During the winter months it is still important that children get plenty of exercise including time outside, when possible. But, we must keep in mind that playing outside in colder temperatures requires some diligence in ensuring children’s physical safety. Young children generate less body heat and get cold more quickly than adults. They need to be dressed in several loose layers of clothing. Hats should be worn because a lot of body heat is lost through the head. Ears and hands should be kept covered. Children should wear socks with their boots that should have enough room for toes to wiggle. If the child’s feet and hands are warm, then that’s a good indication they are dressed appropriately. If a child is dressed too warm, she could sweat which could then lead to heat loss. Water-resistant coats and boots are the best choice for outdoor snow play. If clothing becomes wet, it will chill the body rapidly. If it is windy outside it can feel much colder than the actual temperature. Offering water can actually help regulate body temperature. Look for signs of the children getting chilled such as shivering. It is an important first sign that the body is losing heat. If the shivering becomes persistent, it is a signal to return indoors.

Playing active games can help keep children warm. If there is snow on the ground they can make snow angels or build a snowman. If there isn’t, they can play freeze tag or hide and go seek. Children are creative and can come up with many fun, active outdoor games to play. It will be good exercise and help keep them warm.

For additional outdoor safety information, you can go to http://emergency.cdc.gov/disasters/winter/duringstorm/outdoorsafety.asp.


~Cristie Dunbar
Getting your degree in Early Childhood Education just got easier!

T.E.A.C.H. WV has funding available for eligible early childhood educators/directors who would like to earn their degrees.

T.E.A.C.H. will provide:
- Partial Tuition
- Partial Book Reimbursement
- Travel Stipend
- A Bonus Upon Completion of Contract

C o n t a c t  T . E . A . C . H .  f o r  M o r e  I n f o r m a t i o n ! ! ! !

611 7th Ave, Ste 322
Huntington, WV 25701

Phone: 304-529-7603 Ext 118
Fax: 304-529-2535
TEACHWV@rvcds.org

The ACDS state coordinator, along with several professionals from across the state, have been working to rewrite and update the ACDS curriculum to align with current research. The curriculum will focus on infant/toddler development in first semester and continue in part of second semester. Preschool development will be covered in second and third semester with school-age being the focus for fourth semester. The new curriculum is scheduled to be implemented across the state Fall 2017.

Celebrating Connections 2016
Join us April 5-8, 2016!
Keynote speakers:
Jim Gill and Mary Jo Huff/Lisa Maddox-Vinson

Please visit www.wvearlychildhood.org for more information as it is released.

Registration materials will be mailed in January.
Brrr...Those cold, snowy, icy days may make it difficult to get your infants and toddlers outside. But what would be more fun than a romp in the snow? It is a practice that will greatly benefit the children in your care. You may need to help your center create a strong outdoor play policy. As you work on creating that policy keep in mind that the Infant/Toddler Environmental Scale requires infants and toddlers to spend an hour outdoors each day “weather permitting.” Thelma Harms, an author of the Environmental Scales, has been known to refer to an old Swedish saying “there is no bad weather, only bad clothes.” It would be a good idea to have some extra snow gear on hand (rummage sales, Goodwill and asking for donations are ways to get your supply) for those children who arrive not prepared to play outside. Part of your center policy could be to educate parents on the benefits of year round outdoor play and encourage them to bring proper clothing for their children.

Healthychildren.org suggests dressing in several layers of thin clothing to keep dry, and they recommend dressing the children in more layers than an adult would wear. Of course, teachers should also have the proper warm attire to spend some time outdoors. Many folks will argue that cold weather causes illness. Actually, it is the closed up spaces that teachers and children share on a daily basis that contributes to the spread of germs during the winter months. Fresh air actually helps to keep the children healthy. Outdoor play is also a great way for children to work on large motor development and expend some energy. What can you do with children while you are outside? Talk about how the cold feels and smells. If there is snow on the ground, explore how the snow feels. Talk about how the snow sounds when you walk on it. You can take colored magnifying glasses or the colored semi clear folders out with you and see how the sun reflects through them. These are ideal opportunities for language, cognitive and physical development.

