

January,  
February and  
March 2011



# NewsLink

## Winter2011

### Link CCR&R Inclement Weather Policy Regarding Link Training Sessions



In the case that school is cancelled or on a two hour delay in Cabell County **OR** the county in which a training is scheduled, it will be cancelled for that day and you will be contacted when it is rescheduled. Thank you for your cooperation!

Hold the Dates:

***Celebrating Connections***  
February 23—25, 2011  
Contact Alyson Edwards at  
[AEdwards@rvcds.org](mailto:AEdwards@rvcds.org) or  
(304) 529-7603 for more information.

### **Huntington Area Early Childhood Conference**



*Can the teachers come out to play?*  
Huntington Area Early Childhood Conference

April 29-30, 2011  
Leadership Institute  
April 28, 2011.  
Contact Michelle Rollyson at  
[Rollyson1@frontier.com](mailto:Rollyson1@frontier.com)  
for more 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.



Children's artwork competition for HAecc is underway. The theme is Can the Teachers Come out to Play?. All artwork must be delivered to River Valley, 611 7th Ave. Huntington, C/O HAecc Committee before March 1<sup>st</sup>.



Would you be interested in participating in "Be Choosy, Be Healthy" West Virginia? Providers interested in participating will need to contact Glenna Bailey, Nurse Health Consultant to receive an application. Application deadline is Jan 31<sup>st</sup>, 2011. 100 centers/facilities throughout the will be chosen to participate. Those chosen will receive training, materials (including a "Choosy Kit"), and technical assistance on how to change or maintain current health, nutrition, and physical practices. Glenna can be contacted at [gbailey@rvcds.org](mailto:gbailey@rvcds.org).

### **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](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.

## **Behavior Consultant Corner, by Shannon Taylor**

At this time of year, I receive a lot of phone calls from child care providers telling me they are seeing an increase in challenging behaviors among the children in their care. It is a fairly common assumption to attribute this to

A simple solution to this problem is to offer children (and adults!) plenty of opportunities to drink water throughout the day.

the harsh winter weather that forces children indoors on many days. While this is likely the case to some degree, there could also be another factor playing into this phenomenon...thirst! A lot of folks do not realize that there is actually an increased risk of dehydration as the weather turns cold. It is easy to recognize the need for water when it is hot outside due to a chain reaction of events triggered by sweating. But when the weather is colder, people



simply do not sweat as much, so they interpret this as not

feeling as thirsty. This causes them to not drink as much water, thus running the risk of becoming dehydrated. In its mildest forms, dehydration can lead to

headaches and muscle weakness (which may appear as laziness), but as it becomes more severe, dehydration can cause irritability, confusion, even fever, which may be disregarded by some as the beginnings of a common cold, leaving the dehydration untreated until it reaches a dangerous level, often requiring hospitalization. A simple solution to this problem is to offer children (and adults!) plenty of opportunities to drink water throughout the day.

Try this approach and you may be surprised at how quickly some of those challenging behaviors magically disappear!

Shannon Taylor is the Behavior Consultant at Link. You can reach Shannon for a phone consultation or to schedule a site-visit at (304) 523-9540 Ext. 432 or 1-800-894-9540.

Warmest Regards,  
Shannon

## **A new class of the Apprenticeship for Child Development Specialist (ACDS) will begin January 2011.**



Orientation for the Cabell/Lincoln/Wayne county area will be **Tuesday, January 11<sup>th</sup>, 2011 at River Valley Child Development Services, 611 7<sup>th</sup> Ave., Huntington, WV, 2<sup>nd</sup> floor training room.** This professional education training opportunity is open to anyone, age 18 years or older, working a minimum of 20 hours per week directly with young children between the ages of birth through 8 years. Family home providers must have a minimum of 4 children enrolled in their care in order to be eligible.

\* Apprentices will need to bring a copy of either their high school diploma or GED.

\* The director or designated authorized agency representative *must be present* to complete paperwork in order to register the apprentice.

\* A one-time \$10 lab fee to cover all four semesters will be collected the night of orientation for each apprentice.

**In order to attend orientation, it is required that you confirm with Lisa Gladwell, ACDS Regional Coordinator, either by phone 304-523-0433, ext. 406, or email [lgladwell@rvcds.org](mailto:lgladwell@rvcds.org).**

## **Directors Council News**

**The Next Directors Toolbox Module will be begin on January 25, 2011.**

This five session module is designed for Child Care Center Administrators. We will be offering this module twice per year. It is recommended that you attend all five sessions, however you may take them individually also. The sessions are:

- Jan. 25— Recruiting, Selecting and Orienting Staff.
- Feb. 8— Shared Decision Making and Participative Management.
- March 1—The Power of Reflection.
- March 15—Making the Most of Meetings.
- March 29—How Effective Directors Get Things Done.

