich Environments for Infants and Toddlers

Creating Rich Environments for Infants and Toddlers

~Janice Barnett - Infant/Toddler Specialist ~
janice.c.barnett@wv.gov

One of the best ways to be sure that you are meeting the needs of infants and toddlers in your program is to develop an understanding of the key concepts in creating a rich environment.

According to The Program for Infant Toddler Care, there are eight key concepts in setting up an infant/toddler environment. These concepts are the building blocks for environmental planning. With each concept, ensure access for children and/or adults with disabilities or other special needs. The infant/toddler environment should:

- 1. Ensure safety-** in a safe setting, infants and toddlers are free to move and explore. A great way to see if a room is safe for infants and toddlers is to get down on the floor and look around at the child's level.
- 2. Promote health-** a healthful setting reduces the chance of contracting or spreading illness and boosts everyone's physical and emotional well-being.
- 3. Provide comfort-** a comfortable setting helps you and the infants and toddlers relax and enjoy each other and creates harmony and feelings of peacefulness.
- 4. Be convenient-** a convenient setting meets the needs of both children and teachers and makes the space workable. Infants and toddlers should be able to see and reach their own play materials. Teachers should be able to get what they need easily.
- 5. Be child-sized-** Child-sized chairs, tables, shelves, sinks, toilets, and climbing structures help children play, reach materials, and move things.
- 6. Maximize flexibility-** The environment should offer many choices: for movement, quiet play, rest, messy activities, privacy, a chance to be with other children, and a place for a teacher and one child to be together. Flexibility is the ability to make changes easily and use some areas for more than one purpose.
- 7. Encourage movement-** Movement is essential to growth, allowing young children to practice their physical skills and develop their ability to think; movement provides information about the world. A well designed environment encourages and allows safe exploration and freedom of movement. Restrictive equipment is not used.
- 8. Allow for choice-** offer many choices. An environment with numerous textures, activities, and equipment provides infants and toddlers many appropriate choices – which also will help the teacher. The choices should be developmentally appropriate and support growth.

Keep in mind that relationships characterize an infant/toddler care setting. Every aspect of the environment is part of the critical support system that helps the teacher develop close, caring relationships with small groups of infants and toddlers in her/his care.



West Virginia Family Child Care Association

STATE WIDE MEMBERSHIP DRIVE
January 1 - March 31

The county that has the most members join will receive the
Second Helping Module 1 training for FREE!
So get busy and recruit new members.

Free Phone Conference for all Members!

Next Phone Conference

January 18, 2016 

8:00 pm

The phone number and code will be sent
to all members.

We are looking forward to our "2016
Road Tour" to your area with
Second Helping Trainings
designed specifically for Family Child
Care Providers!

www.westvirginiachildcareassociation.com
wvfamilychildcare@yahoo.com
 Telephone: 304-634-4806

Subsidy

ZONE

Question:

I am a new child care provider that provides care in my home and I am in need of several different health & safety items. Can CCRC assist me in purchasing these items?

Answer:

All registered home child care providers and family child care facilities are eligible for a Health and Safety Grant through the CCRC. Grants are limited to \$250 per year for family child care providers and \$500 for family child care facilities.

Question:

I am interested in this grant program, how do I start the process?

Answer:

Some safety items, such as smoke detectors and first aid kits, are available in your local CCRC office. It is as simple as contacting the CCRC subsidy supervisors (Kelly Coen- Hancock, Brooke, Ohio, Marshall, Wetzel, & Tyler Counties and Heather Tallman- Monongalia & Marion counties). You will need to complete an application and submit it to the CCRC. Please be sure to list the cost next to the items you are requesting. If your local CCRC office has the health & safety item on hand you will receive it that same day. If not, or if you request additional items, your grant application will be reviewed and processed within 30 days and a check will be written to you for the approved amount. Once you have received the check you have 30 days to submit original receipts to the CCRC for the items purchased.

Question:

What kind of items am I eligible to purchase with the Health & Safety Grant funds?

Answer:

Common items include: Smoke Detectors, carbon monoxide detectors, fire extinguishers, first aid kits, baby gates, trash cans with lids, cost of becoming CPR certified, etc. If you have a question on if a certain item will be approved, please either put your request in writing on your grant form or contact the local CCRC supervisor.

Question:

What if I am in need of new toys and activities for my home? Can I get these through the grant?

