Changes to Child Care Policy will go into effect July 1, 2007.

Below are highlights of some of the significant changes to Child Care Regulations. This is not a complete list of all the changes. You will need to read through the revised rule carefully when you receive it and/or attend an informational session to become familiar with all of the changes.

*Identifying and defining three (3) types of school age programs and placing requirements that apply to only those programs in one section of the rule.
*Adding a definition for staff member type “driver”.
*Describing license types in accordance with WV Code.
*Clarifying certain background check requirements.
*Removing the pre-service requirement for an employee health assessment, but adding vision and hearing screening.
*Requiring qualified staff to obtain and keep current a credential from the West Virginia State Training and Registry System replacing the requirement for 15 hours of annual training (except in the first year of employment).
*Changing the requirement of the number of adults needed during routine transportation.
*Not requiring a child health assessment on children over the age of six years if previously enrolled.
*Permitting non-prescription medication to be given to a child over a brief period when certain conditions are met.
*Eliminating the requirement for hot meals.
*Requiring vehicles with a capacity of 10 or more passengers to meet the National Highway Traffic Safety Administration standards for a school bus by September 1, 2012.

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 Mary Bridgette)
- People in need of Training Services (Contact Nikki Rabel)

Please either go to www.rvcds.org 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

Summertime is here and for many of us that means traveling with young children. Because vacations are a big and exciting change to a child’s routine, this otherwise fun experience can lead to tantrum meltdowns in even the mellowest children. When planning your trip, skip the crowded over-stimulating tourist spots and try to select a family-friendly destination. These places are used to young visitors and welcome the hustle and bustle that comes with family fun! On the trip itself, bring plenty of drinks and snacks to help children stay hydrated and ease the tension that can build when waiting for typical adult meal-times. Plan frequent rest stops to allow young children to stretch their limbs and blow off some pent-up energy—packing a ball for kids to toss or kick around on these stops is never a bad idea. A good way to keep kids occupied on a trip is to bring along a goody bag filled with plenty of toys, books, and doodads. Keeping the bag out of the child’s sight and surprising her with something new to explore every once in a while will keep the trip exciting and fun for her! Also, try to end your driving day early so that everyone has time to relax and unwind after a long day on the road. Finally, the most important thing to remember is to be flexible! Traveling with children can be a great experience if everyone dials down their expectations and just goes with the flow! Keep your itinerary simple...too many sights and sounds can over-stimulate a young child. It’s best to stick to one activity a day so that last minute adjustments if your child gets tired or bored) are no big deal. Remembering these few key travel points can help eliminate stress (for kids AND adults) and make this summer your greatest adventure yet! Have fun and stay safe!

Shannon Taylor is the Behavior Consultant at Link. You can reach Shannon at 523-9540 or 1-800-894-9540.

Components of Quality Care and Education Modules

Components of Quality Care and Education Modules trainings are being offered by Link CCR&R beginning July 25, 2007 at the West End Library in Cabell County. This is an eight week course that runs consecutively over eight Wednesdays from 9:30–2:00. The class dates are July 25, Aug. 1, 8, 15, 22, 29, Sept. 5 and 12. The trainings are for providers working with children ages 2 1/2-5 years of age. Providers will receive thirty-two (32) 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 attend all scheduled sessions. Providers must be on the participant list in order to attend these sessions. The training Modules are: Extreme Makeovers-Space and Furnishings, Not Just Routine, For the Love of Literacy, Implementing Your Curriculum, Recipe for Relationships, Building Blocks: A Program's Structure, Including All Children: Provisions for Children with Special Needs and Communication is the Key. Providers interested in this training opportunity need to call Kathy Meadows at 523-9540 or 1-800-894-9540 to register. Registration Deadline is Friday, July 13. Class Limited to 15.

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.
Upcoming Events for ACDS
Please contact Suzi Brodof at 1-866 WVA ACDS ext. 406 or suzib@aol.com for more info on the following events:

ACDS Mentor training - June 15 in Huntington at the River Valley Child Development Services office - 9:30 - 3:30 (stipends available).

ACDS Instructor’s Academy - June 25 - 29 in Huntington at the River Valley Child Development Services office.

ACDS Instructor’s Update - Aug. 2 in Charleston at the Embassy Suites - 9:30- 3:30.

ACDS Executive Council meeting - Aug. 9 in Bridgeport at Holiday Inn - 10:00 -3:00.

ACDS Journeyperson’s (graduates of ACDS) Seminar - Sept. 15 in Flatwoods at the Days Inn - 9:30 - 3:30 (stipends available).

