April, May and June 2008

Please join us for the 26th Annual Huntington Area Early Childhood Conference
April 25 & 26, 2008

at the Big Sandy Superstore Conference Center in downtown Huntington.
Registration Materials are now available.

For more information, contact Nikki Rabel, Conference Coordinator, at 523-9540 or 1-800-894-9540 or nikkirabel@wvdhhr.org
You can also access the Pre-Conference Registration Materials on-line at www.RVCDS.org!

Registration fees increase after April 4 and again after April 18, so register today for the best value in affordable Quality Early Childhood Education Training!

Limited funding to cover registration costs is available for Family Child Care Providers.

Tell Us What you Think—
Needs Assessments Are Available On-Line or by mail.

Link Child Care Resource and Referral is conducting surveys to better improve our services. Please choose the survey that best suits your needs:

- People using or in need of Child Care or School-Age Services (Contact Cristie Dunbar)
- Providers of child care services (Contact Bryan Sweeney)
- 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.
Creating a Safe Learning Environment for Children’s Curiosity

We all know the old saying, "an ounce of prevention is worth a pound of cure." This old phrase is probably more relevant in an early childhood setting than anywhere else. Children are naturally curious. This is how they learn. They get into things, especially things that are new or different. They look at it, touch it, taste it, smell it, ask questions about it, sometimes they even get a little messy. Children will study something new or interesting until they lose interest, or something better comes along. This curiosity is a very common, and very developmentally appropriate childhood behavior.

There are some things that are not appropriate for children to explore due to health or safety concerns. We often reprimand children for getting into these things, when in fact, we have opened the door for their natural curiosity to take charge. When opportunities exist for children to explore things that are not safe, we could be creating a serious problem. By removing the temptation, we can eliminate the problem. For example, if it has rained and water has collected in toys on the playground, children are going to flock to the water when they go outside. When the sand and water table is available children flock to it like birds, so why would they not flock to this new and different water experience. This is a typical experience in which a provider should do a quick check of the playground before going outside and dumping this water out before the children can be drawn to it. Children love to play in water, however this water would be at high risk for carrying bacteria and would not be safe for children’s play. If the water is left and the children do go to play in it the children feel as if they are being punished when told that they are not allowed to play in this very appealing setting. By being aware and eliminating the temptation, a potential problem will be eliminated. In addition, it will also eliminate some inappropriate behaviors, such as splashing other children, from occurring.

Being proactive (eliminating potential problems before they occur) is much better for everyone than being reactive (dealing with a problem after it occurs). By being proactive we can eliminate many health and safety risks, undesirable behaviors and stress for the children and caregivers. This will make the early childhood environment a much more pleasant and productive haven for learning and development to take place.

Behavior Consultant Update

Shannon Taylor, Link Behavior Consultant, is currently on maternity leave. She gave birth to a beautiful baby boy, Eli, in February. Congratulations, Taylor Family! She should be back to work the first week of April. In the interim, we have contracted with Karen Armstead, a Child Psychologist at MU, to provide Behavior Consultant Services until Shannon returns. If you need an on-site visit or if you have any questions, please call Nikki Rabel at 523-9540 or 1-800-894-9540. Nikki has also written the Behavior Consultant article for this Newsletter. Shannon’s Words of Wisdom will return next quarter!

ACDS Corner

The Apprenticeship for Child Development Specialist Program provides a mentor training for Journeypersons (graduates of ACDS), those with a bachelor’s degree in early childhood, child development or a related field to become mentors for family providers. A one day training must be attended and the provider must be visited two hours a month. A stipend will be offered to the mentor. If you’re interested in a new challenge and a rewarding experience, please contact the ACDS office at 1-866-WVA-ACDS or access the website at wvacds.org.com.