Answer:

These grants are used to assist providers to meet and maintain the regulatory requirements. If you are in need of developmentally appropriate resources for children in your care you can contact the TRAILS program at 1-800-585-1603.

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 Heather Tallman at: 1-888-272-7357

Huntington Area Early Childhood Conference * 2016

The 34th Annual HAEC Conference will take place April 28th and 29th, 2016 at the Big Sandy Superstore Arena & Conference Center, in Huntington, WV.

Our dedicated conference committee will join bordering states Ohio and Kentucky early care professionals in connecting learning. This is our year to showcase a unique first ever learning framework and vendor opportunity for companies and organizations in the early care and education field to reach decision makers from all three states in a setting that facilitates dialogue and networking.

Demonstrate your support to the Huntington Area Early Childhood Conference 2016 by becoming an exhibitor at our annual early childhood conference.

Reserve your spot for this groundbreaking bridge connecting opportunity.

Our conference special guests will be Keith Pentz sponsored by KAPLAN and Micheal Levine & Jennifer Daniels from The Learning Groove. Please visit our FACEBOOK page for more complete details to share.

Contact: Stephanie Geneseo
304-416-3387

Email: haecc2016@gmail.com

Vendor forms and Call for Presentations are now open.

Training Topics Offered January - March 2016

Communicable Diseases - HSN - Tier 1 -- Sara Bell

This course reviews common communicable diseases within the child care setting, ways to control the spread of the diseases, exclusion rationale, and universal precautions.

Designing Developmentally Appropriate Days - Child, Growth, and Development/Curriculum - Tier 2 -- Janice Barnett

This training will provide an overview of Developmentally Appropriate Practice (DAP) – meeting children where they are to help them reach challenging and achievable goals. The participants will engage in activities that are developmentally appropriate and will learn what a DAP classroom looks like. Handouts will be given to support DAP in the classroom.

From the Inside Out - Professionalism - Tier 3 -- Janice Barnett

This training will help the participants discover who they are- their passions, values, talents, and even those annoying habits. This training is an invitation to self-discovery. Engaging activities will give participants an opportunity to reflect on where they are in their journey through adulthood, and become a self-mentor for new possibilities in their future.

Lesson Planning - Curriculum/Child Observation & Assessment. - Tier II -- Brie Broughman

In What's the Plan?, teachers will learn the components of a well-rounded lesson plan using the Creative Curriculum planning templates. Participants will practice observing and tie those observations into weekly lesson plans, discuss the areas of development, content areas and various types of activities that should be included in a quality plan.

Mandated Reporter: Reporting and Preventing Child Abuse & Neglect - HSN - Tier 2 -- Sara Bell

This training is a comprehensive training session for mandated reporters of child abuse and neglect.

Medication Administration - HSN - Tier 2 -- Sara Bell

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)

Moving Right Along - Transition Tips and Tricks in the Classroom - PIR - Tier 2-- Linda Reeves

Transitions are times in the daily schedule of the classroom or childcare room when teachers/providers and children move from one activity, place or adult to another. Transition times occur many times throughout the day and can help children learn schedules and what to expect. Participants will learn how to plan and implement smooth transitions to increase educational activities and decrease behavior problems.

Neonatal Abstinence Syndrome - HSN - Tier 1 -- Sara Bell

Learn about the rise in national opioid use, its direct effect on neonatal abstinence syndrome, and the role of the child care provider in providing supportive management to infants who are born addicted to drugs.

Oral Health - HSN/Curriculum - Tier 1 -- Renee Stonebraker

This session will focus on the Importance of dental care for children and activity ideas for child care programs.

Training Topics Offered January - March 2016

Start Seeing Diversity – Creating an Anti-Bias Classroom - Pos. Inter. & Rel. /Fam. & Com. Tier 2 -- Brie Broughman

Start *Seeing Diversity* provides a framework for understanding bias in the classroom and will help teachers recognize and reduce bias in young children. This training will introduce the 6 main areas of bias (gender, age, sexual orientation, race and ethnicity, economic class, and physical abilities); provide participants with several concrete examples of bias coming up in the classroom, and offer strategies to promote children's respect for diversity.

Picky Eaters - HSN/Curriculum - Tier 1 -- Renee Stonebraker

In this session participants will discuss ways to encourage children to eat a variety of foods, including different cooking methods and family style meals.

