



# NewsLink

July, August & September 2006

## 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](http://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!



**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.

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**Remember: To avoid interruption of your Child Care Payments,** don't forget to check the end dates on your child care certificates. Payments will not be made past this date, unless a new certificate has been issued to the family.

Would you like to have access to information regarding your provider payment & service clients?

### FACTS Plus

is for you.

For more information visit <http://facts.wvdhhr.org>.

Get your **First Aid & CPR** card in one day on **Sat. July 1 OR Sat. Sept. 9** from 9:30 -3:30 at the Cabell County Main Library (5th Ave.) Cost is \$25. Make checks payable to Tim Arthur. Limit 10 per class. Call Link at 523-9540 or 1-800-894-9540 to register.

## Behavior Consultant Corner

When my daughter was just a little girl, she would often come and sit on my lap. We would read a book, sing a song, or enjoy a story. I often told her that if there was a place where parents could pick out a child, **any child they wanted**, I would always pick her. Once, after saying that, my daughter turned and asked, "Why?"

Why would I pick her? Why did I tell her that? My goal was to make her feel special, to build her self-esteem. Her question of 'why her' guided me to talk about her gentle heart, kindness, and helpfulness.

While it is nice for children to hear that they are good or special, these 'compliments' are not enough. In fact, research suggests that such statements, absent of *why* the child is 'good' or 'special', can have a negative effect on a child (e-mail for references). According to the research, children whose self-esteem was bolstered by such statements, minus *why* they were 'good' or 'special' developed a sense of entitlement and even arrogance. That is not healthy self-esteem.

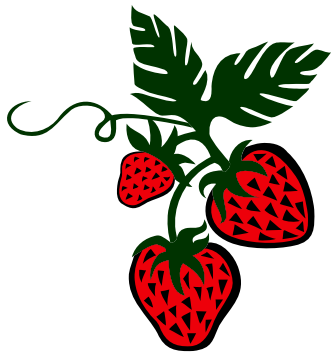
Obviously it is better to hear one is good rather than one is bad, but the former is insufficient and the latter is inappropriate. Children need the specifics. 'I like the way you helped Sammy' is much more effective than 'good boy'. Specific statements link healthy self-esteem with actions. Over time this type of feedback builds a sense of competence and pride based upon actions; not mere existence. We can build sense of caring, responsibility, and community by providing children with the specifics of what makes them 'special'. What made my little girl so special? As any parent might say, 'You don't have the time and I don't have the space...'



Saun Floyd is the Behavior Consultant atLink . You can reach Saun at 523-9540 or 1-800-894-9540 or on the web at [www.RVCDS.org](http://www.RVCDS.org)

## 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 Programs funded through the U.S. Department of Agriculture and is administered by the West Virginia Department of Education.*

Want to become  
**ACCREDITED?**  
Here's how...

Family Child Care  
Providers can log on the web at [www.nafcc.org](http://www.nafcc.org) or call 1-800-359-3817.

Child Care Centers  
can log on the web at [www.naeyc.org](http://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.

The **NEW** WV  
 Infant/Toddler  
 (WVIT) Professional  
 Development Program for  
 Caregivers Modules



The first class in our region will be held at West End Library in Cabell County beginning on August 14.

The new class covers four modules: The Infant/Toddler Caregiver, The Family, The Child and Quality Programs.

These modules are offered in 10 sessions with two Technical Assistance (TACIT) Visits as follows:

Session 1—August 14 from 9:30 -3:00

Session 2—August 21 from 9:30—1:30

Session 3—August 28 from 9:30 -3:00

Session 4—September 11 from 9:30—1:30

TACIT Visits—Weeks of Sept. 18 & 25

Session 5—Oct. 2 from 9:30 - 1:30

Session 6—October 9 from 9:30—3:00

Session 7—October 16 from 9:30 -1:30

Session 8—October 23 from 9:30—3:30

Session 9—October 30 from 9:30 -3:00

Session 10- November 6 from 9:30—12:00

TACIT Visit—Beginning week of Nov. 13th

**Directors will be required to attend a 10 hour training prior to caregivers attending this Module. This training will be held on July 20 and 21 at the Holiday Inn—Charleston House.**

Caregivers enrolling in this class must work with children under the age of 24 months for at least 20 hours per week.

**This class is limited to 15 participants.**

Only one caregiver per classroom may register for this Module of classes.

**Registration Deadline is July 16.**

Contact Sue Knisely, Infant/Toddler Specialist, at 523-9540 or 1-800-894-9540 for more information.

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 trainings are being offered beginning August 7, 2006 at the Guyandotte Library. This training unit is an eight week course that runs consecutively over eight Mondays from 9:00- 1:00. The class dates are Mondays August 7, 14, 21, 28, September 11, 18, 25 and October 2. The trainings are for providers working with children ages 2 1/2-5 years of age. Providers will receive 32 hours of professional development for successfully completing the entire eight week course, as well as resources to use in their early childhood program.

