



# July, August and September 2009

## NewsLink Summer 2009

### WV STARS Is Providing Benefits for All Early Care and Education Practitioners in the State by Natalie Snider



application to the WV STARS office. Once approved on the Career Pathway, participants will receive a credential that shows the Career Pathway Level. This level is based on their education (both formal and informal) as well as experience. Having a Career Pathway Credential presents a professional image to parents and employers by showing that the individual views their position as a career and is interested in continued learning to grow in that career.

When WV STARS, West Virginia's State Training and Registry System, was developed eight years ago, the goal was to implement a professional development system for all early childhood programs across the state. Since its beginning in 2000, WV STARS has grown significantly, not only in the numbers of individuals being served, but also the benefits that can be provided. Many providers working in the field of early care and education recognize WV STARS and are familiar with some aspects of the program, such as the Career Pathway Credential, but are unaware of all of the benefits that WV STARS can offer all early care and education practitioners.

Along with the credential, Career Pathway participants also have access to their WV STARS Professional Development Record, a transcript that lists all WV STARS Registered Training taken while the participant holds an active Career Pathway Credential. This record assists early childhood practitioners in keeping up with their training requirements and setting goals for professional development. The record can be accessed online by individuals who have an active Career Pathway Credential on the WV STARS website at [www.wvearlychildhood.org](http://www.wvearlychildhood.org).

Not only does participation on the Career Pathway benefit providers on an individual level, but it also benefits the early care and education workforce in West Virginia. WV STARS has the capability of gathering and providing information about the education, experience, employment, and training in the early care and education field. Reports that have been provided for policy makers in the past have included reports showing the levels of education and experience of participants working in various programs across the state and information about training being offered in different regions. WV STARS as a system will continue to grow in the upcoming years. With that growth will come new ways for WV STARS to assist early care and education practitioners. Your input regarding WV STARS and the services provided is always welcomed and can be heard by contacting the WV STARS office by phone at (304) 529-7603 or by e-mail at [tcr@rvcds.org](mailto:tcr@rvcds.org). Individuals working with the WV STARS program are available to answer any questions and provide assistance in completing forms and applications.

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All individuals working in the early care and education field, working directly with children or families or in an administrative position, can apply for a Career Pathway Credential by submitting a completed Career Pathway Application either online or by mailing in an



### Exciting changes are coming soon for child care providers and families of WV

Below is a excerpt from a letter recently sent to West Virginia Child Care Providers from the West Virginia Department of Health and Human Resources:

Effective May 1, 2009, child care centers and family child care homes and facilities will be paid more to serve children whose parents receive financial aid for child care while the parents work or attend school. The new payment rates are based on the results of a market rate survey completed last year and will more closely match what parents pay privately for child care services. Providers will see the increase on the check they receive in June.

Type of Care	Birth to 24 Months		25 to 36 Months		37 to 59 Months		60 Months & Up	
	Current:	New:	Current:	New:	Current:	New:	Current:	New:
<b>Family Home (4 - 6 Children)</b>	\$17 per day	\$20 per day	\$16 per day	\$20 per day	\$15 per day	\$20 per day	\$15 per day	\$16 per day
<b>Family Facility (7 - 12 Children)</b>	\$19 per day	\$25 per day	\$18 per day	\$20 per day	\$17 per day	\$20 per day	\$16 per day	\$18 per day
<b>Center (13 or more Children)</b>	\$25 per day	\$28 per day	\$20 per day	\$24 per day	\$19 per day	\$23 per day	\$18 per day	\$19 per day

Effective July 1, 2009, the eligibility guidelines for parents will be increasing to reflect the new FY 2009 Federal Poverty Level. The increased guidelines will allow more families to be eligible for the child care program, easing the financial burden for West Virginians in this difficult economic environment. For a 2 person family the new monthly income limit will be \$1,821 at entry and \$2,246 at exit, for a 3 person family it will be \$2,289 at entry and \$2,823 at exit, for a 4 person family it will be \$2,756 at entry and \$3,399 at exit, and for a 5 person family it will be \$3,224 at entry and \$3,976 at exit.

A more detailed chart with the new provider payment rates is available online at [www.wvchildcare.org](http://www.wvchildcare.org). The new eligibility guidelines will be available online after June 30, 2009. Providers and parents should contact their local child care resource and referral agencies for further information.