The Power of Portfolio's - Observation and Assessment - Tier 2 -- Brie Broughman

A portfolio is a way to document or keep track of a child's ongoing development. By saving samples of child's work and writing anecdotes about interactions, a teacher puts together evidence of child's learning and accomplishments. During this training, participants will learn the components of a portfolio, what documentation to include, how to use the information for planning & how to share the information with parents.

The Stepping Stones of Child Development - Child Growth & Development - Tier 2 -- Amy Morrow

"The path of development is a journey of discovery that is clear only in retrospect, and it's rarely a straight line" Eileen Kennedy-Moore. During this training we will take a closer look at the developmental milestones of children and learn ways to create appropriate activities to enhance children's development.

Watch, Listen & Learn - Child Observation & Assessment - Tier 2 -- Brie Broughman

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 & Learn* is a 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.



Director's Meetings

Director's Meetings are held in Hancock - Ohio - Monongalia and Marion Counties.

Director's will be notified of upcoming meeting dates and times.

If you are interested in attending, just give us a call.

304-232-1603

Family Child Care Providers



Family Child Care Provider Meetings are held in Marion & Wetzel/Tyler Counties.

Providers will be notified of upcoming meeting dates and times.

If you are interested in attending, just give us a call.

304-232-1603



January, February & March Training Calendar

Call the Wheeling Office to Register

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

Brooke/Hancock County

Mary Weir Library—3442 Main Street - Weirton

January 28, 2015 (Thursday)	The Stepping Stones of Child Development	5:00 pm - 7:00 pm
February 24, 2016 (Wednesday)	Oral Health	5:30 pm - 7:30 pm

Follansbee Library— 844 Main Street - Follansbee

March 15, 2016 (Tuesday)	Watch, Listen & Learn	6:00 pm - 8:00 pm
March 23, 2016 (Wednesday)	Designing Dev. Appropriate Days	5:30 pm - 7:30 pm

Marion County

Marion Library - 321 Monroe Street - Fairmont

January 12, 2016 (Tuesday)	Start Seeing Diversity - Anti-Bias Classroom	6:00 pm - 8:00 pm
January 26, 2016 (Tuesday)	Picky Eaters	5:30 pm - 7:30 pm
February 11, 2016 (Thursday)	Moving Right Along - Transition Tips	2:00 pm - 4:00 pm
March 1, 2016 (Tuesday)	The Power of Portfolio's	6:00 pm - 8:00 pm
March 29, 2016 (Tuesday)	From the Inside Out	5:30 pm - 7:30 pm

Monongalia County

965 Hartman Run Road, Suite 1103 - Morgantown

January 13, 2016 (Wednesday)	Picky Eaters	6:00 pm - 8:00 pm
January 14, 2016 (Thursday)	Medication Administration	5:30 pm - 8:30 pm
January 26, 2016 (Tuesday)	Mandated Reporter: Child Abuse/Neglect	6:00 pm - 8:00 pm
January 28, 2016 (Wednesday)	Moving Right Along - Transition Tips	1:00 pm - 3:00 pm
February 9, 2016 (Tuesday)	Lesson Planning	6:00 pm - 8:00 pm
February 16, 2016 (Tuesday)	Neonatal Abstinence Syndrome	6:00 pm - 8:00 pm
March 22, 2016 (Tuesday)	The Stepping Stones of Child Development	6:00 pm - 8:00 pm
March 10, 2016 (Thursday)	The Power of Portfolio's	6:00 pm - 8:00 pm

Marshall/Ohio County

2000 Main Street, Wheeling

January 20, 2016 (Wednesday)	Moving Right Along - Transition Tips	6:30 pm - 8:30 pm
February 8, 2016 (Monday)	The Stepping Stones of Child Development	1:00 pm - 3:00 pm
February 9, 2016 (Tuesday)	Mandated Reporter: Child Abuse/Neglect	6:00 pm - 8:00 pm
February 22, 2016 (Monday)	Lesson Planning	6:30 pm - 8:30 pm
March 3, 2016 (Thursday)	Medication Administration	5:30 pm - 8:30 pm
March 9, 2016 (Wednesday)	Picky Eaters	1:00 pm - 3:00 pm
March 15, 2016 (Tuesday)	Communicable Diseases	6:00 pm - 8:00 pm
March 29, 2016 (Tuesday)	The Power of Portfolio's	6:30 pm - 8:30 pm