Submitted by Suzi Brodof
Several providers have taken advantage of the on-site one hour training that are now available. This one-on-one training is available to Centers and Family Child Care Providers. You can request a training that is already developed, or a training can be developed to meet your specific need. Remember to call Link for more information or to schedule your custom designed training! 304-523-9540 / 800-894-9540 EXT. 430.

Just a reminder, we use baby food jars to distribute paints and glue. If you care for infants, please save jars for us; we can pick them up when we visit you. We have recently purchased some new outdoor toys so be on the lookout for them. More good news we have a new van on the way as well as a new barcode/scanning system. We will be able to scan a barcode on items to check them in and out. We are working on getting the new barcode system up and running.

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.

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
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- COA Child Observation and Assessment
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The information included in the training calendar can help you make informed decisions about the training sessions which will best meet your needs. The **Tier** listed after the Core Competency, is the level of the training. Tier I is a beginner level, Tier II is an intermediate level and Tier III is an advanced level training.

### Cabell and Wayne Counties

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Location of the Training</th>
<th>Time of Training</th>
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<tbody>
<tr>
<td>Beginning, Thurs. July 12</td>
<td>West Virginia Infant/Toddler (WVIT) - See Page 3 for more information</td>
<td>All</td>
<td>II</td>
<td>Small Blessings Day Care—Huntington</td>
<td>Varies each day</td>
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<tr>
<td>Sat., July 21</td>
<td>Building Bridges: Parent Teacher Communication</td>
<td>FC</td>
<td>I</td>
<td>Cabell County Main Library</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Beginning Wed., July 25</td>
<td>Components of Quality Care &amp; Education Modules—See Page 2 for more information</td>
<td>All</td>
<td>II</td>
<td>West End Library—Cabell County</td>
<td>9:30—2:00</td>
</tr>
<tr>
<td>Sat., July 28</td>
<td>Keeping Kids Safe from Predators</td>
<td>HSN</td>
<td>III</td>
<td>Milton Library</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Mon., July 30</td>
<td>It's Fun to Be Fit</td>
<td>HSN</td>
<td>II</td>
<td>Wayne Library</td>
<td>11:00—1:00</td>
</tr>
</tbody>
</table>

You can download the training calendar on the web at www.wvdhhr.org/Link
<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Title</th>
<th>Code</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs., Aug. 16</td>
<td>No More Broken Lamps</td>
<td>HSN</td>
<td>Guyandotte Library</td>
<td>12:00-2:00</td>
</tr>
<tr>
<td>Thurs., Aug. 16</td>
<td>Not in My Backyard: Drug Endangered Children</td>
<td>HSN</td>
<td>Ceredo Child Dev. Center (Formally Building Blocks)</td>
<td>6:00—8:00</td>
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<tr>
<td>Mon., Aug. 20</td>
<td>Amazing Math and Science Made Simple</td>
<td>C</td>
<td>Eastwood Learning Center</td>
<td>6:00—8:00</td>
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<tr>
<td>Tues., Sept. 11</td>
<td>Teaching Tolerance</td>
<td>PIR</td>
<td>West End Library</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Tues., Sept. 11</td>
<td>Through the Looking Glass</td>
<td>COA</td>
<td>Crum Starting Points</td>
<td>5:00—7:00</td>
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<tr>
<td>Thurs., Sept. 27</td>
<td>Fire Safety</td>
<td>HSN</td>
<td>Barboursville Library</td>
<td>1:00—3:00</td>
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**Logan, Mingo and Boone Counties**

<table>
<thead>
<tr>
<th>Event Date</th>
<th>Event Title</th>
<th>Code</th>
<th>Location</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Thurs., July 5</td>
<td>Building Positive Self Concepts</td>
<td>C</td>
<td>Mingo County DHHR</td>
<td>1:00-3:00</td>
</tr>
<tr>
<td>Wed., July 18</td>
<td>Jump Into Literacy</td>
<td>C</td>
<td>Logan Library</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Thurs., July 5</td>
<td>Family Child Care Environments</td>
<td>PIR</td>
<td>Logan Library</td>
<td>12:00-2:00</td>
</tr>
<tr>
<td>Thurs., July 19</td>
<td>Cultural Diversity</td>
<td>FC</td>
<td>Boone Madison Library</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Thurs. Aug. 30</td>
<td>Challenging Behaviors: Where Do We Begin?</td>
<td>CGD</td>
<td>Logan Library</td>
<td>10:00-12:00</td>
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<tr>
<td>Thurs. Aug. 30</td>
<td>Keeping Kids Safe from Predators</td>
<td>HSN</td>
<td>Logan Library</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Tues., Sept. 18</td>
<td>Healthy Habits for Life</td>
<td>HSN</td>
<td>Boone Madison Library</td>
<td>12:00-2:00</td>
</tr>
<tr>
<td>Thurs. Sept. 20</td>
<td>Not in My Backyard: Drug Endangered Children</td>
<td>HSN</td>
<td>Logan Library</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Thurs. Sept. 20</td>
<td>Building Bridges: Parent Teacher Communication</td>
<td>FC</td>
<td>Kidz 'N Company</td>
<td>6:00—8:00</td>
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<tr>
<td>Wed., Sept 26</td>
<td>Healthy Habits for Life</td>
<td>HSN</td>
<td>Mingo County DHHR</td>
<td>12:00-2:00</td>
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**Lincoln County**

