Help us Meet Your Needs. Complete our new Needs Assessments On-Line...

Link Child Care Resource and Referral is conducting surveys to better improve our services to child care providers and those people in need of child care services in Cabell, Boone, Lincoln, Logan, Mason, Mingo, Putnam and Wayne Counties. There are four different surveys:

- People using or in need of child care services
- People in need of Pre-School or School-Age services
- Providers of child care services
- People in need of Training Services

Please go to www.rvcds.org (see information on left hand side) and choose the survey which best describes you. We will use this information to help improve the services we offer!

Important Information Regarding Training

As of January 1, 2006, if fewer than five (5) people are signed up for trainings held in Cabell, Mason, Logan, Putnam or Wayne Counties OR less than three (3) in Boone, Lincoln or Mingo, the training session will be cancelled. You will be notified 24 hours before the training.

Winter Is Upon Us...

Just a reminder of our inclement weather policy for training sessions. If school is cancelled or delayed in the County in which the training will be held OR in Cabell County, where our home office is located, the training will be cancelled for that day. A trainer will contact you with details regarding rescheduling the training session as soon as possible.

Remember:

To avoid interruption of your Child Care Payments, don’t forget to check the end dates on your child care certificates.

Attention:

See Page 3 for a new training opportunity for caregivers of children ages 2 1/2 through 5!
Behavior Support Specialist

The Power of Relationships At a family reunion recently, we gathered for family photographs. As the "professional" photographer began to group us for pictures, the problems began. Instead of treating us with respect, he began giving orders of where to stand, physically separated children from their parents, and husbands from wives, to balance the picture. When some objected, saying they preferred to be close to their children, husband or wife, the photographer responded, "Quiet, shut-up, listen, no one should be talking but me! I'm the photographer and I know what I'm doing!" As his condescending continued, resentment, insolence, and anger began to grow. The behaviors and emotions elicited by his attitude were quite negative. When I asked no one in particular, "Who is this guy?" My son responded, "He's a school photographer. I remember him taking our pictures in grade school. He acted just like this then." This man was around children? Whew! Maybe that's why Nate wasn't smiling in some of those photos....

What is often overlooked as we care and educate young children is the power of relationships. As we search for strategies to support children with challenging behaviors this is especially true. Though the preceding example came from a single encounter, it underscores the power of what we communicate. The quality of relationships is not just an element of working with children (or adults). It is the foundation like mom or dad said; so that settles it! This is important; what we say has a profound effect on a child's beliefs about events, situations, and picking up nonverbal cues but often misinterpret them, thinking a 'disapproving' look from a teacher means the teacher does not like them.

Support children with challenging behavior this is especially true. Though the preceding example came from a single encounter, it underscores the power of what we communicate. The quality of relationships is not just an element of working with children (or adults). It is the foundation like mom or dad said; so that settles it! This is important; what we say has a profound effect on a child's beliefs about events, situations, and picking up nonverbal cues but often misinterpret them, thinking a 'disapproving' look from a teacher means the teacher does not like them.

The quality of any relationship is defined by the communication between the parties. Many have said communication is the key to a good relationship. It is the key to a bad one also! However, communication is not merely part of a relationship; it is the relationship. We know relationships are built on trust and around the dynamics of boundaries and power. We also realize the words we say are only seven to ten percent of communication (Still, whoever said, "Words will never hurt me", was not being truthful). The rest is verbal and nonverbal cuing such as voice tone and volume, rate of speech, body language, proximity.... These are the accents that give words their meaning. Actions really do speak louder than words.

Due to a child's illogical thinking and self-centeredness, adult statements to children are very powerful. Children are adept at picking up nonverbal cues but often misinterpret them, thinking a 'disapproving' look from a teacher means the teacher does not like them. Children accept as fact the tooth fairy taking their teeth simply because a grownup says so. The tooth is gone, and the money is there, just the power of what we communicate. The quality of relationships is not just an element of working with children (or adults). It is the foundation success is built upon! It is not always easy and it takes time but building a positive relationship is primary when working with young children. Without it, meaningful change will not likely occur, or will occur for the wrong reasons. Research on the subject can be viewed at challenging-behavior.org.