# Directors Toolbox Module

We are planning on beginning our **Employment and Labor Law Series** soon. More information will be e-mailed to Directors Council Members in the near future. If you would like to be added to the ongoing e-mail list of Directors to receive new information or to register for the Directors Toolbox, please contact Nikki Rabel (304) 523-9540 or 1-800-894-9540, Ext. 106 or [nikki.c.rabel@wv.gov](mailto:nikki.c.rabel@wv.gov).

# Infant/Toddler Corner by Paula Stewart

## Yummy Yummy Yummy Put Some Food In My Tummy!

Does the thought of snack or meal time (especially when looking through ITERS-R/FCCERS-R eyes) for infants and toddlers make you want to pull your hair out? Meeting individual needs while maintaining proper sanitation procedures may seem to be a daunting task. After all you have to make sure your hands are washed before you serve/prepare the food. Then you have to make sure all the little ones have their hands washed as well. Of course the tables and/or high chairs also must be clean and sanitized.

One way to make improvements in this area is to take "baby steps". Make a list of all the things you need to make happen in order to create a healthier environment. Pick one or two items to work on at a time.

Certainly all the steps are important, but focusing on one improvement at a time until it becomes automatically engrained into your routine will ensure a long lasting positive change. Do your meal/snack times reflect the individual's needs of the children in your care? Or do you need to tweak meal and snack times a bit? Are caregivers sitting with toddlers (within arm's reach of toddlers who

feed themselves)? Sitting with children while they are eating gives you a wonderful opportunity to talk about what they are eating. This is a great time to model basic manners such as using please and thank you. Do you have to take time to further prepare food before it is served (i.e. cutting fruit slices into proper bite size pieces)? Consider talking with the director about having the kitchen staff do this. This will free your hands up to help with hand washing or other chores that need your attention during this hectic time. Family childcare providers can cut fruit and vegetables into the proper bite size pieces while preparing for the next day. Are food allergies posted and up to date?

Spend some time reflecting on your meal and snack time to identify areas of improvement.

Look on page 21 of the ITERS-R scale for more ideas. You can even break out your copy of All About ITERS-R (available from TRAILS) for more ideas for improvement and more detailed explanations of the scale.

Providing safe, clean meal and snack times will go a long way to reduce the spreading of germs, leading you to healthy children, healthy staff and happy parents!



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.

### Schedule for WVIT Class

#### Admin Module

Mar. 3 2011  
9:00 am-3:30pm

#### Module I

Session 1: March 10  
9:00 -2:30  
Session 2: March 17  
9:00-1:30

#### Module II

Session 3: March 24  
9:00 -2:30  
Session 4: March 31  
9:00-1:30

#### Module III

Session 5: April 7  
9:00-1:30  
Session 6: April 14  
9:00-2:30  
Session 7: April 18,  
9:00- 1:30

#### Module IV

Session 8: May 5  
9:00-3:00  
Session 9: May 12  
9:00 - 2:30  
Session 10: May 19  
9:00- 11:30

Contact Paula Stewart at Link to sign up for either class.

## 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 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 quarter the sessions will be held at Link CCR&R in 2<sup>nd</sup> Floor Conference room and will be facilitated by Jennifer Conkle and Kerry Carnegie.

Registration deadline is Thursday, January 6<sup>th</sup>. 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 call Kerry Carnegie at 523-9450, Ext. 229 or 1-800-894-9540 or email at Kerry.L.Carnegie@wv.gov.

Training Modules	When	Time
<b>Extreme Makeover: Space &amp; Furnishings</b>	Thursday, January 13	1-5:00PM
<b>Not Just Routine</b>	Thursday, January 20	1- 5:00PM
<b>For the Love of Literacy</b>	Thursday, January 27	1-5:00PM
<b>Implementing Your Curriculum</b>	Thursday, February 3	1- 5:00PM
<b>Recipe for Relationships</b>	Thursday, February 10	1- 5:00PM
<b>Building Block: A Program's Structure</b>	Thursday, February 17	1- 5:00PM
<b>Including all children: Providing for children with Special Needs</b>	Thursday, March 3	1-5:00PM
<b>Communication is the Key</b>	Thursday, March 10	1-5:00PM

# 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 Regulatory Specialist 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 (304) 523-9540 or 1-800-894-9540 or e-mail Kerry.L.Carnegie@wv.gov or Nikki.C.Rabel@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.

