Fitness for kids:  
Three ways to Get Children off the Couch  
By Mayo Clinic staff  

Establish a routine — Set aside time each day for physical activity. Get up early with your children to walk the dog or take a walk together after dinner. Start small, gradually adding new activities to the routine as you — and your children — become more fit.

Let your children set the pace — For many kids, organized sports are a great way to stay fit. But team sports or dance classes aren’t the only options. If your child is artistically inclined, take a nature hike to collect leaves and rocks that your child can use to make a collage. If your child likes to climb, head for the nearest neighborhood jungle gym. If your child likes to read, walk or bike to the neighborhood library for a book. Or simply turn on your child’s favorite music and dance in the living room.

“Every child is wired differently,” Dr. Laskowski says. “We all have certain strengths and characteristics that influence our interests. The key is finding things that your children like to do.”

Promote activity, not exercise to keep your kids interested in fitness, make it fun.

- **Get in the game.** Play catch, get the whole family involved in a game of tag or have a jump-rope contest. Try classic movement games such as Simon says or red light, green light. If you don’t remember the rules, make up your own!
- **Try an activity party.** For your child’s next birthday, schedule a bowling party, take the kids to a climbing wall or set up relay races in the backyard.
- **Put your kids in charge.** Let each child take a turn choosing the activity of the day or week. Batting cages, bowling and neighborhood play areas all count. What matters is that you’re doing something active.
- **Give the gift of activity.** Make gifts and rewards things like activity-related equipment, games or outings.

"Incorporating physical activity into your children’s lives does much more than promote a healthy weight," Dr. Laskowski says. "It sets the foundation for a lifetime of fitness and good health."

Adapted from Fitness for Kids from the Mayo Clinic Website. For more information or to read the whole article go to http://www.mayoclinic.com/health/fitness/FL00030

Please be patient with us...  
We strive to return all calls within 24 hours, however the Professional Development Training Team, which includes the Early Childhood Specialists, Behavior Consultant, Infant/Toddler Specialist and T.R.A.I.L.S. Staff, are often on the road providing/attending trainings and/or other services to our Providers, which delays our ability to return calls immediately. If you cannot reach a specific person on the Professional Development Training Team and need immediate assistance, you can contact the Professional Development Training Team Supervisor, Nikki Rabel, at (304) 523-9540, Ext. 106. Thank you for your patience and understanding.

**Engaging Father’s in Early Childhood Development**  
By Michael Jones & Carl Chadband from KISR A  

Workshop Description: How to engage fathers in aspects of childhood development has become one of the premier focuses of our times. Many maladaptive issues relating to children have been directly linked to paternal absenteeism. This presentation will highlight impacts that a father’s presence and absence have on the attitudes, well-being, behavior and adaptive skills of children.

The focus of this workshop is on exploring strategies that will engage fathers in the process of positive child development. The primary message is Fatherhood is a 24/7 engagement that is essential to positive child development.

**Monday, October 4, 2010 from 6:30 PM-8:30 PM**  
RVCDS Training Room, 611 Seventh Avenue, 2nd Floor  
Reservations Required–Space is limited. Contact Judy Kachelreis at 304-429-6167 for more information.
Behavior Consultant Corner, by Shannon Taylor

Greetings!  
As the new school year gets under way, I wanted to take this opportunity to introduce myself to any new child care providers and early childhood teachers out there! I am the Behavior Consultant at Link Child Care Resource & Referral. My role is to provide support and technical assistance to child care providers and teachers in Family Child Care Homes, Facilities, Centers, After-School Programs, and Pre-K and Head Start Programs. I can provide suggestions and resources in many different areas such as child development, special needs, environment, positive discipline, and behavior guidance. The best news is that my services are completely free of charge! I can provide assistance through phone consultations, informational packets, or site visits to discuss your needs and observe the child / children exhibiting challenging behaviors. Please do not feel that you need to wait until a situation becomes overwhelming before you contact me. The sooner I know of a concern, the sooner we can work together to restore peace to your educational setting! The thing to remember is that I do not provide one-on-one intervention to children...I am not a therapist. I am here to support YOU! Replacing challenging behavior with more appropriate behavior is a team effort between parents and child care providers. I can help facilitate these efforts with a variety of strategies and techniques to help ensure that all children’s needs are being adequately met! Sometimes a fresh perspective is all it takes to get a child or even an entire classroom back on track and coping with stress or adverse situations in a positive and more productive way! I look forward to meeting those of you who are new as well as re-visiting old friends. Let’s work together to make this the best school year yet for the children in your care!

