Reading to children is very important. It is essential that parents and providers alike MAKE the time to refocus and get lost in a tale or two with a child. “A child care provider reads to a toddler. And in a matter of seconds, thousands of cells in these children’s growing brains respond. Some brain cells are ‘turned on,’ triggered by this particular experience. Many existing connections among brain cells are strengthened. At the same time, new brain cells are formed, adding a bit more definition and complexity to the intricate circuitry that will remain largely in place for the rest of these children’s lives.”¹ This quote says so much about the importance of reading and shows the value of reading to our youngest children. But it’s never too late to start reading to and with children.

Some of the advantages to reading to children between the ages of two and five are:
- A stronger relationship with you
- Academic excellence
- Basic speech skills
- The basics of how to read a book
- Better communication skills
- Mastery of language
- More logical thinking skills
- Acclimation to new experiences
- Enhanced concentration and discipline
- The knowledge that reading is fun!

Reading to children is one of the most important things you can do to lay a foundation for academic success. For more information on these ten advantages, go to [https://www.earlymoments.com/promoting-literacy-and-a-love-of-reading/why-reading-to-children-is-important/](https://www.earlymoments.com/promoting-literacy-and-a-love-of-reading/why-reading-to-children-is-important/).

¹ Rethinking the Brain: New Insights Into Early Development, Report of the Conference on Brain Development, University of Chicago. (This report is available from the Families and Work Institute, 330 Seventh Avenue, New York, NY 10001.)

~Cristie Dunbas
T.E.A.C.H. Early Childhood® WEST VIRGINIA Has Scholarships Available!

Teachers, Family Child Care Providers, and Directors can earn an Associate’s degree, a Bachelor’s degree, or a Pre-K endorsement using one of our three scholarship models.

<table>
<thead>
<tr>
<th>Teacher &amp; Family Child Care Providers Models</th>
<th>Director’s Model</th>
<th>Jump-Start/Final Step Model</th>
</tr>
</thead>
<tbody>
<tr>
<td>Requires 9 hours per year</td>
<td>Associate’s degree requires 12 hours per year</td>
<td>Requires 3-8 hours per year</td>
</tr>
<tr>
<td>Paid release time</td>
<td>Bachelor’s and Pre-K require 9 hours per year</td>
<td>Paid release time for teachers and Family Child Care Providers</td>
</tr>
</tbody>
</table>

***CDA Assessment Scholarships also available.***

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

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**Fall Classes**

The Apprenticeship for Child Development Specialist (ACDS) will soon begin fall classes. If you currently work in the field of early care and education at least 20 hours per week with children ages birth through eight, you may want to consider this educational opportunity. ACDS is a rewarding program at a minimal cost to the participant. It is a way to learn best practice, and the curriculum taught is based on current research. The classes are taught by professionals who also have experience in the field. The program is four semesters, taught one evening per week, and each semester is 15 weeks. You can also earn training hours toward licensing requirements, as well as college credit. If you are interested in ACDS or have questions about the program, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org.

---

**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:**

**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.
- Mason County Health Department—Call 675-3050.

**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.

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For more information about the ACDS program and instructors you may visit the website at www.wvacds.org.
We often think of literacy as reading to children forgetting the value of simply telling children stories, especially when the story is about them. One of my favorite childhood memories is spending summer evenings in the backyard listening to my mother spinning Cloud and Fairy stories. My sister, brother and I took turns each evening choosing where we would like to go. We would ride on Cloud via Fairy’s magic to whatever land our young imaginations could conjure up (my favorite was Chocolate Land).

Although all children are developing their identity, it is especially important to older infants. Consider creating small books for and about the children in your care. Not only are you supporting their social emotional development by supporting their sense of identity, you are also supporting their language (pre-literacy skills) as they watch you write about what they do and say.

Now that it is summertime, take the little ones outside and write stories about the adventures they have playing outside. Take pictures of them to go along with the story. Talk with them about what they are seeing in the big outdoors. Did they enjoy water play? What kinds of bugs and/or birds did they see? Did a neighborhood dog, cat or goat (I actually came across a run-away goat during a TACIT visit) stop by for a visit? Consider taking blankets outside and having a cloud gazing party. As you are talking about what you see in the clouds, you are taking advantage of a marvelous opportunity to introduce new words (language expansion) to the children. Depending on their responses and reactions, you may even discover some great story ideas!

