A Newsletter of Link Child Care Resource and Referral

April, May and June 2013

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Planting the Seeds of Learning!
Do you work in child care and need or want to obtain your degree in early education?

T.E.A.C.H. Early Childhood® WEST VIRGINIA can help!

Scholarships available:

<table>
<thead>
<tr>
<th>Associate Degree</th>
<th>Bachelor’s Degree</th>
<th>Pre-K</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child Care Center</td>
<td>Child Care Center</td>
<td>Child Care Center</td>
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<tr>
<td>Family Child Care</td>
<td>Family Child Care</td>
<td>Family Child Care</td>
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<tr>
<td>Head Start</td>
<td>Head Start</td>
<td>Head Start</td>
</tr>
</tbody>
</table>

All scholarships include: tuition assistance, partial book reimbursement, travel stipend, paid release time and a bonus for completing the scholarship!

Contact 304-529-7603 or [www.wvearlychildhood.org](http://www.wvearlychildhood.org) for more information.

T.E.A.C.H. Early Childhood ® WEST VIRGINIA is a licensed program of Child Care Services Association.
Move It, Baby!

Dr. Emmi Pikler, a well-known and respected family pediatrician and researcher started the Pikler Institute a residential nursery and orphanage located in Budapest, Hungary. The Institute cared for children from birth to three years 24 hours per day, 7 days a week. Child care professionals throughout the world have adopted philosophies and infant care practices developed by Dr. Pikler. Unlike the sad images we see from the orphanages in Romania, the Pikler Institute is a model and has shown that children who live in institutions can grow up to be successful, productive adults.

Freedom of movement is one of the main elements of The Pikler Approach. Freedom of movement simply means infants are never put in positions that they can’t get into by themselves. For example, they are not propped into a sitting position or even held in a standing one. Infants are never placed in restrictive devices such as infant seats, walkers, jumpers or high chairs. They are allowed to lie on their backs while awake or asleep until they are able to roll over by themselves. Videos from the Pikler Training Institute, (which I had the opportunity to attend in Charleston, SC this fall) show amazing footage of how much infants who have not mastered rolling over or crawling move about. Although always close by, adults do not interfere with the infants’ movement. This freedom of movement gives children a strong sense of balance and coordination, as well as giving them a secure sense of calculated risk taking. Freedom of movement moves beyond gross motor development and allows an infants to develop a strong sense of competence as he learns that he can learn things on his own. The infants then develop emotional security and self confidence.

Fine motor skills are also supported with freedom of movement. Due to the sixty years of close observation of infants at the Pikler Institute, caregivers have learned to offer simple play materials that respond to what infants need at each stage. Because the infants are on their backs they have full use of their hands and arms allowing the freedom to explore all that they encounter. For example, young infants are offered simple cotton scarves that they can pick up, hold, wave and manipulate. The scarves are introduced at two months of age. Very young infants are captivated with the discovery of their own hands. Consider the limited possibilities of toys and mobiles dangling over infants faces. How frustrating it must be to an infant who can only look and bat at the brightly colored and often noisy objects dangling over their heads out of their reach. Then consider how interesting it is to have an object that can be manipulated, turned on all sides and mouthed so you can learn about the object properties. All infants will benefit from this type of activity but those from difficult situations will find calmness in an object that is predictable. One of the main goals of the Pikler Institute is to allow each child to fully experience self-initiated activities that she enjoys. This goal supports the Pikler philosophy that passive toys make active babies. Open-ended toys support more possibilities for the infants’ imaginations than battery operated toys that run on their own. As an added benefit, think of the possibilities of how you could use the money you now spend on replacing batteries!


WVIT II INFORMATION AND SCHEDULE

WVIT II consists of a 45 hour course for caregivers (10 classroom sessions and a practicum) and a six hour course for administrators). Caregivers and administrators enrolled in this program will have successfully completed WVIT I or WVIT I for Administrators. This professional development program aligns with WV STARS Core Knowledge and Core Competencies for Early Care and Education Professionals.

