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 1st.

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 31st, 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.

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 1-800-359-3817.

**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.
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 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!

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

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 11th, 2011 at River Valley Child Development Services, 611 7th Ave., Huntington, WV, 2nd 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.

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.

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.
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.I.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 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 2nd Floor Conference room and will be facilitated by Jennifer Conkle and Kerry Carnegie.

Registration deadline is Thursday, January 6th. 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.

<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>Thursday, January 13</td>
<td>1:50PM</td>
</tr>
<tr>
<td>Not Just Routine</td>
<td>Thursday, January 20</td>
<td>1:50PM</td>
</tr>
<tr>
<td>For the Love of Literacy</td>
<td>Thursday, January 27</td>
<td>1:50PM</td>
</tr>
<tr>
<td>Implementing Your Curriculum</td>
<td>Thursday, February 3</td>
<td>1:50PM</td>
</tr>
<tr>
<td>Recipe for Relationships</td>
<td>Thursday, February 10</td>
<td>1:50PM</td>
</tr>
<tr>
<td>Building Block: A Program’s Structure</td>
<td>Thursday, February 17</td>
<td>1:50PM</td>
</tr>
<tr>
<td>Including all children: Providing for children with Special Needs</td>
<td>Thursday, March 3</td>
<td>1:50PM</td>
</tr>
<tr>
<td>Communication is the Key</td>
<td>Thursday, March 10</td>
<td>1:50PM</td>
</tr>
</tbody>
</table>

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.
# 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.

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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**

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th><em>Core Comp</em></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., Jan. 10</td>
<td>Say What You Mean and Mean What You Say</td>
<td>CGD/HSN/PID/COA</td>
<td>I</td>
<td>All</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>10:00—12:00</td>
</tr>
<tr>
<td>Mon., Jan. 10</td>
<td>I Spy with My Little Eye</td>
<td>COA</td>
<td>II</td>
<td>All</td>
<td>Link Office—2nd Floor 611 7th Ave. Huntington</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Beginning Jan. 13, 2011</td>
<td>Components of Quality Care and Education Modules See bottom of page 3 for details.</td>
<td>All</td>
<td>III</td>
<td>ADM</td>
<td>Link Office—2nd Floor 611 7th Ave. Huntington</td>
<td>1:00—5:00</td>
</tr>
<tr>
<td>Beginning Jan. 25, 2011</td>
<td>Director’s Toolbox Modules. 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>8:30—12:30</td>
</tr>
<tr>
<td>Wed., Feb. 2</td>
<td>Building Supportive Environments</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>Link Office</td>
<td>5:00—7:00</td>
</tr>
<tr>
<td>Mon., Feb. 7</td>
<td>Young at Art</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>Link Office—Huntington</td>
<td>3:00—5:00</td>
</tr>
</tbody>
</table>

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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
- C: Curriculum
- P: Professionalism

*Tier*
- Tier I: Beginner level
- Tier II: Intermediate
- Tier III: Advanced

*Targeted Age/Area*
- Infant/Toddler
- Pre-School
- School Age Care
- Center Based
- Family Child Care Providers
- Administration
- Targets All Areas