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<tbody>
<tr>
<td>Mon., July 16</td>
<td>Building Positive Self Concepts</td>
<td>C</td>
<td>Hamlin Library</td>
<td>4:00-6:00</td>
</tr>
<tr>
<td>Tues., Aug. 14</td>
<td>Home Safety</td>
<td>HSN</td>
<td>Hamlin Library</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Tues., Sept. 18</td>
<td>Cultural Diversity</td>
<td>FC</td>
<td>Hamlin Library</td>
<td>10:00-12:00</td>
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**Mason County**

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<th>Event Title</th>
<th>Code</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues., July 31</td>
<td>ITERS-R (Infant Toddler Environmental Rating Scale)</td>
<td>PM</td>
<td>Mason County Library</td>
<td>5:30—7:30</td>
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<tr>
<td>Wed., Aug. 22</td>
<td>Hurry to Handle Your Fury</td>
<td>PIR</td>
<td>Mason County Library</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Wed., Sept. 19</td>
<td>Keeping Kids Safe from Predators</td>
<td>HSN</td>
<td>Mason County Library</td>
<td>1:00—3:00</td>
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</table>

**Putnam County**

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<th>Event Title</th>
<th>Code</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs., July 26</td>
<td>Hurry to Handle Your Fury</td>
<td>PIR</td>
<td>Putnam County Library</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Sat., Aug. 11</td>
<td>The ABC's of Early Literacy</td>
<td>C</td>
<td>Putnam County Library</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Tues., Sept 4</td>
<td>It's Fun to Be Fit</td>
<td>HSN</td>
<td>Putnam County Library</td>
<td>5:00—7:00</td>
</tr>
</tbody>
</table>
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.

**Lincoln County** For First Aid or CPR Contact Dorothy or William Frazier 778-3873.

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

**Mingo County** Williamson Memorial Hospital—Contact Tracey Booth at 235-2500, Ext. 147.

**Putnam County** First Aid and CPR available at Red Cross Building in Kanawha Co.—1605 Virginia St. E. 340-3650 or wv-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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**Cabell-Wayne Family Child Care Association News**

The Cabell Wayne Family Child Care Association would like to invite you to join them. We offer providers referrals, help with any issues, trainings, and advance notice of many changes that are happening. Come to one of our meetings. If you have any suggestions for trainings that you would like to see offered or would like more information please contact Kathy Baker at 529-6246.

July 14 10:00 am - Noon Guyandotte Library. Renee Childers will be doing Training. Aug 11 5:00 pm to ?- Our annual summer party. Call Number above for details. Oct 13 10:00 am - Noon—Guyandotte Library

Submitted by Kathy Baker

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

Greetings Providers! I am looking into setting up a Web Based networking opportunity for the Boone, Logan, and Mingo area. Soon I will be contacting you for ideas on topics of conversation and how you would like this opportunity to look. Thanks to Crystal Elliot, Heather Chapman, Kari Kuhn and Lana Flowers for their help with the Provider Appreciation Day Celebration. Keep an eye out for next years celebration on May 9th.

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**Making the Most of Outdoor Play**

The NAEYC brochure, “Playgrounds Safe and Sound” by Janet Brown McCracken discusses three keys to safe playgrounds. They are:

**Supervision**

“Outdoor time requires adults who are playful, have sharp senses and quick reactions, and who will closely observe children. Your attentive eyes can prevent an injury.”

**Design**

“An assortment of small group and individual projects for children are the most effective learning activities, indoors and out. Then children don’t have long waits, they choose what is most challenging for them, and traffic doesn’t get congested. Children prefer equipment that does something when they use it or that they can modify to fit their interest: stationary, one-function equipment quickly results in boredom and nonproductive play.”

**Installation and Maintenance**

“Some materials are too dangerous to consider (for landing surfaces under fall zones). Stone dust, grass, dirt, cement, asphalt and rocks do not sufficiently absorb the impact of a falling child. Shredded wire casings may contain chunks of metal. Pea gravel should never be used for playgrounds serving infants and toddlers, who put the small stones in their mouths, ears or noses.”
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.

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.