Administrators Module, Wednesday, April 10 from 8:00-3:00

All WVIT II sessions will be held from 4:00-7:30 at Link.

May 6, 13, 20, June 3, 10, 17, July 1, 8, 22 and 29.
Scottish poet Robert Burns wrote, “The best laid schemes o’ mice an’ men gang aft agley.” What in the world does that mean? Well, in a nutshell, it means that no matter how carefully a project is planned, something may still go wrong with it. The same can be said for activities in your child care setting, especially if the time it takes to transition from one activity to the next is not taken into account. Often, it is that transitional time that can make or break the activity that follows it. You can help your child care activities be more successful by setting up more successful transitions. Here are a few tips:

• Build transitions into your schedule. PLAN for that time between events to be utilized to prepare the materials for the following activity. Preparing materials ahead of time (before the day even begins) is even better!
• Minimize the length of time children spend waiting with nothing to do, such as when standing in line or waiting on others to finish. Finger-plays and action songs are great time-fillers.
• Prepare children for transitions by providing a warning with ample time to move to the next activity. A timer of some sort can do the trick, but a song also works well for this. I recommend “Five More Minutes” by CareTunes*, but any upbeat song that will be easily recognized by the children will also work!
• Teach children the expectations related to transitions. For example, “When you hear this song, it’s time to clean up the activity you’re working on and move to the Circle Time rug.”
• Individualize supports and cues as needed. Some children just need a little extra support sometimes.

Please be sure to allow plenty (but not too much) of time for transitions between activities. Short transitions can leave kids feeling overwhelmed and short-changed, while lengthy transitions can make an otherwise calm classroom seem chaotic and out of control, as kids tend to quickly lose interest when moving between activities. Whatever transition method you use (timer, song, etc.), make sure it can be used consistently throughout the day, every day.

*Writer’s Note: I have not been paid, prompted, or coerced into promoting or endorsing CareTunes. I sincerely and genuinely think they rock! :)

What is Open Ended Art?

“The artist’s world is limitless. It can be found anywhere, far from where he lives or a few feet away. It is always on his doorstep.” — Paul Strand

Visual art is something that can be found in every classroom. Each day children think, create and display their artwork. Sometimes this artwork is created with a teacher’s help or guidance and sometimes it is created solely by the child with materials the child has chosen for herself. The artwork that takes the child on a journey requires no model, and allows the child to choose materials is referred to as open ended art. It has endless possibilities. From the very first step the child is in control. The child makes decisions about what materials are needed and how to put those materials together. This type of artwork fosters cognitive development, creative expression, fine motor development, early literacy skills, and a sense of self worth. How can you incorporate open ended art into your classroom? Provide children with time and a wide variety of materials. Some suggested materials are listed below.

• Paper- colored paper, white paper, card stock
• Writing utensils- pens, pencils, colored pencils, crayons, markers, pastels, chalk
• Scissors
• Collage materials- old magazines, cardboard, tissue paper, feathers, scrap paper
• Glue and tape
• Miscellaneous- pipe cleaners, beads, glitter, paints (with different textures & types), paint brushes, stamps
• Nature items such as leaves, grass, seeds, sand, etc.

Children learn best when they are given the opportunity to play and explore. When a child creates a open ended art piece, you can ask the child to tell you about the artwork. It’s amazing to hear what thought process the child went through to come up with her finished product. You also have the opportunity to watch this art work evolve. It may begin with a few scribbles on a page and end with a beautifully drawn family portrait. Children are always thinking. Open ended art gives them a creative outlet for their thoughts. Children are beautifully capable beings and it’s amazing what we help them learn when we take a step back.
Room Arrangement Tips

Over the past year, I have made several technical assistance visits to various family child care providers and center staff. Room arrangement seems to be a recurring topic in homes, facilities and centers alike. How should I set up my science area? What materials should I include in my cozy area? Where should I put this? Where should that go? These are the questions that I encounter on a regular basis. Generally, you may want to include the following play areas: library, dramatic play, block, art/messy play, science and math, music and movement, and table toys/ fine motor. For those of you looking to create new play areas or enhance your present ones, here is a list of room arrangement tips I have composed for you.

