Standard First Aid with CPR-Adult, Child and Infant Class Offered

An American Red Cross Authorized Provider will now be offering Standard First Aid with CPR-Adult, Child and Infant once each quarter. First offering of this class will be Saturday, September 10. Class will begin at 8:30am. Cost for this class is $65.00 and must be paid in advance. Class will be taught in the 2nd floor conference room at the main River Valley Child Development Services building at 611 7th Avenue, Huntington. This class is limited to 10 people so it will be a first come, first serve basis. This class is registered with WV STARS. Contact Cristie Dunbar at 304-523-3417 ext 202 to sign up or for more information. Deadline to register for this class is Friday, August 15.

Introducing “Cooking Matters” for Child Care Professionals at Huntington’s Kitchen!

“Cooking Matters” is a 6 week course that will engage childcare providers caring for low income children in a series of participatory cooking lessons. Each lesson is intended to empower providers to provide nutritious meals and teach healthy eating habits to the children in their care. Within each session participants will learn how to select nutritious and low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families. This series will be held at our own Huntington’s Kitchen!

<table>
<thead>
<tr>
<th>When:</th>
<th>What We Will Learn:</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 16 from 10:00-12:00</td>
<td>Introduction to the course</td>
</tr>
<tr>
<td>July 23 from 10:00-12:00</td>
<td>Creating Positive mealtime attitudes</td>
</tr>
<tr>
<td>July 30 from 10:00-12:00</td>
<td>Safe cooking with confidence</td>
</tr>
<tr>
<td>August 6 from 10:00-12:00</td>
<td>Choosing healthy foods for kids</td>
</tr>
<tr>
<td>August 13 from 10:00-12:00</td>
<td>Meals that appeal to kids</td>
</tr>
<tr>
<td>August 20 from 10:00-12:00</td>
<td>Menu management on a budget</td>
</tr>
</tbody>
</table>

This series is worth 12 hrs of STARS/training credit. **Participants must attend every session to get credit.** To register call Andrea Leffingwell (304) 522-0887 by Friday July 8th. Spaces are limited.

**T.R.A.I.L.S Items Needed** We are currently in need of:

- Clear or Mesh Storage bags, such as the plastic zipper or snap bags in which sheets and other household items come in.
- Empty baby wipe containers, or other such storage containers.
- Empty plastic baby food or juice containers.

If you can supply us with any of these materials, please let us know and we will be glad to arrange to pick them up as soon as possible. Helping provide us with these materials saves us money which can be used to purchase more learning materials for the van.

We appreciate your support of the TRAILS Van and look forward to serving you!
Behavior Consultant Corner, by Shannon Taylor

Do you have a child in your care who seems to be far more challenging than his peers? This is the child who has trouble staying on task, has frequent temper tantrums for seemingly “no reason,” who ignores nearly everything that is asked of him, and who seems to be falling behind in every developmental area: social-emotional, cognitive, motor, and especially language. Do you feel that you have exhausted every tried and true behavioral intervention with no success? Before you chalk this child up as just another “trouble maker,” take into consideration that it is possible he may be dealing with a hearing loss on some level. If you have noticed that the child’s behaviors tend to be worse when the room is loud or dark, this could be particularly indicative of a hearing deficiency. Additional noises in or around the room make it difficult to focus on one person or task, while a darkened room may inhibit the child’s ability to determine the source and location of sounds, thus causing the child to act out as a result of fear. If you suspect that a child has a hearing loss, document the reasons for your concerns (including behaviors observed and intervention techniques attempted) and approach his caregivers with the information. Take care to be sensitive to the caregivers’ reactions when discussing your concerns, and encourage them to share the information you have provided with their pediatrician, as this is the only person who can officially diagnose a concern of this nature.

Best Regards,
Shannon

“Since young children are still learning and developing, even a mild hearing loss can have devastating consequences on their ability to socialize and achieve academically.”
Pam Mason

Medication Administration Training

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

Thursday July 21st 2-6 pm
Wednesday August 17th 3-7 pm
Saturday September 24th 9am-1pm

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 Glenn 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.

Interested In WV ACDS?

If you are interested in enrolling in ACDS classes in the fall, please contact Sherrie Barrett, ACDS State Coordinator at sbarrett@rvcds.org or Lisa Gladwell, ACDS Regional Coordinator at lgladwell@rvcds.org or 304-523-0433. More information can be obtained by visiting www.wvacds.org.

STRENGTHENING FAMILIES

We have recently purchased several STRENGTHENING FAMILIES items to loan out to programs. For a complete list of STRENGTHENING FAMILIES Materials available, please contact Nikki Rabel at (304) 523-9540 Ext. 106 or Nikki.C.Rabel@wv.gov.
Infant/Toddler Corner by Paula Stewart

Great Things Coming Your Way!

