We are Going Green!

If you would like to receive an electronic copy of this quarterly newsletter, as opposed to the paper copy in the mail, please e-mail your request to Tracey.D.Salyers@wv.gov

Contact Michelle Rollyson at Rollyson1@frontier.net for more information.

Recent Changes to the WV STARS Professional Development Record

by Natalie Snider, WV STARS State Coordinator

WV STARS has made some changes to the Professional Development Record to improve the service to participants. Career Pathway participants now have three different options to view the Professional Development sessions tracked by WV STARS. Depending on your needs, you may want to access any one of the three record options available to you.

The Professional Development Record titled “Complete Record” provides a complete list of WV STARS Registered Trainings tracked for an individual. If you would like a print out of all of the trainings WV STARS has tracked for you in date order, access this record.

The “Core Knowledge Area Record” is the Professional Development Record that provides a complete list of WV STARS Registered Trainings tracked for an individual organized by the WV Core Knowledge Content Areas. If you would like a print out of all of the trainings WV STARS has tracked for you including information on the level of training and general content, access this record. For those applying to become a Tier II center, facility or home, the Core Knowledge Area Record must be submitted with the application to verify professional development requirements.

The “Current Certificate Period Record” option provides a list of WV STARS Registered Trainings tracked for an individual that were completed during the current Career Pathway Certificate Period. These trainings can be used for the next Career Pathway Certificate renewal. If you would like a print out of only training WV STARS has tracked for you towards your Career Pathway Certificate renewal, access this record.

You can visit WV STARS at www.wvearlychildhood.org
Behavior Consultant Corner by Shannon Taylor

Child Development refers to how children gain the ability to do more complex things as they get older. Having a solid understanding of typical developmental behaviors will allow you to plan your day in a way that will help support the children’s strengths while challenging them enough to naturally move toward their next developmental milestones. It is important to remember that each child develops differently and at his or her own pace.

However, when working with children, it is important to be familiar with basic developmental milestones (Gross and Fine Motor, Language, Cognitive, and Social) from birth through age 5 so that you can be aware of potential delays. If you have concerns about the development of a child in your care, there are several resources available to help. For instance, West Virginia Birth to Three is a statewide system of services and supports for families with infants and toddlers ages birth through 35 months of age who have developmental delays or are at risk of a developmental delay. For children ages three through five who have developmental delays and/or disabilities, Special Education and related services are provided by county school systems following a multidisciplinary evaluation process. Regardless of a child’s age, as soon as you notice a delay, you should attempt to get all necessary supports in place to help the child get back on his or her developmental track. Early intervention is the key to ensuring a more successful future for these children. If I may be of any assistance, please contact me at 304-523-9540, Ext. 432.

Warmest Regards,
Shannon

Huntington’s Kitchen—Free Cooking Matters for Child Care Professionals Classes offered.

As a child care provider, you play a crucial role in helping children get the nourishment they need to grow and thrive. Throughout the training in Cooking Matters for Child Care Professionals, you will participate in a variety of hands-on activities that will help you improve your skills at planning and preparing delicious, healthy, and low-cost meals for the children in your care. You will also learn how to work with children to encourage healthy eating habits that will stick with them for life.

Cooking Matters for Child Care Professionals is a five-week course that meets on five consecutive Saturdays at Huntington’s Kitchen. Each class is two hours in length.

All cooking materials are provided and there is no charge to attend the class. The module is also registered with WV STARS.

To register for the next module, or with questions, contact Rachel Gergely at Huntington’s Kitchen (304) 522-0887 or rachelgergely@emohealth.org.

Medication Administration Training

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

- Tues., April 17—3:00-7:00
- Tues., May 22—4:00—8:00
- Sat., June 23—9:00-1:00

You must be on the WV 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.
Infant/Toddler Corner by Paula Stewart

Safe Sleep Practices

On the heels of the new crib safety standards, the American Academy of Pediatrics (AAP) is recommending that children 0-12 months wear one-piece sleepers rather than blankets while sleeping.

(AAP) (1b) states: “Infants should be placed for sleep in safe sleep environments which includes: a firm crib mattress covered by a tight-fitting sheet in a safety-approved crib (the crib should meet the standards and guidelines reviewed/approved by the U.S. Consumer Product Safety Commission [CPSC] and ASTM International [ASTM]); no monitors or positioning devices should be used unless required by the child’s primary care provider; and no other items should be in a crib occupied by an infant except for a pacifier”.

(AAP) (1g) states: “Soft or loose bedding should be kept away from sleeping infants and out of safe sleep environments. These include, but are not limited to: bumper pads, pillows, quilts, comforters, sleep positioning devices, sheepskins, blankets, flat sheets, cloth diapers, bibs, etc. Also, blankets/items should not be hung on the sides of cribs. Swaddling infants when they are in a crib is not necessary or recommended, but rather one-piece sleepers should be used (see Standard 3.1.4.2 for more detail information on swaddling).”

Here is an example of a sleep sack from Kaplan:


Of course infants 0-12 months should be put to sleep on their backs unless there is signed waiver indicating an alternate sleep position.

