

NewsLink



October, November
and December 2006



CELEBRATING 35 YEARS OF EXCELLENCE

You are cordially invited to attend the 35th Anniversary Celebration of River Valley Child Development Services.

*We have a great celebration planned at
Ritter Park, Huntington WV
Sunday October 8, 2006
2:00 pm – 4:00 pm*

*Randy A. Bridgette, Executive Director
and the Anniversary Committee*

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:

Important Updates	1
Behavior Consultant Column	2
FDC Food Program	2
Training Calendar	4-5
CPR and First Aid Classes	6
Family Child Care Associations	7
ACDS Information	7

Training News

If you would like to
REQUEST A TRAINING
in your area or if you
would like to serve on
the **TRAINING**
ADVISORY COUNCIL,
contact Nikki Rabel,
Training Services
Coordinator,
at 523-9540 or
1-800-894-9540.



Tell us what you think! Complete our Needs Assessments On-Line or by mail.

Link Child Care Resource and Referral is conducting surveys to better improve our services. There are four different surveys:

- People using or in need of child care services. (Contact Cristie Dunbar)
- People in need of Pre-School or School-Age services. (Contact Cristie Dunbar)
- Providers of child care services (Contact Dante Jeter)
- People in need of Training Services (Contact Nikki Rabel)

Please either go to www.rvcds.org (see information on bottom right hand side of web page) and choose the survey which best describes you **OR** if you do not have internet access, contact the person listed next to the survey you would like to complete and we will be glad to mail you a copy. We will use this information to help improve the services we offer! Thank you for your help with this.

Behavior Consultant Corner

The Golden Rule. Remember it? It is phrased in different ways, in different cultures and religions, but the premise is the same: treat others as you would like them to treat you. As a child it seems each time I was angry or selfish, my grandmother would say, in a gentle voice, "Is that how you want others to treat you?" Who does the golden rule apply to? Sadly, it often seems it does not apply to children. Many adults say children must respect them, yet those same adults show little regard for a child's thoughts, feelings or sense of Independence. We can do better!

Here is a fact: children learn a tremendous amount by observing and imitating others. Simply put, children watch the behavior of others (adults and children), decide if the behavior is worthwhile, and use it if they perceive it is (they get it wrong a lot.) We are models for the children.

I have heard multi-millionaire athletes say, "I am not a role-model" What they mean is "don't make me responsible". But, again, the fact is we are all role-models, positive or negative, and we are certainly not worth a million dollars if we are not good ones. We do not decide to be role-models. Children choose. From Super-heroes to the most hardened criminal, each is

someone's role model, For better or worse. Meditate on that, give it time to sink in, and consider our responsibility to this world's children. If you were a child, how would you like to be treated by adults? Kindness? Friendliness? Firm limits that keep you safe? Consequences for mistaken behaviors that teach responsibility thereby preparing you for an adulthood that, barring tragedy, is certainly coming. Clear rules that you understand. Acceptance. Compliment and acknowledgement for the good thing you do. A hug when fearful and a smile when successful. Yes, you want these things even now, as I do.

Respect? Ah yes, respect, the word that I hear so often. Just my opinion, but I challenge anyone to legitimately disprove it. If we do not model respect, we shall not obtain it, and certainly do not deserve it.

By Saun Floyd



Good
bye &
Good Luck,
Saun!

This will be Saun Floyd's last Behavior Corner Article in Newslink. He is leaving his job as the Behavior Consultant at Link for a new job with the WV Dept. of Education. We wish him well and he will be missed.

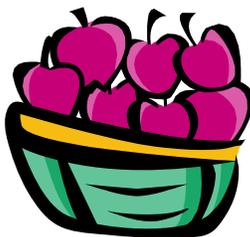
Need Help With Food Costs?

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:



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

Central Child Care
Serving Boone County
382-0797

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.

ACCREDITATION Info.

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 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.

Family Child Care Provider

Grants of up to \$250 are available. Contact Dante Jeter at 523-9540 or 1-800-894-9540 for information. Grants can be used for resources required in the regulations or curriculum materials.

Infant/Toddler (WVIT) Professional Development Program for Caregivers Modules



The first WVIT class in our region is currently in progress.

The next class will begin in January 2007. Contact Sue Knisely, Infant/Toddler Specialist, at 523-9540 or 1-800-894-9540 for more information or to be put on the list to attend this class. Class size is limited to 15.

Directors will be required to attend a 10 hour training prior to caregivers attending this Module.

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

ALL DIRECTORS must be registered on WV STARS PRIOR to the class beginning to receive the stipend. We encourage all participants to also register with WV STARS. As of October 1, 2006, \$200 stipends will only be available to center/facility administrators and family child care providers to support the cost of class attendance and/or materials to implement quality infant and toddler care. For more information about registering on WV STARS contact Chrissy Estep at 529-7603 or 1-866-983-2827 or e-mail cestep@rvcds.org.

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.

Mark your Calendar for the
2007 Huntington
Area Early Childhood
Conference.

