



# October, November & December 2009

## NewsLink Fall 2009

### The Business of Family Child Care Training is being Offered to Help make FCC be more profitable!

As 2009 winds down, we are offering some new and different training opportunities at Link as well as required trainings, such as child abuse and neglect. Please refer to pages 4 and 5 of the newsletter for a complete training calendar. One training I would like to draw your attention to is **The Business of Family Child Care**.

As a Family Child Care Provider, you are in business to earn money. Good financial records tell you at a glance how you're doing. Without them, you may not know. Parents will probably ask for an account of payments made to you for their own tax purposes. The IRS considers you a self-employed business person selling the service of child care. You must file a federal income tax return. Good

records help you figure the correct amount of tax you owe. Good Records decrease the likelihood of being challenged by the IRS. Keeping good records is not as difficult as it sounds. The seven Record keeping rules reviewed in this training will help you keep the records you need to complete your taxes with ease and efficiency as well as help you understand what tax deductions you are entitled to as a Family Child Care Provider.

The seven rules are:

- 1.Track Business Income .
- 2.Save Receipts for **EVERYTHING** associated with your business.
- 3.Mark Your Receipts.
- 4.Save Receipts by Category, not

by month.

5.Track Hours Worked in Your Home.

6.Conduct Regular Reviews of your Records.

7.Save Your Records for **AT LEAST** Three (3) years.

To learn more about these and how each can benefit your Family Child Care Business you can attend one of the following

training sessions: **Tues., Dec. 1 at the Logan Library** from 10:00-12:00 or **Wed. Dec. 9 at the Barboursville Library** in Cabell County from 1:00-3:00. Call Link at (304) 523-9540 or 1-800-894-9540 to register.



### Inside this issue:

Behavior Consultant and Medication Administration Training	2
Infant Toddler and Quality Components	3
Training Calendar	4-5
Health, Safety and Nutrition, ACDS, Link Surveys and Family Child Care Information	6
First Aid, CPR and TRAILS Information	7

### 2009 Business on Board with Childcare! Award

In 2009, KIDS COUNT is launching an annual, statewide program to recognize businesses that support employees' childcare needs. **KIDS COUNT's Business on Board with Childcare! designation will signify an employer's adherence to local and national criteria for a childcare friendly workplace.** KIDS COUNT's goal is to create a recognition program that is accessible and achievable for every West Virginia business and provides the support and information all employers need to offer a childcare-friendly workplace.

Every WV business that achieves KIDS COUNT's Business on Board with Childcare! designation will receive:

- a special insignia and a distinctive plaque for public display;
- recognition on KIDS COUNT's website and in KIDS COUNT publications, e-mail alerts and press releases; and
- public recognition at regional and statewide awards events.

In addition, employers who go beyond the minimum Business on Board with Childcare! criteria will earn special recognition at the **annual, statewide awards event.**

**If you know a business who would qualify for the Business on Board with Childcare! Award, please have them call 1-800-894-9540 and ask for Lindsay Johnson or Lela Pemberton.**



### 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.

### Directors Council News

The next Director's Council Meeting and one hour Training will be held on October 26 at 5:30 at Link Training Topic: Personnel/Wage and Hour Law. Meeting immediately following training.

**Directors Toolbox Module have begun.** Sessions will be from 4:00-8:00 at Link.

There are two sessions of this module left:

October 5-Leadership in Action—How Effective Directors Get Things Done

October 19—Making the Most of Meetings

Each session is registered with STARS and meets the training requirements for Directors.

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, to be added to the ongoing e-mail list of Director's or to register for a training session.



## Behavior Consultant Corner, by Shannon Taylor

Now that a new school year is in full swing, it's time to roll up our sleeves and tackle the topic of bullying. Unfortunately, this issue is not isolated to school-age children... it is a common concern in family child care homes and facilities and in child care centers as well.

**Bullying can take on many forms such as teasing, hitting, pushing, name-calling, social isolation, cyber bullying, spreading rumors, gossiping, and threats.**

While there is a difference between actual bullying and typical early childhood aggression, a bully is typically characterized as someone who repeatedly picks on another individual, exhibits intentional aggressive behavior, and who uses various forms of harassment and assault to cause harm to another. Bullying can take on many forms such as teasing, hitting, pushing, name-calling, social isolation, cyber bullying, spreading rumors, gossiping, and threats. Children who bully their peers regularly tend to be impulsive, hot-headed, and dominant; be easily frustrated; lack empathy; have difficulty following rules; and view violence in a positive way.