Warmest Regards,  
Shannon Taylor

Children are unpredictable. You never know what inconsistency they’re going to catch you in next.” ~ Franklin P. Jones

Medication Administration Training

The following classes will be held in the 1st Floor Conference Room at Link:  

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. Nov. 16</td>
<td>1:00-5:30</td>
</tr>
<tr>
<td>Thurs. Dec. 9</td>
<td>1:00-5:30</td>
</tr>
</tbody>
</table>

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 (304)529-7603 or 1-888-983-2827 Ext. 402 to request a training at your center.

Current ACDS Classes are underway across the state. For more information about ACDS or when new classes will be starting in your area, contact Sherrie Barrett or Lisa Gladwell at (304) 523-0344 or 1-866-982-2237.

Directors Council News

The next Director’s Council meeting and training will be held in October. We will be continuing our Employment and Labor Law Series. More information will be e-mailed soon.

If you would like to be added to the ongoing e-mail list of Directors to receive new information, or to register for a training session, please contact Nikki Rabel at (304) 523-9540 or 1-800-894-9540, Ext. 106 or nikki.c.rabel@wv.gov.

The Next Directors Toolbox Module will be begin after the first of the year. This five session module for Child Care Center Administrators will now be offered twice per year by Link.

Save the Dates

Celebrating Connections February 23—25, 2011  
Contact Alyson Edwards at AEdwards@rvcds.org for more information.

Huntington Area Early Childhood Conference April 29-30, 2011  
Leadership Institute April 28, 2011.
Infant/Toddler Corner by Paula Stewart

Helping Children Use Language
Helping children use and understand language is fundamental to quality Infant/Toddler care. Once again let’s look at this through ITERS-R eyes. Take a few minutes to just listen to your room. What do you hear? Are there any persistent loud sounds? These sounds could be from loud music from a CD player, children crying or even construction or traffic noises from outside. Ongoing noise (Indicator 1.2 & 3.2) can interfere with children’s ability to hear language as it makes it difficult to “separate what staff members are saying to them from the general sound overload”. (Cryer, Harms & Riley pg.157). Do you need to raise your voice to be heard? Do you have a difficult time hearing other staff members or the children? If you answer yes to these questions take a look at the sound absorbing materials in your environment. Do you need to add some? Are there sufficient sound barriers between the rooms?

Talking with children is important to helping them understand language (Indicators 3.1, 3.3, 5.2, & 5.4) but you may sometimes ask yourself: “What should I talk about?” Here are a few suggestions:

* Use a pleasant tone of voice when talking to infants and toddlers
* Greet each child warmly, making sure to use their name as he or she arrives. Then begin talking about an activity the child can begin. Prepare children for departure by talking about getting their personal items together and dressed for leaving. Make sure to say a personal goodbye to each child.
* During diapering/toiletting routines give the children a running commentary of the procedure and talk about how good it feels to get rid of the wet or soiled diaper.
* Sing to children during the hand washing procedure. You can even make up a little ditty about the proper steps to hand washing.
* During play describe what the children are doing: “You are pushing the baby buggy”. “Look David is throwing the ball.”
* Talk about what children see while they are outside. “Watch the wind blow the leaves.” “Look at the bird hopping on the ground!” “Do you see the butterfly on the bush?”
* Make sure that talk is meaningful to children. Talk about what a child is experiencing through his or senses.
* “We are eating applesauce, it tastes sweet.” “Listen to the cat, it is purring.”
* Point to objects to help establish a common focus for you and the child. (Pointing at a picture of a child’s family) “Look I see mommy, where is grandma?”
* Use descriptive words. “You have a yellow ball!” “Amy, you are wearing red pants today.”
* Jamie, your shirt is so soft!”
* Describe what a child is feeling, “You are so sleepy, we will let you take a nap and you will feel all rested when you wake up.” “It makes you angry when Henry takes your baby doll away from you.” As you can see, helping children use language is easily done during the normal routines and activities during your day. With a little planning and practice this will become second nature for you.

Reference: All About ITERS-R Debora Cryer, Thelma Harms and Cathy Riley

Paula Stewart is the Infant Toddler Specialist at LINK. You can reach her at (304) 523-9540 Ext. 228 or 1-800-894-9540 or Paula.L.stewart@wv.gov.