April 27 & 28, 2007
at Christ Temple Church

Leadership Institute
April 26, 2007
at Marshall University

Volunteers are needed to serve on the Huntington Area Early Childhood Conference Planning Committee. If you would like to work on planning the HAEC Conference or for more information contact Nikki Rabel at 523-9540 or 1-800-894-9540.

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>.

T.R.A.I.L.S. Van News The TRAILS van is on the move and we so enjoy visiting with you all.



Here is a GREAT BIG THANK YOU to those who are returning their items cleaned and sanitized. This allows us to immediately make these items available for check out. Who knows the very item you return may be just the thing the person on our next stop is looking for. Thanks again for your cooperation; it makes us "Happy Trails"! Remember if you have any specific needs let us know when we call to schedule a visit and we will load the van with your requested items.

Date	Time	Place	Training
Oct. 5	3:00 -5:00	Cabell County Library	Windows of Opportunity for Early Learning
Nov. 10	3:00-5:00	Boone Madison Library	Building Bridges: Parent /Teacher Communication
Nov.14	5:00 -7:00	Mason County Library	Cooking in Child Care
Dec 8	4:00-6:00	Lighthouse	Got Blocks?

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 next to 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 advanced.

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
Cabell and Wayne Counties					
Thurs. Oct. 5	Windows of Opportunity for Early Learning	CGD	II	Main Library	3:00—5:00
Tues., Oct. 24	Family Child Care Environments	PIR	III	Gallagher Library	5:00—7:00
Mon., Oct. 30	Building Positive Self Concepts	C	II	Growing Places III—Wayne	6:00 -8:00
Mon., Nov. 13	Let's Get the Lead Out: Childhood Lead Poisoning	HSN	I	C-K Library	4:00—6:00
Tues., Nov . 14	Building Positive Self Concepts	C	II	Milton Library	6:00—8:00

Sat., Dec. 9	It's Fun to be Fit	HSN	II	Beverly Hills Baptist	9:00—11:00
Sat., Dec. 9	Amazing Math and Science	C	II	Beverly Hills Baptist	11:00—1:00
Sat., Dec. 9	ITERS-R (Infant Toddler Environmental Rating Scale)	PM	II	Beverly Hills Baptist	1:30-3:30
Sat., Dec. 9	The Business of Family Child Care	PM	II	Beverly Hills Baptist	3:30—5:30
Fri., Dec. 15	The Language of Discipline	PIR	II	Enslow Park	9:00—11:00
Thurs., Dec. 28	Math—It All Adds Up	C	I	C-K Library	12:00—2:00



Logan, Mingo and Boone Counties

Sat. Oct., 7	Family Child Care Environments	PIR	III	Kiddie Kollege	11:00—1:00
Wed., Oct. 25	Infant/Toddler Routines and Rituals	CGD	II	Kids -n- Co.	6:00—8:00
Thurs., Oct. 26	Room Design and Discipline	PIR	II	Living Waters—Williamson	6:00—8:00
Thurs. Nov. 2	Fire Safety	HSN	II	Logan Library	12:00—2:00
Thurs. Nov. 2	Cultural Diversity	FC	I	Logan Library	2:00—4:00
Fri., Nov. 10	Building Bridges: Parent Teacher Communication	FC	II	Boone Madison Lib.	3:00—5:00
Tues., Dec. 5	Let's Get the Lead Out: Childhood Lead Poisoning	HSN	I	Mingo County DHHR	11:00—1:00
Thurs., Dec. 14	The ABC's of Early Literacy	C	II	Logan Library	11:00—1:00
Thurs., Dec. 14	The Business of Family Child Care	PM	II	Logan Library	1:00—3:00

Lincoln County

Tues., Oct. 24	School Age Survival	CGD	II	Kid's Place III	6:00—8:00
Sat., Nov. 18	Infant/Toddler Routines and Rituals	CGD	II	Hamlin Library	10:00-12:00
Thurs., Dec. 7	ITERS-R (Infant Toddler Environmental Rating Scale)	PM	II	Hamlin Library	4:00—6:00

Mason County

Wed., Oct. 11	The ABC's of Early Literacy	C	II	Mason County Library	11:00—1:00
Tues., Nov. 14	Cooking in Child Care	HSN	II	Mason County Library	5:00—7:00
Wed., Dec. 13	Infant/Toddler Temperaments and Behavior	CGD	III	Mason County Library	2:00—4:00

Putnam County

Mon., Oct. 16	The Language of Discipline	PIR	II	Putnam County Library	5:00 -7:00
Thurs., Nov. 16	Fire Safety	HSN	II	Putnam County Library	12:00—2:00
Fri., Dec. 8	Got Blocks?	C	I	Lighthouse	4:00—6:00

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



This list of agencies offering First Aid and CPR 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.**

CHILDREN NEED TO EXERCISE REGULARLY

Brandon does the bunny hop twice and stops. He would rather watch the other children. Brandon is overweight. Wendy has high cholesterol. Her provider can't believe that a child as young as Wendy could have this problem. Juan never charges around the play yard with the other kids. He says he would rather watch.