I would love to help you get started with your outdoor adventure stories, and cloud watching is one of my all-time favorite activities. Give me a call or shoot me an email and we will schedule a STARS registered technical assistance visit to jumpstart your “My Outdoor Adventures” books and I will even bring my own blanket. Who knows, we may even persuade Cloud and Fairy to come visit.

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, and your place of employment, and your Director’s name and phone number to Paula Stewart at Paula.L.Stewart@wv.gov
The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) teaches us that the rules or expectations of social interactions are typically learned by example. Children with communication difficulties and/or behavior challenges often do not learn these interactions incidentally, and may need more explicit instructions through a scripted description of the social situations. CSEFEL tells us that scripted stories (sometimes called “social stories”) for social situations help children understand social interactions, expectations, social cues, the script of unfamiliar activities, and/or social rules. As the title implies, they are brief descriptive stories that provide information regarding a social situation. When children are given information that helps them understand the expectations of a situation, their problem behavior within that situation is reduced or minimized. Parents, teachers, and caregivers can use these simple stories as a tool to prepare the child for a new situation, to address challenging behavior within a setting or situation, or to teach new skills. The following is part of a scripted story explaining what we do in Circle:

If you feel that any children in your care could benefit from a social story, please contact me (phone number and email are listed below), and I will be happy to help you put one together.

For more information, Contact Shannon Taylor
Behavior Consultant
(304) 523-9540 Ext. 432
1-800-894-9540
Shannon.N.Taylor@wv.gov

Early Care Share West Virginia: Are You a Member Yet?

The Early Care Share West Virginia website already has 400 members since its launch in February. Are you one of the 400? If so, you have access to all of the quality information, cost savings, and useful forms and templates that you will need as a professional or student of early care and education. You have been able to access the featured articles about engaging and interacting with families during National Family Month, an additional 20% discount from Lakeshore, and a new toolkit to help conduct orientation with new employees.

If you aren’t yet an Early Care Share West Virginia Member, what are you waiting for? We all need to save time, reduce costs, and improve quality; Early Care Share West Virginia can help you do this.

The site can be accessed by visiting www.EarlyCareShareWV.org. You can fill out a New Member Request form by clicking on “Request a Log in Account” upon visiting the site. It’s entirely free!

For additional information or to arrange an online or in person demonstration about Early Care Share West Virginia, please contact Natalie Snider at nsnider@rvcds.org.
Summer break. The time of the year that every child absolutely loves and every parent has mixed feelings about is officially upon us. Children love it because it’s three months of complete and total fun. Parents enjoy the free time they have with their children but hate the “summer slide” that comes with it. “Summer slide” is the tendency for students to lose some of the achievement gains they made during the previous school year.

Unfortunately, summer slide is always going to be a problem for children, and it is going to happen year after year. You, however, as teachers and family child care providers are already armed and ready for the battle and may not even realize it. There are many ways you can help prevent children from losing much of the education, but more specifically, literacy gains they have worked so hard toward over the course of the last nine months. These will not only help you but also the parents, so I encourage you to share this information with them as well so they can continue fighting the battle at home.

**Combine activities with books:** Whatever the activity is that the child will be doing, encourage him to read a book that relates to it. For example, if the children are going on a field trip to a farm, have them read a book about farm animals. This will give them some background knowledge and allow for some good conversations on the way.

**Visit the library:** Not only are there many books to choose from, but a lot of libraries have summer reading programs for kids. This is also a great opportunity to sign up for library cards if they haven’t already.

**Lead by example:** If children see adults around them reading often, they will understand that literature is not only fun, but is also an important part of their day.

**Talk it up:** Talk to the children about what you have just read. Tell them what you not only liked about it, but what you learned from it. Soon they will see the importance of reading throughout the entire year and not just during school months.

**Help kids find time to read:** When planning summer activities, be sure to leave some time in the schedule for reading. Not only is it beneficial from the academic perspective, it is also a good way to relax.

**Relax the rules for summer:** Children have such busy schedules during the school year and often have required reading for classes. Don’t specify how many minutes or number of pages that must be read per day. Instead, allow children to choose what and when they want to read. Just make sure what they are choosing is age appropriate and that they are enjoying themselves.

**Have plenty of reading material around:** Storybooks aren’t the only type of literature children can read. Have newspapers, magazines and informational material on hand. You never know what may spark the interest of a child and what they will learn from them.