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 toward 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 needs.

Participating in the CQCE modules is the perfect opportunity for providers to become better child care professionals. The Components of Quality Care & Education Module Trainings are being offered by Link CCR&R. This training is an eight week course for child care providers working with children ages 2½ 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 quarter the sessions will be held at Link CCR&R in the FIRST Floor Conference room. Registration deadline is Monday, October 11th. 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.

Providers interested in these sessions can contact Kerry Carnegie at 304-523-9450 or 1-800-894-9540 Ext. 229 or Kerry.L.Carnegie@wv.gov.

<table>
<thead>
<tr>
<th>Training Modules</th>
<th>When</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Extreme Makeover: Space &amp; Furnishings</td>
<td>Thurs., Oct. 14</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>Not Just Routine</td>
<td>Thurs., Oct. 21</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>For the Love of Literacy</td>
<td>Thurs., Oct. 28</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>Implementing Your Curriculum</td>
<td>Thurs., Nov. 4</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>Recipe for Relationships</td>
<td>Thurs., Nov. 11</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>Building Block: A Program’s Structure</td>
<td>Thurs., Dec. 2</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>Including all children: Providing for children with Special Needs</td>
<td>Thurs., Dec. 9</td>
<td>4-8:00PM</td>
</tr>
<tr>
<td>Communication is the Key</td>
<td>Thurs., Dec. 16</td>
<td>4-8:00PM</td>
</tr>
</tbody>
</table>
# Training Calendar & Training Information

## IMPORTANT TRAINING INFORMATION

1. All trainings begin promptly at the scheduled time. Please 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 or prevent the Trainer from staying on task, you will be asked to leave and your Regulatory Specialist 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.
8. You must register for training sessions at least 24 hours in advance.

**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.

**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 the date and location of the session(s) you wish to attend and leave a contact phone number. Thank You.

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## 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  
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  
CB Center Based  
FCC Family Child Care Providers  
ADM Administration  
ALL Targets All Areas

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## 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](http://www.wvearlychildhood.org)

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## Cabell and Wayne Counties

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp *</th>
<th>Tier *</th>
<th>Targeted Age/Area *</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Returning in Winter, 2011</td>
<td>Director’s Toolbox Modules returning Fall, 2010. See bottom of page 2 for details.</td>
<td>All</td>
<td>III</td>
<td>ADM</td>
<td>Link Office—2nd Floor 611 7th Ave. Huntington</td>
<td>To Be Announced</td>
</tr>
<tr>
<td>Beginning Oct. 13, 2010</td>
<td>West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.</td>
<td>All</td>
<td>I</td>
<td>IT</td>
<td>Link Office—2nd Floor</td>
<td>Varies—See Page 3</td>
</tr>
<tr>
<td>Sat. Oct. 16</td>
<td>Knock Out Bullying</td>
<td>PIR-C</td>
<td>I</td>
<td>PRE-SAC</td>
<td>Link Office—2nd Floor</td>
<td>9:00—11:00</td>
</tr>
<tr>
<td>Sat. Oct. 16</td>
<td>Look to Learn and Learn to Look: Objective Observations</td>
<td>POA-C</td>
<td>I</td>
<td>All</td>
<td>Link Office—2nd Floor</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Sat. Oct. 16</td>
<td>Celebrating Language and Literacy</td>
<td>CGD</td>
<td>II</td>
<td>IT</td>
<td>Link Office—2nd Floor</td>
<td>1:30—3:30</td>
</tr>
<tr>
<td>Sat. Oct. 16</td>
<td>For when You’re Dragon: Stressed Out and Burned Out!</td>
<td>PM</td>
<td>II</td>
<td>All</td>
<td>Link Office—2nd Floor</td>
<td>3:30—5:30</td>
</tr>
</tbody>
</table>

