



NewsLink

October, 2007

January, February and March 2008

Inside this issue:

Behavior Consultant and ACDS	2
Infant Toddler and Quality Components	3
Training Calendar	4-5
Current Health and Safety Issues	6-7
First Aid, CPR and Dream Classroom	7

Department Announces Improvements in the Child Care Program

***More Families Eligible for Child Care Assistance**

***Child Care Providers to See Increase in Reimbursement Rates**

The Department of Health and Human Resources is pleased to announce an increase in the eligibility guidelines for families in need of child care assistance beginning October 26, 2007. Intake eligibility guidelines will increase from 150% of 2005 Federal Poverty Level to 150% of 2007 Federal Poverty level. A family of three can now make up to \$25,764 per year and still be eligible for child care assistance. Families already receiving assistance will be able to remain on the program until they make more than 185% of 2007 Federal Poverty Level. For a family of three, this means that, once on the program, they can make up to \$31,764 per year and continue to receive assistance in paying for child care. Previously, a family of three would lose assistance after making \$29,772.

Reimbursement rates for child care providers participating in the child care assistance program will also be increasing to more closely match what parents in the private market are paying. Four separate rates are being established based on the age of children in care. Separate rates are now set for children up to two years of age, children three to four years of age and for children age 5 and up. Center rates will increase by \$1-\$2 per day for preschool children. Family child care facility and family child care home providers will receive an increase of \$1 to \$3 per day per child. These new rates will be effective retroactively to October 1, 2007, so providers will see the increase on the check they receive in November.

The Division of Early Care and Education is also busy developing a tiered reimbursement system that will reward child care providers who achieve higher stan-

dards of quality. The Department currently rewards nationally accredited child care providers with an additional \$4 per day per child. The Department is developing additional rewards of \$2 per day per child for those providers who are providing higher quality care above basic regulatory requirements, but have not yet achieved accreditation. To help child care centers to achieve higher standards of care, the Department will also offer \$1500 grants to those centers wishing to purchase curricula or materials to improve the quality of services provided to children. Family homes and facilities will be eligible for smaller grants of \$500 to \$750 once the system is finalized. The Department anticipates implementing this program within the next 60-90 days.

These increases were made possible through the use of federal Temporary Assistance



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.

SAVE THE DATE!

The 2008 HAECC Conference will be

April 25 & 26

at the Big Sandy Superstore Conference Center



in downtown Huntington.

For more information, contact Nikki Rabel at 523-9540 or 1-800-894-9540 or nikkirabel@wvdhhr.org

Have you applied for a Family Child Care Provider Grant?

Grants of up to \$250 are now available. Contact Mary Bridgette at Link (523-9540 or 1-800-894-9540) with questions or to request an application. Grants can be used to purchase resources required in regulations or curriculum materials. We also have the following items in stock: First Aid Kits, Fire Extinguishers, Safety Kits, Flash Lights, Provider Record Keeping Books, Co2 Detectors, Smoke Detectors, and Digital Ear Thermometers.

Behavior Specialist Corner, by Shannon Taylor

Winter is upon us, and this often means a shift in activities from outdoors to indoors. For some toddlers, this can mean a one-way trip to Meltdown City. For providers, it means taking on the challenge of finding activities that are age appropriate, yet quench the toddler energy level in an exciting and educational way.

Unfortunately, some adults may panic in these situations and

resort to appeasing the bored child (easily identified by her increase in mischief, whining, and/or tantrums) with television or video games. Fear not - you don't need to go there! You don't need expensive toys to turn the indoors into a magical learning wonderland.

Typically, ordinary household items can be just the thing to spark creativity and imagination in even the most agitated toddler. Some suggestions to try:

1) Create a story and have the children help illustrate it. This is a wonderful way to encourage creativity, innovation, and to improve literacy and language skills.