### 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

Hello, friends!

In times when the world can seem like a big and scary place, it's comforting to be surrounded by people who care. It is well-known that children who feel safe tend to behave better than those who do not. Maintaining your own composure and being consistent with children is a good starting point for creating a safe and loving environment.

This is the key toward building a connection with any child, but especially those who are exhibiting some challenging behaviors. Traditionally it was thought that the way to avoid conflict was with bribes, threats, manipulation, and control. We now know that conflict is an opportunity to teach and to connect with children. My grandmother used to say, "You can catch more flies with honey than with vinegar!" The same principle applies... children will be more cooperative if you use love instead of fear to govern your classroom or home. Making a connection with children requires that you offer empathy, encouragement, choices, support, compassion, positive intent, and understanding. This will go so much further than punishment, blame, and showing your power. Children who feel safe and connected *construct*, while children who feel *unsafe* and *disconnected* *destruct*! Creating this type of

...children will be more cooperative if you use love instead of fear to govern your classroom or home.

environment for a child helps his or her brain function at its best by making the shift from feeling that someone else has control to learning self-control. This shift naturally brings with it the skills of problem solving, anger management, conflict resolution, communication, pro-social skills, and assertiveness.

There are literally hundreds of ways to create a safer and more loving environment. Here are just a few suggestions to get the ball rolling: Sing songs together, give hugs freely, have a secret handshake, read books that are special to each child, spend one on one time each day with each child, have techniques in place to help children calm down or relax, have rituals for different events – good morning, good-bye, birthdays, etc., have a daily schedule and a few simple classroom or home rules – post each visually (with pictures)



Integrating these ideas can give your classroom or home a more positive energy while making the children in your care feel safe and connected with you! Please feel free to contact me if you would like additional suggestions or resources to try with the children in your care.

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.

Warmest Regards,  
Shannon

## Medication Administration Training



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

July 16<sup>th</sup> 2 PM-6:30pm

August 11<sup>th</sup> 9 AM-1:30

September 23<sup>rd</sup> 1pm-5:30pm

**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 Extension 402 to request a training at your center.

## Directors Council Meetings and Trainings

The next Director's Council Meeting and one hour Training will be held on August 10 at 5:30 at Link

Training Topic: Everything you wanted to know about subsidy.  
Meeting to follow immediately after training.

## Directors Toolbox Module will begin on August 24

The sessions can be taken individually for four hours of credit or as a whole for 20 hours of credit. All sessions will be from 4:00—8:00 at Link. The sessions will be offered as follows:  
August 24 September 7 September 21 October 5 October 19

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 [nikki.c.rabel@wv.gov](mailto:nikki.c.rabel@wv.gov) for more information or to register for either training session.

## SAVE THE DATE! Annual Child Care Center Directors' Meeting

October 8, 2009

Bridgeport Conference Center,  
Bridgeport, WV

**Please note: This meeting is mandatory for all center directors to attend. Failure to attend will result in an ineligibility to participate in the tiered reimbursement program and the associated grants. If you cannot attend, please send a designee in your place.**

For more information  
Contact:  
Brenda Helper  
at 304-558-4683.



# Infant/Toddler Corner by Sue Knisely

Social Emotional Development in a child is the foundation to all other types of development. The first thing a baby needs in order to develop a healthy social emotional development is to feel secure. In order to feel secure, the caregiver must respond to the babies' needs. A relationship will be formed when the babies' needs are met. If the baby cries, it is the job of the caregiver to wait a few seconds to see if the baby can calm and comfort him/herself. If not, then you then will need to pick him/her up and give comfort. If they continue to cry, you need to figure out why they are crying. When they are left to cry for extended periods of time, they are actually destroying brain cells caused by the production of cortisol produced during stress. Excessive stress in infancy will inhibit brain development. In order to reverse the effects of the cortisol, a child care provider needs to help a baby feel secure through touch. Touch releases a calming hormone called oxytocin into the body. We're all born with a great need for touch. To thrive, newborns must be fed touch as much as food. Children instinctively initiate and seek out touch when they need it. If a child does not do this, it raises a red flag that there could be abuse or neurological damage. Babies need to be held and cuddled. This nurturing sends a message to the baby's brain that they are important, and they have the power to make things happen. A result of the feeling of having that power to make things happen, is a healthy social-emotional development. A baby needs to be protected and comforted. **You cannot spoil a baby.** If their needs are ignored, the message to their brain is that their needs are not important and they have no control