Submitted by Sherrie Barrett

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 by Sue Knisely

I do onsite technical assistance with the participants of the WVIT classes. Many of the participants are often nervous about me coming. But, the visits are to help the participants gain competence. I want them to provide the best quality of care possible. We should respect the children and their families enough to want to give them the best! The most pleasant experience I ever had on a TACIT visit was with a very special child care provider. She truly wanted to be at work. Her thoughts were in the moment. Patience was one of her virtues. The room was very cozy and was very clean and safe. She spoke constantly with each one of the children in her care. She gave them a play by play description of everything that was happening. The children were fed when they got hungry. The changing table was in the same room, so that she did not go out of ratio to change a diaper. She talked to each child about the mobile as she changed them. She washed hands and sanitized surfaces before and after diapering and eating. She read the children books several times, both one on one and as a group. The books were down at the children’s level, so that they had access to them. But, she never made the children stay to listen to the books being read and allowed them to choose not to. She showed a one year old the things were in the moment. Patience was one of her virtues. The room was very cozy and was very clean and safe. She spoke constantly with each one of the children in her care. She gave them a play by play description of everything that was happening. The children were fed when they got hungry. The changing table was in the same room, so that she did not go out of ratio to change a diaper. She talked to each child about the mobile as she changed them. She washed hands and sanitized surfaces before and after diapering and eating. She read the children books several times, both one on one and as a group. The books were down at the children’s level, so that they had access to them. But, she never made the children stay to listen to the books being read and allowed them to choose not to. She showed a one year old the birds outside for a very long time. She played hats with one of the little girls and they looked at themselves in the mirror. The toys were down at their level so that they could make choices. Crayons and paper were accessible, and she taped the paper to the table for them. She played classical music at one point and the babies moved to the music on their own. There were pictures of the children at their eye level. I never heard a child cry in the three hours I was there. The children felt safe and loved. It was truly a place where optimal learning and growing was taking place. I am all for having HAPPY BABIES!

Upcoming WVIT CLASS
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 Sue Knisely at 1-800-894-9540 or 523-9540 ext. 228 for any information regarding infant/toddler training.

Schedule for WVIT:

April 8 - 9:00 - 3:30
April 15 - 9:00 - 1:30
April 22 - 9:00 - 3:30
April 29 - 9:00 - 1:30

(First On-site Technical Assistance)

May. 13 - 9:00 - 1:30
May 20 - 9:00 - 3:30
May 27 - 9:00 - 1:30
June 3 - 9:00 - 3:30
June 10 - 9:00 - 3:30
June 17 - 9:00 - 11:30

(Second on-site Technical Assistance)

32 Hours of Credit Available for Completing Early Care and Education Modules

Components of Quality Care and Education Module trainings are being offered by Link CCR&R beginning April 3, 2008 at the Link Office, in the 2nd floor Training Room, 611 7th Ave., Huntington. This training unit is an eight week course that runs consecutively over eight Thursdays from 12:00-4:00. The class dates will be on April 3, 10,17, 24, May 1, 15, 22 and 29. 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 Tues. April 1. 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 Makeovers-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.**
Warm weather is just around the corner and are we ever ready for it! It is time to start thinking of outdoor activities and outdoor fun! We have several resources on the van that will help you come up with great ideas for art and science projects you can do right on the playground or in your backyard! Childhood obesity is a growing concern for our children. The van also offers resources to help you get those little ones moving and grooving. To quote John Denver: “Sunshine on my shoulder makes me happy”. Virena and I are looking forward to visiting you all in the sunny days ahead. Also, 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 STARS registered Trainings. They will be hands-on and children can be included in the sessions. Call Paula for more information or to schedule your custom designed training 523-9540 or 1-800-894-9540 Ext. 430.

**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.

Please call Link at 523-9540 or 1-800-894-9540 at least 24 hours before the training to register for a training or to cancel your registration.

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.