Almost half of American children are not getting enough exercise to develop healthy hearts and lungs. The American Academy of Pediatrics recommends more physical education programs at the preschool and primary level, and they suggest families promote fitness at home.

Most of us believe that preschoolers are always active. Research has found, however, that children spend very little time exercising vigorously. Children who are overweight or inactive are the least likely to participate in vigorous exercise. These children are at special risk.

People who work with young children are usually more concerned about language development, science projects, and art than with developing large motor skills. Although providers often urge children to participate in indoor activities, outside time is often viewed as free play. Providers are apt to set up the slide or put out the tricycles and then stand by and watch. They rarely encourage the children to take part in gross motor activities, even though fitness is vital to good health.

Children imitate adult behavior, and children with active parents are usually active themselves. Providers can be good role models, too. Get involved in the activities you plan for them. If children see you running, jumping, climbing, dancing, and exercising, they will probably join in.



Build an activity plan for large-muscle physical activity, just as you would for art and science. Here are some ideas.

- Help children do warm-up routines that include stretching, flexing, and balancing. Make sure the exercises you select are suitable for small children. Draw attention to their bodies. Get them to feel their muscles, enjoy their flexibility, and compare tight muscles with relaxed ones.
- Present exercise in ways that will interest children. Plan active games, dancing, group exercises, and relay races.
- Start with very brief activities so that overweight or inactive children can succeed.
- Be sure that children participate on the playground, especially the ones who need it most.
- Plan daily physical activities for providers and children to do together. Plan to jog or walk around the block once or twice before going to the playground. Or you could exercise to music each morning. Start slow and work up to 10 minutes.
- Combine music and movement every day. Give children the chance to be a jet plane, a galloping horse, or a speeding train.
- Set up obstacle courses designed for your age group.
- Require children to participate in gross motor play, just as you require them to wash their hands after using the toilet.

It's hard to break old habits, but you can help children get into the exercise habit early. This habit will pay off both now and later for providers, children, and their families.



If you are interested in becoming a mentor and have completed ACDS or have a degree in early childhood or a related field, this is an opportunity for you. The training is Sept. 29 in Beckley. Please contact Sherrie Barrett at 523 0433 ext. 404 for more information.

If you are a graduate of ACDS, then you are a Journeyperson and are entitled to attend the next ACDS Journeyperson's seminar. It will be held on Oct. 14 in Flatwoods. Please contact Suzi Brodof at 523 0433 ext. 406 for more information.

Children Learn What They Live

If children live with criticism, they learn to condemn.
 If children live with hostility, they learn to fight.
 If children live with fear, they learn to be apprehensive.
 If children live with pity, they learn to feel sorry for themselves.
 If children live with ridicule, they learn to feel shy.
 If children live with jealousy, they learn to feel envy.
 If children live with shame, they learn to feel guilty.
 If children live with encouragement, they learn confidence.
 If children live with tolerance, they learn patience.
 If children live with praise, they learn appreciation.
 If children live with acceptance, they learn to love.
 If children live with approval, they learn to like themselves.
 If children live with recognition, they learn it is good to have a goal.
 If children live with sharing, they learn generosity.
 If children live with honesty, they learn truthfulness.
 If children live with fairness, they learn justice.
 If children live with kindness and consideration, they learn respect. If children live with security, ---they learn to have faith in themselves and in those about them.
 If children live with friendliness, they learn the world is a nice place in which to live.

By Dorothy Law Nolte, Ph.D.

Cabell-Wayne Family Child Care Association News



The Cabell Wayne Family Child Care Association would like to invite all providers from Cabell and Wayne counties to join us. We need new members to join and to provide some different ideas for the organizations. We provide trainings, fellowship, help you work out any problems or concerns you may have, and we also have a referral list. Join us, CWFCCA on the following dates:

October 14, 2006 Guyandotte Library 10:00am
 December 2, 2006 Golden Corral 6:00pm Christmas party

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

Submitted by Kathy Baker

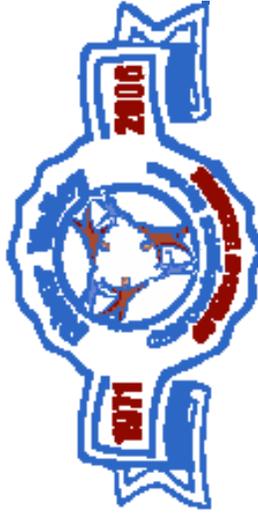
Attention Boone, Logan and Mingo Family Child Care Providers

Would you like to be a part of a new Family Child Care Association being developed in your area? Please come to our next meeting at Kiddie Kollege in Logan on Saturday October 7, 2006 at 1:00. The purpose of this Child Care Association is to support registered providers and the families they serve, create public awareness, 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. A training on "Family Child Care Environments" (see training calendar on page 5) will be held from 11:00-1:00 on the same day. This meeting will immediately follow the training. If you would like to attend this meeting, please call Kathy Meadows at 1-800-894-9540.



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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