As we approach the fall and winter months, it is important that we continue to find ways to keep children active, even though the warm days of summer are gone for now. Some benefits of physical activity for children are: it strengthens their heart, helps keep arteries and veins clear, strengthens the lungs, reduces blood sugar levels, controls weight, strengthens bones, helps prevent cancer, regulates blood pressure, improves energy levels and enhances emotional well-being.

Do you need some ideas of ways to keep children active during the colder months? Here are few to get you started. Playing outside is still a good option as long as the child is dressed appropriately. You can try things like creating an obstacle course out of balls, jump ropes, etc. If you are indoors, you can keep children active by creating an “active space” where children can practice their “dance moves” to some fun music, do hopscotch, learn how to do jumping jacks or some other opportunity to move around and get their hearts beating and muscles moving.

Get creative this fall and winter season and find ways to keep kids active for their health and yours!

— Cristie Dunbar

Sources:
http://www.parents.com/fun/sports/exercise/10-benefits-of-physical-activity/
http://www.obesityaction.org/educational-resources/resource-articles-2/
childhood-obesity-resource-articles/winter-exercise-tips-for-kids

Main Link Office
611 7th Ave.
Huntington, WV 25701
(800) 894-9540 or
(304) 523-9540
(304) 697-4821 FAX

Logan Office
19 Circle Dr.
Logan, WV 25601
(304) 752-3932
(304) 752-2897 FAX
Q: Direct Deposit for payment to all child care providers is now mandatory. How do I sign up for Direct Deposit?
A: You must have either a savings or checking account with a Bank or Credit Union in order to sign up for Direct Deposit of payments as a child care provider. Fill out the FACTS eVendor agreement available at www.wvsao.gov or on the FACTS Plus Homepage. You can also pick up a form at the Link office in Huntington. You will need to include a voided check or verification letter from your bank. These forms can be mailed or faxed to the Auditor’s office in Charleston (address and fax number will be on the application).

Q: The Direct Deposit application needs my provider number. If I do not know my provider number where can I find it?
A: You can find your provider number in various places. It may be on your certificate from the WVDHHR, correspondence from WVDHHR, the parents’ certificates, mailing labels on letters to you from Link (the number is above your name), or you may call us at the Link office in Huntington and we can look it up for you.

Q: How will I know if I was paid and the amount of payment?
A: You can find your provider number in various places. It may be on your certificate from the WVDHHR, correspondence from WVDHHR, the parents’ certificates, mailing labels on letters to you from Link (the number is above your name), or you may call us at the Link office in Huntington and we can look it up for you.

Q: What happens if I do not sign up for Direct Deposit?
A: You must have either a savings or checking account with a Bank or Credit Union in order to sign up for Direct Deposit of payments as a child care provider. Fill out the FACTS eVendor agreement available at www.wvsao.gov or on the FACTS Plus Homepage. You can also pick up a form at the Link office in Huntington. You will need to include a voided check or verification letter from your bank. These forms can be mailed or faxed to the Auditor’s office in Charleston (address and fax number will be on the application).

Q: What if I change banks?
A: You must have either a savings or checking account with a Bank or Credit Union in order to sign up for Direct Deposit of payments as a child care provider. Fill out the FACTS eVendor agreement available at www.wvsao.gov or on the FACTS Plus Homepage. You can also pick up a form at the Link office in Huntington. You will need to include a voided check or verification letter from your bank. These forms can be mailed or faxed to the Auditor’s office in Charleston (address and fax number will be on the application).

Q: What if I change banks?
A: If you change your bank after you set up the Direct Deposit you will need to fill out a new Direct Deposit application with your new bank information and mail or fax it to the WV State Auditor’s office. You may call them at 1-800-500-4079 if you have a question on anything.

Q: What happens if I do not sign up for Direct Deposit?
A: If you do not sign up for Direct Deposit your Provider Service Agreement will be cancelled and you will not be issued additional payment until the direct deposit account has been established.

If you have any other questions, 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. Check out our new website www.wvdhhr.org/link for other helpful information.