Requirement for this training are **pre-registration by Friday, July 28** and a pre-and post-on-site visit by the Training Specialist with each provider enrolled in the training. Participants need to attend all scheduled sessions. The training Modules cover Space and Furnishings, Routines, Literacy, Implementing Your Curriculum, Relationships, Program Structure, Provisions for Children with Special Needs and Communication . Providers interested in this training opportunity need to call Kathy Meadows at 523 -9540 or 1-800-894-9540 ext. 229 to register. **This class will be limited**

**Family Child Care  
 Provider Grants**

of up to \$250 are now available. Contact Dante Jeter at Link at 523-9540 or 1-800-894-9540 for more information.

The grants can be used for resources required in the regulations or curriculum materials.

**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.



**T.R.A.I.L.S. Van News**

Greetings from your T.R.A.I.L.S. Duo. Be on the look out for our two new items; a Post Office with post cards, envelopes and stamps. Your children can write each other or even "send a letter home". We also have a set of Circle Time song cards featuring the months of the year. Each month has its own set of words to a familiar tune. Lakeshore donated both of these items.

IN addition to our regularly scheduled van visits, the T.R.A.I.L.S. van is available on the first work day of each month at the LINK office. We are also available at one training (See chart below) each month ½ hr before and after the training. We're off and "on the road again! "



**T.R.A.I.L.S. Van Schedule**

Date	Time	Place
July 3	8:30 -2:30	LINK Office, Huntington
July 22	9:30 & 12:30 (training 10:00- 12:00)	"Block Play" Cabell Co. Library, Huntington
August 1	8:30-2:30	LINK Office, Huntington
August 10	10:30 &1:30 (training 11:00 -1:00)	"Block Play" Logan County Library
September 1	8:30-2:30	LINK Office, Huntington
September 21	9:30 & 12:30 (training 10:00- 12:00)	"Block Play" Boone County Library, Danville

# 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 your individual 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.

\*You must arrive at the scheduled time. Late arrivals may not receive training credit.

To help identify the Core Knowledge you need to meet your Training Requirements, please use the following codes which are listed 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
- PM Program Management
- FC Family and Community
- C Curriculum
- P Professionalism



Also listed is the tier for each training:  
Tier I is beginner level, Tier II is intermediate and Tier III is advance.

The information included in the training calendar can help you make informed decisions about the training sessions that are offered and which will best meet your needs. We have added a new piece of information to the training calendar. The **Tier**, listed after the Core Competency, is the level of the training. Tier I is a beginner level session, Tier II is an intermediate level session and Tier III is an advanced level training.

Date of the Training	Title of the Training	Core Comp	Tier	Location of the Training	Time of Training
<b>Cabell and Wayne Counties</b>					
Sat. July 1	CPR/First Aid (See Page 1 for Details)	HSN	II	Cabell Co. Main Library	9:30—3:30
Wed., July 5	Infant/Toddler Routines and Rituals	CGD	II	West End Library	3:00—5:00
Sat., July 8	Building Positive Self Concepts	C	I	Guyandotte Library	10:00-12:00
Sat., July 22	Got Blocks?	C	I	Cabell Co. Main Library	10:00-12:00
Mon. July 24	Good Health Habits Start Early	HSN	I	C-K Library	12:00—2:00
Beginning Aug. 7 (Mondays)	Components of Quality Care & Education Modules (See Page 3 for Details)	All	II	Guyandotte Library	9:00-1:00



Beginning Aug. 14	WV Infant/Toddler Training WVIT	All	I	West End Library	See Page 3
Mon. Aug. 7	Child Abuse, No Excuse!	HSN	III	Cabell Co. Main Library	6:30—8:30
Thurs. Aug. 24	Cultural Diversity	FC	II	Wayne Library	12:00—2:00
Sat. Sept 9	CPR/First Aid (See Page 1 for Details)	HSN	II	Cabell Co. Main Library	9:30—3:30
Tues. Sept. 12	It's Fun to be Fit	HSN	II	Gallaher Library	2:00—4:00
Thurs. Sept. 21	Helping Children Cope with Stress	PIR	II	C-K Library	12:00—2:00

### Logan, Mingo and Boone Counties

Wed., July 12	It's Fun to be Fit	HSN	II	Logan Library	11:00—1:00
Wed., July 12	Professional Ethics in the Workplace	P	II	Logan Library	1:00—3:00
Thurs., July 13	Amazing Math and Science Made Simple	C	II	Living Waters-Williamson	6:00—8:00
Thurs. July 27	Hurry to Handle Your Fury	PIR	I	Boone Madison Library	12:00 -2:00
Thurs. Aug. 10	Got Blocks?	C	I	Logan Library	10:00 -11:00
Thurs., Aug 17	PBS Read/View/Do: The Learning Triangle	CGD	I	Logan Library	11:00—1:00
Thurs., Sept. 7	No More Broken Lamps: Safe Play for Dreary Days	HSN	I	Living Waters-Williamson	6:00—8:00
Mon., Sept. 11	Child Abuse, No Excuse!	HSN	III	Kiddie Kollege	5:00 -7:00
Thurs., Sept. 21	Got Blocks?	C	I	Boone Madison Library	10:00-12:00
Thurs., Sept. 21	Teaching Tolerance	PIR	II	Logan Library	2:00—4:00