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We have control over when we talk and what we say. That is powerful! When humans become upset the thinking part of the brain is 'numbed' and we go into fight or flight, or survival, mode. When in this reactive state we usually compound problems, not solve them (Have you ever solved a problem when terribly upset?). Talking to (at) a child in such a state is useless, stressful, and often reinforces the behavior we are trying to change. The quality of the communication (the relationship) is negative. Children who exhibit challenging behavior elicit such exchanges. When their behavior is somewhat normal or appropriate, they tend to be left alone; which means the child is communicated with only when things are negative. This routine, over time, becomes a conflictual, negative relationship. This is not the time for talk. The time to engage children is when things are calm, the child is receptive, and the communication can be positive.

It is not the words you play, it is the music you play. Our intent, as Becky Bailey says, plays a role in our effectiveness. If our intent is to show a child who is boss, or make a child pay the price for infractions, we will certainly set a negative tone and children will sense it. If, on the other hand, our intent is to model, teach and support the child the tone will likely be positive. When a conscious effort is made to provide more positive statements than negative ones, the tone will be positive. I recall an aunt who, when a child spilled something at her home, responded by singing, "La te da te de..." as she danced a little jig, holding a dish towel. She would then ask, "Do you know what this is? It's for cleaning up accidents, because grownups spill all the time. Come help me clean up." Her truthful response and light-hearted demeanor set such a wonderful tone. She did not cry over spilled milk, she sang about it. What wonderful music Aunt Mary played.

Whether you ascribe to evolution or creation here are the facts: TWO EARS, ONE MOUTH (that has to mean something)! It would seem at minimal we should listen twice as much as we talk (some of us might explode). Listening is the overlooked and undervalued part of communication. We are just not that good at it. We often seem to be listening, when actually we are waiting for our turn to talk. When we do listen, we tend to respond to the words spoken, as opposed to the feelings conveyed. Doing this with young children, who lack adequate vocabulary, results in minimizing their thoughts and feelings. It shuts down communication (the relationship) by sending the message that we are not 'hearing' them. When we hear the feelings beyond the words, we are truly listening. By responding to those feelings (ex: "you sound sad that Tommy won't play") we validate the child. We build trust. We gain respect. We are truly communicating and building positive relationships.

Are you a cheerleader or a fan? This is a metaphor Ed Jacobs, a professor at WVU came up with. It is so appropriate for those in early care and education, or anyone who interacts with children. As a sporting event begins fans and cheerleaders are cheering on the team. If the team begins to make mistakes, fans begin to criticize and boo the team, the coach, and anyone else they can blame (by the way, this doesn't tend to help). Cheerleaders are different though. They respond to mistakes by adjusting to the new circumstance and continuing to encourage. Fans will abandon the team. Cheerleaders are there when the game is over and will be there, encouraging, when the next game begins. As professionals who care for and educate children at the most critical time of development, we should ask ourselves daily:

Am I a cheerleader or a fan?
A New Training Opportunity for Caregivers of Children ages 2 1/2 through 5:
Components of Quality Care and Education Modules

Components of Quality Care and Education Modules are new trainings being offered by Link Resource and Referral beginning January 17, 2006 at the Barboursville Library. This training unit is an eight week course that runs consecutively over eight Tuesdays from 9:00am-1:00pm. The trainings are for providers working with children ages 2 1/2-5 years of age. Providers will receive thirty-two hours of professional development for successfully completing the entire eight week course; as well as resources to use in their early childhood program.

A requirement of these training modules is a pre-and post-on-site visit by the Training Specialist with each provider enrolled in the training. Participants need to be at all scheduled sessions and be on time. Providers must be on the participant list in order to attend these sessions. No walk in or stand by participants will be accepted and there will be no waiting list for individual sessions. The training Modules are: #1 Extreme Makeovers-Space & Furnishings, #2 Not Just Routine, #3 For the Love of Literacy, #4 Implementing Your Curriculum, #5 Recipe for Relationships, #6 Building Blocks: A Program’s Structure, #7 Including All Children: Provisions for Children with Special Needs and #8 Communication is the Key. Providers interested in this training opportunity need to call Kathy Meadows at 523-9540 or 1-800-894-9540 ext.229 to

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
Serving Cabell, Wayne, Lincoln, Putnam, Mason and Mingo Counties
523-3031 or 1-800-581-3031

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.

Would you like to have access to information regarding your provider payment and service client? FACTS Plus is for you. For more information visit http://facts.wvdhhr.org.