- **Library** - usually on a carpeted area. This area can double as a cozy area as well; include books, puppets, bean bag chairs, couches, pillows, stuffed animals, and other plush items. Separate this area from active play areas such as blocks or dramatic play.
- **Dramatic Play** - this noisy area can be positioned near the block area. It is comprised of dress up clothes, dolls, dishes, toys, food, and unbreakable mirrors.
- **Block Area** - store blocks on low shelves and place on carpeted area to reduce noise; this area needs to have barriers so that block play is not interrupted by traffic; store accessories near blocks (accessories include: people, cars, road signs, small animals, trucks, airplanes, boats, etc.).
- **Music and Movement** - if offered during free play, place near active areas if no headphones are used; place musical instruments and accessories (scarves, ribbons, etc.) in plain view, cds, cd player, etc.
- **Art** - put near sink and on hard surface for easy clean up; include paper, crayons, paint, paint brushes, cut outs, smocks, an easel, foam rollers, stencils, colored pencils, cotton balls, glue sticks, yarn, etc.
- **Math & Science** - incorporate living plants and/or animals, science books, seashells, color paddles, magnets, feathers, globe, leaves, bubbles, measuring cups/spoons, games, shapes, etc.
- **Table Toys & Fine Motor** - place near table; materials should be comprised of writing tools, scissors, puzzles, facing beads, play dough, interlocking blocks, etc.

Other tips:

- Books can be placed in all centers. Ensure that books are rotated as children’s interests change.
- Create well defined paths and areas so that children can move quickly and easily from one activity to the next.
- Don’t forget display! Children’s family photos, artwork, and other display should be exhibited. Place most display on children’s eye level. Children’s work should also dominate.

TAKE CARE CORNER

Think you already know all about the TRAILS van and the resources we have? Did you ever stop and realize that the TRAILS van offers so much more than just tactile resources? Sure, most of you as providers are fully aware of the items that can be found on the van and many of you use the van regularly. The resources that you may check out from the van are wonderful. The children really enjoy getting to see and play with new things as they are introduced. This is an easy and fun way to foster their excitement and education. However, there are things that the TRAILS van can offer as assistance to you, the Provider. I would like to take some time and give you a few ideas of what TRAILS has for you.

Tactile Resources: For those who are not familiar with the actual resources for the children and the items that can be found on the van, the following is a short list of a few of them:

- **-Infant/Toddler Items**
- **-Art Supplies**
- **-Outdoor Equipment**
- **-Science/Math/Music Equipment**

Just a reminder! We have storage areas for many more items. So, if what you need is not on the van that does not mean that we do not have it. It just may be somewhere else at that time or too large to carry, so please ask and we will be more than willing to try and locate the item for you.

Technical Assistance (TA): As the TRAILS Specialist, I am also a member of the Professional Development Training Team at Link. One of our rather new focuses as the Training Team is on Technical Assistance. Technical Assistance can be offered to both FCC providers and centers. It can also be done on either one particular room or center wide. TA includes things like room arrangement, help with curriculum, help with policies and procedures, coaching, mentoring, consulting, help with the ERS-R, etc. These TA sessions are registered with WVSTARS as training hours. The TRAILS Team is focused on assisting FCC providers who may not have easy access to TA options. We are able to come into your home and offer the TA on a very personal and one-on-one level in order to provide the most individualized assistance. Other members of the Training Team can be referred upon as needed.

If you are interested in receiving Technical Assistance from the TRAILS van, have questions or comments, or you would like to schedule a regular visit from the TRAILS van, please feel free to contact us. You can reach us by phone at 304-523-9540 ext. 112 or 122. You may also e-mail us at tiffany.r.marcum@wv.gov or virena.g.elkins@wv.gov.