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Page 4  
October, November & December 2010
<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Targeted Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed., Oct. 20</td>
<td>1-2-3 Learn With Me: Child Development from A-Z.</td>
<td>CGD C</td>
<td>II</td>
<td>All</td>
<td>C-K Library 1200 Oak Street, Kenova</td>
<td>3:00–5:00</td>
</tr>
<tr>
<td>Tues. Nov. 2</td>
<td>Out and About</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>C-K Library</td>
<td>3:00–5:00</td>
</tr>
<tr>
<td>Mon. Nov. 22</td>
<td>The Business of Family Child Care</td>
<td>PM</td>
<td>II</td>
<td>FCC</td>
<td>Link Office—2nd Floor</td>
<td>3:00–5:00</td>
</tr>
<tr>
<td>Tues. Nov. 30</td>
<td>Disaster Preparedness for Centers</td>
<td>HSN</td>
<td>II</td>
<td>CB</td>
<td>Link Office—2nd Floor</td>
<td>3:00–5:00</td>
</tr>
<tr>
<td>Wed. Dec. 8</td>
<td>1-2-3 Learn With Me: Child Development from A-Z.</td>
<td>CGD C</td>
<td>II</td>
<td>All</td>
<td>Barboursville Library 728 Main St., Barboursville</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Mon. Dec. 13</td>
<td>Character Building: The Moral Fiber of Our Youth</td>
<td>PIR C</td>
<td>II</td>
<td>PRE SAC</td>
<td>Link Office—2nd Floor</td>
<td>9:00–11:00</td>
</tr>
<tr>
<td>Tues. Dec. 14</td>
<td>Creativity for All: Supporting Music, Art, Literacy and Dramatic Play on a Budget</td>
<td>C</td>
<td>I</td>
<td>All</td>
<td>C-K Library</td>
<td>10:00–12:00</td>
</tr>
</tbody>
</table>

**Logan, Mingo and Boone Counties**

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Targeted Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. Oct. 18</td>
<td>To Market, To Market: Preparing Healthy Meals</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Mingo County DHHR 205 E. 3rd St., Williamson</td>
<td>10:30—12:30</td>
</tr>
<tr>
<td>Thurs. Nov. 4</td>
<td>Knock Out Bullying</td>
<td>PIR C</td>
<td>I</td>
<td>PRE SAC</td>
<td>Logan Library 1 Wildcat Way, Logan</td>
<td>11:00–1:00</td>
</tr>
<tr>
<td>Tues. Nov. 16</td>
<td>Environments that Educate</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>Boone Co. Health Dept. 213 Kennmore Dr. Danville</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Mon. Dec. 6</td>
<td>1-2-3 Learn With Me: Child Development from A-Z.</td>
<td>CGD C</td>
<td>II</td>
<td>All</td>
<td>Logan Library</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Mon. Dec. 6</td>
<td>I Spy with My Little Eye</td>
<td>COA</td>
<td>II</td>
<td>All</td>
<td>Mingo County DHHR</td>
<td>1:30—3:30</td>
</tr>
</tbody>
</table>

**Lincoln County**

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Targeted Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. Oct. 26</td>
<td>For when You’re Dragon: Stressed Out and Burned Out!</td>
<td>PM</td>
<td>II</td>
<td>All</td>
<td>Lincoln Day Care Rt. 1, West Hamlin</td>
<td>6:00—8:00</td>
</tr>
<tr>
<td>Thurs. Dec. 16</td>
<td>Young at Art</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>Hamlin Library 7999 Lynn St., Hamlin</td>
<td>10:00—12:00</td>
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</table>

**Mason County**

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Targeted Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. Nov. 29</td>
<td>Five, Six Pick Up Sticks: Extending the Learning Environments to the Outdoors</td>
<td>C</td>
<td>I</td>
<td>All</td>
<td>Mason County Library 508 Viand St., Point Pleasant</td>
<td>5:00—7:00</td>
</tr>
</tbody>
</table>

**Putnam County**

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Targeted Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs. Oct. 21</td>
<td>Out and About</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>Putnam County Library 42 19 Rt. 34, Hurricane</td>
<td>3:000-5:00</td>
</tr>
<tr>
<td>Tues. Nov. 9</td>
<td>I Spy with My Little Eye</td>
<td>COA</td>
<td>II</td>
<td>All</td>
<td>Forrest Burdette 2848 Putnam Ave., Hurricane</td>
<td>6:00—8:00</td>
</tr>
<tr>
<td>Thurs. Dec. 2</td>
<td>Knock Out Bullying</td>
<td>PIR/C</td>
<td>I</td>
<td>PRE/SAC</td>
<td>Putnam County Library</td>
<td>10:00—12:00</td>
</tr>
</tbody>
</table>
Family Child Care Food Program

DID YOU KNOW?
October is National Apple Month.
Apples are one great little food. Mother Nature was at her creative
best when she came up with apples. They have it all: taste, looks, and
nutrition. Apples have no fat, cholesterol or sodium. An average
apple contains only 80 calories. Apples have 5 grams of fiber. Apples
contain vitamin A, B1, B2, C, and Niacin and more. Celebrate Apple Month by
joining the food program for help with food costs and nutrition assistance.