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**FAMILY CHILD CARE GRANTS ARE AVAILABLE**

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) 523-8000 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**: Kanawha Co. Red Cross—Call 340-3650 or www.redcross.org.
  - 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**: Red Cross Building in Putnam Co.—Call 340-3650.
  - First Aid and CPR Classes—Contact PCFR 675-3873.
  - Goodwill Industries of KYOWVA Area, Inc.— Contact Andrea Lupson 304-523-7461 ext.417

- **Wayne County**: Contact Kathy Parsons—Call 486-5991.
Have you ever considered how you know a shoe is a shoe? At some point when you were very young, someone began to label everyday items for you. Perhaps as your mother put your shoes on your feet she said “Let’s put your shoes on” or “I am putting your shoes on now.” This type of self-talk is important to do during your daily routines with infants and toddlers.

In those few sentences you are laying the foundation for Josh to begin understanding, there is a term, hungry, for what is going on in my tummy. When Josh takes his bottle he feels that it is warm. It will take a few minutes.”

Parallel talk helps develop language and expands knowledge as well. As two year old Karen is rocking a baby doll and singing say “Karen you are rocking your baby so gently (in this case she is) and that lullaby you are singing is so pretty! How is your new baby sister doing?” Be sure to give her time to answer then take her lead to continue the conversation. As you describe what Karen is doing, you are supporting and building her vocabulary and supporting her language development. Rocking, gently and lullaby may be new or relatively new words to Karen. Notice the open ended question. This allows Karen to think and create an answer. Asking about her baby sister also connects her play to her life at home.

The infants and toddlers in your care will learn so much about the world around them when they are surrounded with this intentionality. You will see them bloom before your very eyes and share many “Ah Ha!” moments with them. Of course I am available if you would like more information or help with implementing more intentionality in your classroom.

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

### FALL WVIT I SCHEDULE

<table>
<thead>
<tr>
<th>WVIT I for Administrators</th>
<th>October 15th</th>
<th>9:00am-4:00PM</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>October 22nd</td>
<td>10:00am-3:30pm</td>
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<tr>
<td>Session 2</td>
<td>October 24th</td>
<td>10:00am-2:30pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>October 29th</td>
<td>10:00am-3:30pm</td>
</tr>
<tr>
<td>Session 4</td>
<td>October 31st</td>
<td>10:00am-2:30pm</td>
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<tr>
<td>Session 5</td>
<td>November 19th</td>
<td>10:00am-2:30pm</td>
</tr>
<tr>
<td>Session 6</td>
<td>November 21st</td>
<td>10:00am-3:30pm</td>
</tr>
<tr>
<td>Session 7</td>
<td>December 3rd</td>
<td>10:00am-2:30pm</td>
</tr>
<tr>
<td>Session 8</td>
<td>December 5th</td>
<td>10:00am-4:00pm</td>
</tr>
<tr>
<td>Session 9</td>
<td>December 10th</td>
<td>10:00am-3:30pm</td>
</tr>
<tr>
<td>Session 10</td>
<td>December 12th</td>
<td>10:00am-12:30pm</td>
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*Schedule subject to change, participants will be informed in advance

### WINTER WVIT I SCHEDULE

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<th>WVIT I for Administrators</th>
<th>January 7th</th>
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<tr>
<td>Session 1</td>
<td>January 14th</td>
<td>10:00am-3:30pm</td>
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<tr>
<td>Session 2</td>
<td>January 16th</td>
<td>10:00am-2:30pm</td>
</tr>
<tr>
<td>Session 3</td>
<td>January 21st</td>
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<tr>
<td>Session 4</td>
<td>January 23rd</td>
<td>10:00am-2:30pm</td>
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<tr>
<td>Session 5</td>
<td>February 11th</td>
<td>10:00am-2:30pm</td>
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<tr>
<td>Session 6</td>
<td>February 13th</td>
<td>10:00am-3:30pm</td>
</tr>
<tr>
<td>Session 7</td>
<td>February 18th</td>
<td>10:00am-2:30pm</td>
</tr>
<tr>
<td>Session 8</td>
<td>February 20th</td>
<td>10:00am-4:00pm</td>
</tr>
<tr>
<td>Session 9</td>
<td>February 25th</td>
<td>10:00am-3:30pm</td>
</tr>
<tr>
<td>Session 10</td>
<td>February 27th</td>
<td>10:00am-12:30pm</td>
</tr>
</tbody>
</table>