2) Make sock puppets and have a puppet show. All you need are old socks

and some random materials (buttons, strips of paper, yarn, etc.) to individualize each puppet. Let the children lead the way on the script (they may even choose their favorite story). This builds imagination as well as critical thinking skills and cooperation.

shoes, and hats for dress-up, cardboard boxes to climb in, blocks, empty paper towel rolls for crafts, etc. Of course this type of activity helps strengthen imagination and creativity and improves self-esteem. Whatever activities you choose, feel free to use your own imagination to tailor them to the

individual needs of the children in your care. The important thing is to contribute to a

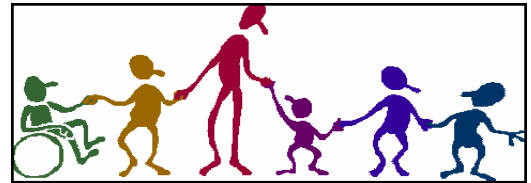
child's happiness and self-confidence while tapping into their emotional, social, creative, and physical skills. This not only creates a more pleasant environment for everyone, it also helps keep the population under control in Meltdown City!

"You don't need expensive toys to turn the indoors into a magical learning wonderland."

3) Play musical chairs. This oldie but goodie helps burn energy and keeps those muscles moving indoors. It also helps develop listening skills.

4) Have a texture scavenger hunt. Provide each child with a container (basket, bag, bucket, etc.) in which to collect items. Have the child find particular objects such as a blue toy, something fuzzy, something bumpy, etc. Be sure to then let the children make a list for you. This is another critical thinking activity that encourages children to use their imagination and focus on tactile senses.

5) Encourage dramatic play. Pretending develops higher thinking skills, and is important to foster academic achievement. Provide a variety of clothes,



Shannon Taylor is the Behavior Consultant at Link. You can reach Shannon for a phone consultation or to schedule a site-visit at 523-9540 Ext. 432 or 1-800-894-9540.

Moving ahead with ACDS

ACDS continues to offer more opportunities for individuals interested in furthering their education in the field of Early Care and Education. Currently, 15 different counties offer the ACDS class to high schools students who are interested in getting into the field of early care and education. If you would like more information about these classes, please contact me.

Also, there are new opportunities for graduates of ACDS to continue their education by getting an Associates degree and then a Bachelor's degree if they choose. Pierpont Community College (formerly,



Fairmont State Community College), WV State Community College, Marshall Community College and Mt. State University give student's credit from ACDS to get an Associates degree. To help us maintain these classes around the state, we need more instructors. To find out if you qualify to become an instructor, please check our website at www.wvacds.org.

For further information about ACDS, please contact Suzi Brodof at 1 866 WVA ACDS, ext. 406 or suzilb@aol.com.

Submitted by Suzi Brodof

ACCREDITATION INFORMATION

Family Child Care Providers

can log on 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.

Infant/Toddler Corner

If you are an early childhood professional in a **Family Child Care Home, a Facility or Center**, of children birth through 35 months for at least 20 hours per week, you can take **The West Virginia Infant/Toddler Professional Program for Care Givers Modules (WVIT)**. You must be registered with WV **S.T.A.R.S.** before the class begins. At the end of the class you will receive 50 hours of training credit, which includes every core competency, and will not be required to attend any other training for 2 years. If you accept at least one subsidized child, you will receive a stipend at the end of the class and be given resources to help you deliver quality child care. The next class will be held at The Link Office. The address is 611 7th Ave. Huntington. **Directors must attend an Administrator's Module before sending staff.** To attend you must register with LINK. Please call Nikki Rabel at 1-800-894-9540 or 523-9540 ext. 106 for any information regarding infant/toddler training.

Schedule for WVIT:

Jan. 9 - 9:00 - 3:30
 Jan. 16 - 9:00 - 1:30
 Jan. 23 - 9:00 - 3:30
 Jan. 30 - 9:00 - 1:00

(First On-site
 Technical
 Assistance)

Feb. 13 - 9:00 - 1:30
 Feb. 20 - 9:00 - 3:30
 Feb. 27 - 9:00 - 1:30
 Mar. 5 - 9:00 - 3:30
 Mar. 12 - 9:00 - 3:30
 Mar. 19 - 9:00 - 11:30

(Second on-site
 Technical
 Assistance)



Upcoming Medication Administration Classes

You must be registered on the STARS Career Pathway to attend this class. The class is STARS Approved. Please bring your STARS Bar Code ID with you.

You will need to bring a small baby doll and non-latex gloves with you for practice.

Call Link at 523-9540 or 1-800-894-7094 to register for any of the classes listed below.

Class size is limited to 15.

