



July, August and September 2005

DIRECTOR'S CORNER

We are happy to announce the appointment of Mary Bridgette as the New Director of Link Child Care Resource and Referral. Mary has been with Link for 5 years. She has worked in both our

Logan and Cabell County Offices. Most recently, she has worked as the Coordinator of Family Services at Link. Mary also has experience as a Day Care Director. We're glad to having Mary leading our team at Link!



Link Child Care Resource & Referral

A Program of River Valley Child Development Services

Funded through the West Virginia Department of Health and Human Resources, Bureau for Children and Families, Division of Early Care and Education.

Inside this issue:

New Seat Belt Law	1
Behavior Support Column	2
Health and Safety	3
Training Calendar	4-5
CPR and First Aid Classes	6
HAECC Call For Presentations	7

New West Virginia Child Seat Belt Law! Effective July 6, 2005.

§17C-15-46. Child passenger safety devices required; child safety seats and booster seats.

Every driver who transports a child under the age of eight years in a passenger automobile, van or pickup truck other than one operated for hire shall, while the motor vehicle is in motion and operated on a street or highway of this state, provide for the protection of the child by properly placing, maintaining and securing the child in a child passenger safety device system meeting applicable federal motor vehicle safety standards: Provided, That if a child is under the age of eight years and at least four feet nine inches tall, a safety belt shall be sufficient to meet the requirements of this section. Any person who violates any provision of this section is guilty of a misdemeanor and, upon conviction thereof, shall be fined not less than ten dollars nor more than twenty dollars.

A violation of this section does not by virtue of the violation constitute evidence of negligence or contributory negligence or comparative negligence in any civil action or proceeding for damages.

If any provision of this section or the application thereof to any person or circumstance is held invalid, the invalidity may not affect other provisions or applications of this section and to this end the subsections of this section are declared to be severable. If all seat belts in a vehicle are being used at the time of examination by a law officer and the vehicle contains more passengers than the total number of seat belts or other safety devices as installed in compliance with federal motor vehicle safety standards, the driver may not be considered in violation of this section.

Welcome Susan Knisely, our new TRAILS Specialist.

Give Susan a call to set up a visit from the TRAILS Van at 523-9540 or 1-800-894-9540!

Behavior Support Specialist Corner

"If a child doesn't read, we teach." "If a child doesn't swim, we teach." "If a child doesn't multiply, we teach." "If a child doesn't know how to behave, we.... teach?punish? "Why can't we finish the last sentence as automatically as we do the others?" (Tom Herner)

The preceding statements demonstrate the odd approach so many take toward 'misbehavior, or more appropriately, mistaken behavior, and how mistaken that approach is. Instead of teaching a new skill to "replace" an inappropriate one, many instead want the child to 'pay the price' for being 'mean'.

Imagine being on a new job, understanding to some degree what is expected, but not knowing how to do it. Each time you made a mistake, pay was taken away, you were told to 'stop it', or perhaps three quick smacks from the supervisor were administered to 'show you who's boss'. Would that help? What would your emotional state be at work?

What would likely be helpful is more information, perhaps having that supervisor show you the correct way, to be there with you as you practice your new skills, to compliment you for a job well done when you get it right and tell you she knew you could do it!

I suspect you would begin to enjoy your job, that you would not fear new challenges, your place of employment, or your supervisor. You would begin to feel competent and your self-esteem would grow.

How about the children?



Saun Floyd is the Behavior Support Specialist at Link . You can reach Saun at 523-9540 or 1-800-894-9540 or on the web at www.RVCDs.org

Plant A Butterfly Garden With Kids

Looking for an enrichment idea to participate in with your kid? Now is the ideal time to plant a butterfly garden! What child doesn't like digging in the dirt, planting flowers, and admiring fluttery friends who might come for a visit? The fluttery insects are in abundance in the spring, summer and fall, and adding a colorful landscape will add delight to the butterfly watching.

Here's How:

1. Pick the perfect spot to entertain your butterfly guests. Choose a **sunny location** that is sheltered from wind.
2. Find a **couple of flat stones**—dark colored ones that hold the heat of the sun are the best. Butterflies love to sun themselves after a meal.
3. Butterflies require water, so make a **small butterfly pond** in the mud. Or, improvise and use a plastic lid from plastic ware or from a household item such as a butter tub.
4. Choose **blooming plants**. Find a hearty plant that loves the sun. In the South, Lantana makes a great choice. Other ideas include Hydrangeas, Cornflowers, Geraniums, Scabiosa, and the plant aptly known as a "Butterfly Bush."
5. In addition to flowering plants for the butterflies, you'll want to **provide food for larva.**, consider Mexican Milkweed or Passion Vine.
6. Include in your design a **place to sit** among the garden, such as a bench, chairs, or sitting stones. You're ready for some spectacular butterfly watching!
7. Enjoy!