### Lincoln County

Sat. July 15	Parents as Partners	FC	III	Hamlin Library	11:00—1:00
Thurs., Aug. 24	No More Broken Lamps: Safe Play for Dreary Days	HSN	I	Kids Place III	6:00—8:00
Wed., Sept. 27	Room Design and Discipline	PIR	II	Hamlin Library	1:30—3:30

### Mason County

Tues., July 11	Building Positive Self Concepts	C	I	Magic Years Day Care	6:00—8:00
Thurs., Aug. 10	Teaching Tolerance	PIR	II	Mason County Library	11:30-1:30

### Putnam County

	Behavior Management???				
Mon., Aug. 28	No More Broken Lamps: Safe Play for Dreary Days	HSN	I	Forrest Burdette	9:00 - 11:00
Sat., Sept. 16	Amazing Math and Science	C	II	Forrest Burdette	9:00—11:00
Sat., Sept. 16	Room Design and Discipline	PIR	II	Forrest Burdette	11:00—1:00
Sat., Sept. 16	It's Fun to be Fit	HSN	II	Forrest Burdette	1:30—3:30
Sat., Sept. 16	PBS Read/View/Do: The Learning Triangle	CGD	I	Forrest Burdette	3:30—5:30

You can download the training calendar on the web at [www.wvdhhr.org/Link](http://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](http://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.**

## Dress Up Clothes

Putting on "dress up" clothes is a lively and fun way of learning.

Slipping into "play" outfits can also mean slipping into a home for germs and bacteria. With spills, dribbles, sneezes and coughs, dress-up clothes can harbor many germs. In order to halt the spread of germs, dress-up clothes should be washed weekly or when they become soiled. Dress-up clothes, especially hats and scarves, can present an even bigger concern—head lice.

To help prevent their spread, follow these suggestions:

- \*Wash play clothes regularly with 1 cup bleach.
- \*Children and Caregivers need to follow proper hand washing techniques.
- \*Clean and disinfect surfaces regularly.
- \*Infected children should not return to child care until the lice have been treated.
- \*Notify parents of the presence of head lice.

Resources: The Clorox Company



## Sun Safety Week

will be observed June 4-10, 2006. Sun safety is especially important for young children. Because of their lifestyle, on average, children get 3 times more exposure than adults! The vast majority, perhaps as much as 80% of a person's lifetime sun exposure, is estimated to occur in the childhood and teenage years. Research indicates that one serious childhood sunburn could trigger skin cancer in later years. Recent reports indicate that frequent sunburns in childhood (1 or 2 each year) can greatly increase the risk of deadly malignant melanoma among young adults.

Here are links to a few resources on sun safety for young children :

Sun Safety Alliance Newsletter

<http://www.sunsafetyalliance.org/wmspage.cfm?parm1=173>

Sun Safety for Kids <http://www.sunsafetyforkids.org/>

EPA Sunwise School program <http://www.epa.gov/sunwise/summary.html>

Safe Fun in the Sun booklet <http://www.childhealthonline.org/booklets.htm>

Shade Foundation preschool application <http://www.shadefoundation.org/emform/emform.php?form=29>





The Apprenticeship for Child Development Specialist Program (ACDS) will start new classes August/September 2006 in Putnam and Cabell Counties. The ACDS program consists of 300 hours of classroom training and 3200-4000 hours of on-the-job training spread over two years. Apprentices must currently be working at least 20 hours/week directly with young children in a childcare center, Headstart, preschool, school system or as a Family Provider.

Apprentices attend class from 6:30 - 9:00 p.m. each week for four semesters. The fee of \$60.00, due on the night of registration covers the cost of books and lab fee for all four semesters. If you are interested or have questions, please contact Sherrie Barrett at 304-523-0433.



For More Fun in the Sun—Don't forget the Sunscreen—SPF 15 or higher!



### Attention Logan Area FCC Providers

The next FCC Association Meeting in your area will be held in October. Check the next newsletter for dates and times. Call Kathy Meadows at 1-800-894-9540 with questions.

### Cabell-Wayne Family Child Care Association News



We would like to invite all family child care providers from Cabell/Wayne counties to join us at our next meeting. We have a lot of fun and network with other providers. We help with any questions you may have, help you fill any openings, and provide training hours needed to be a registered provider.

July 8th Guyandotte Library 10:00 AM Training—Building Positive Self Concepts, with Renee Childers (Link)

August 12th Guyandotte Library 10:00 AM

September 2nd Guyandotte Library 10:00 AM

If you have any questions feel free to call Kathy Baker at 529-6246.

Submitted by Kathy Baker

## 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 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.



Warning signs of **Heatstroke**, which can be fatal, 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.

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.

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.

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