Cabell County

January 17 3:30-8p LINK Office
 January 31 3:30-8p LINK Office
 February 14 2-6:30p LINK Office
 February 26 2-6:30p LINK Office
 March 7 3:30-8p LINK Office
 March 20 2-6:30p LINK Office



Lincoln County

February 5 1-5:30p Hamlin Library

Logan County

February 13 10-2:30p Logan Library

Mason County

January 2 10a-2:30p Mason Co. Library—Pt. Pleasant

Putnam County

January 24th 2-6:30p Putman Co. Library-Hurricane
 March 25th 2-6:30p Putman Co. Library-Hurricane

Components of Quality Care and Education Modules

Components of Quality Care and Education Module trainings are being offered by Link CCR&R beginning January 8, 2008 at Barbourville Library in Cabell County. This



training unit is an eight week course that runs consecutively over eight Tuesdays from 11:30—3:30. The class dates are January 8, 15, 22, 29, February 5, 12, 19 and 26. The trainings are for providers working with children ages 2 1/2 to 5 years of age. Providers will receive thirty-two (32) hours of professional development for

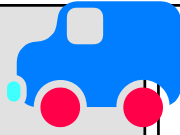
successfully completing the entire eight week course, as well as resources to use in their early childhood program.

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. **Registration Deadline is Friday, January 4.** Participants need to attend all scheduled sessions. Providers must be on the participant list in order to

attend these sessions. **No walk in or stand by participants will be accepted and there will be no waiting list for individual sessions.** The training Modules are: Extreme Make-overs-Space & 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. Class Limited to 15.

Training Calendar

T.R.A.I.L.S.



The holidays are behind us and we are looking forward to beginning a new year.

Our bar coding system is well underway and is working well for us. We are placing most of the bar codes on the containers that the smaller items come in. Please take extra care that the containers are returned with the barcodes intact.

Thanks again for saving the baby food jars. We are always in need of them so please keep saving them for us.

T.R.A.I.L.S. is now offering one hour on-site trainings! These trainings can be conducted in a FCC Home, Facility or Center. These are custom designed STAR registered Trainings. They will be hands-on and demonstration oriented; children can be included in the training session. Call Paula for more information or to schedule your custom designed training 523-9540 or 1- 800-894-9540 Ext. 430.

Date	Time	Location	Training
January 2	8:30 -2:00	Link Office	
January 19	8:30 - 11:30	Winfield Child Development Center	Building Bridges: Parent & Child Communication
February 1	8:30 -2:00	Link Office	
February 25	2:30-5:30	Link Office	Who Let the Cooks Out?
March 3	8:30 -2:00	Link Office	
March 13	4:30-7:00	Mason County Library Point Pleasant	Not in My Backyard: Drug Endangered Children

Family Child Care Providers must complete eight (8) hours of training in at least two (2) different 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.

Date of the Training	Title of the Training	Core Comp	Tier	Location of the Training	Time of Training
Cabell and Wayne Counties					
Beginning Tues., Jan. 8	Quality Care and Education Modules - See Page 3 for more information	All	II	Barboursville Library	11:30-3:30
Beginning Wed., Jan. 9	West Virginia Infant/Toddler (WVIT) - See Page 3 for more information	All	I	Link Office—Huntington	Varies— See Page 3.
Fri., Jan. 11	Business of Family Child Care	PM	II	Link Office—Huntington	2:00—4:00
Tues., Jan. 22	Developmentally Appropriate Practices	C	I	C-K Library	10:00-12:00
Wed., Jan. 30	Circle Time Activities	C	I	Link Office—Huntington	3:00—5:00
Fri., Feb. 8	Humor in Child Care	C	II	Gallaher Library	2:00-4:00

Fri., Feb. 15	Helping Children Cope with Stress	PIR	II	C-K Library	9:00—11:00
Mon., Feb. 25	Who Let the Cooks Out?	HSN	III	Link Office—Huntington	3:00-5:00
Sat., March 15	Healthy Habits	HSN	I	C-K Library	10:00-12:00
Thurs. Mar. 20	It's Fun to Be Fit	HSN	II	Eastwood Learning Ctr.	6:00—8:00
Sat., Mar. 29	Creating Smooth Transitions	PIR	I	Link—Huntington	9:00—11:00