References:


Paula Stewart
Infant Toddler Specialist
(304) 523-9540 Ext. 228
1-800-894-9540
Paula.L.Stewart@wv.gov

To register to participate in WVIT I or II, please email your name, phone number, your place of employment, and your Director’s name and phone number to Paula Stewart at Paula.L.Stewart@wv.gov
The folks at www.pbs.org tell us: “Sensory play includes any activity that stimulates your young child’s senses: touch, smell, taste, sight and hearing. Sensory activities and sensory tables facilitate exploration and naturally encourage children to use scientific processes while they play, create, investigate and explore. Spending time stimulating their senses helps children develop cognitively, linguistically, socially and emotionally, physically and creatively.” When visiting various sites during the winter months, I frequently notice that the Sensory Table is one of the most underused items in the classroom. A common reason this happens is that a lot of teachers and child care providers view this strictly as the “Sand and Water Table,” and seem to feel that these are warmer weather items with which to engage the children. Do not be afraid to shift your perspective to view this instead as a Sensory Table, and utilize it year-round! Try incorporating some of the following winter-themed items into your Sensory Table with your preschool-aged children:

- Use instant potato flakes (dry), cotton balls, shredded paper, packing peanuts, plain white rice, or oatmeal to simulate snow. Offer cars and trucks to drive around in the snow and be sure to provide measuring cups, spoons, and mini shovels to allow children to move the snow around.

- Provide mittens, hats, wool fabrics (watch for allergies), hot water bottles, and fleece to demonstrate the different materials used to keep us warm during the winter months.

- Offer holly leaves, dried berries, pinecones, evergreen needles, twigs, dried leaves, nuts, grasses, and cloved oranges to allow children to experience some of the different smells and sounds of winter.

- Add ice cubes and encourage the children to try to build small structures with them; make “icebergs” by freezing water in plastic butter containers and floating them in a couple inches of warm water; give children salt shakers and experiment with sprinkling salt on the ice to make different ice chunks stick together or attempt to melt the ice. Be sure to provide arctic animals in the water as well: penguins, polar bears, sea lions, etc. You may even wish to cut up a few pieces of flat Styrofoam for the animals to float on.

- Simply put white paper and scissors in the sensory table and ask children to make snowflakes. As they cut the paper, the “scraps” will fall into the tub and create their own homemade snow storm.

- Mix up a combination of table salt, rock salt and glitter (iridescent or blue makes for a stunning effect) for a wintry visual delight.

Please remember to make each experience developmentally appropriate for the children in your care. Above all else, have fun experimenting with your Sensory Tables…I look forward to seeing what you come up with this winter!!

Warmest Regards,
Shannon

For more information,
Contact Shannon Taylor
Behavior Consultant
(304) 523-9540 Ext. 432
1-800-894-9540
Shannon.N.Taylor@wv.gov
Did you know that approximately 32% of children ages 2-19 are overweight or obese? The trend begins in early childhood with 27% of children ages 2-5. By taking part in the Key 2 a Healthy Start initiative, WV child care centers can become leaders in reducing childhood obesity rates in WV and raising a healthier generation of kids. Key 2 a Healthy Start is a statewide quality improvement initiative in early care and education with the goal of preventing childhood obesity. Participating child care centers attend 3 one-day workshops that cover:

- Nutrition
- Physical activity
- Garden-based learning
- Personal health and wellness
- Parent outreach
- Healthy celebrations

Workshop presenters include a pediatrician, registered dietician and exercise physiologist. Each participating program also receives on-site technical assistance visits after each workshop and will become part of a peer learning network. Key 2 a Healthy Start centers receive MyPlate portion plates and placemats, portable physical activity equipment, parent outreach materials, and much more! The workshops are free and WV STARS registered.

This is a project administered by Keys 4 HealthyKids. We do not license centers or evaluate for compliance in any way. To learn more, visit www.keys4healthykids.com (then click on ‘Current Initiatives’, ‘Childcare’, and ‘Key 2 a Healthy Start’). If interested, contact Jessica Dianellos at Jessica.Dianellos@camc.org or 304-388-3409.