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.

and in response, their social-emotional development will be inhibited. Once the baby becomes mobile, it is important that they be allowed to explore in a safe place. The caregiver should stay in close proximity to the child though, because they will still need to feel secure. The best place for you to be when a child is playing is on the floor with them. Show the babies in your care that you love them. Touch them as much as possible. Give them massages. Rub their little feet. Let them know that being with you is a safe place to be, and in return the child will be happy, content, and able to develop socially and emotionally.

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 onsite 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 that promises to implement the practices learned in WVIT in their infant and toddler rooms. The next five hour Administrator's modules will be held on July 7<sup>th</sup> at the LINK office in Huntington. Please call to register. **The next WVIT class will be held at LINK in Huntington beginning July 9<sup>th</sup> (Thursdays) at 1:00PM (each class is approximately 4-5 hours)** Please call Sue Knisely at 304- 523-9540 ext 228 or 1-800-894-9540 ext. 228 for specific times and dates, to register for the next class, or about any other questions or concern.

*Sue Knisely  
Infant/Toddler Specialist*

# Early Care & Education Modules by Kerry Carnegie

Providing care for young children is more than just watching children, it's a profession. Participating in the Components of Quality Care & Education (CQCE) modules puts you on the right track to becoming the type of child care provider that you would want caring for your own children. The CQCE modules can offer learning opportunities from room arrangement to conflict resolution strategies, from building partnerships with families to including children with special



Kerry Carnegie and Kathy Meadows are the Early Childhood Specialist at LINK. You can reach them at 1-800-894-9540 or 1-800-894-9540 for information about this or any other Link Training.

needs. Participating in the CQCE modules is the perfect opportunity for providers to become better child care professionals. The CQCE Modules are being offered by Link CCR&R. This training is an eight week course for child care providers working with children ages 2 ½ to 5 years of age. Each module is a 4 hour training

in which participants gain knowledge in several core competencies. The modules are designed to provide resources to providers and to enhance their knowledge and skills in child development. Upon completing the eight week course, providers will receive thirty two (32) hours of professional development and resources to be used in their early childhood programs. Requirements for these training modules include a pre and post on site visit by the training specialist and every participant **must be registered with the West Virginia State Training and Registry System (S.T.A.R.S.)**

This time the series will be hosted by **Growing Places Children's Center in Hamlin** (1<sup>st</sup> street, Hamlin). Registration deadline is Thursday, July 9. Participants must attend every session and no walk in or stand by participants will be accepted and there will be no waiting list for individual sessions.

Training Modules	When	Time
<b>Extreme Makeover: Space &amp; Furnishings</b>	Thurs., July 23	4-8 PM
<b>Not Just Routine</b>	Thurs., July 30	4-8 PM
<b>For the Love of Literacy</b>	Thurs., Aug. 6	4-8 PM
<b>Implementing Your Curriculum</b>	<b>Friday, Aug. 14</b>	4-8 PM
<b>Recipe for Relationships</b>	Thurs., Aug. 20	4-8 PM
<b>Building Block: A Program's Structure</b>	Thurs., Aug. 27	4-8 PM
<b>Including all Children: Providing for Children with Special Needs</b>	Thurs., Sept. 3	4-8 PM
<b>Communication is the Key</b>	Thurs., Sept. 10	4-8 PM

Providers interested in attending these sessions need to call **Kerry Carnegie at 523-9540 ext. 229 or 1-800-894-9540 or email at [Kerry.L.Carnegie@wv.gov](mailto:Kerry.L.Carnegie@wv.gov)**.

# Training Calendar & Training Information

## IMPORTANT TRAINING INFORMATION

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. All trainings are registered with WV STARS.