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**TRAILS CORNER**

**You can reach Tiffany Marcum, TRAILS Specialist, and Virena Elkins, TRAILS Associate at (304) 523-9450, Tiffany.R.Marcum@wv.gov or Virena.G.Elkins@wv.gov to schedule a visit!**
# IMPORTANT TRAINING INFORMATION

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.

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.

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.

No cell phones or electronic devices may be used during the training sessions.

You may not bring children to any Link training session.

You must bring a picture ID to all trainings.

You are responsible for keeping your training certificates on file. All trainings we offer are registered with WV STARS. You must register for training sessions at least 24 hours in advance.

## Family Child Care Providers

FCC Providers must complete eight hours of training in at least two different core competency areas (see box on right) each year according to the date on your individual certificate of registration.

<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>Wed., April 10</td>
<td>Take Note: Child Observation and Assessment</td>
<td>COA</td>
<td>II</td>
<td>All</td>
<td>St. Joe Catholic School 1326 6th Ave., Huntington</td>
<td>4:00—6:00</td>
</tr>
<tr>
<td>Thurs., April 18</td>
<td>There’s a QUAIL in my Classroom</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>2:00—4:00</td>
</tr>
<tr>
<td>Tues., April 30</td>
<td>Food for Thought: Eating Well on A Budget</td>
<td>HSN</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R 611 7th Ave, Huntington</td>
<td>2:00—4:00</td>
</tr>
<tr>
<td>Beginning, May 2</td>
<td>WVEFCC Modules. See page 10 for more information.</td>
<td>Varies</td>
<td>II</td>
<td>FCC</td>
<td>Link CCR&amp;R 611 7th Ave, Huntington</td>
<td>3:00—7:00</td>
</tr>
</tbody>
</table>

See Page 8 for a Descriptions of Training Sessions!
## Cabell and Wayne Counties, Continued

<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 May 6</td>
<td>WVIT II—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>4:00—7:30</td>
</tr>
<tr>
<td>Beginning June 4</td>
<td>Mind in the Making Modules . See page 9 for more information</td>
<td>PM</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>4:00—6:30</td>
</tr>
<tr>
<td>Thurs. June 6</td>
<td>There’s a QUAIL in my Classroom</td>
<td>C</td>
<td>II</td>
<td>All</td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>5:00—7:00</td>
</tr>
<tr>
<td>Thurs. June 27</td>
<td>The Business of Family Child Care</td>
<td>PM</td>
<td>II</td>
<td>FCC</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Wed. June 12</td>
<td>Degree for Me? It’s as easy as 1-2-3!</td>
<td>P/PM</td>
<td>I</td>
<td>All</td>
<td>Link CCR&amp;R 611 7th Ave. Huntington</td>
<td>4:30—6:30</td>
</tr>
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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>Thurs. April 18</td>
<td>Knock Out Bullying</td>
<td>PIR/C</td>
<td>II</td>
<td>Boone County Health Dept. 213 Kenmore Dr. Danville</td>
<td>1:00—3:00</td>
</tr>
<tr>
<td>Thurs. May 16</td>
<td>It Takes A Village</td>
<td>FC</td>
<td>I</td>
<td>Logan Library 1 Wildcat Way, Logan</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>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues. May 28</td>
<td>Not in My Backyard: Drug Endangered Children</td>
<td>HSN</td>
<td>I</td>
<td>Hamlin Library Lynn St., Hamlin</td>
<td>6:30—8:30</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. June 18</td>
<td>When Families Grieve</td>
<td>FC</td>
<td>II</td>
<td>Mason County Library 508 Viand St., Pt. Pleasant</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>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. April 1</td>
<td>Let’s Talk About Biting</td>
<td>PIR</td>
<td>II</td>
<td>Forrest Burdette 2848 Putnam Ave, Hurricane</td>
<td>6:30—8:30</td>
</tr>
<tr>
<td>Thurs. April 11</td>
<td>Challenging Behaviors: Where do we Begin?</td>
<td>PIR</td>
<td>I</td>
<td>Lighthouse 2440 US Rt. 60, Hurricane</td>
<td>6:00—8:00</td>
</tr>
<tr>
<td>Thurs. May 2</td>
<td>Not in My Backyard: Drug Endangered Children</td>
<td>HSN</td>
<td>I</td>
<td>First Baptist Academy 2635 Main St., Hurricane</td>
<td>6:30—8:30</td>
</tr>
<tr>
<td>Thurs. May 16</td>
<td>There’s a QUAIL in my Classroom</td>
<td>C</td>
<td>II</td>
<td>Putnam County Library 4219 Rt. 34, Hurricane</td>
<td>10:00—12:00</td>
</tr>
<tr>
<td>Tues. May 28</td>
<td>When Families Grieve</td>
<td>FC</td>
<td>II</td>
<td>Putnam County Library 4219 Rt. 34, Hurricane</td>
<td>1:00—3:00</td>
</tr>
</tbody>
</table>
## Descriptions of Training Sessions:

<table>
<thead>
<tr>
<th>Training Session</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Challenging Behaviors: Where Do We Begin?</strong></td>
<td>This training will discuss the meaning of &quot;challenging behaviors&quot; and ways to change our perspectives.</td>
</tr>
<tr>
<td><strong>Business of Family Child Care, The</strong></td>
<td>Providers will learn how to decrease business risks of family child care, how to track income, how to maximize profits, and how to create effective routines.</td>
</tr>
<tr>
<td><strong>Degree for Me? It’s as easy as 1-2-3!</strong></td>
<td>Have you ever thought about going back to school and earning a degree? T.E.A.C.H. WV is here to help! This two hour training will introduce you to the T.E.A.C.H. WV program and show you how you can be on your way to earning a degree in three easy steps. Come find out about the program’s benefits and discover what T.E.A.C.H. WV can do for you.</td>
</tr>
<tr>
<td><strong>Food for Thought: Eating Well on a Budget</strong></td>
<td>Healthy eating can give you the energy you need to juggle daily responsibilities with building strong relationships. Sesame Street has created this workshop to help you develop positive steps and strategies to keep children healthy while dealing with budget and/or time constraints.</td>
</tr>
<tr>
<td><strong>It Takes a Village</strong></td>
<td>This training is designed to increase awareness of the impact of poverty on early childhood.</td>
</tr>
<tr>
<td><strong>Knock Out Bullying</strong></td>
<td>This training helps providers learn about the different types of bullying, how to identify a bully, and strategies and techniques to prevent bullying and resolve conflicts.</td>
</tr>
<tr>
<td><strong>Let’s Talk About Biting</strong></td>
<td>Sally got bit again how am I going to tell her parents? What am I going to tell the parents of the child doing the biting? How can I get the biting to stop? Providers will explore strategies to answer these questions and create a calmer environment for the infants and toddlers in their care.</td>
</tr>
<tr>
<td><strong>Not in My Backyard: Drug Endangered Children</strong></td>
<td>Drug abuse has a significant impact on our youngest citizens. Caregivers will learn to recognize behaviors and symptoms of drug abuse; as well as how drug abuse affects the children in a drug endangered environment. Caregivers will recognize the ingredients of a methamphetamine lab and learn the environmental dangers these labs create.</td>
</tr>
<tr>
<td><strong>Take Note: Child Observation and Assessment</strong></td>
<td>Take Note: Child Observation &amp; Assessment Participants will learn how to effectively record child observations. Various assessment methods will also be discussed.</td>
</tr>
<tr>
<td><strong>There’s a QUAIL in My Classroom</strong></td>
<td>In this training, providers will learn to create environments that promote Quality care, utilize Understanding teachers, are Adaptive to meet individual needs, use Intentional teaching, and promote Learning.</td>
</tr>
<tr>
<td><strong>When Families Grieve</strong></td>
<td>This workshop focuses on ways to support families and children during the death of a loved one.</td>
</tr>
</tbody>
</table>

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For additional Training Opportunities in our region and throughout the state check out the WV Early Childhood Training Connections and Resources (WVECTCR) Training Calendar at [http://www.wvearlychildhood.org](http://www.wvearlychildhood.org)
The Mind in the Making Modules are a 12-part learning process that uses research on children’s development, on how children learn and how teachers can encourage engaged learning. The Mind in the Making Overview is a quick look at the series and is required for child care center/facility directors to attend before sending their teaching staff to the 12 module series. By completing this class, you will receive the Mind in the Making book by Ellen Galinsky!