Using American Sign Language (ASL) with infants, toddlers and preschool children can help you fulfill the three most important responsibilities you have as an early childhood educator:

- Teaching language and thinking skills
- Teaching social-emotional skills
- Managing conflicts to providing a safe and secure environment for all children

Signing supports the fulfillment of each of these responsibilities and fits naturally into every part of your day, while adding an element of fun to your existing lesson plans.

Join Samantha from ToddleSigns for “Introducing ASL in the Classroom”

Saturday, January 23rd from 9-11 AM or Thursday, March 17th from 6-8 PM. And get 2 hours STARS Credit.

This training will be held in the Link CCR&R 2nd floor training room. You must contact the instructor (see below) to register. Registration is not done through Link CCR&R.

Be ready for signs, music and fun!

No previous signing experience required.

You must preregister no later than 3 days before class date and prepay a $15 fee. Must have at least 20 participants to hold class. To register or for more information please send a private message to www.facebook.com/ToddleSigns or email Samantha@SigningTimeAcademy.com.
Winter already?! It’s time to bundle up, get outside and play in all the freshly fallen snow. Before you do just remember that not only does winter come with beautiful snow, but also a lot of nasty germs and illnesses. While it is very unlikely that we will make it through the entire winter season without getting sick, there are some things we can do to help us lessen the severity and our chances of it.

Some of these preventative measures you may already be doing, and then there are some that you may not have even thought of as being a preventative measure for keeping germs and illnesses at bay this winter.

- Wash your hands- Work up a lather and wash hands up to your wrists and underneath your fingernails (germs love to hide there) for 30 seconds. To help children, have them sing Happy Birthday twice to ensure they are washing long enough and thoroughly.
- Cover your cough- Be sure that when you cough, you are covering it with your hands (washing afterwards) or cough into the bend of your arm (elbow area). This will help prevent the spread of germs through the air.
- Change your toothbrush- If you’ve been sick, germs can hide in your toothbrush which can lead to reinfection.
- Increase the humidity in your home- Low humidity causes the air to be dry and draws the moisture out of your body which leads to you feeling cold and eventually getting sick. You can achieve this by using a humidifier.

- Purify the air in your home- The air we breathe is full of pollutants. Rotating an air purifier into different rooms of your home will help keep the air that you breathe clean and free of toxins.
- Get a flu shot- By doing so you are protecting yourself from getting the flu...hopefully.
- Stay hydrated- You may not feel as thirsty in the winter, but by drinking plenty of water you’re not only keeping from being dehydrated, but also getting rid of the toxins in your body.
- Eat more fiber- Fiber found in foods like oats, apples and nuts helps reduce inflammation and strengthens the immune system by increasing anti-inflammatory proteins.
- Try to cut out stress- Our immune systems do not function well when we are stressed and because we are stressed.
- Get plenty of rest- In winter, the days are shorter so shift your sleep routine toward going to bed earlier and allow your body more hours to rest and repair itself.
- Stay active- Just because it’s cold outside doesn’t mean you can’t stay active.

These preventative measures aren’t only useful in the winter months, but all year round. I am going to continue with the things I am currently doing and start doing some of the others I was not aware of. This was definitely an eye opener for me and I hope you learned something new and enjoyed reading it as much as I did writing it.

Amy Isaacs
Early Childhood Specialist
(304)523-9540
Amy.D.Isaacs@wv.gov

See page 11 for information about the Mind in the Making module series...
Demonstrate your support now for the Huntington Area Early Childhood Conference by becoming an exhibitor. The 34th Annual HAECC will take place April 28-29, 2016 at the Big Sandy Superstore Arena & Conference Center in Huntington, WV. The dedicated conference committee will join bordering states of Ohio and Kentucky early child care professionals in connecting and learning. This is our year to showcase a unique first ever learning framework and vendor opportunity for companies and organizations in the early care and education field to reach decision makers from all three states in a setting that facilitates dialogue and networking. The conference location connects us as one source for boosting the promise and planning we share in early childhood.
Please contact Stephanie Geneseo to reserve your spot for this ground-breaking bridge-connecting opportunity.

Vendor forms and Call for Presentations are now open.
Contact: Stephanie Geneseo (304) 416-3387 Email: haecc2016@gmail.com

Our 2015 WVFCCA Second Helping Conference was a huge success! Everyone who attended received valuable training and tons of gifts and resources. We are looking forward to our “2016 Road Tour” to your area with Second Helping Trainings available specifically designed for family child care providers.

