



# NewsLink

Spring, 2009

## April, May and June 2009

### 2009 Leadership Institute Conscious Discipline: New tools for New Times April 23, 2009 8:30—4:30

Nationally known speaker and educator, Ms. Cheri Sheridan will be the presenter for this Institute and will discuss how 2009 is a year to celebrate. Change is in the wind and with difficulties of the economy, budget cuts, job losses and stress comes the opportunity to break the mold of old patterns. Conscious Discipline chooses hope over fear. Learn how fear influences your decisions and interactions with parents, staff and children in your program. Learn how to provide much needed structure and nurturing to carry your program through these tough times. This high energy presentation will help you find the joy in the important work you do!

### 2009 Huntington Area Early Childhood Conference April 24 & 25, 2009

Ms. Sheridan will also be the Keynote speaker at the Huntington

Area Early Childhood Conference on April 24, 2009. Her Keynote Address is entitled *Bravo! Brain and Butterflies*. Participants who attend Ms. Sheridan's sessions can expect to learn:



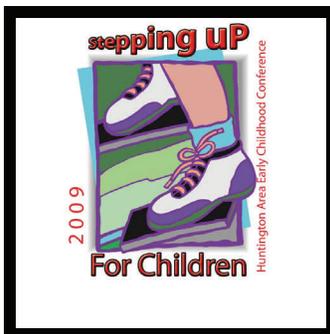
- How to assess a child's behavior in seconds and know what tools to use to help the regain self-control.
- Understand why children are impulsive, aggressive and distractible, and learn how to resolve these problems.
- Conflict resolution skills that empower victims and transform bullies.
- Integrate an academic curriculum with life skills by basing a program on safety, inclusion and cooperation.
- The skills to transform daily conflicts into cooperative teaching moments.

On day two of the Conference Kay Lawson, Marshall University Director of the Community School for the



Arts, will present a Keynote Address entitled *Connecting the Dots: Children's Experiences through the Arts*. Participants who attend Ms. Lawson's sessions can expect to learn:

- Recent research related to the importance of art experiences.
- The impact of art experiences on brain development and ideas for giving children ways to connect their pathways of learning.



The Annual Conference will be held at Big Sandy Super Store Arena in Huntington, WV. For more information on the HAECC Conference, Leadership Institute, or to obtain registration information, contact: Nikki Rabel at (305) 523-9540 or 1-800-894-9540 or [nikkirabel@wvdhhr.org](mailto:nikkirabel@wvdhhr.org).

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### 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.

### Children's Parade April 21 at Pullman Square!



You are invited to participate in the annual Week of the Young Child Children's Parade for children ages birth through five. The parade will take place on Tuesday, April 21 at 10:00 at Pullman Square. The parade theme will be "Stepping Up for Children". Children will be provided with construction hats to wear during the parade. If you wish, the children may carry a banner displaying your center's name. Following the parade, entertainment will be provided for the children in the stage area.

Please contact Leslie Comer-Porter at (304) 523-1164 for an application to participate, with any questions or for additional information. Hope you can join us for a day of fun!

## Behavior Consultant Corner, by Shannon Taylor

When we hear the word "discipline," we often conjure up some pretty unflattering images ranging from boot-camp style control to hours in a time-out chair. According to T. Berry Brazelton, discipline is less about punishment and more about "children learning to stop themselves." So let's take a more positive approach to thinking about this sometimes-taboo word! Discipline won't work if the only time you focus on your child is when he is acting up. Children crave recognition from their caregivers, and while positive attention is ideal, they'll take what they can get –

even if it means an angry reaction to the hearty bite he just gave his little brother! Try talking to the children in your care about their behavior and really listen to them. It's important that you acknowledge the feelings which motivated the undesirable behavior without judging the child himself... "You sure got angry...you were screaming at your brother." This creates an open-door for the child to explain his actions and tell you why he got so upset. And the fact that you noticed his feelings will go a long way toward him believing that you truly understand what he is going through. Also, be sure not to ask a child "why" he acted a certain way, as this will only make him feel defensive and feel that you are upset with him. Another positive tactic to undertake

is to try to "catch" children being good. It's as simple as thanking your daughter for picking up her doll clothes off the floor (even though she's the reason they are there in the first place) or for sharing her toys with her sister. It's important to be specific when offering praise. Phrases like "good girl" are nice to hear but don't encourage positive behavior. In fact, they make a child think that *he* (and not his action) is either good or bad, rather than teaching him

that sharing, for example, is the behavior that makes you proud. A better phrase might be, "I like the way you just shared your blocks with Amy...you sure are a good friend!" It takes a little practice, but once you start *thinking* positively, it will be only a matter of time before the children in your care start *behaving* positively.