Marshall County Library—700 5th Street, Moundsville

February 8, 2016 (Monday)	Designing Dev. Appropriate Days	5:30 pm - 7:30 pm
February 16, 2016 (Tuesday)	Lesson Planning	6:00 pm - 8:00 pm

Tyler/Wetzel County

New Martinsville Library—160 Washington Street, Moundsville

February 10, 2016 (Wednesday)	Oral Health	6:00 pm - 8:00 pm
-------------------------------	-------------	-------------------



Please Take a Minute to Review the Training Guidelines Listed Below

1. Please register at least 24 hours in advance.
2. **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.**
3. **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.**
4. **Infants and children are not to attend the training sessions. Alternate child care arrangements need to be made in advance.**
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:

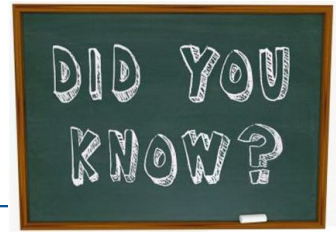
www.wvearlychildhood.org



Establishing Positive Parent Relationships

~Amy Morrow, M.A. - Trails Early Childhood Training Specialist~

The quality of your first contact with parents will set the tone for your ongoing relationship if they decide to enroll their child in your program. Request a face-to-face interview to better get to know family and so that you can share your philosophy of child care and the way your program operates. *Remember: A child enrolled is a family enrolled.* The first visit is a good time to present all of your programs written information: philosophy/mission statement, procedures, policies, medical forms, expectations, and fee arrangements. Be sure to provide a grand tour where you can draw attention to health and safety features, safety and hygiene practices, and outdoor space arrangement for safety and free exploration. *"Parents look for competence, honesty, caring & appreciation for them as individuals."* Allow parents time to think and offer parental involvement opportunities such as: parent committees, career days, guest readers, field trips and recreational activities, and opportunities to eat meals together.



In addition to the wonderful resources TRAILS has available, we have a whole library of **Teacher Resource Books!** For example, we have information on curriculum, art, professionalism, science, math, etc. Just tell us what you are looking for and we will bring your requests on your next TRAILS visit!



Don't Miss Out!

Call Amy or Jamie to Schedule your TRAILS Visit

304-232-1603 or 800-585-1603



<p>Is your child moving, hearing, seeing, learning, talking like others their age?</p>	
<p>WV Birth to Three Services:</p> <ul style="list-style-type: none"> • Provided statewide • Available at no charge for families • Eligibility is not based on the family's income • Services are provided in the child's natural environment 	<p>If you are concerned about your child WV Birth to Three may be able to help. Please call for more information.</p> <p>1-800-619-5697 304-214-5775</p>
<p>www.wvdhhr.org/birth23</p> <p><small>WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health. Program of Catholic Charities WV • Diocese of Wheeling - Charleston</small></p>	

TRAILS Presents:

Building a Firm Foundation with TRAILS
One BLOCK at a time
Adapted from the Creative Curriculum for Family Child Care

This is a 4 hour; WV STARS registered training series derived from the Creative Curriculum for Family Child Care.

Topics covered include: How Children Grow, Organizing Your Home and Day, What Children Are Learning, and Building Positive Relationships.

These trainings will take place in the Family Child Care Provider home or facility.

Please contact Amy Morrow, TRAILS Specialist with any questions or to register!

304-232-1603

PDAC Meeting

Professional Development Advisory Council

April 27, 2016 - 10:30 a.m.