*Schedule subject to change, participants will be informed in advance

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 WVECTCR to inquire about financial support for the application process at 529-7603 or 1-888-983-2827.
With the fall and winter holidays just around the corner, it is important to remember that this may not be a fun and exciting time for some children, especially those who may have a parent who is incarcerated. From the time a parent is arrested through the actual incarceration, children may feel a range of unpleasant emotions such as confusion, fear, anxiety, frustration, and helplessness. Some children may even feel a sense of abandonment or resentment toward the parent who is serving time. These feelings can mirror those felt by children who lose a parent through death, the difference being that the incarceration of a parent can also cause a child to feel shame and humiliation on top of that great sense of loss. Caregivers can help children feel more secure during this time by providing a consistent and stable environment. Any stress the child may be feeling may be alleviated by letting the child know what to expect as much as possible, such as who will be picking her up from school, taking her to soccer practice, helping her with homework, and so on. It may also be comforting to the child to be allowed to carry a photo of her family to remind her she is loved. Additionally, noticing and acknowledging her strengths may help build up her self-esteem.

As a child struggles with this huge change to his family dynamic, assure him he is allowed to feel and express any emotions he may have about the situation; help him to identify his emotions when you see them exhibited. It may help for him to draw pictures or keep a journal about his feelings. Give frequent hugs to show the child he is not alone in this and that there are people who care very much about him. It is also important to watch for any changes to his behavior such as hitting others, developing new fears, becoming clingier, or having sudden outbursts. Seek and offer whatever support the child may need…time alone, talking to a therapist, taking a long walk, etc.

To learn more about helping children cope with having a parent who is incarcerated, I encourage you to attend a training I will be presenting this quarter entitled “When Is Mommy Coming Home?” It will be held on Thursday, November 13, 2014 in the Link CCR&R 2nd floor conference room from 10:00AM-12:00PM. Hope to see you there!

** This training was developed by Todd Fromhart, Early Childhood Specialist at Child Care Resource Center in Wheeling, WV.

ACDS Journeyperson (Graduate of the ACDS Program)
An ACDS Journeyperson is a graduate of the program and has received their official Department of Labor certificate. Once your certificate is received, you’re eligible to attend Journeyperson trainings. Typically, two are held each year in various parts of the state. The trainings focus on the most recent research and information relevant to early childhood professionals. Participants receive WV STARS training hours as well as a $50.00 stipend. If you are a graduate of the ACDS program and are not receiving information for these trainings, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org.

ACDS Local Councils
ACDS is supported through local councils in each county where classes are taught. These councils are responsible for the administration of the ACDS classes in their area. Local councils typically meet one time each semester to make arrangements for upcoming classes. Councils need the help and input from those in the early care and education field. If you are a graduate of the ACDS program or director of a childcare program and you are interested in becoming an ACDS local council member in your area, please contact Sherrie Myers at 304-523-0433 or smyers@rvcds.org.

The Apprenticeship for Child Development Specialist (ACDS) is a training opportunity for those working in the field of early care and education. 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.
I considered writing a piece about various activities to do with children in the fall, but that didn’t feel right. Maybe I’ll write about brain development. No, Amber, you already went over that. Twice. I had the absolute worst time coming up with an interesting subject to write about. Then I thought, “Just be sincere.” So that is exactly what I am going to do.

I have been at River Valley for a little over two years. I will (very) soon be leaving and venturing off into another career opportunity. During my time at LINK, I have met some of the most giving people—you have to be willing to give if you’re in the field of early childhood. That’s what we do. We give. We give our knowledge. We give advice. We give our time. We give our hearts. We give hugs. We give kisses for boo-boos. At the end of our long workdays, we turn around and give to our loved ones. We give a little piece of us each day…and that’s ok.

We spend pieces of our lives impacting others whether we mean to or not. Maya Angelou said it best, “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” How you made them feel. That is powerful. Hopefully, I made someone feel empowered, or inspired. Hopefully, I provided some encouragement, a laugh, or maybe a brief moment of adult conversation and peace from the 120 noise decibel of 6+ yelling children. That’s what I’d like to think, anyway.

We give a little piece of us each day. A little piece that each person we cross paths with, carries away. It may be a first impression, our guidance, or our love. It may be a simple smile and a “Hello!” Whatever it is, let your piece positively impact the world. I once heard that every child should have at least one person who’s crazy about them. Even when they are about to drive you crazy, remember this: “To the world you may just be one person, but to one person, you may be their world.” I have enjoyed working with you all! May your home life be continuously filled with lots of peace, laughter and love…and a few little messy fingerprints along the way!