**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
ADM	Administration
ALL	Targets All Areas

**For additional Training Opportunities in our region and throughout the state check out the WV Early Childhood Training Connections and Resources (WVECTCR) Training Calendar at <http://www.wvearlychildhood.org>**



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 in July	West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.	All	I	IT	Link Office 611 7th Ave., Huntington	Varies
Tues., July 21	All You Need is Love 	PIR	II	All	C-K Library 1200 Oak St., Kenova	2:00—4:00
Wed., July 22	Family Child Care Environments	PIR	III	FCC	Link Office	10:00—12:00
Tues., July 28	Child Abuse, No Excuse!	HSN	III	All	Barboursville Library 728 Main St. Barboursville	3:00—5:00
Beginning Mon., Aug. 24	Director's Toolbox Modules (See page 2 and/or 5 for more details) 	Varies	III	All	Link Office	4:00—8:00
Mon., Aug. 3	How to Tier II for FCC 	PM	III	FCC	Link Office	9:00—11:00
Mon., Aug. 3	How to Tier II for FCC	PM	III	FCC	Link Office	1:00—3:00
Tues., Aug. 18	The ABC's of Early Literature	C	II	All	Link Office	9:00—11:00
Tues., Aug. 18	Once Upon a Time: Storytelling	C	I	All	Link Office	11:00—1:00

Wed., Aug. 26	Let's Get the Lead Out: Lead Poisoning	HSN	I	All	C-K Library	11:00—1:00
Thurs. Sept. 10	Let's Get Organized	PM	I	All	C-K Library	3:00—5:00
Tues. Sept. 29	Love Me Tender: Infant Toddler Social Emotional Dev. 	C	II	IT	Link Office	12:00—2:00
Tues. Sept. 29	All You Need is Love 	PIR	II	All	Link Office	2:00—4:00

### Logan, Mingo and Boone Counties

Tues., July 14	SIDS: Sudden Infant Death Syndrome	HSN	I	IT	Ages and stages 651 Stratton Street, Logan	5:30—7:30
Thurs., July 16	Family Child Care Environments	PIR	III	FCC	Mingo County DHHR 205 E. 3rd St, Williamson	12:00—2:00
Thurs. Aug. 6	Environments that Educate	C	II	PRE	SWVCTC—Logan 2900 Dempsey Br Rd., Mt. Gay	11:00—1:00
Tues. Aug. 25	Once Upon a Time: Storytelling	C	I	All	Boone Madison Library 375 Main St. Madison	1:00—3:00
Wed. Sept. 16	Child Abuse, No Excuse	HSN	III	All	Mingo County DHHR	1:00—3:00
Wed., Sept. 23	School Age Environments 	C	I	SAC	Logan Library 1 Wildcat Way, Logan	11:00—1:00

### Lincoln County

Beginning July 23	Components for Quality Care and Education Modules. See Page 3 for more information.	All	II	PRE	Growing Places II 14 1st Street, Hamlin	4:00—8:00
Mon., July 27	SIDS: Sudden Infant Death Syndrome	HSN	I	IT	Hamlin Library 7999 Lynn St., Hamlin	6:00—8:00
Fri., Sept. 11	Hurry to Handle Your Fury	PIR	I	PRE	Hamlin Library	1:00—3:00

### Mason County

Tues., Aug. 18	Make Music With Me	C	II	All	Mason County Library 508 Viand St., Pt. Pleasant	1:00—3:00
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### Putnam County

Sat., July 18	How to Handle Your Fury	PIR	I	PRE	Winfield Child Dev. Center 3632 Winfield Rd., Winfield	10:00-12:00
Sat., July 18	Let's Get Organized	PM	I	All	Winfield Child Dev. Center	12:30-2:30
Tues., Aug. 4	Early Childhood Positive Behavior Support	PIR	I	All	Teays Valley Child Dev. Center 4345 Teays Valley Rd. Scott Depot	6:00—8:00
Wed., Sept. 16	Professional Ethics in the Workplace	P	II	All	Putnam County Library 4219 Rt. 34, Hurricane	1:00—3:00

### Director's Toolbox Modules—For Center Director's and Program Administrators Only Can be taken individually (4 hours each) or as a Full Module (20 hours)