Parents, child care providers, and teachers must understand that

standing up to a bully or standing up for a friend who is being bullied can be very difficult for children, so it is our job to help nip this problem in the bud. We can work together to communicate clearly when identifying bullies and utilizing age

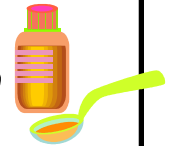
appropriate crisis management and behavioral guidance techniques. It is especially important to remain calm, collect accurate facts, protect the victim and work together toward helpful, reasonable solutions in an effort to prevent similar issues down the road. In a collaborative effort to help child care providers and teachers deal with this touchy concern, the Training Team at Link has developed a training on this very topic. If you are interested in obtaining additional information about this training, please contact Nikki Rabel at the Link office at (304) 523-9540 or 1-800-894-9540.

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.

Best Regards,

*Shannon*

## Medication Administration Training



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

October 14  
10:00am-2:30pm

November 16  
1:00 -5:30pm

December 15  
1:00-5:30pm

**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.

### FREE TRAINING OPPORTUNITY!

Registered with WV STARS and social work CEUs.

Come learn about brain development before and after birth and the factors that may affect it. Discussion Points include: Development, including Emotional Development, Infant Mental Health, Risks, Effects of Stress, Importance of Relationships.

**"Building Connections, Shaping Futures - A Blueprint to Developing the potential of Children"**

**Dr. Wil J. Blechman, M.D., Director, Docs for Tots - Florida**

**October 8 -6:30 - 8:30 PM**

Registration and refreshments at 6 PM

**Christ Temple Church, 2400 Johnstown Rd, Huntington, WV**

**REGISTER by October 1st**, register by email to [cabellfrn@wvdsi.net](mailto:cabellfrn@wvdsi.net), fax 523-9595 or mail Cabell Co. FRN, 625 4th Ave., Huntington, WV 25701. A confirmation will be sent by email to the contact person listed. If you do not receive a confirmation, please call 304-697-0255.

For additional information go to [www.unitedwayrivercities.org](http://www.unitedwayrivercities.org).

## MANDATORY DIRECTOR MEETING 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 Paula Stewart

Summer has faded away and the crisp cool air of fall is just around the corner. As the season changes the media is full of forecasts of the flu season and the threat of the H1N1 Virus outbreaks. Through the outcry this message from the Center of Disease Control remains constant "hand washing is the single most means of preventing the spread infection". Yes, Mom was right when she said: wash your hands before you eat or when you come in from playing outside". It is important to also wash your hands upon arrival at the center, after handling food (including bottles), after using the bathroom (or helping a child to do so), after diapering, before giving medications, after handling garbage, after wiping noses or handling any bodily fluids, before and after playing in sensory tables and before leaving for the evening.

It is even important to wash infant's hands. As they learn through their senses very young children, touch, feel and put every thing in their mouths. It stands to reason children in infant and toddler rooms have the dirtiest hands in the center/family child care home. When was last time you washed their hands? While helping to reduce the spread of germs in your classroom you are also teaching these very young children practical health and safety practices. Washing hands frequently will help reduce the spread of those yucky germs reducing the number of sick days for your children and your staff. Using proper hand washing techniques is as important as the frequency of hand washing. Here is a quick review:

1. Use liquid soap, running water and paper towels.
2. Turn on warm water with a paper towel (no less than 60° F and no more than 120° F).
3. Moisten hands with water and apply liquid soap to hands.

4. Rub hands together vigorously, until soapy later appears, and continue for at least 20 seconds.

5. Wash backs of hands, wrists, between fingers and under fingernails a nail brush is very helpful for this.

(Henrythehand.com is a great resource for nail brushes).

6. Rinse well under warm running water until free of soap and dirt. It is recommended that you tilt your hands downward so that soap residue does not run up your arms during rinsing.

7. Dry hands with a clean paper towel.

8. Turn off the water with a clean paper towel.

9. Discard paper towels in a hands free trash can.

10. Apply hand lotion, if desired to prevent chapping of hands.

Here is to healthy flu free flu season!