Central Child Care
Serving Boone County
304-382-0797

Pride of Logan County
Serving Logan County
304-752-6868 or 304 752-1047

New Faces:
T.E.A.C.H. RECIPIENTS

As the autumn leaves fall from bright crisp blue skies, the sound of
students walking to classes begin to rustle in the season of
trodden leaves. The weight and shift of book bags brush by and
swish in crowded hallways, and the final bell rings as we sit,
anxious and anticipating a new experience. I am pleased to
announce that T.E.A.C.H. Early Childhood West Virginia has
added four new students to the campuses across West Virginia.
Please welcome our newest recipients: Rebecca Law attending WV
Northern CTC, Carrie Toney attending online courses at MCTC.
Letitia Riddell attending Marshall University, and
Stephanie Blevins attending MCTC.
T.E.A.C.H. Early Childhood
WV has funding available to fill more
seats this Spring. What are you
waiting for? Visit our website and
download your application
today. You may call the office Monday through Friday from 8am—2 pm and our T.E.A.C.H. Specialist, Stephanie Geneseo,
would be happy to assist you in becoming a WV Pre K teacher.

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 Providers can log on at www.nafcc.org or
call 1-800-359-8317.
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
application process at 529-7603 or 1-888-983-2827.

Family Child Care Provider Grants
Available

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
Thermometers, 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 Care
Grants and other grants that may become available through
Link.
Contact Mary Bridge at Link (304 523-9540 or 1-800-894-
9540) with questions or to request an application.

Cabell Wayne Family Child Care Association News

The Cabell Wayne Family Child Care Association would like to invite you
to join us. The association is open to all counties now, not just Cabell
and Wayne. All of our meetings are registered with stars and you will
receive ONE or TWO hours credit. We are excited about a new State
Family child Care Association forming and the benefits it will bring to all
providers. We also offer other trainings, from time to time, which are
stars registered. We would like to see more providers take an active
role in the association. The association is about support for each other.
Please come join us and if you have any questions feel free to call Kathy
Baker, President, at 304-529-6246.

Oct 9, 2010——10:00am Link Office
Training on Household Poisons (2 hrs. STARS credit)
Dec 4, 2010——11:00am at Myrtle Blair’s House
Normal meeting and (Christmas Party) lunch is provided.
(2 hrs. STARS credit)
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.
First Aid and CPR (Heartsaver class) available at St. Mary’s Medical Center— 529-1302.
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—Darrel 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.*

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

by Jennifer Conkle

Where did summer go? Hopefully everyone enjoyed their time in the sun, and is now ready for brisker weather. Autumn is a beautiful time of the year. All of the vibrant colors displayed outdoors can be inspiring to artists both young and old. Maybe now would be a good time to even bring some of your art activities outdoors.

As you may know the T.R.A.I.L.S. program does sometimes have consumable products, such as paint, paper, and crayons available for providers to share with their children. In addition to these items we have many others that can be borrowed to support art and craft activities. Some of the items we have available are spray bottles, stencils, scissors, paint rollers, sponges, and brushes. We even have recipes we can share with you to make a variety of materials for children to create with, such as playdough, paste, and paper mache. We also have several resource books that can provide you with many fresh ideas that you may have never tried before. Did you realize that here are many household items that you may have around your home that can be used for art projects? Some these include bubble wrap, cookie cutters, potato mashers, and sponges. There are an endless number of possibilities when it comes to creating art with children. Just remember safety first, and then allow the children to be creative. Art can never be done incorrectly; whatever the children create it is their unique creation. With this in mind allowing children to experience art is a wonderful way to support their self-confidence. Creating projects where the children can work together, such as classroom murals, is another way to support social development.

When thinking of your next art project, if we can be of assistance to you please give us a call.

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**T.R.A.I.L.S. Team Contact Information**

You can reach The T.R.A.I.L.S. Team, Jennifer Conkle or Virena Elkins, at 1-800-894-9540 or (304) 523-9540 for more information about TRAILS Services or to schedule a visit.
Change Service Requested