**Read aloud with kids:** You can take the children to see a local storyteller (libraries usually have story time) or become one yourself. If you choose to be one yourself, make sure you don’t forget to improvise different voices or use props such as clothing to make the story that much more fun.

No matter how you choose to do it, what props you use, or what field trip you go on, just remember to incorporate literature. If you continue to promote literacy in the daily routines of the children in your care, they stand a better chance of keeping the summer slide at bay.

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**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 WV 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. Modules are registered separately; family child care providers may attend one, some, or all modules. Interested family child care providers should contact Amy Isaacs no later than Monday, June 22nd at (304) 523-9540 if you are planning to participate in all modules.

*If you choose not to attend all modules, you will be ineligible for resources.

For more information, contact Amy Isaacs
Early Childhood Specialist
(304) 523-9540 Ext. 430
1-800-894-9540
Amy.D.Isaacs@wv.gov

<table>
<thead>
<tr>
<th>Module</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1—Introduction: Building a Firm Foundation</td>
<td>July 9—5:00pm—9:00pm</td>
</tr>
<tr>
<td>2—Knowing How Children Develop and Learn</td>
<td>July 23—5:00pm—9:00pm</td>
</tr>
<tr>
<td>3—Organizing Your Home and Your Day</td>
<td>July 30—5:00pm—9:00pm</td>
</tr>
<tr>
<td>4—What Children Are Learning Part I</td>
<td>August 6—5:00pm—9:00pm</td>
</tr>
<tr>
<td>5—What Children Are Learning Part II</td>
<td>August 13—5:00pm—9:00pm</td>
</tr>
<tr>
<td>6—Caring and Teaching</td>
<td>August 20—5:00pm—9:00pm</td>
</tr>
<tr>
<td>7—Building Partnerships with Families</td>
<td>August 27—5:00pm—9:00pm</td>
</tr>
</tbody>
</table>

All sessions will be held at Link Child Care Resource & Referral
**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 two days in advance to be guaranteed a spot.

**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. TO REGISTER for a training or to cancel your registration, please call Link at (304) 523-9540 or 1-800-894-9540.

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**Codes for Training Chart**

<table>
<thead>
<tr>
<th>Core Competency</th>
<th>Tier</th>
<th>Targeted Age/Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>CGD Child Growth &amp; Dev.</td>
<td>I</td>
<td>ALL</td>
</tr>
<tr>
<td>HSN Health, Safety &amp; N.</td>
<td>II</td>
<td>IT</td>
</tr>
<tr>
<td>PIR Positive Interactions</td>
<td>II</td>
<td>IT</td>
</tr>
<tr>
<td>COA Child Observation</td>
<td>I</td>
<td>ALL</td>
</tr>
<tr>
<td>PM Program Mgmt</td>
<td>I</td>
<td>ALL</td>
</tr>
<tr>
<td>FC Family &amp; Community</td>
<td>I</td>
<td>ALL</td>
</tr>
<tr>
<td>C Curriculum</td>
<td>I</td>
<td>ALL</td>
</tr>
<tr>
<td>P Professionalism</td>
<td>I</td>
<td>ALL</td>
</tr>
</tbody>
</table>

**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

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**TRAINING CALENDAR AND INFORMATION**

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<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., Aug. 5</td>
<td>You’re Not the Boss of Me</td>
<td>PIR</td>
<td>I</td>
<td>SAC</td>
<td>C-K Library 1200 Oak Street, Kenova</td>
<td>2:00pm—4:00pm</td>
</tr>
<tr>
<td>Mon., Aug. 10</td>
<td>It’s More Than Paint and Crayons</td>
<td>C</td>
<td>II</td>
<td>IT</td>
<td>Link CCR&amp;R 611 7th Avenue, Huntington</td>
<td>5:00pm—7:00pm</td>
</tr>
<tr>
<td>Thurs., Aug. 27</td>
<td>Understanding the Drugs in Our Community</td>
<td>P</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R 611 7th Avenue, Huntington</td>
<td>4:00pm—6:00pm</td>
</tr>
<tr>
<td>Wed., Sept. 16</td>
<td>Communicating with Families, More Than Just Words</td>
<td>PIR/FC</td>
<td>II</td>
<td>ALL</td>
<td>Link CCR&amp;R 611 7th Avenue, Huntington</td>
<td>2:00pm—4:00pm</td>
</tr>
</tbody>
</table>

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Family Child Care Providers in Cabell and Wayne Counties:

- You’re Not the Boss of Me
- It’s More Than Paint and Crayons
- Understanding the Drugs in Our Community
- Communicating with Families, More Than Just Words
<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., July 22</td>
<td>Outside: Mother Nature’s Classroom</td>
<td>C</td>
<td>II</td>
<td>ALL</td>
<td>Hamlin Library 7999 Lynn Ave, Hamlin</td>
<td>4:00pm—6:00pm</td>
</tr>
<tr>
<td>Tues., Aug. 11</td>
<td>Communicating with Families, More Than Just Words</td>
<td>PIR/FC</td>
<td>II</td>
<td>ALL</td>
<td>PRIDE Comm. Services of Logan 3407 S. Main St., Chapmanville</td>
<td>2:00pm—4:00pm</td>
</tr>
<tr>
<td>Thurs., Aug. 13</td>
<td>Happy TRAILS to YOU!</td>
<td>P</td>
<td>II</td>
<td>ALL</td>
<td>Living Waters 212 East 2nd Ave, Williamson</td>
<td>6:00pm—8:00pm</td>
</tr>
<tr>
<td>Thurs., Sept. 10</td>
<td>You’re Not the Boss of Me</td>
<td>PIR</td>
<td>I</td>
<td>SAC</td>
<td>Logan Library 1 Wildcat Way, Logan</td>
<td>11:00am—1:00pm</td>
</tr>
<tr>
<td>Sat. Sept. 12</td>
<td>Let’s Get Ethical</td>
<td>P</td>
<td>II</td>
<td>ALL</td>
<td>Living Waters 212 East 2nd Ave, Williamson</td>
<td>12:00pm—2:00pm</td>
</tr>
<tr>
<td>Wed., July 8</td>
<td>When Is Mommy Coming Home?</td>
<td>C/CGD</td>
<td>II</td>
<td>ALL</td>
<td>Teays Valley Child Dev. Center 4345 Teays Valley Rd, Scott Depot</td>
<td>10:00am—12:00pm</td>
</tr>
<tr>
<td>Tues., July 14</td>
<td>Hit Me With Your Pet Shark: Effective Communication in Early Childhood</td>
<td>PIR</td>
<td>II</td>
<td>ALL</td>
<td>Magic Years 201 High St, Pt. Pleasant</td>
<td>5:30pm—7:30pm</td>
</tr>
<tr>
<td>Mon., July 27</td>
<td>Happy TRAILS to YOU!</td>
<td>P</td>
<td>II</td>
<td>ALL</td>
<td>Mason County Library 508 Viand St, Pt. Pleasant</td>
<td>1:00pm—3:00pm</td>
</tr>
<tr>
<td>Sat., Aug. 1</td>
<td>The Third Teacher: Arranging the Active Learning Environment</td>
<td>PIR</td>
<td>I</td>
<td>PRE</td>
<td>Winfield Child Dev. Center 3632 Winfield Rd, Winfield</td>
<td>10:00am—12:00pm</td>
</tr>
<tr>
<td>Sat., Aug. 1</td>
<td>Creative Curriculum 101</td>
<td>C</td>
<td>II</td>
<td>PRE</td>
<td>Teays Valley Child Dev. Center 4345 Teays Valley Rd, Scott Depot</td>
<td>2:00pm—4:00pm</td>
</tr>
<tr>
<td>Mon., Sept. 21</td>
<td>Play is the Work of Childhood</td>
<td>CGD</td>
<td>I</td>
<td>ALL</td>
<td>First Baptist of Hurricane 2635 Main St, Hurricane</td>
<td>6:00pm—8:00pm</td>
</tr>
</tbody>
</table>

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

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

See Page 8 for Descriptions of Training Sessions!
## Descriptions of Training Sessions:

<table>
<thead>
<tr>
<th>Training Session</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>You’re Not the Boss of Me</strong></td>
<td>In this training, we will discuss common behavioral issues seen in school-age children, the reasons for these behaviors, and strategies to address them.</td>
</tr>
<tr>
<td><strong>It’s More Than Paint and Crayons</strong></td>
<td>Offering open-ended art experiences to infants and toddlers can sometimes be a scary thought. Come explore ideas that will be easy on you and easy on your budget. Several hands-on activities will be presented to help you see why, when, where and how open-ended art activities can be a natural part of your curriculum.</td>
</tr>
<tr>
<td><strong>Understanding the Drugs in Our Community</strong></td>
<td>This training will help participants be better informed by giving an overview of drugs being used in our local areas and methods by which they are being used.</td>
</tr>
<tr>
<td><strong>Communicating with Families, More Than Just Words</strong></td>
<td>This session will help participants become better communicators with the families of the children who are in their care. Participants will be shown that communication isn’t just conversation, but can also be in written/multimedia forms as well, and that there are many things that need to be taken into consideration when communicating. By gaining particular information about the family, they will be able to determine which form is the best option.</td>
</tr>
<tr>
<td><strong>Outside: Mother Nature’s Classroom</strong></td>
<td>This session will get participants to consider that there is more to experience than just what is inside their programs. Mother Nature has a lot to offer at no cost, and it is literally right outside the door.</td>
</tr>
<tr>
<td><strong>Happy TRAILS to YOU!</strong></td>
<td>Providers will meet the TRAILS Team, learn about the advantages of participating in the TRAILS program, and have the opportunity to use the van, as well as obtain free resources from the Team.</td>
</tr>
<tr>
<td><strong>Let’s Get Ethical</strong></td>
<td>Using the NAEYC Code of Ethics, participants will explore what it means to be a professional caregiver. Through sample scenarios, participants will discuss how ethics play an important role in interactions with children, families, colleagues, and the community.</td>
</tr>
<tr>
<td><strong>When Is Mommy Coming Home?</strong></td>
<td>In this training, participants will learn how having an incarcerated parent can affect children. It will cover common questions that children may have, risk factors, and various coping strategies.</td>
</tr>
<tr>
<td><strong>Hit Me With Your Pet Shark: Effective Communication in Early Childhood</strong></td>
<td>The facilitator will use discussion to demonstrate the importance of effective communication in early childhood, with regard to children, families, colleagues, and the community. Participants will define reciprocal communication, discuss why it’s important, and examine specific examples in the early childhood setting.</td>
</tr>
<tr>
<td><strong>The Third Teacher: Arranging the Active Learning Environment</strong></td>
<td>Whether you are a novice teacher setting up your initial classroom or an experienced teacher looking for some fresh ideas, The Third Teacher stresses the importance of classroom arrangement in early childhood education and offers ideas to help arrange the classroom to best suit the needs of your children.</td>
</tr>
<tr>
<td><strong>Play is the Work of Childhood</strong></td>
<td>Participants will learn the importance of play in early childhood and get tips on creating a quality play-based program. There will also be an opportunity immediately following to use the TRAILS van.</td>
</tr>
</tbody>
</table>

**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
Medication Administration & Child Abuse and Neglect

To sign up for these sessions, call Link CCR&R (304) 523-9540 or 1-800-894-9540.

With questions about these sessions, please contact Glenna Bailey, Nurse Health Consultant with West Virginia Early Childhood Training Connections and Resources (304) 529-7603 or 1-888-983-2827 Ext. 402.

Medication Administration
You must be on the WVSTARS Pathway in order to take this class.

Thurs., July 23 5:00-9:00pm
Thurs., Sept. 10 5:00-9:00pm

Child Abuse and Neglect
Thurs., August 13 6:00-8:00pm

All trainings are held in the 1st Floor Conference Room of Link CCR&R

Sun Safety for Kids

The warm weather and long days of summer beckon children to enjoy the outdoors. While there are many pleasures in being in the sun, there are also precautions that need to be taken to keep children safe. Exposure to heat and sun can cause sunburns and heat-related illnesses in the short term, and skin cancer and eye damage in future years.

To protect children from the damaging effects of sun exposure, follow these simple tips from the American Academy of Pediatrics:

- Keep babies younger than six months out of direct sunlight. Find shade under a tree umbrella or stroller canopy.
- Use a sunscreen with an SPF of at least 15. Sunscreens should be applied 30 minutes before going outside and reapplied often.
- Kids should be dressed in cool, light-colored clothing that covers the body.
- Hats with a brim should be worn so that it faces forward to protect the face.
- Eyes need protection from the sun too. Children should wear sunglasses with at least 99% UV protection.
- Provide areas of shade in outdoor play areas.

Outdoor play can also bring on heat-related illnesses such as heat cramps, heat exhaustion or the life-threatening heat stroke. These illnesses are brought on by prolonged activity in the heat without proper rest and hydration. Take these measures to prevent heat-related illnesses in children:

- Limit outdoor activity during the peak hours of 10 am - 4 pm.
- Make sure kids stay well hydrated. Have them take regular breaks to rest and drink water.
- Heat stroke is a medical emergency which warrants calling 911. Observe children for changes in consciousness, irritability and confusion. Cool the body through cool compresses and fanning. If the child is unconscious or vomiting do not offer water.
- Summer time is fun time. Use these safety tips to ensure summer is also a safe time.