Logan, Mingo and Boone Counties

Tues. Jan. 15	Circle Time Activities	C	I	Mingo DHHR	11:00 -1:00
Fri., Jan. 18	The Business of Family Child Care	PM	II	Boone Madison Library	11:00-1:00
Mon., Jan 28	Developmentally Appropriate Practices	C	I	Logan Library	10:00-12:00
Mon., Jan 28	The Business of Family Child Care	PM	II	Logan Library	12:00-2:00
Thurs. Feb. 28	Safe and Developmentally Appropriate Play	CGD	I	Logan Library	10:00-12:00
Thurs. Feb. 28	Teaching Tolerance	PIR	Ii	Logan Library	12:00-2:00
Mon. March 3	Healthy Habits	HSN	I	Logan Library	10:00-12:00
Mon. March 3	The ABC's of Early Literacy	C	II	Logan Library	12:00-2:00
Tues., Mar. 18	Hurry to Handle Your Fury	PIR	I	Mingo DHHR	12:00-2:00
Tues., Mar. 25	Helping Children Cope with Stress	PIR	II	Boone Madison Library	11:00-1:00

Lincoln County

Thurs., Jan. 17	The Great Barrier Classroom	C	I	Hamlin Library	10:00-12:00
Fri., Feb. 1	Child Abuse/No Excuse	HSN	III	Hamlin Library	1:00-3:00
Thurs. Mar. 13	Through the Looking Glass: Observing Children	COA	II	Kids Place III	6:00-8:00

Mason County

Tues., Jan. 29	The Business of Family Child Care	PM	II	Mason County Library	3:00-5:00
Mon., Feb. 25	Humor in Child Care	C	II	Mason County Library	1:00—3:00
Thurs. Mar. 13	Not in My Back Yard	HSN	I	Mason County Library	5:00—7:00

Putnam County

Sat., Jan. 19	Building Bridges: Parent Teacher Communication	FC	I	Winfield Child Dev. Ctr.	9:00-11:00
Sat., Jan. 19	Every Child Deserves a Childhood	HSN	I	Winfield Child Dev. Ctr.	11:00-1:00
Tues. Feb. 19	Cooking in Child Care	HSN	II	Putnam County Library	12:00-2:00
Tues., Mar. 18	Developmentally Appropriate Practices	C	I	Putnam County Library	5:00-7:00

Family Child Care Food Program

DID YOU KNOW?

March 16-22-2008 is National CACFP Week -Join and Help Celebrate
Research has shown that children who eat healthy, nutritious meals from a young age develop good eating habits, experience less behavioral problems, and enter school "ready to learn." On the other hand, children with inadequate access to healthy foods experience hindered development and are more vulnerable to illness.

This does not mean that the children are hungry or underweight. It means poor nutrition. Participating in the FOOD PROGRAM gives you the knowledge and resources to make a positive change in your day care children. GIVE US A CALL. LET US HELP.

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
304-382-0797

Pride of Logan County

Serving Logan County
304-752-6868 or 304 752-1047



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.

SOFT PRETZELS

Food Program Credible Bread/Cereal

INGREDIENTS:

1 loaf enriched frozen wheat or white bread dough (thawed)
1 egg white, beaten with 1 tsp. water
3 tablespoons coarse salt or seeds(great to decrease sodium)

STEPS: Cover dough, let rise in a warm place until double. Divide dough into 12 equal pieces, roll into a 16 inch rope. Form into a pretzel shape slip pretzel into 2 inches of boiling water. Cook until pretzels rise to surface, about 45 seconds. Drain on paper towels. Place 2 inches apart on a greased cookie sheet. Brush with egg and sprinkle with salt or seeds, then bake at 400 degrees for 15-20 minutes. Each loaf makes 16 servings for 3-6 yrs olds.

SUGGESTED MENU FOR SNACK

1 SOFT PREZEL (56)
ORANGE SLICES (25)

Preventing and Detecting Head Lice

Because of their tiny size, head lice and nits often are detected with the aid of a hand lens or magnifying glasses. High-intensity lighting, even natural sunlight, is very helpful for detecting nits.

Head lice may look like grayish specks moving rapidly on the scalp and hair. Diagnosis based on adult and immature stages is difficult; they are easily overlooked. A head-lice infestation is most often diagnosed by observing the stationary nits glued to hair shafts very near the scalp. Nits may look like dandruff, but they cannot be shaken off.

Routine hair inspections at school and at home are very important to long-term prevention of head lice. When head lice remain undetected and untreated, their population only continues to grow. Children, parents, caregivers, educators, etc. need to be involved in the solution to the head-lice condition. They should know how to prevent the spread of head lice, how to inspect for them, and what treatment procedures should be followed.