Statewide Membership Drive
January 1 – March 31
The county that has the most members join receive the Second Helping Module 1 training for FREE!! So get busy and recruit new members.

Free Phone Conference
for all members! We will be cancelling our phone conferences for the holidays but we want to encourage you to attend our next phone conference on January 18, 2016 at 8pm
The phone number and code will be sent to all members.

Submitted by Kathy Baker
Dealing With Rotavirus

According to the Centers for Disease Control, rotavirus is one of the leading causes of severe diarrhea in children under the age of two. This viral disease causes inflammation of the stomach and intestines resulting in severe diarrhea and vomiting. The incidences of rotavirus are most prominent in the cooler months such as late fall and early spring.

Symptoms usually last from 3 to 8 days and in severe cases can lead to dehydration. Dehydration can be especially dangerous for infants and young children. Symptoms of dehydration in children include dry mouth, fussiness, decreased urine output, crying with no tears, and dry skin that has a loss of elasticity.

Rotavirus is spread through the fecal-oral route so special attention should be paid to hand washing and sanitation of hard surfaces and toys. Surface sanitation should include cleaning and rinsing with detergent and water and then applying a diluted bleach solution (1 tablespoon of bleach to 1 quart of water) that completely wets the surface for at least 2 minutes.

According to the American Academy of Pediatrics, children with rotavirus should be excluded if their stool is not contained in the diaper, if toilet-trained children are having accidents or if the frequency of stools is 2 or more stools above what is normal for that child. Also exclude if the stool is all black or very pale and if the child has symptoms of dehydration. As with all conditions the child should be excluded if the child cannot participate in daily activities and/or the staff determines that they cannot care for the child without compromising their ability to care for the health and safety of the other children in the group. Children can be readmitted to the group setting when these issues are resolved.

Contributed by Glenna Bailey, RN, MSN
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: Kanawha Co. Red Cross—Call 340-3650 or www.redcross.org.
Cabell County: Triad Tech—Call 529-7020.
St. Mary’s Medical Center—Contact Vicki Delaney at 526-1081.
American Red Cross—Call 526-2900.
Huntington YMCA—Contact Bill Tucker at 525-8127.
Cabell County EMS—Contact Lisa Cooper at 526-9797.
Salt Rock Fire Dept.—Call 733—9040.
Goodwill Industries of KYOWVA Area, Inc. — Contact Andrea Lupson 304-523-7461 ext.417
Lincoln County: Contact Dorothy or William Frazier—Call 778-3873.
Logan County: LEASA County Public Rescue—Call 752-0917.
Logan Regional Medical Center—Contact Cindy Fleming—Education Dept. 831-1556.
Mason County: Pleasant Valley Hospital—Call 675-4340.
Mingo County: Williamson Memorial Hospital—Contact Billy Whitt at 235-2500, Ext. 6321.
Putnam County: Active Sports Complex (aka Ayash Center) - Contact Scott Nasby at 741-4079.
Wayne County: Contact Kathy Parsons—Call 486-5991.

Needs some basic computer training? See what Goodwill Industries of KYOWVA Area, Inc. has to offer...

Goodwill believes in life-long learning. Therefore, Goodwill’s Career Center educational programs are designed to meet the needs and interests of a wide variety of students. Goodwill offers short-term training in Computer Basics. Based on community needs, the Career Center can provide classes in Windows, Excel, Word Outlook and PowerPoint.
To enroll or get more information, call 304.523.7461 or 800.341.7461 and ask for the Employment & Training Program Manager or the Career Center Outreach Coordinator or contact them at careercenter@goodwillhunting.org.