HOT WEATHER TIPS

As the heat of summer settles around us, it is important to avoid overexposure to the sun and heat. Because of their less mature bodies, children are especially sensitive to the effects of the heat. Here are some tips for keeping cool this summer.

- Use fans or air conditioning to keep indoor air moving.
- Arrange outdoor play for before 10:00 a.m. and after 2:00 p.m. to avoid the worst sun of the day.
- Wear loose-fitting, lightweight, light-colored clothing. Encourage children to wear lightweight hats when they are in the sun. This practice is especially important for children with fair hair and very light skin.
- Always apply sunscreen before going out. Check the label to be sure the sunscreen provides adequate protection and will not wear off quickly in water. There is no such thing as a "healthy tan." Using sunscreen to avoid a tan will lessen the risk of developing skin cancer later in life.
- Provide a lot of water. It is easy to lose fluids in the heat. Offer the children something to drink frequently throughout the day. A few ounces every 20 minutes is better than large amounts taken at infrequent intervals.
- Provide shaded areas for outdoor play during hot sunny days. When temperatures exceed 90 degrees Fahrenheit, children should not be involved in strenuous outdoor play for long periods of time.

With reasonable precautions, you and the children will probably withstand the heat fairly well. But it is also important to be alert for the warning signs of heatstroke and heat exhaustion.

Heatstroke, which can be fatal, comes on rather suddenly. Warning signs include headache, weakness, and sudden loss of consciousness. Victims of heatstroke usually don't sweat much.

Their pulses are very rapid and their skin is hot and dry. They also have extremely high body temperatures.

Heatstroke victims should be cooled off as quickly as possible by wrapping or immersing them in ice or cold water. After taking these emergency measures, take victims to the hospital immediately.



Heat exhaustion is a less serious but much more common condition. Warning signs include excessive urination, gradual weakness, nausea, anxiety or agitation, and excessive sweating. Unlike heatstroke, heat exhaustion causes pale, clammy skin, and a weak, slow pulse. Victims of heat exhaustion often feel faint or disoriented.

The best thing to do for victims of heat exhaustion is to have them take it easy for a while. Find them a shady spot or an air-conditioned building to sit or lie down in. Give them a few ounces of cool water every few minutes.

Heat cramps may also accompany heat exhaustion. They occur because the body has lost salt through heavy sweating. Typically, heat cramps occur first in the hands and feet. Water or foods that contain salt will usually relieve heat cramps quickly.

High humidity, overexertion, poor ventilation, and heavy clothing can all contribute to heat-related illness. Dehydration, diarrhea, age, and chronic illness can also make individuals more susceptible to these conditions. As you approach a summer of "fun in the sun," be sure to protect the children and yourself from the effects of the heat.

Reprinted with permission from the National Network for Child Care - NNCC. Pankau, J.W. (1993). Hot weather tips. In Todd, C.M. (Ed.), *Day care center connections*, 2(6), pp. 5-6. Urbana-Champaign, IL: University of Illinois Cooperative Extension Service.

Looking for Information on ACCREDITATION? You've found it!

Family Child Care Providers can log on the web at www.nafcc.org or call 1-800-359-3817.

Child Care Centers can log on the web at www.naeyc.org or call 1-800-424-2460.

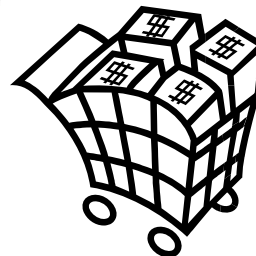
Contact WVETCR to inquire about financial support for the application process at 1-888-983-2827.

Need Help With Food Costs?

The Child Care Food Program provides reimbursement to eligible day care providers who serve nutritious well-balanced meals and snacks, and helps to develop positive eating habits for young children enrolled in Family Child Care Homes.

For more information contact your local Food Program:

Central Child Care
Serving Boone County
382-0797



**River Valley Family
Day Care Food Program**
523-3031 or 1-800-581-3031
Serving Cabell, Wayne,
Lincoln, Putnam, Mason and
Mingo Counties

Pride of Logan County
Serving Logan County
752-6868 or 752-1047

In accordance with the Federal Law and the U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, gender, age, or disability. USDA is an Equal Opportunity Employer. The Child Care Food Program is funded through the U.S. Department of Agriculture and is administered by the West Virginia Department of Education.

Training Calendar

Family Child Care Providers must complete First Aid and CPR training within six (6) months of registration. First Aid and CPR count toward the health and safety required training hours. Two (2) hours of health or safety training plus an additional six (6) hours of training in three (3) other core competency (type of training—see list on right) areas are required each year according to the date on each individuals certificate of registration.

