



# NewsLink

April 2008

## 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](mailto:nikkirabel@wvdhhr.org)

You can also access the Pre-Conference  
Registration Materials on-line at  
[www.RVCDS.org](http://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 .*

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#### HAECC Keynote Speaker Richard Cohen,



Vice President of  
Education Learning  
Care Group,  
Novi, MI.

#### Friday Keynote

"Childhood Professionals:  
The Heroes of Our Times"

#### Saturday Keynote

"The Sprit of Play"

The 4th Annual  
Leadership Institute  
will be held April 24 at MU!  
Speaker

#### Gaye Gundland

"Standards ~vs~  
Standardization"



#### 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—

#### 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 suites 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](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.

# Behavior Specialist Corner, by Nikki Rabel

## 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

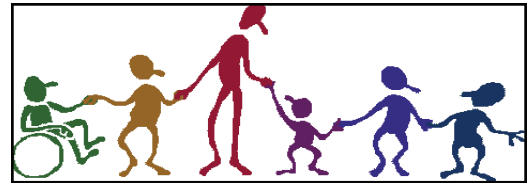
temptation, a potential problem will be eliminated. In addition, it will also eliminate some inappropriate behaviors, such as splashing other children, from occurring.

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!

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



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.

## 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 web-site at [wvacds.org.com](http://wvacds.org.com).



Submitted by Sherrie Barrett

## ACCREDITATION INFORMATION

### Family Child Care Providers

can log on 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.

## 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 chose 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 back yard! 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.

### \*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

#### \*Targeted Age/Area

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

#### \*Tier

Tier I	Beginner level
Tier II	Intermediate



Date	Time	Location	Training
April 1	8:30 -2:00	Link	
April 25 &26	Before sessions and lunch	Huntington Civic Center	HA ECC Conference.
April 29	2:30 -5:30	Heath Dept. Williamson	DAP
May 1	8:30 -2:00	Link	
May 13	2:30-5:30	Health Dept. in Danville	Math is Cool, Science Rules
May 15	4:30-7:30	Calvary Baptist Church— Airport Rd., Chapmanville	Math is Cool, Science Rules
June 2	8:30 -2:30	Link	
June 10	2:30-5:30	Logan Library	DAP
June 19	3:2:30-5:30	Link	Math is Cool, Science Rules

Date of the Training	Title of the Training	* Core Comp	* Tier	* Targeted Age/Area	Location of the Training	Time of Training
<b>Cabell and Wayne Counties</b>						
Beginning April 3	Quality Care and Education Modules See Page 3 for more information	All	II	PRE	Link Office 611 7th Ave., Huntington	12:00—4:00
Beginning April 8	West Virginia Infant/Toddler (WVIT) See Page 3 for more information	All	I	IT	Link Office 611 7th Ave., Huntington	Varies— See Page 3.
Wed., April 9	Child Abuse, No Excuse	HSN	III	ALL	Link Office	2:00—4:00
Tues., April 29	The ABC's of Early Literacy	C	II	ALL	C—K Library 1200 Oak St., Kenova	11:00—1:00
Mon., May 12	The Great Barrier Classroom	HSN	II	ALL	Link Office	3:00—5:00

Tues., May 13	Humor in Child Care	C	II	PRE	Wayne Library 325 Keyser St., Wayne	11:00–1:00
Tues., May 20	Teaching Tolerance	FC	I	ALL	West End Library 901 14th St. West	1:00–3:00
Thurs., June 5	Discoveries of Infancy	CGD	III	IT	Barboursville Library 728 Main St.	2:00–4:00
Thurs., June 5	Humor in Child Care	C	II	PRE	Link Office	6:00–8:00
Mon., June 9	The Great Barrier Classroom	HSN	II	ALL	C-K Library	3:00–5:00
Thurs., June 19	Math is Cool, Science Rules	C	I	ALL	Link Office	3:00–5:00

### Logan, Mingo and Boone Counties

Wed., April 9	Through the Looking Glass: Observing Young Children	COA	II	IT	Logan Library Logan Middle School	2:00–4:00
Tues., April 29	Developmentally Appropriate Practices	CGD	I	ALL	Mingo County DHHR 1717 West 3rd St.	3:00–5:00
Tues., May 13	Math is Cool, Science Rules	C	I	ALL	Boone Co. Health Dept. 213 Kenmore Dr., Madison	3:00 -5:00
Thurs., May 15	Math is Cool, Science Rules	C	I	ALL	Calvary Baptist Church, Airport Road, Chapmanville	3:00 -5:00
Tues., June 10	Developmentally Appropriate Practices	CGD	I	ALL	Logan Library	3:00–5:00
Thurs., June 12	Working Together: Cooperation and Negotiation	FC	III	IT	Mingo County DHHR	1:00–3:00

### Lincoln County

Tues., April 15	Family Child Care Environments	PIR	III	FCC	Hamlin Library 7999 Lynn St., Hamlin	11:00 -1:00
Thurs., May 15	Developmentally Appropriate Activities for Infants and Toddlers	C	II	IT	Hamlin Library	6:00–8:00
Tues., June 24	Environments That Educate	C	II	ALL	Hamlin Library	3:00 -5:00

### Mason County

Fri., May 16	School Age Care: Games and Activities	CGD	II	SAC	Mason County Library 508 Viand St., Pt. Pleasant	2:00 -4:00
Wed. June 26	Environments That Educate	C	II	ALL	Mason County Library	10:00–12:00

### Putnam County

Wed., April 30	Environments That Educate	C	II	ALL	Putnam County Library 4219 Rt. 34, Hurricane	3:00 -5:00
Tues., May 20	School Age Care: Games and Activities	CGD	II	SAC	Putnam County Library	10:00–12:00
Thurs. June 12	Teaching Tolerance	PIR	II	ALL	Putnam County Library	11:00–1:00

## 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.

### 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.		
	Tier 1	Tier 2
Breakfast	\$1.11	.41
Lunch/Supper	\$2.06	\$1.24
Snack	.61	.17

**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 Information

### 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.

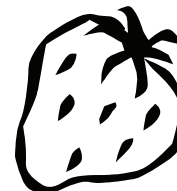
Contact Mary Bridgette at Link (523-9540 or 1-800-894-9540) with questions or to request an application.

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.

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](http://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.**

**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.



**Cabell County**

April 4 2:00-6:30 LINK Office  
 April 25 HAECC  
 (\*See page 1 for more information about HAECC)

May 9 2:00-6:30 LINK Office  
 May 28 2:00-6:30 LINK Office  
 June 12 2:00-6:30 LINK Office

**Lincoln County**

May 20 10:00-2:30 Hamlin Library  
 June 18 10:00-2:30 Hamlin Library

**Putnam County**

May 29 10:00-2:30 Putnam Co. Library—Hurricane  
 June 20 10:00-2:30 Putnam Co. Library—Hurricane

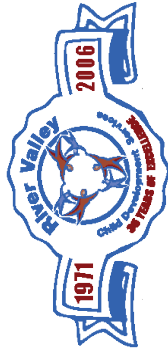
**SUNSCREEN TIPS**

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.

Soucre: [Pediatricsabout.com](http://Pediatricsabout.com)

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



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