FOOD REIMBURSEMENT

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 Child Care Food Program
Serving Cabell, Lincoln, Mason, Mingo, Putnam and Wayne Counties
(304) 523-3031 or 1-800-581-3031

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TRAILS CORNER

It’s that time of year again—SUMMER BREAK! Your homes and facilities will once again be filled with lots of little people excited for fun-filled days of play and activities. After months of school, the last thing anyone will be thinking about is reading and writing. However, it is very important to continue to promote literacy throughout the summer months. “The research is clear that children who don’t read during the summer can lose up to three months of reading progress and that loss has a cumulative, long-term effect.” (Reading Rockets)

Make it your goal this summer to incorporate literacy into your everyday plans. As you prepare your daily lesson plans, integrate books into every aspect of your curriculum. Kids love this, and they gain so much from this experience!

Here’s a sample:

- Group/Circle/Story Time---Read:  *A House for Hermit Crab* by Eric Carle. This book also gives a good opportunity to talk about time and the calendar.
- Science---Discuss the life cycle of hermit crabs and other sea life; use illustrations.
- Health/Social Emotional---Talk about how we change and grow, and also about what makes a home.
- Math/Fine Motor/Manipulative---Count and sort various types of sea shells.
- Gross Motor/Blocks/Dramatic Play---Act out the story with all the characters; build their homes with blocks.
- Art---Create hermit crab shell homes with either paper products and paint, or shells and paint.
- Sensory---Sand and water play
- Lunch---Shells & Cheese
- Snack---Fish/Whale Crackers

This is just an example of how you can fill an entire day with activities inspired by just one story. Remember to be mindful of the ages and stages of the children in your care, and tailor your day to fit their needs. Also, remind parents daily to read to and with their children. By participating in the “15 Minutes a Day” initiative, we can change the face of education.*

Happy TRAILS to you!!! ~Melisa

For more information, visit [www.ReadAloud.org](http://www.ReadAloud.org) and [www.ReadingRockets.org](http://www.ReadingRockets.org).

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

“Building A Firm Foundation”

This professional development session will be offered by your TRAILS Early Childhood Specialist. It consists of four modules that give you an overview of the West Virginia Elements of Family Child Care (WVEFCCS).

COMING SOON
Fall 2015

“Building A Firm Foundation”

This professional development session will be offered by your TRAILS Early Childhood Specialist. It consists of four modules that give you an overview of the West Virginia Elements of Family Child Care (WVEFCCS).

Melisa Dennison
TRAILS Early Childhood Specialist
304-523-9540
Melissa.A.Dennison@wv.gov

Virena Elkins
TRAILS Early Childhood Associate
(304) 523-9540
Virena.G.Elkins@wv.gov

“I like the way that you give out toys, books and puzzles to use with the children. My grandchildren enjoy these very much. You come to our house and give us resources to use. I hope you keep on doing this. It is a great resource. I love TRAILS.” ~ Sherri F., FCC Provider (Logan County)

CABELL WAYNE FAMILY CHILD CARE ASSOCIATION NEWS SUBMITTED BY KATHY BAKER

The Cabell Wayne Family Child Care Association would like to invite all providers from Cabell and Wayne counties to join us. All of our meetings are registered with WSTARS and you will receive ONE or TWO hours credit. We also offer other trainings which are stars registered. If you have any questions feel free to contact Kathy Baker, President, at 304-529-6246, text at 304-638-7578 or email at mrskathyb@comcast.net and/or to be added to the email list and start receiving information about the association and other helpful information. We would like to have all providers email address so please email me at the address above so you can be added to the list serve. We hope to see some new providers at the meetings.

Upcoming meetings: June 13th @ 10am @ Link office  August 8th @10:00am @ Link office
**Taking Literacy Outside**

Language is composed of talking, listening, reading, and writing. Children begin to listen and speak long before they are able to talk in complete sentences. In the same manner, they also start acquiring pre-reading and pre-writing skills long before elementary school. Exposure to spoken and written language as well as books and other reading materials are critical components of learning to read. The outdoor classroom creates endless possibilities to support literacy integrations. Here are just a few ideas:

1. **Digital ABC Hunt** – Grab a digital camera and hunt for letters in nature. Develop the pictures and create an ABC book. You can also laminate the pictures and make them available to children in a writing center, encouraging them to arrange letters to spell their name and/or other words.