Make hand washing more fun and to get those 20 seconds in sing a hand washing song as you help young children wash their hands.

(To the tune of the Mulberry bush)

This is the way we wash our hands wash our hand wash our hands

This is the way we wash our hands

So we stay strong and healthy (repeat twice).



Paula Stewart is the new Infant Toddler Specialist at LINK. You can reach her at 304 523-9540 Ext. 228 or [pula.l.stewart@wv.gov](mailto:pula.l.stewart@wv.gov).

### Schedule for Fall/Winter WVIT Class

**Nov. 3 10:00—4:00**  
**Administrator Module**

**Nov. 10 1:00—6:30**

**Nov. 17 1:00—5:30**

**Dec. 1 1:00—6:30**

**Dec. 8 1:00—5:30**

#### 1st TACIT Visit

**Dec. 15 1:00—5:30**

**Dec. 29 1:00—6:30**

**Jan. 2 1:00—5:30**

**Jan. 12 1:00—7:00**

**Jan. 19 1:00—5:30**

**Jan. 26 1:00—3:30**

#### 2nd TACIT Visit



## Early Care & Education Modules by Kathy Meadows

The environment should allow children to explore, try ideas, make mistakes without criticism, promote curiosity with a sense of wonder, offer choices, and have a provider who truly loves children.

Children learn by observation, interacting, playing, sharing, and through independent exploration of selected activities. "Hands-on" experiences are also very important. The provider needs to link with the hearts and minds of the children and offer positive reinforcement whenever possible as he/she strives to have a developmentally appropriate program for her children.

Children need to be able to make choices. There should be activities for block play, large and small motor development, art experiences with various materials, and there should be books and music to encourage language development or artistic expression. All of these activities need to be in an atmosphere which promotes safety.

The role of the provider is to guide the children, arrange the environment to best fit the needs of the children, plan, schedule, ask questions, and be flexible. There needs to be communication with the parents through conferences, notes, newsletters and daily interaction.

It is truly a wonderful feeling when the provider feels

that he/she has helped a child become successful in his world and gain a positive self image.

The Components of Quality Care & Education, (CQCE) modules will give you new ideas and information to keep you inspired. They will show you how to arrange your environment, follow health and safety guidelines, create literacy opportunities, curriculum development, program structure, communication with parents and children, and how to include children with special needs in your program.

The modules are being offered at New Baptist Church. The address is 610 28<sup>th</sup> St. Huntington.

The modules last for eight weeks. They are for providers working with children ages 2 ½ to 5 years of age. Each module is a 4 hour training.

The participants will gain knowledge in several core components. The modules are designed to provide information to providers and to enhance their knowledge and skills in child development. Upon completing the eight week course, providers will receive 32 hours of professional development and resources to be used in their class or home.

Requirements for these training modules include a pre-visit and a post-visit by the

training specialist. Every participant must be registered on the West Virginia State Training and Registry System (S.T.A.R.S.) Participants must attend every session and no walks ins will be accepted. The cut off date is Friday, Sept.25<sup>th</sup>. Providers interested in attending these sessions need to call Kathy Meadows at 304-523-9540 or 1-800-894-9540 or e-mail [Kathy.L.Meadows@wv.gov](mailto:Kathy.L.Meadows@wv.gov).

Training Module	When	Time
<b>Extreme Makeover: Space &amp; Furnishings</b>	Wed. Oct 7	12-4
<b>Not Just Routine</b>	Wed. Oct 14	12-4
<b>For the Love of Literacy</b>	Wed. Oct 21	12-4
<b>Implementing Your Curriculum</b>	Wed. Oct 28	12-4
<b>Recipe for Relationships</b>	Wed. Nov. 4	12-4
<b>Building Block: A Program's Structure</b>	Wed. Nov 11	12-4
<b>Including all Children: Providing for Children with Special Needs</b>	Mon. Nov. 16	12-4
<b>Communication is the Key</b>	Wed. Dec 2	12-4

# 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.

You must register for training sessions at least 24 hours in advance. To register for a training or to cancel your registration, please call Link at 523-9540 or 1-800-894-9540 or e-mail Kerry.L.Carnegie@wv.gov. When e-mailing or leaving a message, please clearly state date and location of the session(s) you wish to attend and leave a contact phone number. Thank You.