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Page 4 January, February and March 2011
<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., Feb. 9</td>
<td>1-2-3 Grow with Me: Child Development from A-Z</td>
<td>CGD/C</td>
<td>II</td>
<td>All</td>
<td>C-K Library</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Sat., March 19</td>
<td>Huntington Area Afterschool Association Meeting and Training. Call Kerry at (304) 523-9540 for details.</td>
<td>II</td>
<td>SAC</td>
<td>Link Office—Huntington</td>
<td>10:00—2:30</td>
<td></td>
</tr>
<tr>
<td>Wed., March 23</td>
<td>Look to Learn and Learn to Look: Objective Observations</td>
<td>COA</td>
<td>I</td>
<td>ALL</td>
<td>Barboursville Library 728 Main St., Barboursville</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Mon., March 21</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>
</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., Jan. 24</td>
<td>1-2-3 Grow with Me: Child Development from A-Z</td>
<td>CGD/C</td>
<td>II</td>
<td>All</td>
<td>Logan Library 1 Wildcat Way</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Mon., Jan. 24</td>
<td>To Market, To Market: Preparing Healthy Meals</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Logan Library</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Mon., Feb. 7</td>
<td>1-2-3 Grow with Me: Child Development from A-Z</td>
<td>CGD/C</td>
<td>II</td>
<td>All</td>
<td>Mingo County DHHR 205 E. 3rd St., Williamson</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Wed., Feb. 9</td>
<td>For When You’re Dragon: Stressed Out and Burned Out!</td>
<td>PM</td>
<td>II</td>
<td>All</td>
<td>Logan Library</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Tues., March 8</td>
<td>Look to Learn and Learn to Look: Objective Observations</td>
<td>COA</td>
<td>I</td>
<td>ALL</td>
<td>Logan Library</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Wed., March 9</td>
<td>Schoolagers are Coolagers</td>
<td>CGD</td>
<td>I</td>
<td>SAC</td>
<td>Boone Madison Library 375 Main St., Madison</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Beginning March 27</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>Living Waters 112 E. 2nd Ave., Williamson</td>
<td>Begins at 9:00 See Page 3</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., Feb. 15</td>
<td>To Market, To Market: Preparing Healthy Meals</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Hamlin Library 7999 Lynn St., Hamlin</td>
<td>1:00—3:00</td>
</tr>
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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>Wed., Jan. 26</td>
<td>1-2-3 Grow with Me: Child Development from A-Z</td>
<td>CGD/C</td>
<td>II</td>
<td>All</td>
<td>Mason County Library 508 Viand St., Pt. Pleasant</td>
<td>2:00—4:00</td>
</tr>
<tr>
<td>Mon., March 7</td>
<td>Five, Six, Pick Up Sticks: Extending the Learning Environments Outdoors</td>
<td>C</td>
<td>I</td>
<td>All</td>
<td>Mason County Library</td>
<td>3:00—5:00</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>Sat., Jan. 15</td>
<td>Young at Art</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>Putnam County Library 4219 Rt. 34, Hurricane</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Wed., Feb. 16</td>
<td>Take the Plunge into the NAEYC Ethical Code of Conduct</td>
<td>P</td>
<td>II</td>
<td>All</td>
<td>Putnam County Library</td>
<td>3:00—5:00</td>
</tr>
<tr>
<td>Mon., March 14</td>
<td>Look to Learn and Learn to Look: Objective Observations</td>
<td>COA</td>
<td>I</td>
<td>All</td>
<td>Putnam County Library</td>
<td>1:00—3:00</td>
</tr>
</tbody>
</table>
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.

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 Jerri Riggelman)
People using or in need of Child Care Services. (Contact Lela Pemberton)

Please either go to 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.

CELLEBRATION 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.

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

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. 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

\[ \begin{array}{|c|c|c|c|}
\hline
\text{Date} & \text{Time} & \text{Location} & \text{Training} \\
\hline
\text{Mon., Jan. 3} & 8:30 - 2:00 & \text{Link Office} & 1-2-3 Grow with Me and To Market, To Market \\
\hline
\text{Mon. Jan 24} & 11:00—1:00 and 1:00—3:00 & \text{Logan Library} & To Market, To Market \\
\hline
\text{Tues., Feb. 1} & 8:30 - 2:00 & \text{Link Office} & \\
\hline
\text{Tues., Feb. 15} & 1:00 – 3:00 & \text{Hamlin Library} & \\
\hline
\text{Tues. Mar. 1} & 8:30 - 2:00 & \text{Link Office} & \\
\hline
\text{Mon. Mar. 7} & 3:00—5:00 & \text{Mason Co. Library} & \text{Outdoor Learning Environments} \\
\hline
\end{array} \]
Change Service Requested