## **\*Codes for Training Chart\***

### \*Core Competency\*

<b>CGD</b>	Child Growth and Development
<b>HSN</b>	Health, Safety and Nutrition
<b>PIR</b>	Positive Interactions & Relationships
<b>COA</b>	Child Observation and Assessment
<b>PM</b>	Program Management
<b>FC</b>	Family and Community
<b>C</b>	Curriculum
<b>P</b>	Professionalism



### \*Tier\*

<b>Tier I</b>	Beginner level
<b>Tier II</b>	Intermediate
<b>Tier III</b>	Advanced


### \*Targeted Age/Area\*

<b>IT</b>	Infant/Toddler
<b>PRE</b>	Pre-School
<b>SAC</b>	School Age Care
<b>CB</b>	Center Based
<b>FCC</b>	Family Child Care Providers
<b>ADM</b>	Administration
<b>ALL</b>	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://ww.wwearlychildhood.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>						
Mon., Jan. 10	Say What You Mean and Mean What You Say	CGD/ HSN/ PIR/COA	I	All	C-K Library 1200 Oak St., Kenova	10:00-12:00
Mon., Jan. 10	I Spy with My Little Eye	COA	II	All	Link Office—2nd Floor 611 7th Ave. Huntington	3:00—5:00
Beginning Jan. 13, 2011	Components of Quality Care and Education Modules See bottom of page 3 for details.	All	III	ADM	Link Office—2nd Floor 611 7th Ave. Huntington	1:00—5:00
Beginning Jan. 25, 2011	Director's Toolbox Modules. See bottom of page 2 for details.	All	III	ADM	Link Office—2nd Floor 611 7th Ave. Huntington	8:30—12:30
Wed., Feb. 2	Building Supportive Environments	C	II	All	Link Office	5:00—7:00
Mon., Feb. 7	Young at Art	C	II	IT	Link Office—Huntington	3:00—5:00

Date of the Training	Title of the Training	* Core Comp *	* Tier *	* Targeted Age/ Area *	Location of the Training	Time of Training
Wed., Feb. 9	1-2-3 Grow with Me: Child Development from A-Z	CGD/C	II	All	C-K Library	3:00—5:00
Sat., March 19	Huntington Area Afterschool Association Meeting and Training. Call Kerry at (304) 523-9540 for details.		II	SAC	Link Office—Huntington	<b>4 Hours</b> 10:00—2:30
Wed., March 23	Look to Learn and Learn to Look: Objective Observations 	COA	I	ALL	Barboursville Library 728 Main St., Barboursville	3:00—5:00
Mon., March 21	Out and About	C	II	IT	C-K Library	3:00—5:00

### Logan, Mingo and Boone Counties

Mon., Jan. 24	1-2-3 Grow with Me: Child Development from A-Z	CGD/C	II	All	Logan Library 1 Wildcat Way	11:00—1:00
Mon., Jan. 24	To Market, To Market: Preparing Healthy Meals	HSN	I	All	Logan Library	1:00—3:00
Mon., Feb. 7	1-2-3 Grow with Me: Child Development from A-Z	CGD/C	II	All	Mingo County DHHR 205 E. 3rd St., Williamson	1:00—3:00
Wed., Feb. 9	For When You're Dragon: Stressed Out and Burned Out!	PM	II	All	Logan Library	1:00—3:00
Tues., March 8	Look to Learn and Learn to Look: Objective Observations 	COA	I	ALL	Logan Library	1:00—3:00
Wed., March 9	Schoolagers are Coolagers 	CGD	I	SAC	Boone Madison Library 375 Main St., Madison	11:00—1:00
Beginning March 27	West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.	All	I	IT	Living Waters 112 E. 2nd Ave., Williamson	Begins at 9:00 See Page 3



### Lincoln County

Tues., Feb. 15	To Market, To Market: Preparing Healthy Meals	HSN	I	All	Hamlin Library 7999 Lynn St., Hamlin	1:00—3:00
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### Mason County

Wed., Jan. 26	1-2-3 Grow with Me: Child Development from A-Z	CGD/C	II	All	Mason County Library 508 Viand St., Pt. Pleasant	2:00—4:00
Mon., March 7	Five, Six, Pick Up Sticks: Extending the Learning Environments Outdoors	C	I	All	Mason County Library	3:00—5:00

### Putnam County

Sat., Jan. 15	Young at Art	C	II	IT	Putnam County Library 4219 Rt. 34, Hurricane	11:00—1:00
Wed., Feb. 16	Take the Plunge into the NAEYC Ethical Code of Conduct 	P	II	All	Putnam County Library	3:00—5:00
Mon., March 14	Look to Learn and Learn to Look: Objective Observations 	COA	I	All	Putnam County Library	1:00—3:00

## Family Child Care Food Program

For more information on enrolling on the Family Child Care Food Program to help with the costs of meals and snack you serve the children in your care, please contact the following agency in your area:

**Central Child Care**  
Serving Boone County  
304-382-0797

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

**River Valley Family Day Care Food Program**  
Serving Cabell, Wayne, Lincoln, Putnam, Mason and Mingo Counties  
523-3031 or 1-800-581-3031



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.