FOOD REIMBURSEMENT

For more ideas or other information, contact Amber Collier, Early Childhood Specialist at (304) 523-9540 Ext. 430 or 1-800-894-9540 Ext. 430. Amber.N.Collier@wv.gov

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Food Reimbursement

For information on 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:

Central Child Care
Serving Boone County
(304) 382-0797

Pride of Logan County
Serving Logan County
(304) 752-8688 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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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.

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 WVSTARS and you will receive ONE or TWO hours WVSTARS credit. We also offer other trainings which are WVSTARS registered. If you have any questions feel free to call Kathy Baker, President, at 304-529-6246, or text me at 304-638-7578, or email mrskathys@comcast.net to be added to our email list and start receiving information about the association and other helpful information. We would like to have all providers email address so you can be added to the listserv. We hope to see some new providers at the meetings.

Next meeting:
October 11th @ 10am @ Link office

December 6th @ 10:30am @ Golden Corral Rt.60 Huntington
TRAVELING CALENDAR AND INFORMATION

IMPORTANT TRAINING INFORMATION

1. All trainings begin promptly at the scheduled time. Please arrive before the session begins. If you miss 15 or more minutes during the course of any training session, you will not receive credit for that training.
2. If you are disruptive or prevent the Trainer from staying on task, you will be asked to leave and your Regulatory Specialist will be notified.
3. If you sign up for a training and do not call to cancel at least 24 hours in advance, your Regulatory Specialist will be notified.
4. No cell phones or electronic devices may be used during the training sessions.
5. You must bring a picture ID to all trainings.
6. You are responsible for keeping your training certificates on file. All trainings we offer are registered with WV STARS.
7. 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 Ext. 106 or 1-800-894-9540.

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 and Development</td>
<td>Tier I Beginner Level</td>
<td>IT Infant/Toddler</td>
</tr>
<tr>
<td>HSN Health, Safety and Nutrition</td>
<td>Tier II Intermediate</td>
<td>PRE Pre-School</td>
</tr>
<tr>
<td>PIR Positive Interactions &amp; Relationships</td>
<td>Tier III Advanced</td>
<td>SAC School Age Care</td>
</tr>
<tr>
<td>COA Child Observation and Assessment</td>
<td></td>
<td>CB Center Based</td>
</tr>
<tr>
<td>PM Program Management</td>
<td></td>
<td>FCC Family Child Care Providers</td>
</tr>
<tr>
<td>FC Family and Community</td>
<td></td>
<td>ADM Administration</td>
</tr>
<tr>
<td>C Curriculum</td>
<td></td>
<td>ALL Targets All Areas</td>
</tr>
<tr>
<td>P Professionalism</td>
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<td></td>
</tr>
</tbody>
</table>

Have a great idea for a training?

Know a great location to hold a session?

The Professional Development Training Team (PDTT) is always looking for new ideas and locations to continue to provide quality trainings that are interesting, engaging, convenient, and that exceed your expectations as you earn your training hours. While we do have a formal Needs Assessment that you have seen before in our newsletters, most of our inspiration comes from conversations we have every day with our providers! We would like to thank those of you who helped us put together this training calendar!

If you have any suggestions to help us better meet your needs, all you need to do is talk to the PDTT member you are already working with or the Trainer at a session you attend. If you’re not already working with our PDTT and would like to make a suggestion, please contact me and let the PDTT assist you in your journey to providing quality child care! We look forward to working with you!