Huntington Area Early Childhood Conference
April 28 & 29
Christ Temple Church
Call Link at 1-800-894-9540 for more information.
Training Calendar

Family Child Care Providers must complete two (2) hours of Health/Safety/Nutrition training plus an additional six (6) hours of training in three (3) other core competency areas (see list on right) each year according to the date on each individual's certificate of registration.

*You must call Link at 523-9540 or 1-800-894-9540 at least 24 hours before the training to register or to cancel.
*You may not bring children to any Link training session.
*You must bring a picture ID to all Trainings.

See Additional New Policies on Page 1.

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<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Sat. Feb. 11</td>
<td>No More Broken Lamps: Rainy Day Play</td>
<td>HSN</td>
<td>10:00—12:00</td>
</tr>
<tr>
<td>Mon. Feb. 27</td>
<td>Circle Time Activities</td>
<td>C-K Library</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Sat. March 25</td>
<td>School Age Survival</td>
<td>CGD II</td>
<td>9:00—11:00</td>
</tr>
<tr>
<td>Sat. March 25</td>
<td>Building Positive Self Confidence</td>
<td>C</td>
<td>11:00—1:00</td>
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<tr>
<td>Sat. March 25</td>
<td>Teaching Tolerance</td>
<td>PIR II</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Sat. March 25</td>
<td>Cooking in Child Care</td>
<td>HSN II</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Thurs. March 30</td>
<td>Hurry to Handle Your Fury</td>
<td>PIR I</td>
<td>12:00—2:00</td>
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**Logan, Mingo and Boone Counties**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Wed. Jan. 11</td>
<td>Infant Toddler Environments</td>
<td>CGD II</td>
<td>10:00-12:00</td>
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<tr>
<td>Thurs. Jan. 12</td>
<td>Building Positive Self Concepts</td>
<td>C</td>
<td>2:00—4:00</td>
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<tr>
<td>Thurs. Jan. 19</td>
<td>School Age Survival</td>
<td>CGD II</td>
<td>6:00—8:00</td>
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<tr>
<td>Sat. Jan. 21</td>
<td>Jump Into Literacy</td>
<td>C</td>
<td>12:30—2:30</td>
</tr>
<tr>
<td>Thurs. Feb. 9</td>
<td>Hurry to Handle Your Fury</td>
<td>PIR I</td>
<td>10:00—12:00</td>
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<tr>
<td>Thurs. Feb. 9</td>
<td>Cultural Diversity</td>
<td>FC I</td>
<td>12:00—2:00</td>
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<tr>
<td>Mon. March 6</td>
<td>No More Broken Lamps: Rainy Day Play</td>
<td>HSN I</td>
<td>2:00—4:00</td>
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<tr>
<td>Sat. March 11</td>
<td>Challenging Behaviors—Part I</td>
<td>CGD III</td>
<td>10:00—2:00</td>
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<tr>
<td>Sat. March 11</td>
<td>Challenging Behaviors—Part II</td>
<td>PIR III</td>
<td>Kiddie Kollege</td>
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<tr>
<td>Thurs. March 30</td>
<td>Fire Safety</td>
<td>HSN II</td>
<td>6:00—8:00</td>
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**Lincoln County**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sat. Jan. 14</td>
<td>Humor in Child Care</td>
<td>C</td>
<td>10:00—12:00</td>
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<tr>
<td>Sat. Feb. 11</td>
<td>Infant Toddler Environments</td>
<td>CGD II</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Mon. March 27</td>
<td>Creating Smooth Transitions for Children</td>
<td>PIR I</td>
<td>3:00—5:00</td>
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**Mason County**

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<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Fri. Jan. 6</td>
<td>Helping Children Cope with Stress</td>
<td>PIR II</td>
<td>11:00—1:00</td>
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<tr>
<td>Thurs. Feb. 9</td>
<td>School Age Survival</td>
<td>CGD II</td>
<td>2:00—4:00</td>
</tr>
<tr>
<td>Thurs. March 23</td>
<td>Fire Safety</td>
<td>HSN II</td>
<td>2:00—4:00</td>
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**Putnam County**

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<tbody>
<tr>
<td>Mon. Jan. 16</td>
<td>Building Positive Self Concepts</td>
<td>C</td>
<td>12:00—2:00</td>
</tr>
<tr>
<td>Mon. Feb. 27</td>
<td>Home Safety</td>
<td>HSN III</td>
<td>12:00—2:00</td>
</tr>
<tr>
<td>Mon. March 13</td>
<td>School Age Survival</td>
<td>CGD II</td>
<td>6:00—8:00</td>
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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 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.