As a precaution against spreading head lice, avoid sharing *hair-care items and accessories*, such as combs, hairbrushes, headbands, ribbons, barrettes, hair rollers, wigs; *head gear* such as helmets, headsets, ear phones;

clothing items, including hats, caps, scarves, sweaters, costumes; and *sleep items* such as pillows, bed linen, stuffed animals, etc. Coats, sweaters, scarves, hats, etc. should not contact each other in cloakrooms, closets, and lockers. If storage space is limited, an option is to put each person's coats, sweaters, hats, etc. in a separate plastic bag marked with their name. Placing each person's personal items in a separate bag, particularly while dealing with a head-lice episode, will not call undue attention to any one individual that has head lice.

Education is an important tool to dispel myths and fears often associated with head lice. Teach and encourage that the condition is not "*the plague!*" Head lice are just pesky insects that nobody likes, but any infestation needs to be dealt with immediately. Head lice quickly spread when people don't notice the condition and do not seek early treatment.

Informed children, parents, and caregivers realize the importance of immediately communicating any findings of head lice. *Early detection and proper action allow faster eradication and reduces the spread*

of head lice

Constant itching and scratching of the scalp often is the first outward sign that a person has head lice. However, some individuals are not sensitive to head-lice bites and may experience no symptoms. Head lice also may be indicated if one finds tiny, black spots on bed pillows, sheets, or clothing near the neckline and shoulders. These black spots consist of digested blood excreted by a head louse after feeding.

Head lice are spread from people who have head lice. Direct, head-to-head contact with an infested person is the most common way head lice are spread. Head lice also may be transmitted by sharing infested items. Lice can be transferred from coats, sweaters, scarves, hats, etc. contacting each other in cloakrooms, closets, and lockers. Placing your head where someone with head lice has *recently* laid theirs, such as on a couch, rug, mattress, bus seat, airplane seat, car seat, etc. also can result in the spread of head lice.

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.**

CPSC Delivers the ABC's of Toy Safety

As gift-givers shop for that perfect toy this holiday season, the U.S. Consumer Product Safety Commission (CPSC) is emphasizing the importance of shopping safely. Knowing your ABC's of toy safety will make for happy holidays: (A) awareness, and knowing the (B) benefits, for (C) consumers - (Awareness Benefits Consumers).

Awareness is not only knowing there is a CPSC and what the agency does to protect consumers but also being aware of what poses the greatest risks. The leading causes of toy-related fatalities include choking and aspiration of toy parts.

The increased scrutiny of toys and the CPSC has led to B, or benefits,

to consumers. CPSC has increased the agency's inspections of toys and is taking the action needed to remove violative products from the marketplace. More companies are testing their products and reporting possible safety problems.

The Chinese government has signed new agreements to conduct pre-export inspections to prevent lead painted toys and other unsafe toys from being exported to the U.S.

"CPSC recalled 61 toys involving more than 25 million product units in 2007, underscoring CPSC's daily commitment to keeping consumers safe 365 days a year," said Acting CPSC Chairman Nancy Nord. "Toys today are undergoing more inspection

and more intense scrutiny than ever before."

Finally C, consumers should stay informed and be aware of recalls by signing up to receive direct e-mail notification of recalls at www.cpsc.gov. CPSC has launched a "Drive to 1 Million" to sign up at least 1 million consumers to receive this direct notification.



Source: U.S. Consumer Product Safety Commission
Office of Information and Public Affairs
Washington, DC 20207
CPSC Hotline: (800) 638-2772
CPSC Media Contact: (301) 504-7908

Link Child Care Resource & Referral
c/o River Valley Child Development Services
611 7th Ave., Suite 200
Huntington, WV 25701

Link CCR&R

NON PROFIT ORGANIZATION
US POSTAGE

PAID

PERMIT NO. 43
HUNTINGTON, WV

Link Child Care Resource
and Referral
Child Care Providers'
Newsletter and Training
Information
A Program of River Valley
Child Development Services.



**The Next WV Infant/Toddler
(WVIT) Class will be held in Cabell
County Beginning on
Wednesday Jan. 9.**

**Please contact Nikki Rabel at
523-9540 or 1-800-894-9540
Ext. 106, if you are interested.**