



NewsLink

2009

January, February and March 2009

IMPORTANT TRAINING INFORMATION

Winter Weather is Upon Us...

Please remember our Inclement Weather Policy for training sessions. If school is cancelled or delayed in the County in which the training will be held OR in



Cabell County, where our home office is located, the training will be rescheduled for another day. An Early Childhood Specialist will contact you with details regarding rescheduling the training session as soon as possible.

Also, just a reminder that if fewer than five (5) people are signed up for trainings held in Cabell, Logan, Putnam or

Wayne Counties OR less than three (3) in Boone, Lincoln, Mason or Mingo, the training session will be cancelled. If a training is cancelled, you will be notified at least 24 hours before the training. If you are in need of training hours, you can contact Paula Stewart, T.R.A.I.L.S. Specialist, for on-site training opportunities. You can reach Paula at 523-9540 or 1-800-894-9540 Ext. 430. See page 7 for more information about T.R.A.I.L.S.

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It's not too late! Dream Classroom Deadline Extended until January 9th!



The Huntington Area Early Childhood Council is giving away another "Dream Classroom." Any licensed Child Care Center, Family Child Care Home or Facility located within 100 miles of Huntington and has been a continuous provider for the last five years can participate. If you meet this criteria, and want a chance to win this "Dream Classroom" fill out an application and attach a brief (500 words or less) letter of explanation, describing why you think you should be selected for the "Dream Classroom" and how this would benefit the children.

You need to submit a video, DVD or pictures of your room. Please do not mention your name, to allow a fair judgment. For more information or to request an application, please call Kathy Meadows at 523-9540 or 1-800-894-9540 extension 112. All entries must be postmarked by January 9, 2009. Late entries will not be considered.

2nd Annual Center Director Meeting Make-Up Session

When: January 16, 2009
Where: St. Timothy Lutheran Church
400 Lawndale Lane, Charleston, WV, 25358
Time: 1:00 to 4:00 pm
RSVP: Alecia Streets at alecia.n.streets@wv.gov or 558-3224 Or Brenda Helper at brenda.s.helper@wv.gov or 558-4683.

Do you have an idea to help Link Improve Our Services?

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

People in need of Training Services (Contact Nikki Rabel)

Providers of Child Care Services (Contact Lela Pemberton)

People using or in need of Child Care or School-Age Services (Contact Cristie Dunbar)

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 at 523-9540 or 1-800-894-9540. We will be glad to mail you a copy. We will use this information to help improve the services we offer!



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.

Behavior Consultant Corner, by Shannon Taylor

I often receive phone calls requesting help with general classroom management techniques. These calls typically involve a classroom full of really well-behaved children who simply need a little "crowd control" at times. The technique that I most frequently pull out of my magical bag of behavior guidance tricks is to

establish and maintain a set of classroom rules.

Kids crave structure, predictability, and boundaries and rules help

them to navigate their environment a little more smoothly by giving them a concrete set of expectations for their behaviors if followed consistently. The children in the classroom, or home, will likely feel a sense of pride and responsibility if they work with you to help create these rules. Explain to them that you are creating a set of rules that will teach the people in the class how to treat one another, and then ask them for ideas on how to make this happen. Once you've heard their ideas, condense the list to no more than three to five (3-5) rules. The rules should address noise level (Use

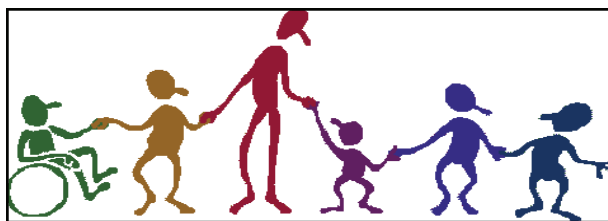
Inside Voices), movement inside (Use Walking Feet), and interactions with property, peers, and adults (Keep Hands and Feet To Yourself; Put Toys Away When You Are Finished With Them; etc.), or any other issues with which your specific classroom or home is dealing. The main thing to remember is that the rules

should be broadly stated, apply to all people, and should be stated positively (tell kids what TO do instead of what NOT to do)! Once you have established your rules, post them visually (with words **AND** pictures) at the children's eye level, teach them systematically within the

environment (for example, if you have a rule that says "Use Walking Feet" and a child begins to run

within the classroom, remind him of the rule and show him how to use his walking feet), and reinforce them at higher rates initially (perhaps once a day) and at lower rates throughout the year (once or twice a week). Some fun ways to reinforce the rules are Rules Bingo, a Big Book about School Rules, Homework (What are your rules at home?), and Rules Charades. Collaborate with the children in your care to establish your rules and your classroom will be running more smoothly in no time!