$150 in Resources and Training Credit worth 2 years!

Mind in Making 12 Module Series is WV STARS registered training comprised of 45 hours in these Core Competency areas: Child Growth/Development (6), Positive Interactions/Relationships (12), Curriculum (15) Observation/Assessment (3) and Professionalism (9) See the list of class dates to the left.

Mind in the Making Overview is WV STARS registered—
1.5 hours in Program Management.
Tuesday, May 28 from 1:00 - 2:30
Contact Tamara Turley at (304) 523-9540, Ext. 430 or Tamara.D.Turley@wv.gov

Medication Administration

The following Medication Administration Classes will be held in the 1st Floor Conference Room at Link:

- Thursday, April 18: 3:00—7:00
- Tuesday, May 14: 4:00-8:00
- Saturday, June 29: 9:00-1:00

You must be on the STARS Pathway in order to take the class.

If your staff needs to be trained in Medication Administration, as per State Regulations, or other health and safety trainings, please contact Glenna Bailey, Nurse Health Consultant with West Virginia Early Childhood Training Connections and Resources at (304) 529-7603 or 1-888-983-2827 Ext. 402 to request a training at your center.

ACDS Corner

The ACDS Instructor’s Academy will be June 24-28, 2013. Applications must be submitted to the ACDS office, attention Sherrie Barrett, by April 26, 2013. For more information pertaining to instructor qualifications please visit our website at www.wvacds.org. Follow the academy link under the instructor’s tab.

ACDS is accepting applications to become a mentor. ACDS utilizes mentors for family child care providers and facility and center directors. ACDS mentors must complete a mentoring application and attend a mentor training. ACDS mentors meet monthly with their mentees to provide support, sign on-the-job training logs, and answer any questions mentees may have. Qualifications for being a mentor include: a journeyperson credentialed at a level 5 or above on the WV STARS pathway, or a journeyperson currently enrolled at a college/university in the field of early childhood and credentialed at a level 5 or higher on the WV STARS pathway, or any individual that has a Bachelor’s degree in early childhood with 2 years’ experience, and credentialed at a level 7 or higher on WV STARS pathway. For more information pertaining to mentoring, please visit our website at www.wvacds.org and follow the mentor tab.

ACDS will be hosting a journeypersons training on May 7, 2013 at the Flatwoods Days Inn in Flatwoods, WV. The training will be from 9:30-3:30 and will be STARS registered. All journeypersons are welcomed to attend this free training. Closer to the May date, more detailed information will be mailed to all journeypersons. Please make sure we have your current address so you receive the mailing. If you do not receive this information through the mail by the end of April, please contact the ACDS office. All participants must preregister with the ACDS office before the day of the training. The telephone number for ACDS is 304-523-0433.

For more information about ACDS contact (304) 523-0433 or Jconkle@rvcds.org or SBarrett@rvcds.org.
RAINFOREST Veggie Wraps

Prep Time: 10 min.  Servings: 2

Ingredients
Large flour tortilla
2 Tbsps. hummus
2 large kale leaves, inner ribs removed
3 Tbsps. red cabbage, thinly sliced
1 yellow tomato slice, cut into strips
1/8th medium avocado, thinly sliced
4 thin strips red bell pepper
*You can substitute same colored vegetables for the same effect.

Instructions
Spread the hummus all over one side of the tortilla.
Place the kale leaves on one half of the tortilla on top of the hummus.
Starting from one end of the kale, layer the cabbage, tomato, avocado, and bell pepper in rows, side by side.
Starting from the outside edge where the kale begins, tightly roll the tortilla to form the wrap.
Wrap the veggie wrap with plastic wrap, parchment paper, or wax paper, tucking in the end pieces.
Cut the wrap in half and serve immediately.