CCRC Wheeling - 2000 Main Street

Call Cathy if you have any Questions

304-232-1603 or 800-585-1603



WELCOME

I would like to take this time to introduce myself. I am Elizabeth Teel and I joined the Quality Initiatives Unit in the Division of Early Care and Education in September 2015. I am excited to be the new lead with Tiered Reimbursement as well as the Quality Rating and Improvement System (QRIS). Prior to my joining the Division, I served as a center director in the Kanawha Valley. For those who may wonder what Tiered Reimbursement is all about, it is a quality initiative that offers higher subsidy payments to child care programs that demonstrate they meet higher standards of care. Programs that are licensed as a center or facility and family child care homes are eligible to apply for a higher quality tier level. There are currently 3 quality tier levels in our state: Tier 1 reimbursement rates are for licensed or registered programs, Tier II reimbursement rates are for programs that have demonstrated they meet a state specific set of quality standards and Tier III reimbursement rates are for programs that are nationally accredited by an approved accrediting agency. In addition to higher subsidy payments, programs are eligible for a one-time bonus payment when they move up a tier level. The process of applying for a higher tier may seem overwhelming but there is help available! Programs may request a mentor to assist them with the Tier II process. Training and technical assistance is also available through your local Resource and Referral Agency. Receiving higher subsidy payment rates are a great benefit of Tiered Reimbursement but more importantly you are demonstrating the high quality of care being provided on a daily basis for the children you are serving. If you have any questions regarding Tiered Reimbursement or how to get started, please feel free to contact me at Elizabeth.D.Teel@wv.gov or at 304-356-4605.



The Power of Portfolios

~Brie Broughman - Early Childhood Specialist ~
brianne.e.broughman@wv.gov

As early childhood professionals, we know that the uses of standardized assessment instruments are not the best way to evaluate the progress of young children. Children vary from moment to moment and day to day in their ability to concentrate on what they are interested in. A portfolio is a comprehensive assessment tool used to document children's growth and development over time. We want to understand the development of the whole child, your observations about children's growth provide a much more individualized, accurate, and up-to-date picture. These insights, along with samples of children's work, can be used to create valuable portfolios.

Portfolios have a variety of benefits for children, educators and families.

Come join us for a training - "The Power of Portfolios" - and learn the benefits & components of a portfolio, types of documentation and samples to include in portfolios & using the portfolio as a method of communication with families and other professionals.

See the training calendar to find a training near you.



“Moving Right Along- Transition Times Throughout the Day”



Transitions are those times in the classroom or child care schedule when children move or pass from one activity, place or adult to another. Transitions are a natural part of the child care routine. They occur many times throughout the day beginning with the time a child arrives for care and moving right along until the time they leave. Transition times are a great opportunity to help children learn schedules, routines, and what to expect next. When transitions are purposefully planned as a meaningful part of the curriculum, they promote children’s learning, set a positive tone, and help everyone move seamlessly through the day. When transitions are ignored, the results can be very stressful and frustrating to children teachers/providers.

Children need routine. They “tell time” by knowing what’s coming next. A daily schedule that is consistent will help those transition times to be more predictable and less confusing for the children. Smooth transitions will help to establish much better “discipline” in the classroom, prevent behavior problems, and allow more time for educational activities. Transitions that are planned out and flow easily help children to respect you and feel secure. Children tend to lose focus and attention during times of transition and may engage in challenging behaviors when they do not understand the expectations for the transition. Challenging behaviors occur most often when there are too many transitions,

when all children transition at the same time and in the same way, when transitions are too long and children have to wait for long periods and when the instructions or expectations are unclear. Planning, establishing and using attention-grabbing activities during transitions can help to alleviate added stress to an already busy day.

Example Transition Song

Circle Time Song
(Tune of “Row, Row, Row Your Boat”)



Hush, shh (finger to lips), quiet please.
Let’s all gather near.
Find a friend and sit right down.
Circle time is here.

~Linda Reeves - Behavior Consultant ~
linda.j.reeves@wv.gov



Did you know that approximately 32% of children ages 2-19 are overweight or obese? The trend begins in early childhood with 27% of children ages 2-5. By taking part in the Key 2 a Healthy Start initiative, WV child care centers can become leaders in reducing childhood obesity rates in WV and raising a healthier generation of kids. Key 2 a Healthy Start is a statewide quality improvement initiative in early care and education with the goal of preventing childhood obesity. Participating child care centers attend 3 one-day workshops that cover:



Nutrition ~ Physical activity ~ Garden based learning ~
Personal health and wellness ~ Parent outreach ~ Healthy celebrations

Workshop presenters include a pediatrician, registered dietician and exercise physiologist. Each participating program also receives on-site technical assistance visits after each workshop and will become part of a peer learning network. Key 2 a Healthy Start centers receive MyPlate portion plates and placemats, portable physical activity equipment, parent outreach materials, and much more! The workshops are free and WV STARS registered.



This is a project administered by Keys 4 HealthyKids. We do not license centers or evaluate for compliance in any way. To learn more, visit www.keys4healthykids.com (then click on ‘Current Initiatives’, ‘Childcare’, and ‘Key 2 a Healthy Start’). If interested, contact Jessica Dianellos at Jessica.Dianellos@camc.org or 304-388-3409.