For information about enrolling in 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:

FOOD REIMBURSEMENT

<table>
<thead>
<tr>
<th>Central Child Care</th>
<th>Pride of Logan County</th>
<th>River Valley Family Child Care Food Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Boone County</td>
<td>Serving Logan County</td>
<td>Serving Cabell, Lincoln, Mason, Mingo, Putnam and Wayne Counties</td>
</tr>
<tr>
<td>(304) 382-0797</td>
<td>(304) 752-6868 or (304) 752-1047</td>
<td>(304) 523-3031 or 1-800-581-3031</td>
</tr>
</tbody>
</table>

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint alleging discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250 9410 or call, toll free, (866) 632-9992 (Voice). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay at (800) 877-8339 or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.
It’s that time of year again. As the temperature drops, and the snow and ice accumulate, we tend to lose the motivation to go outdoors. So, how do we prevent “cabin fever” from setting in, especially among our little population, when they can’t go outside to play? Well, we stay busy inside! The following is a list of fun indoor activities for kids:

- Hide clues throughout the house and have a scavenger hunt. This can be done individually or as a team. Make sure to have prizes/treats at the end as a surprise!
- Cut pool noodles in half lengthwise to make two racetracks. These are perfect for racing marbles or small cars when propped up on stairs or against furniture.
- Work together on large puzzles or play board games—or both!
- Create puppets from old socks and have a puppet show. Keep plenty of yarn, buttons, ribbons, etc. on hand for just the occasion.
- Build a fort out of blankets, or build a cardboard playhouse out of boxes.
- Always keep your art centers stocked with supplies and DIY items so that little hands can stay busy creating.
- Keep plenty of age appropriate books on hand and build a cozy corner with pillows and blankets in a comfortable spot. Plan story times, and reading marathons. Some books good for this time of year are:
  - *Thomas’ Snowsuit* by R. Munsch…Keep the kids laughing with this hilarious tale of Thomas and his desire NOT to wear his snowsuit.
  - *The Mitten* by Jan Brett…Pair this book with one of the related mitten activities that can be found online, and beat snow day boredom.
  - *The Snowy Day* by Ezra Jack Keats…The story of young Peter exploring his neighborhood after the season’s first snowfall.
  - *Snowmen at Night* by Caralyn & Mark Buehner…What do snowmen do at night? Read this fun book for all the answers!

For those of you who love the outdoors, here are some great ways to have fun together, even on the cold, snowy days:

- Build a snowman or snow fort.
- Go on a winter hike and have a winter-themed scavenger hunt.
- Go sledding.
- Freeze water balloons, or blow bubbles and watch them freeze and shatter!

For more kid-friendly ways to stay active and have fun this winter, visit [www.sheknows.com](http://www.sheknows.com), [www.todaysparent.com](http://www.todaysparent.com), and [http://](http://Virena Elkins
TRAILS Early Childhood Associate
(304) 523-9540
Virena.G.Elkins@wv.gov

For questions, comments, or to schedule a visit, please contact your TRAILS Team.

“Here at Minnie’s Playhouse, we love the TRAILS van. They are such an added benefit to your program. No matter what your program is working on, they have something, whether it is books, movies, music, gardening, etc. to reinforce it. I advise everyone to use this program, such a major benefit. Thanks, ladies.”

~Karen W., Owner/Operator of Minnie’s Playhouse, Huntington, WV
The *Mind in the Making* modules are an eleven part learning series that uses research to reveal how children develop and learn and how teachers can intentionally promote engaged learning. The modules focus on teachers becoming more knowledgeable, reflective, actively engaged with research, and intentional in their work with children and families.

- Receive $150 in resources
- Receive 45 hours WV STARS training

**Mind in the Making series will be held at Teays Valley Child Development Center.**
6442 Teays Valley Rd., Scott Depot

WVSTARS credit can only be received by those who complete the entire series and also participate in follow-up technical assistance.

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For more information or to register contact Amy Isaacs at 304-523-9540 or 1-800-894-9540 ext. 229. Or by email at Amy.D.Isaacs@wv.gov.