Sara Yusko
PDTT Supervisor
304-523-9540
Sara.J.Yusko@wv.gov
<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>
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<tr>
<td><strong>November 15</strong></td>
<td>Happy Mealtimes for Healthy Kids</td>
<td>HSN</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R—2nd floor 611 7th Ave. Huntington</td>
<td>8AM-10AM</td>
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<tr>
<td><strong>October 18</strong></td>
<td>It's All In The Process: Open-Ended Art</td>
<td>C</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R—2nd floor 611 7th Ave. Huntington</td>
<td>10:15AM-12:15PM</td>
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<tr>
<td>Thurs., Nov. 13</td>
<td>Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect</td>
<td>HSN</td>
<td>I</td>
<td>ALL</td>
<td>Link CCR&amp;R—1st Floor 611 7th Ave. Huntington</td>
<td>1PM-3PM</td>
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<tr>
<td>Fri., Dec. 19</td>
<td>When is Mommy Coming Home?</td>
<td>FC</td>
<td>II</td>
<td>ALL</td>
<td>Link CCR&amp;R—2nd floor 611 7th Ave. Huntington</td>
<td>10AM-12PM</td>
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<tr>
<td>Mon., Dec. 29</td>
<td>The Third Teacher: Arranging the Active Learning Environment</td>
<td>PIR</td>
<td>I</td>
<td>PRE</td>
<td>C-K Library 1200 Oak St., Kenova</td>
<td>10AM-12PM</td>
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**Logan, Mingo and Boone Counties**

<table>
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<tr>
<th>Date of the Training</th>
<th>Title of the Training</th>
<th>Core Comp</th>
<th>Tier</th>
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<th>Time of Training</th>
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<tr>
<td>Thurs., Nov. 6</td>
<td>Germinators: Spreading the Word, Not the Germs</td>
<td>HSN</td>
<td>II</td>
<td>ALL</td>
<td>Living Water Childcare Center 212 E. 2nd Ave., Williamson</td>
<td>5:30PM-7:30PM</td>
</tr>
<tr>
<td>Thurs., Dec. 11</td>
<td>Kids in Crisis</td>
<td>PIR</td>
<td>I</td>
<td>ALL</td>
<td>Logan Library 1 Wildcat Way, Logan</td>
<td>11AM-1PM</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>Target Age/Area</th>
<th>Location of the Training</th>
<th>Time of Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weds., Oct. 8</td>
<td>Building Relationships with Children</td>
<td>PIR</td>
<td>I</td>
<td>ALL</td>
<td>Teays Valley Child Development Center 4345 Teays Valley Road, Scott Depot</td>
<td>10AM-12PM</td>
</tr>
<tr>
<td>Mon., Nov. 10</td>
<td>Director’s Toolbox: Circle of Influence</td>
<td>PM</td>
<td>III</td>
<td>ADM</td>
<td>Putnam County Library 4129 Rt. 34, Hurricane</td>
<td>10AM-12PM</td>
</tr>
<tr>
<td><strong>November 15</strong></td>
<td>Overview of the West Virginia ELSF Session I</td>
<td>C</td>
<td>I</td>
<td>ALL</td>
<td>Teays Valley Child Development Center 4345 Teays Valley Road, Scott Depot</td>
<td>8AM-10AM</td>
</tr>
<tr>
<td>Mon., Dec. 29</td>
<td>Exploring the Creative Curriculum: Lesson Plans, Individual Care, and Child Observation</td>
<td>C/COA</td>
<td>II</td>
<td>PRE</td>
<td>Teays Valley Child Development Center 4345 Teays Valley Road, Scott Depot</td>
<td>10:15AM-12:15PM</td>
</tr>
<tr>
<td>Mon., Dec. 29</td>
<td>What’s Temperament Got To Do With It?</td>
<td>PIR</td>
<td>II</td>
<td>IT</td>
<td>First Baptist— Hurricane 2635 Main Street, Hurricane</td>
<td>5PM-7PM</td>
</tr>
</tbody>
</table>

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

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 8 for a Descriptions of Training Sessions!
### Descriptions of Training Sessions:

<table>
<thead>
<tr>
<th>Session</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building Relationships with Children</td>
<td>In this training, we will focus on the importance of responsive and nurturing interactions that help build positive relationships with children. We will discuss and practice strategies that will foster these relationships and participants will obtain relevant information to share with families and care givers.</td>
</tr>
<tr>
<td>Director’s Toolbox: Circle of Influence</td>
<td>Participative management skills, including the power of influence and shared decision making.</td>
</tr>
<tr>
<td>Germinators: Spread the Word, Not the Germs</td>
<td>Reviewing current and proper ways of preventing the spread of germs in early childhood programs.</td>
</tr>
<tr>
<td>Happy Mealtimes for Healthy Kids</td>
<td>Participants will learn how to create a pleasant environment for mealtimes, including tips about picky eaters.</td>
</tr>
<tr>
<td>It’s All In The Process: Open-Ended Art</td>
<td>Explains the meaning of open-ended art, why it is important, and gives art ideas to use with children.</td>
</tr>
<tr>
<td>Kids In Crisis</td>
<td>This training reviews traumatic events that can lead to challenging behaviors (and how to respond). We will review correct COA and documentation as well as sharing concerns with parents and making referrals.</td>
</tr>
<tr>
<td>The Third Teacher: Arranging the Active Learning Environment</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>What’s Temperament Got To Do With It?</td>
<td>Caregivers will explore the nine temperament traits. They will look at how their own temperament influences their caregiving. Caregivers will learn to use this information to individualize care.</td>
</tr>
<tr>
<td>When’s Mommy Coming Home?</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>
</tbody>
</table>