There is a special treat in store for those of you who work with infants and toddlers and plan on attending this year’s Great Beginnings Conference, Sept. 14—16, 2011 (note it is a little longer than usual). WestEd’s Program for Infant/Toddler Care is presenting all sessions. Peter Mangione, Linda Brault and Louis Torelli will be among the speakers. You have met these folks via video during your WVIT sessions, come meet them in real life. The conference will be held at the Charleston Civic Center. To be eligible to attend you must be a participant or have completed WVIT or have completed the first two semesters of ACDS, or have completed One Step At A Time. We have a couple of new features this year. We will have a ‘cozy room’ for participants; a place to go, sit, relax and discuss ‘ah ha’ moments from the conference. Also, in your confirmation packet, you will receive a listing of items that will be available at the end of the conference. Mark items most urgently needed for your classroom. We will collect the list at the beginning of the conference to assist us with distribution of resources. To assist you with the new Cribs Safety Recall we will have a number of cribs available at Great Beginnings. Give me a call or send me an e-mail if you need an application or more information. 304-522-9540 Ext. 228 800-894-9540 Ex. 228 Paula.L.Stewart@wv.gov Space is limited so sign up soon!

Here is a tidbit of valuable information you may want to pass along to your co – teachers and parents: Over-the-Counter (OTC) Benzocaine Gels and Liquids

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.

To the right is the new WVIT Schedule. Contact Paula Stewart at Link (contact information above) to register. If a class should be cancelled for any reason sessions will continue in sequence with the final session taking place on September 21.

FAMILY CHILD CARE MODULES by Jennifer Conkle

West Virginia Elements of Family Child Care Series (WV EFCCS)

Incorporating Creative Curriculum for Family Child Care & Family Child Care Environmental Rating Scale

Here it is... a set of trainings designed specifically for Family Child Care Providers and Facilities! This series was designed to help you in providing quality care and education for young children. These modules take into consideration the varying needs of Family Child Care Providers. The WV EFCCS consists of 7 modules and a pre and post site visit of your program, using the Family Child Care Environmental Rating Scale (FCCERS).

The trainer will also be available to answer questions relating to the module series and on how to implement the Creative Curriculum into your Family Child Care program.

Upon completion of all 7 modules and both technical assistance visits you will be eligible for resource money to spend on improving and meeting the needs of your program. Also, you should be registered on the STARS Career Pathway to participate in the series. You may become registered by successfully completing a STARS application. At the completion of the series you will also receive 30 STARS approved training hours. For more information regarding the STARS Career Pathway you may call 304-529-7603, or toll free 1-888-WVVECTCR. You may also visit the website at www.wwearlychildhood.org.

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Admin Module</td>
<td>July 5</td>
<td>10:00 – 5:00</td>
</tr>
<tr>
<td>WVIT 1</td>
<td>July 6</td>
<td>10:00 – 3:30</td>
</tr>
<tr>
<td>WVIT 2</td>
<td>July 13</td>
<td>10:00 – 2:30</td>
</tr>
<tr>
<td>WVIT 3</td>
<td>July 20</td>
<td>10:00 – 3:30</td>
</tr>
<tr>
<td>WVIT 4</td>
<td>July 27</td>
<td>10:00 – 2:30</td>
</tr>
<tr>
<td>TACIT 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WVIT 5</td>
<td>Aug. 3</td>
<td>10:00 – 2:30</td>
</tr>
<tr>
<td>WVIT 6</td>
<td>Aug. 10</td>
<td>10:00 – 3:30</td>
</tr>
<tr>
<td>WVIT 7</td>
<td>Aug. 17</td>
<td>10:00 – 2:30</td>
</tr>
<tr>
<td>WVIT 8</td>
<td>Aug. 24</td>
<td>10:00 – 4:00</td>
</tr>
<tr>
<td>WVIT 9</td>
<td>Aug. 31</td>
<td>10:00 – 3:30</td>
</tr>
<tr>
<td>WVIT 10</td>
<td>Sept. 7</td>
<td>10:00 – 12:30</td>
</tr>
<tr>
<td>TACIT 2</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Makeup date Sept. 21

If you have questions regarding the WV EFCCS, or to register for the series please contact Jennifer Conkle at 304-523-9540, ext. 430.

Thank You,
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.