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<table>
<thead>
<tr>
<th>Module</th>
<th>Title</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Beginning a Learning Journey</td>
<td>Monday, January 11</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>2</td>
<td>Essential Connections</td>
<td>Monday, January 18</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>3</td>
<td>Focus, Self-Regulation, and Learning</td>
<td>Monday, January 25</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>4</td>
<td>Social, Emotional, and Intellectual Learning</td>
<td>Monday, February 1</td>
<td>6:30—9:00pm</td>
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<tr>
<td>5</td>
<td>Understanding and Responding to Children’s Individual Differences</td>
<td>Monday, February 8</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>6</td>
<td>Building Confidence and Competence</td>
<td>Monday, February 15</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>7</td>
<td>How We Learn to Understand Others’ Thoughts and Feelings</td>
<td>Monday, February 22</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>8</td>
<td>Beyond ABCs – Communicating, Creating, and Making Sense of the World</td>
<td>Monday, February 29</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>9</td>
<td>Connections Count – Encouraging Curiosity, Scientific Problem-Solving and Math</td>
<td>Monday, March 7</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>10</td>
<td>Stress and Learning</td>
<td>Monday, March 14</td>
<td>6:30—9:00pm</td>
</tr>
<tr>
<td>11</td>
<td>Memory and Engaged Learning</td>
<td>Monday, March 21</td>
<td>6:30—9:00pm</td>
</tr>
</tbody>
</table>
## 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 may 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 may 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.

Please **SIGN UP** and not just show up for training sessions. In addition, we require participants to sign up for trainings at least **48 hours in advance** of the training date and time. This helps ensure the person conducting the training will be fully prepared for all who will be attending.

Thank you, Cristie Dunbar, Link CCR&R Director

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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**
- IT   Infant/Toddler
- PRE  Pre-School
- SAC  School Age Care
- CB   Center Based
- FCC  Family Child Care Providers
- ADM  Administration
- ALL  Targets All Areas

### Training Calendar and Information

<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>Thursday, January 14</td>
<td>Intro to Early Childhood Positive Behavior Support (ECPBS)</td>
<td>PIR</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>10:00am—12:00pm</td>
</tr>
<tr>
<td>Thursday, February 11</td>
<td>That Kid Did What?</td>
<td>PIR</td>
<td>II</td>
<td>ALL</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>2:00—4:00pm</td>
</tr>
<tr>
<td>Thursday, February 11</td>
<td>Oral Health</td>
<td>HSN</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>6:00—7:00pm</td>
</tr>
<tr>
<td>Saturday, February 27</td>
<td>Play is the Best Therapy</td>
<td>CGD</td>
<td>II</td>
<td>ALL</td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>10:00am—12:00pm</td>
</tr>
<tr>
<td>Date of the Training</td>
<td>Title of the Training</td>
<td>* Core Comp</td>
<td>* Tier</td>
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<tr>
<td>Tuesday, March 15</td>
<td>Kitchen Safety</td>
<td>HSN</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R 611 7th Ave., Huntington</td>
<td>3:00—5:00pm</td>
</tr>
<tr>
<td>Saturday, January 23</td>
<td>Making Caregiver/Parent Relationships a Class Act</td>
<td>FC</td>
<td>II</td>
<td>IT</td>
<td>Teays Valley Child Dev. Ctr. 6442 Teays Valley Rd, Scott Depot</td>
<td>10:00am—12:00pm</td>
</tr>
<tr>
<td>Wednesday, February 17</td>
<td>The Importance of Developmentally Appropriate Practice</td>
<td>CGD/PIR/C/COA</td>
<td>II</td>
<td>ALL</td>
<td>Mason County Library 508 Viand St., Pt. Pleasant</td>
<td>10:00am—12:00pm</td>
</tr>
<tr>
<td>Tuesday, March 8</td>
<td>Play is the Best Therapy</td>
<td>CGD</td>
<td>II</td>
<td>ALL</td>
<td>First Baptist Academy 2635 Main St, Hurricane</td>
<td>6:00—8:00pm</td>
</tr>
<tr>
<td>Thursday, March 10</td>
<td>That Kid Did What?</td>
<td>PIR</td>
<td>II</td>
<td>ALL</td>
<td>Magic Years 201 High St, Point Pleasant</td>
<td>5:30—7:30pm</td>
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<tr>
<td>Monday, January 11</td>
<td>Understanding Special Diet Needs</td>
<td>HSN</td>
<td>I</td>
<td>ALL</td>
<td>Hamlin Library 7999 Lynn Ave., Hamlin</td>
<td>3:00—5:00pm</td>
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<tr>
<td>Thursday, January 28</td>
<td>Play is the Best Therapy</td>
<td>CGD</td>
<td>II</td>
<td>ALL</td>
<td>Logan Library 16 Wildcat Way, Logan</td>
<td>5:30—7:30pm</td>
</tr>
<tr>
<td>Thursday, March 31</td>
<td>Quality Care: Why Is It Important?</td>
<td>CGD/COA</td>
<td>II</td>
<td>ALL</td>
<td>Logan Library 16 Wildcat Way, Logan</td>
<td>5:30—7:30pm</td>
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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)