2. **Act Out a Story** – There are so many great adventurous pictures books that can be acted out on the playground. *We’re Going on a Bear Hunt* by Helen Oxenbury and *We’re Going on a Lion Hunt* by David Axtell are two examples of repetitive tales that encourage action movements outside. Children can pretend to swish through the grass, splash through water, squish squash through mud, and tiptoe through a cave, all while searching for a bear or lion.

3. **Paint Your Letters** – Gather a bucket, some water, and a paintbrush and head outside. You can “paint” your letters on the sidewalk with water or on the side of a house. If it’s really warm outside, your words will “disappear” like magic.

4. **ABC Scavenger Hunt** – Go on an alphabet scavenger hunt. Search your neighborhood for things that begin with each letter of the alphabet. Take your digital camera to document your findings, and turn your daily walk into a classroom ABC book.

5. **Alphabet Scramble** – To start, you’ll need a tunnel and a set of lowercase letters. Spread the lowercase letters out on one side of the tunnel. If you are working with a child, only pick a few letters, and choose ones that they can make a personal connection with, such as the letters in their name. On the other side of the tunnel, lay out a matching set of the uppercase letters. Encourage the child/ren to pick one uppercase letter then scramble through the tunnel to find the matching lowercase letter. Then, he or she will pick up a different lowercase letter and race through the tunnel to find the matching uppercase pair.

6. **Stones** – Encourage children to collect stones/rocks on a walk or during outside time. Have each child paint their rock/stone. Another option is to write, or encourage children to write, the letters of the alphabet on the stones. Have them arrange the stones to spell their names.

7. **Lego Duplo Scavenger Hunt** – Write the letters of the alphabet or just the letters in a child’s name, on the side of Duplo blocks – one letter per block. (Write letters with Sharpie, shade over it with a dry erase marker, and wipe off. Do a test first, but using the dry erase marker over the permanent marker takes the permanent marker off the Duplo block.) Hide the blocks outside. Let children search for them. Encourage children to put them in alphabetical order using the alphabet song as a guide. Count them to make sure there are 26, or whatever number you originally started with.

8. **Disappearing Letters (Tracing Practice)** – Based on where your children are developmentally, create large letters and shapes/lines with chalk. Fill old ketchup and syrup bottles with water. Give each child a bottle. Encourage children to trace the lines to make them disappear.

9. **Stick letters** – Gather sticks, branches, etc. with the children. Give each child a card with the first letter of their name, on the other side of the tunnel, lay out a matching set of the uppercase letters. Encourage the child/ren to pick one uppercase letter then scramble through the tunnel to find the matching lowercase letter. Then, he or she will pick up a different lowercase letter and race through the tunnel to find the matching uppercase pair.

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**Directors’ Toolbox**

The Directors’ Toolbox is a module series that is intended solely for administrators in a child care center. This program is designed to help improve the quality of early care and education for children in West Virginia. Directors’ Toolbox is a WV STARS registered 20 hour training program. Upon successful completion of the series and follow up technical assistance, participants are eligible to receive early childhood resources for their center. Participants must be registered or working toward registration on the WV STARS Career Pathway. Modules are registered separately; child care providers may attend one, some, or all modules. Interested child care providers should contact Candice Mullins **no later than Monday, Aug. 3** at (304) 523-9540.

* If you choose not to attend all modules and participate in technical assistance, you will be **ineligible** for resources.

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**Date/Time**

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<tr>
<th>Module</th>
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<tr>
<td>1— Circle of Influence</td>
<td>August 18—8:30am—12:30pm</td>
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<tr>
<td>2— From the Inside Out</td>
<td>August 25—8:30am—12:30pm</td>
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<tr>
<td>3— Leadership in Action</td>
<td>September 1—8:30am—12:30pm</td>
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<td>4— Making the Most of Meetings</td>
<td>September 8—8:30am—12:30pm</td>
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<tr>
<td>5— The Right Fit</td>
<td>September 15—8:30am—12:30pm</td>
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All sessions will be held at Teays Valley Child Development Center.

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Candice D. Mullins  
Early Childhood Specialist  
(304)523-9540  
Candice.D.Mullins@wv.gov
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

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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 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