---

### 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

#### 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>Beginning July 6</td>
<td>West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.</td>
<td>All</td>
<td>IT</td>
<td></td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>Varies</td>
</tr>
<tr>
<td>Beginning July 14</td>
<td>West Virginia Elements of Family Child Care Series (WV EFCCS) See page 3 for more information.</td>
<td>All</td>
<td>I</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>2:00-6:00</td>
</tr>
<tr>
<td>Wed. July 13</td>
<td>Now That's Professional!</td>
<td>P</td>
<td>II</td>
<td>All</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>1:00-3:00</td>
</tr>
<tr>
<td>Thurs. Aug. 11</td>
<td>Discoveries of Infancy</td>
<td>CGD</td>
<td>II</td>
<td>IT</td>
<td>Barboursville Library 728 Main St., Barboursville</td>
<td>3:00-5:00</td>
</tr>
<tr>
<td>Tues. Aug. 16</td>
<td>1-2-3 Grow with Me Child Development from A-Z</td>
<td>CGD</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>4:00—6:00</td>
</tr>
<tr>
<td>Thurs. Sept. 8</td>
<td>If They Could See Me Now</td>
<td>COA</td>
<td>II</td>
<td>IT</td>
<td>Link CCR&amp;R</td>
<td>3:00—5:00</td>
</tr>
</tbody>
</table>

*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

*Targeted Age/Area*
- Tier I: Beginner level
- Tier II: Intermediate
- Tier III: Advanced

*STARS!*

@ 7th Ave., Huntington | 1200 Oak St., Kenova | 728 Main St., Barboursville | Link CCR&R
<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. Sept. 12</td>
<td>Take the Plunge into the NAEYC Code of Ethical Conduct</td>
<td>P</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>4:00—6:00</td>
</tr>
<tr>
<td>Tues. Sept. 20</td>
<td>1-2-3 Grow with Me Child Development from A-Z</td>
<td>CGD</td>
<td>II</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>Tues. July 26</td>
<td>Five, Six, Pick Up Sticks: Extending the Learning Environments Outdoors</td>
<td>C</td>
<td>I</td>
<td>All</td>
<td>Living Waters 112 E. 2nd Ave., Williamson</td>
<td>6:00—8:00</td>
</tr>
<tr>
<td>Thurs. Aug. 18</td>
<td>Now That’s Professional!</td>
<td>P</td>
<td>II</td>
<td>All</td>
<td>Logan Library 1 Wildcat Way, Logan</td>
<td>11:00—1:00</td>
</tr>
<tr>
<td>Tues. Sept. 6</td>
<td>We Are Family</td>
<td>FC</td>
<td>II</td>
<td>All</td>
<td>Logan Library</td>
<td>10:00—12:00</td>
</tr>
<tr>
<td>Wed., Sept. 14</td>
<td>Making a Difference: Reporting and Preventing Child Abuse</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Boone Madison Library 375 Main St., Madison</td>
<td>1:00—3:00</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>Thurs., July 14</td>
<td>We Are Family</td>
<td>FC</td>
<td>II</td>
<td>All</td>
<td>Hamlin Library 7999 Lynn St., Hamlin</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Wed., Aug. 24</td>
<td>Building Supportive Environments</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>Hamlin Library</td>
<td>10:00—12:00</td>
</tr>
</tbody>
</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., July 18</td>
<td>1-2-3 Grow with Me Child Development from A-Z</td>
<td>CGD</td>
<td>II</td>
<td>All</td>
<td>Mason County Library 508 Viand St., Pt. Pleasant</td>
<td>4:00-6:00</td>
</tr>
<tr>
<td>Thurs., Sept. 8</td>
<td>Making a Difference: Reporting and Preventing Child Abuse</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Mason County Library</td>
<td>12:00-2:00</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. July 9</td>
<td>Making a Difference: Reporting and Preventing Child Abuse</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Teays Valley Child Development Center</td>
<td>8:30-10:30</td>
</tr>
<tr>
<td>Sat. July 9</td>
<td>Early Childhood Environmental Rating Scale (ECERS-R)</td>
<td>PM</td>
<td>II</td>
<td>PRE</td>
<td>Teays Valley Child Development Center</td>
<td>10:30-12:30</td>
</tr>
<tr>
<td>Sat. July 9</td>
<td>Building Supportive Environments</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>Teays Valley Child Development Center</td>
<td>1:30-3:30</td>
</tr>
<tr>
<td>Sat. July 9</td>
<td>If They Could See Me Now</td>
<td>COA</td>
<td>II</td>
<td>IT</td>
<td>Teays Valley Child Development Center</td>
<td>3:30-5:30</td>
</tr>
<tr>
<td>Mon., Aug. 15</td>
<td>Including All Children</td>
<td>CGD</td>
<td>II</td>
<td>All</td>
<td>Lighthouse 2440 Rt. 60, Hurricane</td>
<td>9:00-12:00</td>
</tr>
<tr>
<td>Mon., Aug. 15</td>
<td>Early Childhood Environmental Rating Scale (ECERS-R)</td>
<td>PM</td>
<td>II</td>
<td>PRE</td>
<td>Lighthouse</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

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.