**"Discipline is less about punishment and more about "children learning to stop themselves."**

T. Berry Brazelton



**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.**

## Directors Council Meetings and Trainings

Beginning in August, Link will be offering bi-monthly trainings for Administrators entitled

### Directors Toolbox

The session topics include:

Implementing Shared Decision Making and Participative Management; The Power of Reflection and Self-Awareness; How Effective Directors Get Things Done; Making the Most of Meetings; and Recruiting, Selecting, and Orienting Staff. Each session will be registered with STARS and count toward the required training hours needed for Directors.

Director's Council Meetings will take place during the months this training is not offered..

Please Contact Nikki Rabel at 523-9540 or 1-800-894-9540, Ext. 106 or [nikkirabel@wvdhhr.org](mailto:nikkirabel@wvdhhr.org) for more information. Specific information will be sent to centers in Cabell, Wayne, Lincoln, Mason and Mingo Counties in May. Look for it in your mail soon!

## Medication Administration Training



The Following Classes will be held in the 1st Floor Conference Room at Link:

Sat., April 11	10am-2:30pm
Wed., April 29	1pm-5:30pm
Wed., May 13	9am-1:30pm
Thurs., May 28	3pm-7:30pm
Wed., June 17	9am-1:30pm

**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, or other health and safety trainings 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.

Would you like to Improve the Quality of your Program and Earn More Money?

To learn more about ACCREDITATION log on or call:

**Family Child Care Provider** 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 529-7603 or 1-888-983-2827.

## Infant/Toddler Corner by Sue Knisely

**Quality care** for infants and toddlers is what The **West Virginia Infant/Toddler Professional Development Program (WVIT)** is all about. The infant/toddler specialists in the state, including myself, are on a mission to improve the quality of care to our youngest children. **90% of brain development occurs before the age of three.** That makes the job of an infant/toddler child care provider an awesome responsibility.

In these modules, you will learn about the importance of health and safety, such as the proper diapering procedure, hand washing, and choking hazards. You will learn the importance of primary care giving, trust, and relationships. The importance of a child's uninterrupted play will also be emphasized. Freedom to explore and cognitively challenging activities will be addressed. Basic trust in the child to be an initiator, an explorer, and a self learner will be explained. Parents as partners is a concept covered. We learn how to self assess the environment, and cover how and why to observe children. Developmental domains and developmentally appropriate activities are covered. Actually, WVIT covers every core knowledge and competency area of S.T.A.R.S.

If you are an early childhood professional in a family child care home, center, or facility of children ages birth to 35 months for at least 20 hours per week, and are registered with West Virginia State Training and Registry System (**S.T.A.R.S.**), you are eligible to take the WVIT program. After completion of the sessions, you will receive **50 hours of training credit**. Six of those hours are spent on-site with you as you are delivering care to the children. You will

receive **resources** to help you deliver better quality care if you meet all of the requirements. A **stipend** will be

given to the family child care provider, facility or center after you have completed the classes, if the requirements are met. Directors of child care centers must attend an **Administrator's Module** before sending staff. The directors are to sign a statement of assurances in which they agree to implement the practices learned in WVIT in their infant and toddler rooms. A WVIT class is now in progress in Logan.

**The next WVIT class will be held at LINK in Huntington beginning July 9th and meets every Thursday at 12:00 PM for ten consecutive weeks. Each class is approximately 4-5 hours long.**

I usually like to train on upbeat subjects, but we as care givers also need to know about some of the baggage that sometimes goes along with being a small child. This past quarter, I offered a SIDS training. SIDS is required for becoming a TIER 2 center, so



**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.**

if you still need to have it, please call me to request it. This quarter, I will be offering a **three hour, three part training** called "**Babies with Baggage**" - it is about **Understanding Prenatal Drug Exposure, Understanding Prenatal Alcohol Exposure, and Understanding Shaken Baby Syndrome**. All three subjects are quite dismal, but have extensive information that we as care givers really need to know.