You may not bring children to any of the training sessions.

You must bring a picture ID to all Trainings.

You must call Link at 523-9540 or 1-800-894-9540 to register.

To help you identify the Core Knowledge you need to meet your Training requirements please use the following codes which are located in the column following each training title:

- CGD—Child Growth and Development
- HSN—Health, Safety and Nutrition
- PIR—Positive Interactions & Relationships
- COA—Child Observation and Assessment
- FC—Family and Community
- C- Curriculum
- P- Professionalism
- PM- Program Management



WV Infant/Toddler One Step at a Time Training

In order to attend this training the provider must:
Provide **DIRECT SERVICES** for subsidized children **under 24 months** and be able to **ATTEND ALL SIX (6) CLASSES (48 hours)**.
Only one caregiver per classroom may register for this class.
Space is limited. Call Link (1-800-894-9540) Today to Register!

July 21, 28, August 4, 11, 18 AND 25
9:00—4:00 each day
Barboursville Library, Cabell County



The next Infant/Toddler Class will start in the fall. Look for more information in the next newsletter.

Cabell and Wayne Counties

Beginning July 21	West Virginia Infant/Toddler One Step at a time Training (See Information Above)		Barboursville Library	9:00—4:00 each Day
Tues., July 19	Parents as Partners	FC	Link Office	6:00—8:00
Sat., July 23	Challenging Behaviors – Where do we Begin?	CGD	West End Library	9:00—1:00
Wed., July 27	Infant/Toddler Temperaments and Behavior	CGD	West End Library	1:00—3:00
Mon., Aug. 8	Cultural Diversity	FC	C-K Library	4:00—6:00

More Trainings on Page 5

Sat., Aug. 20	Vision Initiative for Children's Preschool Vision Screening	HSN	West End Library	10:00—12:00
Mon., Aug. 15	Amazing Math and Science	C	Beverly Hills Day Care	6:00—8:00
Sat., Sept. 10	Teaching Tolerance	PIR	Guyandotte Library	10:00—12:00
Mon., Sept. 12	Child Abuse and Neglect	HSN	Main Library - 5th Ave	6:30—8:30
Thurs., Sept. 15	Cultural Diversity	FC	C-K Library	12:00—2:00
Mon., Sept. 19	Professional Ethics in the Workplace	P	Main Library— 5th Ave.	6:00—8:00

Logan, Mingo and Boone Counties

Sat., July 23	Let's Get Moving	CGD	Kiddie Kollege	10:00—12:00
Sat., July 23	Helping Children Cope with Stress	PIR	Kiddie Kollege	12:00—2:00
Mon., July 11	No More Broken Lamp: Safe Play for Dreary Days	HSN	Living Waters- Williamson	6:00—8:00
Tues., July 19	Cultural Diversity	FC	Boone-Madison Library	2:00—4:00
Thurs., Aug. 4	Amazing Math and Science Made Simple	C	Logan Library	12:00—2:00
Mon., Aug. 15	Infant/Toddler Temperaments and Behavior	CGD	Logan Library	1:00 – 3:00
Thurs., Sept. 8	Teaching Tolerance	PIR	Matewan Library	2:00 –4:00
Thurs., Sept. 8	Jump Into Literacy	C	Logan Library	5:00—7:00
Sat., Sept. 10	Vision Initiative for Children's Preschool Vision Screening	HSN	Kiddie Kollege	10:00—12:00
Mon., Sept. 15	Physical and Cognitive Development	C	Boone-Madison Library	5:00—7:00

Lincoln County

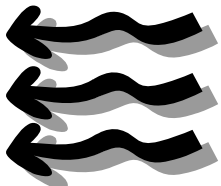
Wed., July 13	Let's Get Moving	CGD	Hamlin Library	9:00—11:00
Tues., Aug 16	Language of Discipline	PIR	Hamlin Library	6:00—8:00
Sat., Sept. 10	No More Broken Lamp: Safe Play for Dreary Days	HSN	Hamlin Library	9:00—11:00

Mason County

Tues., July 12	Amazing Math and Science	C	Mason County Library	1:00—3:00
Tues., Aug. 23	Working with School Age Children	CGD	Mason County Library	5:00—7:00
Wed., Sept. 28	Modeling Positive Parenting	FC	Mason County Library	2:00—4:00

Putnam County

Mon., July 18	Professional Ethics in the Workplace	P	Putnam County Library	5:00—7:00
Sat., Aug. 20	Hurry to Handle Your Fury	PIR	Putnam County Library	10:00—12:00
Mon., Sept. 12	Amazing Math and Science Made Simple	C	Putnam County Library	12:00—2:00



See Page 4 for other Training Opportunities, Information about the West Virginia Infant/Toddler Training and the Core Competency Codes.

