



Kids Quarterly Press

A Newsletter of Choices Child Care Resource and Referral

October, November, & December 2022

Best Wishes, Kristy!



As some of you may know, our Program Director, Kristy Ritz, has accepted a new position as the Executive Director of the West Virginia Association for Young Children (WVAYC). Kristy has served as Program Director at Choices since 2012. Prior to that she had a variety of roles within our program. She was initially hired in 2004 as a Case Manager. She left his position to become a classroom teacher for Head Start. A few years later Kristy returned to Choices as an Early Childhood Specialist, and was later promoted to Supervisor. From there she was promoted to Program Director and remained in that position until September 2, 2022. While we are sad to see her go, we wish her nothing but the best in her new role. We are sure she will do an excellent job advocating for childcare providers, young children, and families in West Virginia!

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Upcoming Events

naeyc
annual conference

November 16-19, 2022

**Walter E. Washington
Convention Center**

Washington, DC

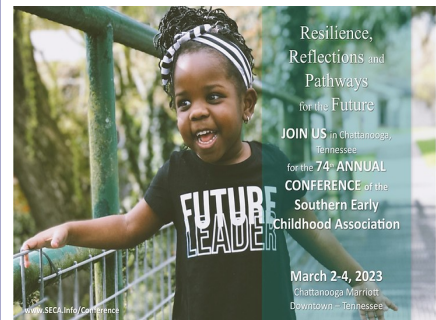


For more information visit www.naeyc.org

Save the Date!

**SECA 2022
March 2-4, 2023
Chattanooga, TN**

Visit www.seca.info/conference
for more information



Celebrate the 23rd Annual Lights On Afterschool Oct. 20, 2022!

Launched in October 2000, Lights On Afterschool is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. The effort has become a hallmark of the afterschool movement and generates media coverage across the country each year.

The Afterschool Alliance organizes Lights On Afterschool to draw attention to the many ways afterschool programs support students by offering them opportunities to learn new things—such as science, community service, robotics, Tae Kwon Do and poetry—and discover new skills. The events send a powerful message that millions more kids need quality afterschool programs.



Important Updates



Congratulations!

Choices would like to congratulate Lisa Starkey, family child care facility operator, for receiving the West Virginia Breast Feeding Friendly Child Care designation! If you are interested in receiving this designation for your program, contact your Infant Toddler Specialist.

Alicia Hundley,
304-622-6528

Alicia.M.Hundley@wv.gov

Alicia Mazariego,
304-485-2668

Alicia.W.Mazariego@wv.gov

New Infant-Toddler Curriculum Approved

The Program for Infant/Toddler Care (PITC) curriculum has been approved by the WV Tiered Reimbursement Program. This curriculum is for use with 0-3 age groups in both family childcare settings and center-based programs. It can be used as a primary curriculum or as a supplement. If you have participated in WVIT, Great Beginnings or other activities facilitated by the Infant/Toddler Specialist Network then you are familiar with PITC program philosophies and are now eligible for an opportunity to participate in the pilot roll-out of the PITC curriculum.

Below is a sampling of what will be offered:

- A complete copy of the PITC Curriculum valued at \$350 for each participating classroom.
- WV STARS registered technical assistance throughout the pilot
- Personal stipend for enrolled participants
- Bonus award for the program upon completion

Requirements for participation:

- Must have a current Provider Service Agreement
- Must attend Great Beginnings 2022 for the kick-off
- Must commit to at least 6 months of coaching, TA, & training
- Must have completed WVIT or be enrolled in an upcoming class (ACDS semesters 1 & 2 after 2018 can be substituted).

Please contact Alicia Hundley, or Alicia Mazariego, Infant Toddler Specialists, for more information or to register for this exciting opportunity.

Who's New At Choices?

Hello everyone, my name is Meagan Bragg and I am so excited to be working at Choices CCR&R! I obtained my bachelor's degree in Child Development and Family Studies from West Virginia University. I have worked in childcare as both lead and assistant teacher, as well as for WV Birth to Three as a developmental specialist. Most people who know me, know how passionate I am about early childhood education. I have always enjoyed helping others, teaching and working together to provide the best care for our children and families!



Important Updates



ACDS

Apprenticeship for Child Development Specialist

- Program for child care workers working a minimum of 20 hours a week.
- Combines 4 semesters of coursework with on the job training.
- Participants include employees of child care, family child care, after school, head start, home visitation, and public pre-k and kindergarten.
- Classes held locally.
- High school diploma or WV equivalency required.
- Students who have WVIT 1 can begin in semester 2!





Semester 1 classes coming in January 2023!