The AAP further recommends (AAP) (1c) “Infants should not nap or sleep in a car safety seat, bean bag chair, bouncy seat, infant seat, swing, jumping chair, play pen or play yard, highchair, chair, futon, or any other type of furniture/equipment that is not a safety-approved crib (that is in compliance with the CPSC and ASTM safety standards) (4);”.

The recommendations may seem cumbersome at first, but let’s do everything we can to keep the infants in our care as safe as possible.

Please contact me if you have questions or need any additional information regarding Safe Sleep Standards or the new Crib Safety Standards.

Director's Toolbox Modules

The Director’s Toolbox Module will begin on May 7 at Link.

Each of the five sessions will be held from 8:00 to Noon at Link. Each session is registered with WV STARS and meets the training requirements for Directors.

The sessions are geared toward Administrators and ways to help Directors, Emergent Leaders and others in administrative roles juggle the additional challenges of being an Administrator of an early childhood program.

The sessions can be taken individually for four hours of WV STARS credit or as a whole for 20 hours of WV STARS credit.

The sessions will be offered as follows:

May 7 Recruiting, Selecting, and Orienting Staff

May 21 Implementing Shared Decision Making and Participative Management

June 5 The Power of Reflection and Self-Awareness

June 19 How Effective Directors Get Things Done

July 3 Making the Most of Meetings

Please Contact Nikki Rabel at 523-9540 or 1-800-894-9540, Ext. 106 or nikki.c.rabel@wv.gov or Dawn Snyder at Dawn.D.Snyder@wv.gov for more information or to register for the training sessions.

Do You Know an Outstanding Early Childhood Professional You would like to recognize?

Nominations are now being accepted as part of the Huntington Area Early Childhood Conference. Contact Michelle Rollyson at Rollyson1@frontier.com for an application form.
Training Calendar and 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 we offer are registered with WV STARS.
8. You must register for training sessions at least 24 hours in advance. Training sessions may be canceled if no one or too few are registered to attend.
9. 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.

HOW TO REGISTER FOR TRAINING:

To REGISTER OR CANCEL your registration, please call Link at (304) 523-9540 or 1-800-894-9540 or e-mail Nikki Cavalier Rabel at Nikki.C.Rabel@wv.gov. When e-mailing or leaving a voice mail, please clearly state your name, the date/location of the session(s) you wish to attend and leave a 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

<table>
<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Target Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning March 6</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 CCR&amp;R 611 7th Ave., Huntington</td>
<td>Varies</td>
</tr>
<tr>
<td>Thurs., April 12</td>
<td>What Goes Up, Must Come Down</td>
<td>C</td>
<td>I</td>
<td>PRE</td>
<td>Link CCR&amp;R</td>
<td>2:00—4:00</td>
</tr>
<tr>
<td>Thurs., April 19</td>
<td>What Do You Do With The Mad That You Feel?</td>
<td>PIR</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>10:00—12:00</td>
</tr>
<tr>
<td>Fri., April 20</td>
<td>Right Outside Your Door</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>C-K Library 1200 Oak St, Kenova</td>
<td>3:00-5:00</td>
</tr>
<tr>
<td>Beginning May 7</td>
<td>Director’s Toolbox Modules. See page 3 for more information.</td>
<td>All</td>
<td>III</td>
<td>ADM</td>
<td>Link CCR&amp;R</td>
<td>8:00-Noon</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

**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

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>Sat. May 12</td>
<td>Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect</td>
<td>HSN</td>
<td>I</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Tues. May 22</td>
<td>Safety Net: The Internet and Kids</td>
<td>C</td>
<td>III</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>2:00-4:00</td>
</tr>
<tr>
<td>Fri., June 8</td>
<td>What Do You Do With The Mad That You Feel?</td>
<td>PIR</td>
<td>II</td>
<td>All</td>
<td>C-K Library</td>
<td>2:00-4:00</td>
</tr>
<tr>
<td>Mon., June 18</td>
<td>Under Construction: Block Play</td>
<td>CGD/C</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R</td>
<td>6:00-8:00</td>
</tr>
<tr>
<td>Mon., June 25</td>
<td>Attachments and Separation</td>
<td>PIR</td>
<td>I</td>
<td>IT</td>
<td>Link CCR&amp;R</td>
<td>3:00-5:00</td>
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</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>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon., April 2</td>
<td>What Goes Up, Must Come Down</td>
<td>C</td>
<td>I</td>
<td>PRE 1 Wildcat Way</td>
<td>1:00-3:00</td>
</tr>
<tr>
<td>Thurs., May 3</td>
<td>Cooking with Kids</td>
<td>HSN</td>
<td>I</td>
<td>PRE Mingo County DHHR 205 E. 3rd St. Williamson</td>
<td>1:00-3:00</td>
</tr>
<tr>
<td>Sat., May 19</td>
<td>Not in My Backyard: Drug Endangered Children</td>
<td>HSN</td>
<td>II</td>
<td>All 699 Stratton St., Logan</td>
<td>10:00-12:00</td>
</tr>
<tr>
<td>Wed., June 6</td>
<td>Rock-a-Bye Baby: Safe Sleep Practices</td>
<td>HSN</td>
<td>I</td>
<td>IT Boone County Health Dept. 213 Kenmore Dr., Danville</td>
<td>2:00-4:00</td>
</tr>
<tr>
<td>Thurs., June 21</td>
<td>Safety Net: The Internet and Kids</td>
<td>C</td>
<td>III</td>
<td>All Logan Library</td>
<td>10:00-12:00</td>
</tr>
</tbody>
</table>