All three subjects are preventable, however we don't have control over what some parents do to harm their children. I will be covering statistics, characteristics to look for from ages birth through preschool, and how each situation affects the children- long term and short term. I will have baby dolls present that represent each subject. I strongly believe that the subject matter has information that all care givers should be made aware.

Please call **Sue Knisely, at 1-800-894-9540 ext. 228 to register for WVIT and I will give you specific times and dates. I will also be glad to answer any questions or address any concerns you may have.** I look forward to meeting you.

*Sue Knisely, Infant Toddler Specialist*

## Early Care & Education Modules *Evening Sessions-One time Only!*

Components of Quality Care & Education Module trainings are being offered by Link CCR&R beginning May 14 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 4:00.-8:00**. The Training Dates are as follows: May 14, 21, 28, June 4, 11, 18, 25 and July 2. 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 Thursday, April 30.** 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 **Kerry Carnegie at 523 - 9540 or 1-800-894-9540, Ext. 229 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. No cell phones or electronic devices may be used 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 in advance 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 *	* Targeted Age/Area *	Location of the Training	Time of Training
<b>Cabell and Wayne Counties</b>						
Thurs. Apr. 9	Once Upon a Time: Storytelling 	C	I	All	Milton Library 1140 Smith St., Milton	12:00—2:00
Tues. April 14	Reading Between the Whines 	PIR	II	All	C-K Library 1200 Oak St., Kenova	2:00—4:00
Tues., April 28	Babies with Baggage - 3 Hours (See description on page 3) 	HSN	I	IT	Link Office 611 7th Ave., Huntington	4:00—7:00
Friday, May 1	Professional Ethics in the Work Place	P	II	All	C-K Library	10:00—12:00
Wed., May 13	It's Fun to Be Fit	HSN	II	All	Link Office	1:00—3:00

Sat. May 16	Child Abuse, No Excuse		HSN	III	All	Link Office	10:00—12:00
Sat. May 16	 We Are Family		HSN/FC	II	All	Link Office	12:30-2:30
Tues., May 26	Make Music With Me 		C	II	All	Barboursville Lib. 728 Main St. Barboursville	3:00—5:00
Wed., June 3	We Are Family		HSN/FC	II	All	C-K Library	9:00—11:00
Wed., June 10	Reading Between the Whines 		PIR	II	All	Link Office	10:00—12:00
Thurs., June 11	Helping Children Cope with Stress		PIR	II	PRE/ SAC	Link Office	10:00—12:00
Mon., June 29	Baby Talk: Early Literacy 		CGD/C	II	IT	Link Office	3:00—5:00

### Logan, Mingo and Boone Counties

Wed., April 8	Under Surveillance: Observing Children 		COA	II	All	Mingo County DHHR 205 E. 3rd St, Williamson	2:00—4:00
Mon. April 13	Family Child Care Environments		PIR	III	FCC	SWVCTC 2900 Dempsey Br Rd, Mt. Gay	12:00—2:00
Tues., May 12	ABC's of Early Literacy		C	II	All	Boone Madison Library 375 Main St. Madison	11:00—1:00
Wed., May 13	 We Are Family		HSN/FC	II	All	SWVCTC	2:00—4:00
Mon., June 8	Environments that Educate		C	II	PRE	SWVCTC	10:00—12:00
Sat., June 13	Assistive Technology, Who Me? 4 Hour Training 		CGD/C	II	All	Williamson Church of God Williamson	10:00—2:00

### Lincoln County

Wed., April 15	 We Are Family		HSN/FC	II	All	Hamlin Library	6:00—8:00
Wed., May 12	Babies with Baggage (see Page 3 for description) 		HSN	I	IT	Hamlin Library 7999 Lynn St., Hamlin	4:00—7:00
Thurs. June 4	Helping Children Cope with Stress		PIR	II	PRE/SAC	Hamlin Library	10:00-12:00