Mon. Aug. 24 	Director's Toolbox Module 1: The Right Fit—Recruiting, Selecting and Orienting Staff	PM	III	ADM	Link Office 611 7th Ave., Huntington	4:00—8:00
Tues., Sept. 8 	Director's Toolbox Mod 2: Circle of Influence-Implementing Shared Decision Making & Participative Management	PM	III	ADM	Link Office	4:00—8:00
Mon., Sept 21 	Director's Toolbox Module 3: From the Inside Out—The Power of Reflection & Self-Awareness	PM /P	III	ADM	Link Office	4:00—8:00
Mon., Oct. 5 	Director's Toolbox Module 4: Leadership in Action—How Effective Directors Get Things Done	PM	III	ADM	Link Office	4:00—8:00
Mon., Oct. 19 	Director's Toolbox Module 5: Making the Most of Meetings-A Practical Guide	PM	III	ADM	Link Office	4:00—8:00

## Family Child Care Food Program

### DID YOU KNOW?

June is National Dairy Month....

Dairy foods, like milk, cheese, and yogurt are naturally rich in nutrition. They help provide nutrients such as protein, vitamin D, calcium, and potassium. Which will build strong bones and healthy bodies. Compare the cost to other food and beverages and see the value they provide.

**It's never too early or too late** to develop lifestyle habits for healthy bones. Find out how 3 servings a day of low-fat or fat-free dairy foods play an important role, in a healthy diet, to help reduce the risk of osteoporosis. For more information visit <http://www.nationaldairyCouncil.org>

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

### Frosty Pine-Orange Yogurt Smoothie

Prep time: 5 minutes Yield: 2 servings

#### Ingredients:

12 ounces orange juice  
1/2 cup pineapple chunks, drained  
1 1/4 cups low-fat vanilla yogurt

#### Preparation:

1. Combine all ingredients in a blender or food processor.
2. Blend on high speed for 2-3 minutes, or until frothy. Serve immediately.

#### Nutritional Information:

Per serving: 233 calories, 9 g protein,  
45 g carbohydrate, 2 g fat (1 g saturated fat),  
7 mg cholesterol, 30% Daily Value of calcium,  
153 mg sodium.

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

By Sherrie Barrett



The Apprenticeship for Child Development Specialist (ACDS) will soon begin fall classes.

If you currently work in the field of early care and education at least 20 hours per week with children birth through eight, you may want to consider this educational opportunity. ACDS is a rewarding program at a minimal cost to the participant. 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. You can also earn training hours toward licensing requirements as well as college credit. If you are interested in ACDS or have questions about the program, please contact Sherrie Barrett at 304-523-0433.



## Would you like to Improve the Quality of your Program & 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.

## 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 Monoxide 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 Cabell Wayne Family Child Care Association, feel free to contact Kathy Baker at 529-6246. If you are in the Boone, Logan or Mingo Area, contact Paula Stewart at 1-800-894-9540, Ext. 430.

## 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. Cor-

ner

by Paula Stewart

Studies show that during the summer, children often lose skills they learned during the previous school year. MSNBC reports many students lose more than two months worth of knowledge over the summer. Help keep those skills in check with fun, inexpensive Science and Math skills built into your summer activities. The TRAILS Van has several new resources to help you keep those brains working. With the help of a soda bottle have your children observe the density of air when it is heated or cooled. They can also build a model submarine or test Newton’s first law of motion. These easy Hands-on activities are in *Soda Bottle Science*, by Steve Tomecek. In his book *Coffee Can Science* your students can build a barometer, create sound effects and



Paula Stewart is the TRAILS Specialist at LINK. You can reach Paula or TRAILS Associate, Virena Elkins, at 1-800-894-9540 or (304) 523-9540 for more information about any TRAILS Services or to schedule a visit.

Investigate inertia. Cooking with children is a wonderful way to enhance literacy, social, language, math and science skills. How about making a refreshing

Island Smoothie from the Caribbean Islands, Sweet Potato Cookies

from Zimbabwe, Chicken Curry from India or even throw an International Cookout! Learn how from Deanna F. Smith’s *The Kids’ Multicultural Cookbook*.

Don’t forget, we also have a wide variety of books for children from birth through school age.

Date	Time	Location	Training
July 1	8:30 - 2:00	Link Office	
August 1	8:30 - 2:00	Link Office	
August 18	1:00 - 3:00	Mason County (Point Pleasant Library)	Make Music With Me for Mixed Age Groups
Sept. 1	8:30 - 2:00	Link Office	
Sept. 10	3:00 - 5:00	C-K Library	Let’s Get Organized

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



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



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