Looking for trainings for your Meal Service and Nutrition Specialists? Kellie Smith will be providing a training on **October 24th 2PM-4PM** at **Forrest Burdette Children’s Outreach Ministries** focusing on new ways to make proteins using products from leftovers and conversion factors. To register, please call Link CCR&R at 304-523-9540.

Kellie is a candidate for graduation in the Nutrition Program at Marshall University and is excited to begin sharing her knowledge with the community! For more information on Nutrition trainings, you may contact Link CCR&R at 304-523-9540 or RVCDS Food Program at (304) 523-3031.
Medication Administration

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

October 21st 4:00PM-8:00PM
December 11th 4:00PM-8:00PM

Medication Administration Recertification*

November 13th 5:00PM-7:00PM

Child Abuse and Neglect

October 16th 5:00PM-7:00PM
November 18th 5:00PM-7:00PM
December 18th 5:00PM-7:00PM

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

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

If your staff needs to be trained in Medication Administration or Child Abuse and Neglect, 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.

*Medication Administration Recertification
This training is only for individuals who have completed the original 4 hour Medication Administration training and are now up for renewal. Participants should be current on the WV STARS pathway. Procedures and updates in practices will be presented.

Getting your degree in Early Childhood Education just got easier!

T.E.A.C.H. WV has funding available for eligible early childhood educators and directors who would like to earn their degrees in early childhood. We offer scholarships ranging from 3-12 credit hours per year.

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

Visit our site or contact T.E.A.C.H. WV for information on our scholarships for Family Home Providers!

Contact T.E.A.C.H. for More Information!!!
T.E.A.C.H. WV
611 7th Ave, Ste 322
Huntington, WV 25701
Phone: 304-529-7603 Ext 118
Fax: 304-529-2535
TEACHWV@rvcds.org

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

Find us on Facebook at: https://www.facebook.com/#!/TEACHEarlyChildhoodWV

Check out our Blog at: http://teachwv.blogspot.com

Visit our Website at: www.wvearlychildhood.org
TRAILS CORNER

Are you in need of ideas for outdoor activities? Are you looking for ways to incorporate science and art into your program? What about ways to recycle some old materials you may have lying around? One particular childcare center in Mingo County recently partnered with other community agencies to resolve some of these issues while involving and educating the young children in their care.

Living Water Childcare Center in Williamson, WV recently held a community gardening project at their center. With a joint effort from Jackie Branch (center owner) and her staff collaborating with Mountain State Tire Processing, Mingo County Diabetes Coalition, Tug Valley High School Agriculture Program, a local beekeeper, and the Williamson Farmer’s Market, they were able to involve the children in a fun, educational, scientific, and colorful day of gardening.

First, Living Water received a $400 grant from the Department of Education Office of Child Nutrition which covered any supplies they could not get donated. The local beekeeper taught lessons on honeybees and handed out bee related activities to each child. Mt. State Tire Processing donated some old tires that the children painted and decorated, then used for potting. The Tug Valley Ag. Program donated flowers and plants and also demonstrated how to properly plant. Each child was given seeds to take home and encourage parent involvement.

The children participated in a tasting party which included some of the fruits and vegetables that were planted in the center’s gardens. The children also participated in the Two Bites Club which is sponsored by the US Department of Agriculture. This club encourages children to try two bites of a new food.

As you can see, Living Water found a way to incorporate science, healthy eating, and art all into one fun-filled day for their children. The staff found ways to involve all ages of children in some aspect of the day. This was a win for the staff, children and the community. For more information or ideas please feel free to contact the Professional Development Training Team.