Link Inclement Weather Policy:
In the case of school cancellation or two hour delay in Cabell County OR the county in which the training is scheduled, it will be cancelled for that day and you will be contacted when it is rescheduled.

See Page 14 for Descriptions of Training Sessions!
## Descriptions of Training Sessions:

<table>
<thead>
<tr>
<th>Training Session</th>
<th>Description</th>
<th>Trainer</th>
</tr>
</thead>
<tbody>
<tr>
<td>That Kid Did WHAT??</td>
<td>Participants will be taught how to encourage positive behavior by building connections with children and their families. The concepts in this training come from the philosophies and teachings of Dr. Becky Bailey in her Conscious Discipline series of books.</td>
<td>SHANNON TAYLOR</td>
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<tr>
<td>Making Caregiver/Parent Relationships a Class Act</td>
<td>Participants spend time exploring and practicing techniques of effective communication with parents. This exploration helps them understand how parent-teacher communication is important to the children in their care. They will discover how culture influences this process.</td>
<td>PAULA STEWART</td>
</tr>
<tr>
<td>Kitchen Safety</td>
<td>There is more to a kitchen than just cooking food. In this training, we will look at kitchen safety in much detail. We will focus on proper food handling procedures from the time the product enters the door to the time it hits the plate for consumption and what to do with the leftovers. This is a great training for kitchen staff.</td>
<td>KELLIE SMITH, CHILD CARE HEALTH EDUCATOR</td>
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<tr>
<td>Introduction to Early Childhood Positive Behavior Support (ECPBS)</td>
<td>In this training, participants will be given a condensed version of the Early Childhood Positive Behavior Support modules. The talking points will encompass the ECPBS Pyramid, including Building Nurturing and Responsive Relationships and High Quality Supportive Environments; Targeted Social Emotional Supports; and Intensive Interventions.</td>
<td>SHANNON TAYLOR</td>
</tr>
<tr>
<td>Oral Health</td>
<td>Brushing your teeth is important to overall health. Not only can it give you a beautiful smile, it can also help with the nutrition status of the child. In this training we will discuss dental hygiene, why it is important, how to follow safe handling practices, and give ideas on how to get children excited about brushing their teeth.</td>
<td>KELLIE SMITH, CHILD CARE HEALTH EDUCATOR</td>
</tr>
<tr>
<td>Play is the Best Therapy</td>
<td>In this training, learn how the decline of play in early childhood is contributing to the rise in sensory issues later in childhood.</td>
<td>MELISA DENNISON</td>
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<tr>
<td>The Importance of Developmentally Appropriate Practice</td>
<td>This session will allow participants to gain a better understanding of Developmentally Appropriate Practice. They will be given information on the 12 Principles of Child Development and Learning, 5 Guidelines for Effective Teaching, the 10 Effective DAP Teaching Strategies as well as what DAP looks like for each age group.</td>
<td>AMY ISAACS</td>
</tr>
<tr>
<td>Understanding Special Diet Needs</td>
<td>I’m sure we have all had one child in our center with a special diet need. In this training we will focus on special diet needs. Whether it is allergies, vegetarianism, or a religious belief, we will discuss how to fit them into your everyday meal plan.</td>
<td>KELLIE SMITH, CHILD CARE HEALTH EDUCATOR</td>
</tr>
<tr>
<td>Quality Care: Why Is It Important?</td>
<td>This session will show participants what quality care is and why it is so important. Participants will gain a better understanding of what it means to provide quality care and way to ensure they are providing it for the children who are enrolled in their programs. The impact of quality care has on the development of children will also be discussed.</td>
<td>AMY ISAACS</td>
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</tbody>
</table>
I would like to take this time to introduce myself. I am Elizabeth Teel and I joined the Quality Initiatives Unit in the Division of Early Care and Education in September 2015. I am excited to be the new lead with Tiered Reimbursement as well as the Quality Rating and Improvement System (QRIS). Prior to my joining the Division, I served as a center director in the Kanawha Valley. For those who may wonder what Tiered Reimbursement is all about, it is a quality initiative that offers higher subsidy payments to child care programs that demonstrate they meet higher standards of care. Programs that are licensed as a center or facility and family child care homes are eligible to apply for a higher quality tier level. There are currently 3 quality tier levels in our state: Tier 1 reimbursement rates are for licensed or registered programs, Tier II reimbursement rates are for programs that have demonstrated they meet a state specific set of quality standards and Tier III reimbursement rates are for programs that are nationally accredited by an approved accrediting agency. In addition to higher subsidy payments, programs are eligible for a one-time bonus payment when they move up a tier level. The process of applying for a higher tier may seem overwhelming but there is help available! Programs may request a mentor to assist them with the Tier II process. Training and technical assistance is also available through your local Resource and Referral Agency. Receiving higher subsidy payment rates are a great benefit of Tiered Reimbursement but more importantly you are demonstrating the high quality of care being provided on a daily basis for the children you are serving. If you have any questions regarding Tiered Reimbursement or how to get started, please feel free to contact me at Elizabeth.D.Teel@wv.gov or at 304-356-4605.

