

## LINK CHILD CARE RESOURCE AND REFERRAL



July, August and

### 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.
- \*Permitting cribs to count in the required square footage of activity space in certain circumstances.
- \*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.
- \*Requiring vehicles owned by the child care center to place identifying information on the vehicle need anything else.

### 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.

### ***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](http://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.



**Attention Family Child Care Providers! Get all your training Hours in One Day!**

**We will be providing an eight (8) hour Super Saturday in October.**

**See the September Issue of NewsLink for More information!**

## 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.*

Link CCR&R and The River Valley Family Day Care Food Program welcomes Sue Perry. Sue is the new Coordinator of the Program. For More information on the Family Day Care Food Program Contact Sue, Debbie Anderson or Tammy Leonard at 523-3031 or 1-800-581-3031.

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



The next WVIT Class will begin on July 12, 2007. All sessions will be held at Small Blessings Day Care, 902 21st St. Huntington, WV 25705.

Directors will be required to attend a 10 hour training prior to the Modules  
**Administrators Modules:** July 9th and 10th. 9:30- 2:30.

### Caregiver Modules:

July 12 9:00-3:00	July 19 9:00-1:30
July 26 9:00-3:00	Aug. 2 9:00-1:30

**First TACITS—Technical Assistance for Caregivers of Infants and Toddlers**  
Three hours are spent with each participant and administrator on-site.

Aug. 9 9:00-1:30	Aug. 16 9:00-3:00
Aug. 23 9:00-1:30	Aug 30 9:00-3:30
Sept. 4 9:00-3:00	Sept. 6 9:00-11:30

### Second TACITS

**ALL DIRECTORS and PARTICIPANTS must be registered on WV STARS PRIOR to the class to receive the stipend.**

Stipends of \$200 are available to subsidized 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](mailto:cestep@rvcds.org).

Caregivers enrolling in this class must work with children under the age of 24 months for at least 20 hours per week. For more information, contact Sue Knisely at 523-9540 or 1-800-894-9540. Class is limited to 15.

## Infant Toddler Corner

by Sue Knisely

I just completed a TACIT (Technical Assistance for Caregivers of Infants and Toddlers) with a very special childcare provider. It was a very pleasant experience. She truly wanted to be at work. Patience is one of her virtues. She spoke constantly with each one of the children in her care.

However, she was also very soft-spoken. She showed a one year old the birds outside the window for a very



long time (science) and I could hardly hear her. She played hats with one of the little girls (dramatic play) and they looked at themselves in the mirror. (Social Emotional Development) While diapering the children, she told them every single step in the process, and they never squirmed. I saw her read many books. They were getting the ultimate opportunity for advancing language development. She followed each child's cues. She fed the children when they were hungry, and talked to them about what they were eating. She encouraged them to use the spoon, or pick up pieces of food with their fingers. The children napped when they were sleepy. When she is there, the children feel safe and loved. It is truly a place where optimal learning and growing is taking place.



### Upcoming Events for ACDS

Please contact Suzi Brodof at 1 866 WVA ACDS ext. 406 or [suziib@aol.com](mailto:suziib@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

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



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 paint 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 look out 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.

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

Date	Time	Location	Training
7/1/06	8:30-2:30	LINK Office	
7/16/07	9:30 - 12:30	Cabell County Main Library	Building Bridges
8/1/07	8:30 - 2:30	LINK Office	
8/21/07	5:30-8:30	Ceredo Child Dev. Center	Not In My Back Yard
9/4/07	8:30 -2:30	LINK Office	
9/20/07	3:00-5:00	Logan Library	Building Bridges
9/20/07	6:00-8:00	Kids' N Company	Not In My Backyard

# 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 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.

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

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

Thurs., Aug. 16	No More Broken Lamps	HSN	I	Guyandotte Library	12:00-2:00
Thurs., Aug. 16	Not in My Backyard: Drug Endangered Children	HSN	I	Ceredo Child Dev. Center (Formally Building Blocks)	6:00—8:00
Mon., Aug. 20	Amazing Math and Science Made Simple	C	II	Eastwood Learning Center	6:00—8:00
Tues., Sept. 11	Teaching Tolerance	PIR	II	West End Library	1:00—3:00
Tues., Sept. 11	Through the Looking Glass	COA	II	Crum Starting Points	5:00—7:00
Thurs. Sept. 27	Fire Safety	HSN	II	Barboursville Library	1:00—3:00
<b>Logan, Mingo and Boone Counties</b>					
Thurs., July 5	Building Positive Self Concepts	C	II	Mingo County DHHR	1:00 -3:00
Wed., July 18	Jump Into Literacy	C	II	Logan Library	10:00-12:00
Thurs., July 5	Family Child Care Environments	PIR	III	Logan Library	12:00-2:00
Thurs., July 19	Cultural Diversity	FC	I	Boone Madison Library	1:00—3:00
Thurs. Aug. 30	Challenging Behaviors: Where Do We Begin?	CGD	II	Logan Library	10:00-12:00
Thurs. Aug. 30	Keeping Kids Safe from Predators	HSN	III	Logan Library	1:00—3:00
Tues., Sept. 18	Healthy Habits for Life	HSN	I	Boone Madison Library	12:00-2:00
Thurs. Sept. 20	Not in My Backyard: Drug Endangered Children	HSN	I	Logan Library	3:00—5:00
Thurs. Sept. 20	Building Bridges: Parent Teacher Communication	FC	I	Kidz 'N Company	6:00—8:00
Wed., Sept 26	Healthy Habits for Life	HSN	I	Mingo County DHHR	12:00-2:00
<b>Lincoln County</b>					
Mon., July 16	Building Positive Self Concepts	C	II	Hamlin Library	4:00-6:00
Tues., Aug. 14	Home Safety	HSN	III	Hamlin Library	10:00-12:00
Tues., Sept. 18	Cultural Diversity	FC	I	Hamlin Library	10:00-12:00
<b>Mason County</b>					
Tues., July 31	ITERS-R (Infant Toddler Environmental Rating Scale)	PM	II	Mason County Library	5:30—7:30
Wed., Aug. 22	Hurry to Handle Your Fury	PIR	I	Mason County Library	3:00—5:00
Wed., Sept. 19	Keeping Kids Safe from Predators	HSN	III	Mason County Library	1:00—3:00
<b>Putnam County</b>					
Thurs., July 26	Hurry to Handle Your Fury	PIR	II	Putnam County Library	11:00—1:00
Sat., Aug. 11	The ABC's of Early Literacy	C	II	Putnam County Library	10:00-12:00
Tues., Sept 4	It's Fun to Be Fit	HSN	II	Putnam County Library	5:00—7:00

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 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.**

**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

**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.

**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.

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. UrbanChampaign, IL:University of Illinois Cooperative Extension Service.

### Family Child Care

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

### ACCREDITATION INFORMATION

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 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.

Link Child Care Resource and Referral  
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611 7th Ave., Suite 200  
Huntington, WV 25701

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