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Training</th>
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<tr>
<td>April 1</td>
<td>8:30 – 2:00</td>
<td>Link</td>
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<td>April 25</td>
<td>Before sessions and lunch</td>
<td>Huntington Civic Center</td>
<td>HAECCE Conference</td>
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<tr>
<td>April 29</td>
<td>2:30 – 5:30</td>
<td>Heath Dept., Williamson</td>
<td>DAP</td>
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<tr>
<td>May 1</td>
<td>8:30 – 2:00</td>
<td>Link</td>
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<tr>
<td>May 13</td>
<td>2:30 – 5:30</td>
<td>Health Dept. in Danville</td>
<td>Math is Cool, Science Rules</td>
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<tr>
<td>May 15</td>
<td>4:30 – 7:30</td>
<td>Calvary Baptist Church—Airport Rd., Chapmanville</td>
<td>Math is Cool, Science Rules</td>
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<tr>
<td>June 2</td>
<td>8:30 – 2:30</td>
<td>Link</td>
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<tr>
<td>June 10</td>
<td>2:30 – 5:30</td>
<td>Logan Library</td>
<td>DAP</td>
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<tr>
<td>June 19</td>
<td>3:30 – 5:30</td>
<td>Link</td>
<td>Math is Cool, Science Rules</td>
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*Codes for Training Chart*

*Core Competency*
- 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

*Tier*
- Tier I: Beginner level
- Tier II: Intermediate

*Targeted Age/Area*
- IT: Infant/Toddler
- PRE: Pre-School
- SAC: School Age Care
- FCC: Family Child Care Providers
- CB: Center Based

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<tr>
<td>April 3</td>
<td>Quality Care and Education Modules</td>
<td>Link Office 611 7th Ave., Huntington</td>
<td>12:00—4:00</td>
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<tr>
<td>April 8</td>
<td>West Virginia Infant/Toddler (WVIT)</td>
<td>Link Office 611 7th Ave., Huntington</td>
<td>Varies—See Page 3.</td>
</tr>
<tr>
<td>Wed., April 9</td>
<td>Child Abuse, No Excuse</td>
<td>Link Office 611 7th Ave., Huntington</td>
<td>2:00—4:00</td>
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<tr>
<td>Tues., April 29</td>
<td>The ABC's of Early Literacy</td>
<td>C—K Library 1200 Oak St., Kenova</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Mon., May 12</td>
<td>The Great Barrier Classroom</td>
<td>Link Office 611 7th Ave., Huntington</td>
<td>3:00—5:00</td>
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<tr>
<td>Tues., May 13</td>
<td>Humor in Child Care</td>
<td>Wayne Library</td>
<td>325 Keyser St., Wayne</td>
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<td>Tues., May 20</td>
<td>Teaching Tolerance</td>
<td>West End Library</td>
<td>901 14th St. West</td>
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<tr>
<td>Thurs., June 5</td>
<td>Discoveries of Infancy</td>
<td>Barboursville Library</td>
<td>728 Main St.</td>
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<td>213 Kenmore Dr., Madison</td>
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<td>Link Office</td>
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<td>Through the Looking Glass: Observing Young Children</td>
<td>Logan Library</td>
<td>Logan Middle School</td>
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<td>Tues., April 29</td>
<td>Developmentally Appropriate Practices</td>
<td>Mingo County DHHR</td>
<td>1717 West 3rd St.</td>
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<td>Boone Co. Health Dept.</td>
<td>213 Kenmore Dr., Madison</td>
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<td>Thurs., June 12</td>
<td>Working Together: Cooperation and Negotiation</td>
<td>Mingo County DHHR</td>
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**Logan, Mingo and Boone Counties**

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<tr>
<td>Wed., April 15</td>
<td>Family Child Care Environments</td>
<td>Hamlin Library</td>
<td>7999 Lynn St., Hamlin</td>
<td>11:00–1:00</td>
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<td>Thurs., May 15</td>
<td>Developmentally Appropriate Activities for Infants and Toddlers</td>
<td>Hamlin Library</td>
<td>3:00–5:00</td>
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<td>Tues., June 24</td>
<td>Environments That Educate</td>
<td>Hamlin Library</td>
<td>3:00–5:00</td>
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<td>Fri., May 16</td>
<td>School Age Care: Games and Activities</td>
<td>Mason County Library</td>
<td>508 Viand St., Pt. Pleasant</td>
<td>2:00–4:00</td>
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<tr>
<td>Wed., June 26</td>
<td>Environments That Educate</td>
<td>Mason County Library</td>
<td>3:00–5:00</td>
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**Mason County**