You can download the training calendar on the web at www.wvdhhr.org/Link

We are no longer offering **First Aid and CPR**. This list below is made available to you for resource purposes only. **Link is not responsible for the following trainings or registration for these trainings.**

Boone County

First Aid and CPR available at **Kanawha Co. Red Cross** (see above) or by request at **Charleston** 340-3650

Cabell County

First Aid and CPR available at **Triad Tech** 431 5th Ave. Huntington—529-7020. Cost is \$20 each.

CPR with First Aid available at **American Red Cross**. 1111 Veteran's Memorial Blvd. 526-2999.

First Aid and CPR available at **Salt Rock Fire Dept.** Instructor—Darrell Ennis. 733- 9040.

Logan County

First Aid and CPR available at **LEASA County Public Rescue** 26 1/2 Main Ave, Logan—752-0917.

Classes also available at **Logan Regional Medical Center** 831-1556.

Mason County

Pleasant Valley Hospital offers First Aid and CPR Classes. Call 675-4340 to make an appointment.

Mingo County

Williamson Memorial Hospital—235-2014, Ext. 147.

Putnam County

First Aid and CPR available at **Red Cross Building in Kanawha Co.**—1605 Virginia St. E. 340-3650 or

www.redcross.org. Evening classes are available.

Classes also offered at **Red Cross Building in Putnam County**—3268 Winfield Rd. (Rt. 35) — 586-0238 or 340-3650

CPR and First Aid offered in So. Charleston by **Duff Ambulance Services** in Poca. 755-3355. Instructor—Fred Tillis.

CPR and First Aid is offered by Tina Kyle. 561-4674.

Wayne County

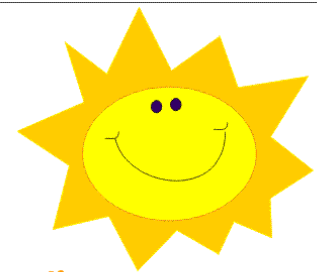
First Aid and CPR available. Instructor Kathy Parsons. 486-5991.

**You can contact local Hospitals or Fire Departments for other options.
Remember all of these fees are tax deductible.**

Looking for inexpensive and educational Field Trips?

You don't have to look for a place that is far away or costly. Many of the neatest trips are not the first that would come to mind, but could be a great learning experience right in your own neighborhood. Try some of these locations in your area:

- parks, forests, and wildlife preserves
- small businesses, such as locally owned stores and specialty shops
- large businesses, like regional, state, and national companies
- manufacturing and distributing sites
- service agencies (police, fire, transportation, and medical facilities)
- commercial recreation areas (pools, bowling alleys, theaters)
- community resources (museums, libraries, and historical spots)
- restaurants (some will give behind the scenes tours and kids can "make their own lunch")
- your own back yard and other places of interest in your neighborhood!



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Don't forget to get written permission from the parents, pack your emergency forms and first aid kit and Have a Great Time!

Call for Presentations

Huntington Area Early Childhood Conference

April 28-29 2006

Please complete the following information.

Name(s) of Presenters _____ Title _____

Organization _____

Address _____

Phone _____ Fax _____

E-mail _____

Title of Presentation _____

Length of Presentation (Check One) One Hour Two Hour

Track (Check One) Child Development Child Guidance

Curriculum Family Child Care Health, Safety & Nutrition

Infant/Toddler School Age Professional Development

Brief Description of Presentation _____

Would you present more than once, if necessary? Yes No

Background (Education, Relevant Experience, Previous Presentations) of the Presenter(s) _____

Audio & Visual Equipment Needed _____

Conference Sponsors

The Huntington Area Early Childhood Conference is a community collaborative effort to plan a conference for the early child care & education community. Any interested parties are invited to participate in the planning and implementation of this conference. Those on the committee consist of child care providers, and other organizations committed to working with young children and adults who work with young children. If you would like to be a part of the conference committee, contact Nikki Rabel, Co-Chairperson of HAECC at 1-800-894-9540.

Mail Presentation Proposals to:
Nikki Rabel
Link Child Care Resource & Referral
611 Seventh Avenue, Suite 200
Huntington, WV 25701
Or e-mail to NikkiRabel@wvdhhr.org

APPLICATION SCHEDULE

September 1, 2005

Proposals must be postmarked by this date.

Late applications will be considered on a space available basis.

October 1, 2005

Presentations will be selected and presenters will be notified by mail.

November 1, 2005

Letters of agreement and STARS Registry forms must be signed and returned.

Link Child Care Resource and Referral
c/o River Valley Child Development Services
611 7th Ave., Suite 200
Huntington, WV 25701
523-9540 or 1-800-894-9540



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A Program of River Valley Child Development Services.

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