Winter Health and the Flu

~Sara Bell - Nurse Health Consultant, RN - BSN ~



As the winter season approaches, families prepare for the holidays and brace themselves for an unwanted guest: the flu. Influenza season arrives predictably each year when the leaves begin to fall and the days become shorter. While a drop in the weather does not exclusively cause the flu, the virus that causes the flu is more common in the winter ("Winter Safety Tips," 2015). Since we tend to spend more time indoors in the winter, both children and adults are more likely to be exposed to others who are carrying germs (Robson, 2015).

There are three types of influenza viruses that can cause the flu; types A and B are responsible for the yearly epidemics while type C typically causes mild symptoms. The influenza virus is commonly spread when respiratory droplets from an infected person are inhaled. Droplets are created when a sick person coughs or sneezes into the air (Derrer, 2013). The flu can also be spread through direct contact or by touching an object that has the flu virus on it and then touching your face, nose, or mouth ("How Flu Spreads," 2013). To help decrease the spread of the flu, engage in frequent hand washing and teach children to cough or sneeze into the bend of their elbows ("Winter Safety Tips," 2015). Symptoms of the flu occur quickly and include a high-grade fever up to 104 degrees Fahrenheit, body aches, headache, chills, extreme fatigue, dry cough, sore throat, vomiting, and stomach pain. Influenza is caused by a virus and antibiotics will not work to treat symptoms. However, antiviral medicines like Tamiflu can help if they are taken within the first 48 hours of being sick at the discretion of the licensed health care provider (Derrer, 2013).

Since influenza can cause dangerous symptoms in children, the CDC recommends that everyone 6 months of age and older receive a flu vaccine each year ("Children, the Flu, and the Flu Vaccine," 2015). While vaccination can help protect the flu in people of all ages, some children are at an increased risk of developing the flu. High-risk children include those who were born premature and those with chronic health problems like asthma ("Children, the Flu, and the Flu Vaccine," 2015). If a child in your care develops the flu this season, it is important to make sure that they receive copious amounts of liquids and rest.

Call 911 if you notice a child who exhibits difficulty breathing, skin that turns blue or gray, seizures, or any signs of dehydration, including decreased tears, decreased number of wet diapers, or lethargy (Derrer, 2013). Check with your individual center to determine its policies on children staying home when they are ill.



References:

- Children, the Flu, and the Flu Vaccine. (2015, August 21). Retrieved October 29, 2015, from <http://www.cdc.gov/flu/protect/children.htm>
- Derrer, D. (2013, November 19). Children and Flu. Retrieved October 29, 2015, from <http://www.webmd.com/cold-and-flu/flu-guide/children-and-flu-influenza?page=2>
- How Flu Spreads. (2013, September 12). Retrieved October 29, 2015, from <http://www.cdc.gov/flu/about/disease/spread.htm>
- Robson, D. (2015, October 19). The Real Reason Germs Spread in the Winter. Retrieved October 29, 2015, from <http://www.bbc.com/future/story/20151016-the-real-reason-germs-spread-in-the-winter>
- Winter Safety Tips. (2015, January 14). Retrieved October 29, 2015, from <https://www.healthychildren.org/English/news/Pages/Winter-Safety.aspx>



Tri-County FCCA
Super Saturday
for
Family Child Care Providers
February 27, 2015
United Methodist Church
3rd Street - Fairmont
9:00 am

If you would like more information or would like to help please contact Tammy 304-680-0110
Please note that CCRC will not be registering participants for this training - if you are interested in attending, you need to contact Tammy.

Call Tammy for Tri-County Meeting Dates & Times.

Tri-County FCCA is looking for members and officers. Please contact Tammy for more information.



If School is Cancelled in the county a training is scheduled -- that training will be cancelled.

Other Winter Weather Training Cancellations will be made on a case by case situation as needed.

Participants will be notified.

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.



Celebrating Connections 2016

Join us April 5-8, 2016!

Keynote speakers:

Jim Gill and Mary Jo Huff/Lisa Maddox-Vinson

Please visit www.wvearlychildhood.org for more information as it is released.

Registration materials will be mailed in January.



Child Care Resource Center
2000 Main Street - Suite 100
Wheeling, WV 26003