## CELEBRATION NEWS: AEP Foundation Awards Grant

T.E.A.C.H. Early Childhood® WV is pleased to announce a \$100,000 grant award from the AEP Foundation. The grant will allow T.E.A.C.H. WV to expand our scholarship models to a number of our early childhood educators. We would like to hear from both our Head Start communities and our Family Child Care communities about the increased need they share for scholarship assistance. Please contact Stephanie Geneseo at the contact information below to voice your pending need for a scholarship in these communities. Watch your newsletters for more information.



Accepting applications daily.  
www.wvearlychildhood.org

T.E.A.C.H. Early Childhood® WV Stephanie Geneseo, T.E.A.C.H. Specialist  
(304) 529-7603 Ext. 118 [sgeneseo@rvcds.org](mailto:sgeneseo@rvcds.org).

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 Terri Riggelman)
- People using or in need of Child Care 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 (304) 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 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 Bridgette at Link (304) 523-9540 or 1-800-894-9540 with questions or to request an application.



**Welcome all Family Child Care Providers!** We are the newly formed West Virginia Family Child Care Association. We would like to unite all of the providers in our state so that your voice can be heard. We would like to hear about your needs and dreams for the future. Please join our association today and let your voice be heard! Applications for membership can be found at your local R&R or by contacting WVFCCA 304-917-9697.

### Save The Date!!

All family child care providers need to save May 28, 2011 for a special day just for you. Receive trainings, a special luncheon, and lots of gifts to promote you and your family child care home. Did I mention it is completely free? Sponsored by the West Virginia Family Child Care Association.  
More information coming soon!

For information regarding the Cabell Wayne Family Child Care Association Contact Kathy Baker, President at (304) 529-6246.

## First Aid and CPR Classes

This list of agencies offering First Aid and CPR is made available to you for resource purposes only.  
**Link is not responsible for the following trainings or registration for these trainings.**

- Boone County** First Aid and CPR available at **Kanawha Co. Red Cross** (see below) or by request at **Charleston** 340-3650.
- Cabell County** First Aid and CPR available at **Triad Tech** 431 5th Ave. Huntington—529-7020.  
 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—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.  
 CPR 3rd Tuesday of each month at the Mason County Health Department. Call (304) 675-3050 to register.
- 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.**—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.**

Revised Dec. 2010

### T.R.A.I.L.S. Corner by Virena Elkins

Once again it is that time of year, Flu season! Hand-washing is the key issue in terms of preventing illnesses. It is very important for teachers and parents to work together and encourage their children to wash their hands throughout the day. Such as before meal times; after coming in contact with pets; after sneezing; coughing, blowing or wiping noses; when coming in from outdoors; after using the restroom; before and after playing with disposable materials such as sand; water, playdough ,etc. When in doubt, always wash your hands. A little tip is to sing a song while washing hands, this helps make sure you are washing long enough to get hands clean. An example is the Alphabet Song or even singing Happy Birthday twice through.



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

Enforcing this at home will get the children into the habit of washing hands at school as well. Healthy eating, exercise, and getting plenty of sleep are also extremely important in keeping children healthy during flu season. Drinking plenty of fluids will help active children stay hydrated. Offer water and limit soft drinks and sugary drinks throughout the day. Whole grains and seasonal fruits are an important part of a healthy diet for children and helps boost their metabolism. Exercise is important as it gives children a chance to move and get their heart rates up before studying and makes it easier to learn. Give children the opportunity to exercise for at least an hour

a day, breaking it into fifteen minute increments, as needed. Encourage running, jumping or playing games that keep children interested and active. Following these pointers will help children have a happy and healthy winter.

Until then,  
Virena

Date	Time	Location	Training
Mon., Jan. 3	8:30 - 2:00	Link Office Huntington	
Mon. Jan 24	11:00— 1:00 <u>and</u> 1:00— 3:00	Logan Library	1-2-3 Grow with Me <u>and</u> To Market, To Market
Tues., Feb. 1	8:30 - 2:00	Link Office Huntington	
Tues., Feb. 15	1:00 – 3:00	Hamlin Library	To Market, To Market
Tues. Mar. 1	8:30 - 2:00	Link Office Huntington	
Mon. Mar. 7	3:00— 5:00	Mason Co. Library	Outdoor Learning Environments

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

**Link CCR&R**



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Link Child Care Resource and Referral Child Care

**Providers' Newsletter and Training Information**

A Program of River Valley Child Development Services.

Visit us on the web at [www.wvdhhr.org/Link](http://www.wvdhhr.org/Link)