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.

Advocating Play

If you want to get across an idea, wrap it up in a person.
-Ralph Bunche

“The early childhood community, which has traditionally valued play as a learning tool, has not been very articulate about play’s importance in our evidence-based school economy.” This challenge was laid down by Elizabeth Graue, in her article, “Are We Paving the Paradise: In our rush to promote achievement, we’ve forgotten how 5 year olds really learn,” in Education Leadership (April 2011). Graue further observes...

“The growing allocation of kindergarten time to academic content has firmly pushed play to the edges. What counts as play in many classrooms are highly controlled centers that focus on particular content labeled as ‘choice’ but that are really directed at capturing a specific content-based learning experience, such as number bingo or retelling a story exactly as the teacher told it on a flannel board…It means that in-depth project work that involves research into child-initiated questions just takes too much time….”

“What’s lost with this shift? Attention to anything but clearly defined cognitive aspects of development….”

“…It’s no longer enough to argue that play is the work of children; we’re now required to prove what children get from play. What they get must translate to increased achievement or reduced risk. So let’s nail the evidence base.”

West Virginia Family Child Care Association News

The WVFFCA is proud to announce that our first Spring Fling Conference was a huge success! Every family child care provider went home with at least one great door prize and some went home with laptops as well. It will be rewarding to see how these supplies trickle down into each home to benefit the children. Everyone received six hours of training, a wonderful catered lunch in the crystal ballroom and a bag full of great information and ideas to use with your children. The T.E.A.C.H. Scholarship information and the retirement plan were presented as well. The day was full of exciting changes being made to promote quality Family Child Care in our state. Did you miss it? Do you want to learn how to be at our next conference? Visit www.westvirginiafamilychildcare.com or call 304-917-9697. Make sure you don’t miss out on our next conference! Let us know how we can help you provide more quality child care in your home or facility.

The Cabell Wayne Family Child Care Association would like to invite everyone to join us. All of our meetings are registered with WV STARS and you will receive 1 or 2 hours credit. 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. Please come join us and if you have any questions feel free to call Kathy Baker, President, at 304-529-6246.

August 13—10:00 - Link Office Normal meeting This session is registered for 2 hours of 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—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.

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

By Virena Elkins

Let’s talk about literacy! With sunny, warm days approaching, children and providers are drawn to the outdoors. We begin to focus on activities that can be carried out onto the playground. This spring and summer we would like to remind you about our large selection of literacy materials for all ages. These materials include books appropriate for infants through school-agers, bag books which include a book with props to help bring the story to life, books on tape, and big books for large group sharing. To support children’s literacy, TRAILS has a number of teacher resource books on literacy and those with ideas to go beyond just the telling of the story. It is quick and easy to use children’s books as a jumping off point for other great activities and ideas. Instead of gathering in the usual circle time area, grab a book and a blanket and head out-doors. The children will love the change of pace and scenery after being inside all winter long. There is nothing wrong with moving your typical classroom activities outdoors on warm, sunny days. Studies have shown children learn more and retain more information when they have natural lighting and fresh air. So use TRAILS as not only a great place to get toys, but also as another bookmobile. (We hope to see you all soon with the nice weather). Please do not hesitate to call with questions or material requests. Also, we always welcome new providers to join us in the TRAILS program.

Preventing Sun Exposure in Children

The best way to prevent sunburn is to avoid sun exposure. When working with young children who thrive on going outside, that advice is often impossible but there are many things you can do to minimize a child’s sun exposure:

- Keep babies younger than 6 months of age out of the sun. If sunscreen is needed, a small amount on the face or back of hands is not harmful.
- Teach the children the ABCs of how to prevent their skin from getting sunburned.
- A = Away. Stay away from the sun in the middle of the day (from 10:00 am – 4:00 pm)
- B = Block. Use a sunscreen with a sun protection factor (SPF) of 15 or higher to protect babies and children’s very sensitive skin.
- C = Cover up. Wear clothing that covers the skin, hats with wide brims and sunglasses with UV protection. Even children 1 year old should wear sunglasses with UV protection.
- S = Speak out. Teach others to protect their skin from sun damage.

For more information about sun exposure, log onto www.webmd.com. You’ll be glad you did!