## \*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



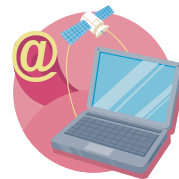
### \*Tier


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>						
Thurs. Oct. 8	Child Abuse, No Excuse!	HSN	III	All	Link Office 611 7th Ave., Huntington	3:00—5:00
Mon. Oct. 19	Helping Children Cope with Stress	PIR	II	Pre/ SAC	C-K Library 1200 Oak St., Kenova	12:00 –2:00
Mon., Nov. 2	Healthy Habits for Life	HSN	I	All	C-K Library	10:00-12:00
Sat. Nov. 7	All You Need is Love	PIR	II	All	Link Office	9:00—11:00
Sat. Nov. 7	Love Me Tender	C	II	IT	Link Office	11:00—1:00
Sat. Nov. 7	Early Childhood Environmental Rating Scale (ECERS-R)	PM/ PIR	III	PRE	Link Office	1:30—3:30
Sat. Nov. 7	 Assess It as you See It	COA	II	ALL	Link Office	3:30-5:30
Beginning in November	West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.	All	I	IT	Link Office 611 7th Ave., Huntington	Varies






Tues. Dec. 8	Knock Out Bullying 	C/PIR	II	All	C-K Library	2:00—4:00
Wed. Dec. 9	The Business of Family Child Care	PM	II	FCC	Barboursville Library	1:00-3:00
Thurs. Dec. 10	Infant Toddler Environmental Rating Scale (ITERS-R)	PM	II	IT	Link Office	6:00—8:00
Thurs. Dec. 17	Shh! This Training is Confidential! 	P	II	All	Gallaher Library	3:00—5:00


## Logan, Mingo and Boone Counties

Thurs. Oct. 8	Family Child Care Environments	PIR	III	FCC	Boone Madison Library 375 Main St. Madison	11:00—1:00
Wed. Oct. 28	Child Abuse, No Excuse!	HSN	III	All	Logan Library 1 Wildcat Way, Logan	1:00 –3:00
Wed. Oct.28	We Are Family.	HSN/FC	II	All	Logan Library	3:00—5:00
Mon. Nov. 16	Early Childhood Environmental Rating Scale (ECERS-R)	PM/PIR	III	PRE	Logan Library	3:00—5:00
Thurs. Nov. 19	Once Upon a Time: Storytelling	C	I	All	Mingo County DHHR 205 E. 3rd St, Williamson	2:00– 4:00
Tues., Dec. 1	The Business of Family Child Care	PM	II	FCC	Logan Library	10:00-12:00
Tues., Dec. 1	Healthy Habits for Life	HSN	I	All	Logan Library	12:00-2:00
Wed., Dec. 16	 Assess It as you See It	COA	II	ALL	Boone Madison Library	10:00-12:00

## Lincoln County

Tues. Oct. 6	All You Need is Love	PIR	II	All	Hamlin Library 7999 Lynn St., Hamlin	10:00— 12:00
Wed., Nov. 4	Knock Out Bullying	C/PIR	II	All	Hamlin Library	6:00 –8:00
Thurs., Dec. 3	Shh! This Training is Confidential! 	P	II	All	Hamlin Library	3:00—5:00



## Mason County

Fri. Oct. 16	Knock Out Bullying 	C/PIR	II	All	Mason County Library 508 Viand St., Pt. Pleasant	1:00 –3:00
Tues. Dec. 15	Hurry to Handle Your Fury	C	II	All	Mason County Library	12:00—2:00

## Putnam County

Thurs. Oct. 29	Love Me Tender	C	II	IT	Putnam County Library 4219 Rt. 34, Hurricane	3:00—5:00
Thurs. Nov., 5	Assess it as you See it	COA	II	ALL	Forrest Burdette	
Thurs. Dec. 17	It's Fun to Be Fit	HSN	II	All	Putnam County Library	9:00-11:00

### Last two Director's Toolbox Sessions Still Available—For Center Director's and Program Administrators Only

Mon., Oct. 5 	Director's Toolbox: Leadership in Action—How Effective Directors Get Things Done	PM	III	ADM	Link Office	4:00 –8:00
Mon. Oct. 19 	Director's Toolbox: Making the Most of Meetings- A Practical Guide	PM	III	ADM	Link Office	4:00—8:00

# Family Child Care Food Program

## LET'S TALK ABOUT.....

### Vitamin E

\*Protects against cell membranes and tissues from damage by oxidation.