Submitted by Shannon Taylor



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.

Kids crave structure, predictability, and boundaries and rules help them to navigate their environment a little more smoothly by giving them a concrete set of expectations for their behaviors if followed consistently.

Medication Administration Training



The Following Classes will be held in the First Floor Conference Room at Link:

Wed., January 7th 10am-2:30pm

Thurs., January 29th 9am-1:30pm

Thurs., February 12th 9am-1:30pm

Sat., March 7th 9am-1:30pm

Tues., March 31st 10am-2:30pm

You must be on the STARS pathway in order to take the class.

If your staff needs to be trained in Medication Administration, as per State Regulations, please contact Glenna Bailey, Nurse Health Consultant with West Virginia Early Childhood Training Connections and Resources, at 529-7603 or 1-888-983-2827 Ext. 402 to request a training at your center.

Directors Council Meeting and Training

**Emotional Intelligence:
All Learning has an
Emotional Base!**

This training will focus on how being smart with feelings will help you develop optimal relationships with yourself and others. This Tier III training will count as two hours of STARS Credit. Core Competency: Positive Interactions and Relationships

**Monday, January 12, 2008
5:30—7:30**

Link CCR&R

First Floor Conference Room

Please Call Nikki Rabel at 523-9540 or 1-800-894-9540, Ext. 106 to register or for more information.

The 2009 Huntington Area Early Childhood Conference will be held April 24 & 25, 2009 at the Big Sandy Superstore Conference Center in Huntington. Registration Materials will be sent in February!

Infant/Toddler Corner by Sue Knisely

Some child care providers of children under age three have been heard saying that taking care of infants and toddlers is boring, and they don't know what to do with them. This is actually the most important time in their lives to give them as many sensory experiences as possible. The brain is the only organ that is not fully developed at birth. **During the first three years of a child's life, over 90% of brain development occurs.**

Your job as an infant/toddler child care provider is of utmost importance! By the age of three, pruning of brain cells occur- in other words, use them, or lose them!

Please come to the WVIT Class so you can better understand the importance of your job and strategies to provide quality care.

Some strategies to use with infants and toddlers to enhance their development in the mean time: (There are many more!)

Social/Emotional Development:

Smile and talk to the child. Have a pleasant attitude. If you do not want to be there, they know!!! Be **"In the moment."** Let the child know what is happening throughout the day. Be careful not to interrupt child's play, if possible. **It is not unusual for a child under the age of three not to share.** A toddler thinks that the whole world revolves around them and there is nothing you can do to change their mind!

Cognitive Development:

Identify steps of the routine process. (feeding, diaper changing) Play games with the child, such as hide and seek, or any other silly game in which they are willing to be engaged. Have the child help with anything they are able to do, like climb up to the changing table, or feed themselves. Answer the child's questions. Give them a play by

play description of what is going on. Make sure the child has access to age appropriate toys, or if they are immobile, make sure to take toys to them. **Children learn by playing! You need to observe them and record their progress so that you know what toys they are in need of to enhance their development.**

Language Development:

Talk with the child while diaper changing, during meals, and throughout the day! Expand child's attempt at language and **read a lot of books.** Respond to non-verbal cues. Sing while feeding, or while helping the child go to sleep, or any time you can! Engage in lunchtime conversations. Tell the toddler what they **can** do instead of "no." (Redirect their attention.)

Physical Development:

Encourage the child to hold the bottle. Provide a step stool for toddlers at the hand washing sink. Allow the child to feed them self with a spoon or let them use their fingers. Involve the child in cleanup routines. However, they are too young to do it all themselves, you must assist and be patient! You should not restrain a child in a seat of any kind for more than 10 minutes at a time - (swing, highchair, baby seat, etc.) Free movement encourages development of all types. Time spent on the floor on their tummy is crucial.



Sue Knisely is the Infant Toddler Specialist at LINK. You can reach Sue at 1-800-894-9540 ext 228 for information about WVIT, or any other Infant/Toddler training or questions you may have.

Ways to reduce challenging behaviors by making changes to the routine and/or the environment: Change naptime for the child who does not need to sleep during scheduled times. Create more defined spaces for the children to play and let them explore in a safe environment where everything they have access to is OK for them to touch! A calm environment is very important. Stress is

harmful to a child.