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<td>Wed., April 30</td>
<td>Environments That Educate</td>
<td>Putnam County Library</td>
<td>4219 Rt. 34, Hurricane</td>
<td>3:00–5:00</td>
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<td>Tues., May 20</td>
<td>School Age Care: Games and Activities</td>
<td>Putnam County Library</td>
<td>10:00–12:00</td>
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<td>Thurs., June 12</td>
<td>Teaching Tolerance</td>
<td>Putnam County Library</td>
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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 inade-
quate access to healthy foods experi-
ence 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 knowl-
dge 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

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U.S. Department of Agriculture policy, this
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gender, age or disability. USDA is an Equal
Opportunity Employer. The Child Care Food
Programs funded through the U. S. Depart-
ment of Agriculture and is administered by
the West Virginia Department of Education.

The warm weather is right around
the corner. Try this delicious,
healthy cool down treat and enjoy!

Strawberry Freeze
1 16-ounce can strawberries,
drained or 2 cups fresh
1 tablespoon sugar
2 teaspoons lemon juice
1 cup crushed ice

Process all of the
ingredients in a
blender until
smooth and frosty.
Makes about 2
cups.

Per serving: 70 calories; 0.5 g fat (0 g
saturated fat; 6 percent calories from
fat); 17 g carbohydrates; 0 mg
cholesterol; 0 mg sodium; 1 g protein;
4 g fiber.

HELP REACH THE GOAL---
20 NEW IN 2008
River Valley Food Program has set a
goal of twenty additional providers
in 2008.
We need all of your help to reach
this goal. If you are not now or have
never participated give us a call and
let us help you make the program
work for you.
With rising food costs this is a
way for you to continue to serve your
children the best possible meals.

Reimbursement
rates went up for 2007-2008.

<table>
<thead>
<tr>
<th></th>
<th>Tier 1</th>
<th>Tier 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>$1.11</td>
<td>.41</td>
</tr>
<tr>
<td>Lunch/Supper</td>
<td>$2.06</td>
<td>$1.24</td>
</tr>
<tr>
<td>Snack</td>
<td>.61</td>
<td>.17</td>
</tr>
</tbody>
</table>

REMEMBER: When you participate
you help keep the program growing.
This is good for everyone especially
the children.

Submitted by Sue Perry

Family Child Care Provider Grants
Family Child Care Providers are eligible to apply for grants of up to $250.
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, Carbon
Dioxide Detectors, Smoke Detectors, and Digital
Ear Thermometers.

You must turn in receipts for the money you spend. Failure to do so will
make you ineligible for future Family Child Grants and other grants that
may become available through Link.

Contact Mary Bridgette at Link (523-9540 or 1-800-894-9540)
with questions or to request an application.
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 to the right.

Class size is limited to 15.

**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.

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**SUNSCREEN TIPS**

Things to look for that would indicate that you are buying one of the ‘best sunscreens,’ include that it:

1. Provides broad spectrum UVA and UVB protection.
2. Has an SPF of at least 15 to 30. You could go for a higher SPF, but most experts believe that they don’t provide that much extra protection. Some experts go as far as to say the SPF rating should be capped at 30.
3. Is water resistant. Even if you aren’t going swimming, if your child is outside, he will likely be sweating, so a water resistant might provide better protection than a regular sunscreen.
4. Is hypoallergenic and fragrance free, especially if your child has sensitive skin.
5. Is in a form that is easy to use on your child, whether that means it is a gel, lotion, spray, continuous spray, etc.

Source: Pediatricsabout.com
Link Child Care Resource & Referral
611 7th Ave., Suite 200
Huntington, WV 25701

Link CCR&R

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