### Mason County

Wed., May 20	Under Surveillance: Observing Children 		COA	II	All	Mason County Library 508 Viand St., Pt. Pleasant	10:00-12:00
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### Putnam County

Thurs., April 30	Strategies for School Age 		CGD	II	SAC	YMCA Camp Lodge Hurricane	6:30—8:30
Tues., May 12	Introduction to Positive Behavior Supports 		PIR	I	All	Little Life Pre School 2660 Main St. Hurricane	6:00—8:00
Mon. June 15	Child Abuse, No Excuse!		HSN	III	ALL	Putnam County Library 4219 Rt. 34, Hurricane	9:00—11:00

## Family Child Care Food Program

### DID YOU KNOW?

March 15-21 2009 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  
304-523-3031 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

### Sweet Potato Chips

These are a good alternative to greasy, high-sodium chips when your child wants a snack while watching television or playing video games.

What you need:

- non-stick vegetable spray
- 2 medium sweet potatoes
- 2 tsp vegetable oil
- 1 tsp sugar
- ½ tsp cinnamon

Preheat oven to 400°

Coat cookie sheets with nonstick spray and set aside.

Wash and skin potatoes.

Cut potatoes into thin slices.

Gently rub a little oil onto the potato slices as you place them in a bowl.

Toss with hands to distribute the oil.

Sprinkle with sugar and cinnamon.

Toss again.

Spread the slices on the baking sheets and cook for 20 minutes or until slightly crisp. Cool and Serve.

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## ACDS Corner

# ACDS Instructors Academy



The Apprenticeship for Child Development Specialist (ACDS) is a state wide training opportunity for those working in the field of early care and education. The classes are taught by professionals who also have experience in the field. These instructors have attended an intensive five day training to teach the ACDS class. They also must attend a one day update every other year to continue teaching. The Apprenticeship for Child Development Specialist program is always looking for new instructors all over the state. From a personal perspective, being an instructor is a wonderful experience. It is very rewarding to witness the growth and development of students as they begin the program to completing fourth semester and then ultimately graduating. Many gain the confidence to continue their education and receive their associate and/or bachelor's degree. What a testament of the success of the program! If you are interested in this wonderful opportunity to continue your professional development and sharing your knowledge, please contact Sherrie Barrett at 304-523-0433 or [sbarrett@rvcds.org](mailto:sbarrett@rvcds.org).

Submitted by Sherrie Barrett

## 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 you are, then the Family Child Care 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. 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.

## First Aid and CPR Classes

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 below) 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. 304-526-2900.

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.**

### T.R.A.I.L.S. Corner

To quote John Denver: “Sunshine on my shoulder makes me happy” So get out the sun screen and get ready to take your children to the great outdoors! The T.R.A.I.L.S. Van now has a double stroller to help you get on the move. We also have a variety of four square balls, sand and water toys as well as several tricycles and other riding toys to help you get those young one on the move.



Submitted by Paula Stewart

Date	Time	Location	Training
April 1	8:30-2:00	Link Office	
April 30	6:30—8:30	YMCA Camp Lodge—Hurricane	School Age Strategies
May 4	8:30 -2:00	Link Office	
May 26	3:00—5:00	Barboursville Library	Make Music with Me
June 1	8:30 -2:00	Link Office	
June 13	10:00—2:00	Williamson Church of God	Assistive Technology, Who Me?

### Summer Safety Tips....

- Remember to keep these safety tips in mind to keep the children in your care safe while they have fun in the sun:
  - Apply sunscreen 30 minutes before you go out into the sun.
  - Apply liberally and evenly over all your exposed skin to ensure complete coverage and remember your ears and scalp.
  - Children should use waterproof sunscreens with SPF 30 or higher.
  - Reapply, as needed - and be sure to reapply after swimming, perspiring, vigorous activity or toweling off.
  - Stay in the shade whenever possible.
  - Wear dark-colored, tightly woven clothing, along with a wide-brimmed hat and UV-blocking sun glasses.
  - Avoid exposure to the sun when its rays are strongest, between 10AM and 2PM.
  - Make sure you have plenty of water available for children, to avoid dehydration.
  - Keep babies under six months of age out of the sun completely and consult a doctor before applying sunscreen.

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



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