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**ACDS - Most Commonly Asked Questions**
The most commonly asked questions I am asked as I travel around the state visiting ACDS classes concern going to college after ACDS. Apprentices are interested in knowing what colleges will give them credit from ACDS, what jobs they will be eligible for if they go on to college and is there money available to help them go to college when they finish ACDS.

ACDS is working on some very exciting next steps to help students further their education after they complete ACDS. Right now, there is a scholarship that was previously only available for ACDS graduates. Now, apprentices who are currently in 3rd or 4th semester can apply for this scholarship money as long as they remain in the ACDS program and there is money available. There is not a financial need requirement for this scholarship. Apprentices must be employed in a child care, pre-school or as a family provider to be eligible for this scholarship. Preference will be given to students who are working toward the Associate degree. For more information on this scholarship, please contact Marilyn Bowe at 558-0530.

New articulation agreements have been signed with the Community and Technical College at West Virginia University Institute of Technology, Eastern Community College, Shepherd Community College and between Fairmont State Community College and WVU. Consultant, Dick Clendenin is working on more agreements for ACDS in the future.

Contact me if you have any other questions at 866 WVA ACDS ext. 406 or e-mail sbrodof@rvcds.org.

Submitted by Suzi Brodof

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**Vision Screenings for 3 & 4 year old Children**
Link Staff can provide vision screening for 3 and 4 year old children.
For more information or to schedule a screening contact Link at 523-9540 or 1-800-894-9540.
**Cabell-Wayne Family Child Care Association News**

Congratulations to our new officers!

Kathy Baker - President
Linda Pratt - Vice President
Pam Taylor - Secretary
Melissa Dennison - Treasurer

Our next meetings are:
- January 14th, 10:00-12:00 at Guyandotte Library
- February 11th, 10:00-12:00 at Guyandotte Library
- March 11th, 10:00-12:00 at Guyandotte Library

Rene Childers will be doing training.

We would like to see some new providers come out and see if they would like to join the association. We offer support, trainings, a chance to share your concerns or needs, finding clients, and ideas to make your business profitable and fulfilling. If you are interest please contact Kathy Baker at 529-6246.

Submitted by Kathy Baker

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**Attention Link Child Care Providers!!**

**Child Care Payment Redesign Forum:**

**Stretching Our Dollars**

The WV Department of Health and Human Resources Division of Early Care and Education wants to hear what you have to say! West Virginia has not received an increase in funding for child care in several years, so we need to look at better ways of using the money that we do have.

Let's talk about current payment structures:

- Should a full day equal 4 hours? How about 5 hours? Or 8?
- Should all areas of the state receive the same daily rate regardless of the area's cost of living?
- Should there only be two age categories for payment, under two and two and over? Or should we add more age categories, like toddlers, preschool and school-age?
- How well does the payment for 15-20 days policy work? Is there a better way to do it?

If you want to share your opinion on these topics, please join us!

**Tuesday, January 24**

12:30 p.m. to 2:30 p.m.

WVDHHR

2699 Park Avenue Suite 100, Huntington

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**Attention Boone, Logan and Mingo Family Child Care Providers**

Would you like to be a part of a new Family Child Care Association being developed in your area? Please come to our first meeting at Kiddie Kollege in Logan on Saturday January 21, 2006 at 11:00am. The purpose of this Child Care Association is to educate and support registered providers and the families they serve, create public awareness of the formation of the Association through the newspaper and other media, create a network of providers that could serve as role models for new providers and share professional knowledge and expertise in the area of child development by providing guest speakers and addressing specific topics.

Please come and enjoy yourself by supporting other providers who support children through love and commitment of quality child care. We want to bring professional standards to all providers caring for our children.

If you would like to attend this meeting, please call Kathy Meadows at 1-800-894-9540.
Family Child Care

Provider Grants
of up to $250 are now available.
Contact Dante Jeter at Link for more information. The money can be used for resources required in the regulations or curriculum materials.

Link Child Care Resource & Referral
Child Care Providers' Newsletter and Training Information
A Program of River Valley Child Development Services.
Visit us on the web at or www.wvdhhr.org/Link