If you are a professional childcare giver at home, in a facility or center, of children up to 35 months 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. These modules provide 50 hours of training, which includes every core competency. If you meet the requirements, 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 in **Logan at the LINK office on Stratton St. beginning in March. 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 trainings. *I hope to see you in training!*

Sue Knisely - Infant/Toddler Specialist

Earn 32 Hours of Credit for Completing Early Care & Education Modules

Components of Quality Care and Education Module trainings are being offered by Link CCR&R beginning January 22, 2008 at the Link Office, in the 2nd floor Training Room, 611 7th Ave., Huntington. This training is an eight week course that runs consecutively over eight Thursdays from 12:00-4:00. The Training Dates are as follows: January 22, 29, February 5, 12, 19, March 5, 12, 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 programs. 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 16.** 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, Ext. 112 to register. Class Limited to 15.



Training Calendar & Training Information

IMPORTANT TRAINING INFORMATION

Training Rules for Link Training Sessions

1. All trainings begin promptly at the scheduled time. We expect you to arrive before the session begins. If you miss 15 or more minutes during the course of any training session, you will not receive credit for that training.
2. If you are disruptive during any training session, or prevent the Trainer from staying on task, you will be asked to leave and your monitor will be notified.
3. If you sign up for a training and do not call to cancel at least 24 hours in advance, your monitor will be notified.
4. Please turn off cell phones during the training sessions.
5. You may not bring children to any Link training session.
6. You must bring a picture ID to all Trainings.
7. You are responsible for keeping your training certificates on file.

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

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
Tier III	Advanced



*Targeted Age/Area

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

Date of the Training	Title of the Training	* Core Comp *	* Tier *	* Tar- geted Age/ Area *	Location of the Training	Time of Training
Cabell and Wayne Counties						
Tues., Jan. 13	Working with School Age Children	CGD	II	SAC	C- K Library 1200 Oak St., Kenova	10:00—12:00
Thurs., Jan. 15	Reading Between the Whines	PIR	II	All	Link Office 611 7th Ave., Huntington	6:00—8:00
Beginning January 22	Quality Care and Education Modules See Page 3 for more information	All	II	PRE	Link Office	12:00—4:00
Thurs., Jan. 29	We Are Family	FC	II	All	Barboursville Library 728 Main St., Barboursville	5:00—7:00
Tues., Feb 10	We Are Family	FC	II	All	Wayne Library 325 Keyser St., Wayne	12:00-2:00

Thurs., Feb. 12	SIDS	HSN	I	IT	Link Office	5:00–7:00
Sat. Feb. 21	Assistive Technology, Who Me?	CGD/ C	II	All	Link Office	10:00–2:00
Wed., March 4	Child Abuse, No Excuse!	HSN	III	All	Link Office	3:00 -5:00
Sat., March 14	Healthy Habits for Life	HSN	I	All	Barboursville Library	10:00 -12:00
Wed. March 25	Assistive Technology, Who Me?	CGD/ C	II	All	C-K Library	3:00–5:00

Logan, Mingo and Boone Counties

Thurs. Jan. 8	SIDS	HSN			Logan Library Logan Middle School	10:00–12:00
Wed. Jan. 21	Character: Can We Build it? Yes, We Can!	PIR/ C	II	PRE/SAC	Boone Madison Library 375 Main St., Madison	12:00–2:00
Wed., Jan. 21	It's Fun Here: Room Design Made Simple	PIR	II	PRE	Mingo County DHHR, 205 E. 3rd St., Williamson	1:00 -3:00
Wed., Feb. 18	Reading Between the Whines.	PIR	II	All	Logan Library	12:00–2:00
Beginning in March	West Virginia Infant Toddler (WVIT) Modules. See Page 3 for more information	All	I	IT	Logan County—Location To Be Announced	Varies
Thurs. March 12	We Are Family	FC	II	All	Mingo County DHHR	10:00-12:00
Thurs. March 12	Humor in Child Care	C	II	All	Boone Co. Health Dept. 213 Kenmore Dr., Madison	2:00–4:00

Lincoln County

Thurs., Jan. 8	Family Child Care Environments	PIR	III	FCC	Hamlin Library 7999 Lynn St., Hamlin	9:00-11:00
Thurs., Feb. 5	Child Abuse, No Excuse!	HSN	III	All	Hamlin Library	6:00–8:00
Wes., Mar. 18	Read Between the Whines	PIR	II	All	Hamlin Library	1:00–3:00

Mason County

Wed., Jan. 7	Child Abuse, No Excuse!	HSN	III	All	Mason County Library 508 Viand St., Pt. Pleasant	10:00-12:00
Tues., Mar. 12	Family Child Care Environments	PIR	III	All	Mason County Library	5:00-7:00

Putnam County

Thurs., Jan. 15	Developmentally Appropriate Practices	CGD	I	All	Little Life 2660 Main St., Hurricane	6:00–8:00
Thurs., Feb. 19	Family Child Care Environments	PIR	III	All	Putnam County Library 4219 Rt. 34, Hurricane	2:00-4:00
Thurs., Mar. 5	SIDS	HSN		IT	Putnam County Library	3:00–5:00

Family Child Care Food Program

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.