### Lincoln County

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<thead>
<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues., May 15</td>
<td>Cooking with Kids</td>
<td>HSN</td>
<td>I</td>
<td>PRE 7999 Lynn St., Hamlin</td>
<td>2:00-4:00</td>
</tr>
<tr>
<td>Tues., June 12</td>
<td>Family Involvement</td>
<td>FC</td>
<td>I</td>
<td>All Hamlin Library</td>
<td>9:00-11:00</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>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues., Apr. 10</td>
<td>Safety Net: The Internet and Kids</td>
<td>C</td>
<td>III</td>
<td>All Mason County Library 508 Viand St., Pt. Pleasant</td>
<td>5:00-7:00</td>
</tr>
<tr>
<td>Mon., May 14</td>
<td>Get Up and Dance: Music and Movement</td>
<td>C</td>
<td>II</td>
<td>All Mason County Library</td>
<td>10:00-12:00</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>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri., April 20</td>
<td>Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect</td>
<td>HSN</td>
<td>I</td>
<td>All Teays Valley Child Dev. Center 4345 Teays Valley Rd., Scott Depot</td>
<td>5:00-7:00</td>
</tr>
<tr>
<td>Thurs., May 24</td>
<td>What Do You Do With The Mad That You Feel?</td>
<td>PIR</td>
<td>II</td>
<td>All Putnam County Library 4219 Rt. 34, Hurricane</td>
<td>4:00-6:00</td>
</tr>
<tr>
<td>Mon., June 11</td>
<td>Under Construction: Block Play</td>
<td>CGD/C</td>
<td>II</td>
<td>All Putnam County Library</td>
<td>9:00-11:00</td>
</tr>
</tbody>
</table>
**Family Child Care Food Program**

by Tammy Leonard

For more information on enrolling on the Family Child Care Food Program to help with the costs of meals and snacks 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

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**Family Child Care Association (CWFCA) News by Kathy Baker**

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 ONE or TWO hours credit. We also offer other trainings, from time to time, which are WV 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 or email mrskathys@comcast.net. We are creating a list serve of providers so we can send them out important information regarding the association and family childcare. Our next meeting will be May 12, 2012 at 10:00 at the Link Office.

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**WV Family Child Care Association News by Tammy Eubank**

If you are interested in learning more about the West Virginia Family Child Care Association or joining this organization, please refer to their website: www.westvirginiafamilychildcare.com.
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 30 W 6th Ave. Suite 102, Huntington—529-7020.
- CPR available at St. Mary’s Medical Center—526-1302.
- First Aid and CPR Classes at Cabell County EMS—526-9797.
- 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.*

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**TRAILS Corner by Tiffany Marcum**

Spring is Back!!!

Well the hibernation period is about over and spring is upon us. This is a great time of year to get children up and moving toward a healthy lifestyle. The snow is melting away and flowers are starting to bloom. The warmer weather is great and very inviting for children to be outside playing. Whether it is just playing alone at home or on some athletic sports team, get up and get moving! Outdoor play will not only boost a healthy lifestyle, but it is great for boosting the mind as well.

Spring time is a wonderful opportunity to start some outdoors projects: Plant a garden, go on nature explorations, do some science experiments. Parents and educators can take photos during these fun times. The photos can then be used to make scrapbooks and collages later in the year when the weather turns cold again and we will be stuck inside. We have resources available for those photos and great ideas for putting them together.

Here on the TRAILS van, we have plenty of tools and toys to help children and caregivers enjoy all the perks that come with spring-time. We carry sand and water toys, have access to seeds for planting flowers and gardens, jump ropes, tricycles, and just about anything else you need to enjoy the warmer weather. Please do not hesitate to contact us with any requests or ideas. We have all been inside, probably eating more than usual, and sedative. Let’s all take advantage of the spring-time weather. Get outside, have a little fun, and get healthier in the process! You can contact the TRAILS Staff by phone at 304-523-9540, Ext. 112 or 122. We look forward to hearing from you!
CHANGE IN
WAYNE COUNTY OUTREACH DAY

A Link Case Manager will be at the Wayne County Outreach located at the Wayne County DHHR on Mondays beginning in January, 2012.

Families can make applications between 9am to 12:30pm, no appointment necessary.

Provider Orientation Step 1, 2 or 3 Trainings will take place from 1pm – 3pm. Please call Link at (304) 523-9540 to register for the Orientation Step 1, 2 or 3 Training sessions.