**Link CCR&R Provider Services**

*Ask a Question!*

If you have questions regarding new online Provider Orientation, Provider Service Agreements, payment forms, etc., you can email one of us in the Link CCR&R Provider Services office: pam.k.williams@wv.gov, leigh.ann.cazad@wv.gov, or Shelia.myers@wv.gov.

You can also call us at 304-523-9540 or 1-800-894-9540.

Check out our website www.linkccrr.org for other helpful information.

**Have You Heard?**

We have a new position at RVCDS. Kellie Smith is our new Child Care Health Educator. This new position is a great resource for centers to get WVSTARS trainings on food, nutrition, physical activity, and overall health based on your needs and wants. Kellie has a Bachelors in Dietetics, Associate degrees in Culinary Arts and Dietary Management, and has a lot of experience working with CACFP guidelines. She is eager to start working with you and can be reached via email or phone/text at Ksmith@rvcds.org or 304-690-5826.
The next stage of collaboration is coming. A new collaborative project, tentatively titled Engage, is under development with collaborative funding from Home Visitation, DHHR Division of Early Care and Education, OMCFH, and the Office of Head Start. Engage will utilize the Blackboard Platform and Blackboard technology to bring online professional development to each early childhood professional across the state of West Virginia. The goal for the project is for all early childhood professionals, regardless of setting or sector, to have access to comprehensive, high quality, and collaborative professional development opportunities. Sponsored by West Virginia Early Childhood Training Connections and Resources, Engage will allow early childhood professionals to complete professional development in a variety of online formats from many content experts. No longer will professionals be limited to training offered by location and by individual agencies, but the options will be open to access professional development at any time from their personal or work computer on various topics. Look for more information about this exciting project in upcoming months. For additional information contact Natalie Snider, Distance Learning Statewide Coordinator, at nsnider@rvcds.org.

**MAKE NOTE:** As of June 30, 2015 we will no longer be bulk-mailing newsletters. You can receive your newsletter by email, on the Link CCR&R website (www.linkccrr.org), on the TRAILS van, in training sessions or you can pick one up in the Huntington or Logan office. If you are not already on our email listserv, please contact our office at 304-523-9540 or 1-800-894-9540 and ask to speak to Jessica Lambers to be added. Thank you for your help with this matter. ~Cristie Dunbar, Director

**Link Child Care Resource and Referral**

**Child Care Provider’s Newsletter and Professional Development Information**

Link Child Care Resource and Referral is a program of River Valley Child Development Services and is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources. Visit us on the web: [www.linkccrr.org](http://www.linkccrr.org) or [www.RVCDS.org](http://www.RVCDS.org)

[www.facebook.com/linkccrr](http://www.facebook.com/linkccrr)