Source: PBSKids.org

WEST VIRGINIA ELEMENTS OF FAMILY CHILD CARE SERIES (WVEFCCS)

The West Virginia Elements of Family Child Care Series (WVEFCCS) is a module series that is intended solely for family child care providers in a home or facility. This program is designed to help improve the quality of early care and education for children in West Virginia. WVEFCCS is a STARS registered 30 hour training program. Upon successful completion of the series, participants are eligible to receive early childhood resources for their homes, as well as professional development credit for two years. Participants must be registered or working toward registration on the WV STARS Career Pathway. Interested family child care providers should contact Amber Collier no later than Friday, April 19 at 304 523-9540 or at Amber.N.Collier@wv.gov.

WVFCCS Spring 2013 Schedule

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<th>Module</th>
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<td>1—Introduction: Building a Firm Foundation</td>
<td>Thursday, May 2</td>
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<td>2—Knowing How Children Develop and Learn</td>
<td>Thursday, May 9</td>
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<td>3—Organizing Your Home and Your Day</td>
<td>Thursday, May 16</td>
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<td>4—What Children Are Learning Part I</td>
<td>Thursday, May 30</td>
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<td>5—What Children Are Learning Part II</td>
<td>Thursday, June 6</td>
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<td>6—Caring and Teaching</td>
<td>Thursday, June 13</td>
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<tr>
<td>7—Building a Partnership with Families</td>
<td>Wednesday, June 19</td>
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</table>
Family Child Care Providers are eligible to apply for grants of up to $250. These grants can be used to purchase resources required in regulations, curriculum materials, and/or to pay for WV STARS application fees. 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.

We often have the following items in stock: First Aid Kits, Flash Lights, Fire Extinguishers, Digital Ear Thermometers, Carbon Monoxide and Smoke Detectors. Contact Pam Williams at (304) 523-9540 or 1-800-894-9540 Ext. 104 or Pam.K.Williams@wv.gov with questions or to request an application.

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. Call 340-3650.

**Cabell County** First Aid and CPR available at Triad Tech 431 5th Ave. Huntington. Call 529-7020.
First Aid and CPR (Heartsaver class) available at St. Mary’s Medical Center. Call 526-1234 Ext. 1084.
CPR with First Aid available at American Red Cross. 1111 Veteran’s Memorial Blvd. Call 526-2900.
First Aid/CPR available at the Huntington YMCA. Contact Bill Tucker at 525-8127.
First Aid/CPR available through the Cabell County EMS. Contact Marsha Knight at 526-8127.
First Aid and CPR available at Salt Rock Fire Dept. Instructor, Darrell Ennis. Call 733–9040.

**Lincoln County** For First Aid or CPR Contact Dorothy or William Frazier. Call 778-3873.

**Logan County** First Aid and CPR available at LEASA County Public Rescue 26 1/2 Main Ave, Logan. Call 752-0917.
Classes also available at Logan Regional Medical Center. Call 831-1556.

**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 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. Call 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). Call 586-0238 or 340-3650.

**Wayne County** First Aid and CPR available. Instructor Kathy Parsons. Call 486-5991.

You can contact local Hospitals or Fire Departments for other options. **Remember all of these fees are tax deductible.**

Would You Like to Improve the Quality of your Program and Earn More Money?

To learn more about ACCREDITATION, log on or call:

**Family Child Care Providers and Facilities** 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.

FAMILY CHILD CARE GRANTS ARE AVAILABLE

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Link Child Care Resource and Referral

c/o River Valley Child Development Services
611 7th Avenue, Suite 300
Huntington, WV 25701
(800) 894-9540 or 304) 523-9540

Link Child Care Resource and Referral is a program of River Valley Child Development Services and is funded through the WV Department of Health and Human Resources, Bureau for Children and Families, Division of Early Care and Education.

Visit us on the web:  www.wvdhhr/Link or www.RVCDS.org