\*Aids in the foundation of red blood cells and the use of vitamin K.

\*Promotes function of a healthy circulatory system.

### Foods that contain vitamin E:

Poultry	sunflower seeds
turnip greens	carrot juice
fortified cereal	peanuts
olive oil	

So, if you are lacking energy try eating foods that contain vitamin E.

## GIVE US A CALL. LET US HELP

### River Valley Family 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



## Tarragon Yogurt Chicken Salad

- 1 ¼ cups plain fat-free yogurt
- 1 teaspoon dry tarragon
- 1 teaspoon dijon mustard
- ½ cups minced celery
- 3 cups cooked diced chicken
- 6 cups mixed greens
- ½ cups minced scallions
- 1 cup halved cherry tomatoes
- salt and pepper to taste

In a bowl, combine yogurt, tarragon and mustard. Let stand 10 minutes. Add chicken, celery and scallions. Season to taste. Let stand for 15-20 minutes. Serve over greens and garnish with tomatoes.

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



### 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.

## WE WOULD LIKE TO HEAR WHAT YOU HAVE TO SAY REGARDING OUR LINK CCR&R SERVICES.

Link CCR&R is conducting surveys to better improve our services. Please choose the survey that best suits your needs:

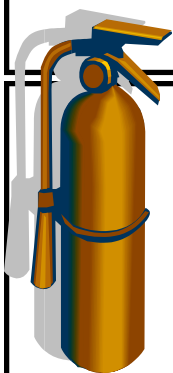
- People in need of Training Services (Contact Nikki Rabel)
- Providers of Child Care Services (Contact Lindsay Johnson)
- People using or in need of Child Care or School-Age Services. (Contact Lela Pemberton)

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



# 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.

## Family Child Care Association - A Place for Providers to Come Together!

If you are a Family Child Care Provider interested in meeting and building relationships with other Providers, 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.



October 20, 2009

## 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

by Nikki Rabel

The T.R.A.I.L.S. Program is currently going through a transition stage. Paula Stewart, the former T.R.A.I.L.S. Specialist, has moved to the Infant Toddler Specialist Position and we are in the process of hiring a new TRAILS Specialist. Hopefully soon, we will be introducing you to our new T.R.A.I.L.S. Specialist. In the meantime, the Link Staff has pulled together and have continued to keep the van on the road and provide services to providers. As the winter months are



You can reach TRAILS Associate, Virena Elkins or Nikki Rabel, at 1-800-894-9540 or (304) 523-9540 for more information about TRAILS Services or to schedule a visit.

play. That’s when we need to have a Plan B in place. Outdoor play and gross motor opportunities are important for good health and child growth and development.

When we can’t go outside, bring the gross motor activities inside, dancing, marching, climbing, exercising and other creative

approaching, it is a good time to plan for some indoor gross motor activities to do with children. Of course, it is very healthy to take children outside for short period of times, even on cold days. Bundle them up and let them play outside. Leaves or snow can be fun to play in and add a scientific dimension to learning as well. Nothing beats fresh for ongoing good health. Of course, sometimes the weather prohibits us from being able to go outside to

movement activities are great ways to allow children to let out pent up energy in developmentally appropriate ways. The T.R.A.I.L.S. van has climbers, CD’s, musical instruments, resource books and other materials that can help you create a fun gross motor experience for children in your indoor learning environment. For more ideas or to request materials contact Link at (304) 523-9540 or 1-800-894-9540.

Date	Time	Location	Training
Oct. 1	8:30 - 2:00	Link Office	
Oct. 15	2-4	Mason Co. Library	Knock Out Bullying
Oct. 29	3-5	Putnam Co. Library	Love Me Tender
Nov. 2	8:30 - 2:00	Link Office	
Nov. 19	2-4	Mingo Co. DHHR	Once Upon a Time: Storytelling
Nov. 25	3-5	Logan Library	Early Childhood Environmental Rating Scale (ECERS-R)
Dec. 1	8:30 - 2:00	Link Office	
Dec. 3	2-4	Hamlin Library	Confidentiality

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' 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)



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.

NON PROFIT ORGANIZATION  
US POSTAGE

**PAID**

PERMIT NO. 43  
HUNTINGTON, WV