PreQuIP- Preschool Quality Improvement Project

At the time of this event, Jackie Branch and Living Water Childcare Center in Williamson, WV was participating in a program through Link called a PreQuIP. While Jackie and her team developed this project, Jackie shares in the quote below that the help she received empowered her and her staff to try some awesome new things! As you can see, Jackie and her team are really making great strides in increasing quality care for our children. For more information, call Link CCR&R at 304-523-9540!

"The standards set by PreQUIP for Childcare are very high. We want Living Water Childcare Center to be held to very high standards because it assures high quality care for our children. The technical assistance and frequent monitoring by PreQUIP helped us meet our goal of being a premier center for childcare and child development."

- Jackie Branch— Williamson, WV

Food for Your Soul

Do you like to “yack?” Do you like to snack? If so, join us for an exciting evening of fun and participation amongst fellow Putnam County caregivers on Tuesday, October 14, 2014 from 6-8:30 pm at First Baptist Church Hurricane! This meeting will focus on “Clarifying Custody Laws.” Our newly founded group, “Yack ‘n Snack” invites you to become the caregiver you want to be with the help of others. This input will encourage you to try new ideas and will help put a smile back on your face. Seating is limited to 20 but ideas are unlimited. Call now to register for “Yack ‘n Snack” or for more information at 304-552-9552 (Dana). We hope to see you there!
Children have a natural tendency to create art, which lends support to the notion that art plays an integral role in early childhood programs. With art, it’s crucial for early childhood professionals to emphasize the process rather than the product. The word “process” implies that children are given the freedom to explore art materials, with no pressure to stay inside the lines or recreate a model. Process art is an open-ended sensory experience that includes experimenting with paint, mixing colors, feeling textures, and manipulating quantities. As a result, process art will most likely be EXTREMELY messy. Embrace the mess. Process art is about children being engaged, exploring, and experimenting.

Process art provides young children with open-ended explorations that appeal to multiple senses. Through these explorations, children gather input from the world around them, stimulating all developmental domains – language, cognitive, physical, and social/emotional.

Process art has positive impacts on language development because it provides opportunities for language acquisition through vocabulary building, sequencing, and storytelling. It also allows children to discuss uniqueness in their individual art and add printed words or dictate printed words.

Process art activities promote cognitive development by allowing young children the opportunity to practice skills that are imperative for learning. Granting children the freedom to experiment with different materials and allowing them to decide how these materials work together exercises a child’s imagination, as well as higher order thinking skills, such as predicting, connecting, and problem solving. Process art encourages growth in the physical domain by promoting motor skills. Fine motor skills, such as manipulating clay, painting, writing, and gluing help prepare children to master adaptive skills. Fine motor skills are also crucial precursors to handwriting. Larger scale process art activities encourage the use of gross motor skills, such as reaching to paint a mural, throwing paint to splatter on a canvas, jumping with paint sponges attached to your feet, and stomping on bubble wrap coated in paint.

Socially and emotionally, process art allows children to feel successful. Process art is all about the experience children have while they’re creating. If it has a nice end product, that’s great, but the end product is not the focus of process art. This makes process art activities a great confidence builder. When a young child feels pride in something they have envisioned and then created from start to finish, it helps boost their self-image.

As children explore a variety of art techniques and mediums, they also learn new ways they can freely express their ideas, which helps build connections that support growth across all developmental domains.

Looking for a better understanding of process art or some new ideas for process art with young children? Sign up to attend “It’s all in the Process: Open-Ended Art”.

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

Center Accreditation Support Services (CASS)...

The Center Accreditation Support Services (CASS), which has historically offered financial services and mentoring to child care centers applying for national accreditation, has been renamed to clarify its purpose and to expand without causing confusion. While originally serving only centers, the program has expanded to serve family child care, head start programs, and mentoring services for programs working toward Tier II quality status. The program is now called Quality Support Services.

The process for application is still the same. You can visit the webpage at [http://www.wvearlychildhood.org/WV_Quality_Support_Services.html](http://www.wvearlychildhood.org/WV_Quality_Support_Services.html) for more information. You may also contact Jessica Dianellos, Early Care and Education Specialist for the Division of Early Care and Education by email Jessica.L.Dianellos@wv.gov or by phone (304) 356-4605

…is now Quality Support Services!
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