River Valley Family Day Care Food Program

Serving Cabell, Wayne, Lincoln, Putnam, Mason & Mingo Counties
523-3031 or 1-800-581-3031

Central Child Care

Serving Boone Co. 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.

ACDS Corner

ACDS Local Councils



The Apprenticeship for Child Development Specialist (ACDS) is a training opportunity for those working in the field of early care and education.

It is a way to learn best practice and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week and each semester is 15 weeks.

ACDS is supported through local councils in each county where classes are taught. These councils are responsible for the administration of the ACDS classes in their area. Local councils typically meet one time each semester to make arrangements for upcoming classes. Councils need the help and input from those in the early care and education field.

If you are a graduate of the ACDS program or director of a childcare program and you are interested in becoming an ACDS local council member in your area, please contact Sherrie Barrett at 304-523-0433 or sbarrett@rvcds.org.

Submitted by Sherrie Barrett



1009 Tax Forms will be mailed out from Charleston on the Last day of January, 2009. Expect them by mid February!

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, Flash Lights, Digital Ear Thermometer, Carbon Dioxide and Smoke Detectors.

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.

Are you a Family Child Care Provider Interested in Meeting Other FCC Providers?

If so, the FCC Association is for you. This group meets bi-monthly to discuss issues that affect children and providers who care for children in their homes. Trainings related to Family Child Care Provider needs are also offered. The next meeting will be held on Feb. 7 at 10:00 at the Guyandotte Library. If you would like more information or are interested in joining the Family Child Care Association, feel free to contact Kathy Baker at 529-6246.



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

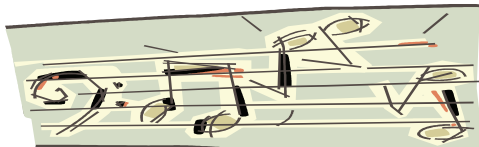
CPR and First Aid is offered by Tina Kyle. 561-4674.

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.


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

Brrrrrrr.... the temperature outside is cold; I bet you are looking for



some fun indoor activities to keep your crew occupied and warm. Research tells us that brain development is enhanced when children are exposed to and participate in musical activities. In light of this the T.R.A.I.L.S. van is now equipped with some new music CD's. We have a CD and book set for infants and toddlers, "Babies Make Music" and "Toddlers make Music" Both books are full of musical games and activities you can do with your children. The books include a CD that goes along with the activities in the book. We also have some new rhythm instruments available. One set is in the shape of animals. Just for fun we ordered a set of veggie and fruit shakers. Some of the new CD titles are "Can a Cherry Pie Wave Goodbye?", "Holiday Songs and Rhythms", "Patriotic & Morning Time Songs", "Walter the Waltzing Worm" and the "Clapping Songs" . Remember I can always stop in a do a one hour training to help you include these musical activities in your daily routines. We are looking forward to making music with you.

Submitted by Paula Stewart

Date	Time	Location	Training
Jan. 2	8:30-2:00	Link Office	
Jan. 6	3:30-6:00	Logan Lib.	The Word on the Street Is .. Drug Endangered Children
Jan. 15	5:30-8:30	Little Life—Putnam Co.	Developmentally Appropriate Practices
Feb. 2	8:30 - 2:00	Link Office	
Feb. 21	9:30 - 2:30	Link Office	Assistive Technology Who Me?
March 2	8:30 - 2:00	Link Office	
March 12	1:30-4:30	Boone Co. Health Dept.	Humor In Child Care

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

Link CCR&R

Link Child Care Resource and Referral
Link Child Care Providers' Newsletter and
Child Care Providers' Information
Training Information
A Program of River Valley Child Development Services. Visit us on the web
at or www.wvdhhr.org/Link

**Would you like improve the
quality of your program and
earn more money?**

**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 applica-
tion process at 529-7603
1-888-983-2827.

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