Contact Us in Wood, Ritchie, Pleasants, or Wirt Counties

Gwen Crum
304-424-1969
gwen.crum@mail.wvu.edu
www.wvacds.org



Date and Time	Title and Presenter/Description	Core Competency	Location
Online Professional Development Calendar			
October 3, 2022	Mind in the Making-R Administrator's Overview	Shannon Valles	
12:00pm – 2:00pm	Directors Only. This session will provide an overview of Mind in the Making, a series of modules about the science of early learning. <i>Center directors must attend before registering staff for Mind in the Making Series.</i>	AM	Online
October 6, 2022	Mind in the Making-R Series 	Shannon Valles	
6:00pm – 8:00pm	This series shares research on how children learn and how to encourage engaged learning. (8 Sessions: Oct. 6, 13, 27, Nov. 3, 10, 17, Dec.1, 8).	Various	Online
October 11, 2022	WVIT-R Administrator's Course	Alicia Mazariego	
10:00am-12:30pm	This course is an overview of the West Virginia Infant Toddler-Revised Course. It is intended for Center/Facility directors to help support staff learning and implementation. This class is made up of two live, online sessions and 4 self-paced online sessions. Participants must complete each session (Session dates Oct. 11 & 13).	PL	Online
October 26, 2022	Director's Toolbox: Inspiring Peak Performance	Marcy Mueller	
12:00pm – 2:00pm	Imagine a place where teachers saw each new day as an opportunity to expand their competence and confidence and support one another in moving toward a shared vision of program excellence. Envision what your supervisory practices, professional development activities, and performance appraisal system would look like in such a work setting.	PL/AM	Online
November 7, 2022	WVIT-R	Alicia Hundley	
5:00pm-8:30pm	WVIT-R is the new, updated infant toddler course. It contains 12 live sessions, 2 TACIT visits, and 4 self-paced online sessions. This class will meet virtually once a week until January 30, 2023.	Various	Online
November 23, 2022	Director's Toolbox: From the Inside Out	Marcy Mueller	
12:00pm-2:00pm	Through thought-provoking questions and engaging exercises, you'll have an opportunity to reflect on where you are in your journey through adulthood, determine the gap between your current and ideal work environment, and become a self-mentor for envisioning new possibilities for the decades ahead.	PL/AM	Online
December 5, 2022	RR Spreading HOPE 	M.Morris/S. Valles	
6:00pm-7:30pm	The HOPE training will cover the effects of ACEs and PCEs on adult outcome, and how to incorporate the HOPE framework into your practice.	CGD/ FCR	Online
December 7, 2022	Reducing the Use of Exclusionary Discipline in Childcare Settings	Meagann Morris	
12:00pm-2:00pm	Different types of exclusionary discipline will be defined. The negative impacts of these practices, as well as positive alternatives will be discussed.	EC	Online
December 14, 2022	Director's Toolbox Series	Marcy Mueller	
12:00pm-2:00pm	The Director's Toolbox Series (every Wednesday through January 25th) offers 7 engaging and interactive online professional learning experiences that focus on the core leadership and management competencies childcare directors need. Participants must complete each session to receive credit.	Various	Online

Date and Time	Title and Presenter/Description	Core Competency	Location
Wood County Professional Development Calendar			
October 24, 2022	WVIT-R		Alicia Mazariego
5:00pm-8:30pm	WVIT-R is the new, updated infant toddler course. It contains 12 live sessions, 2 TACIT visits, and 4 self-paced online sessions. This class will meet face to face once a week until January 30, 2023.	Various	Choices Parkersburg
October 27, 2022	Infection Control		Lisa Galford
6:00pm-7:00pm	We will discuss blood borne pathogens and transmission, universal precautions, gloving, EPA information, disinfecting/sanitizing solutions, and exclusion.	HSN	Choices Parkersburg
November 2, 2022	Improving DAP in Preschool Classrooms		Meagan Bragg
6:00pm-8:00pm	This training will provide participants with information on how to create a Developmentally Appropriate Practice (DAP) environment for preschoolers. We will discuss what DAP looks like, resources to use, effective strategies, and how to plan appropriate activities.	CGD/EC	Choices Parkersburg
November 7, 2022	Quality Counts		Marcy Mueller
5:30pm-6:30pm	We are going to take an in depth look at program supports that are necessary to achieve and maintain quality childcare and the important role early childhood educators play within the process.	PL/AM	Choices Parkersburg
November 14, 2022	Morsels of Care		Meagann Morris
6:00pm-8:00pm	This course will discuss Kernels of Practice and how you can implement them in your setting. Conscious Discipline and ECPBIS will also be discussed.	EC	Choices Parkersburg
November 16, 2022	Stress Management		Renee Stonebraker
6:00pm-8:00pm	Facts about stress, how it affects our health, and healthy ways to deal with stress for adults and children.	Various	Choices Parkersburg
November 29, 2022	Building Better Lesson Plans		Jennifer Powell
6:00pm-8:00pm	Providers will learn how to strengthen their lesson plans by adding the early learning standards to developmentally appropriate activities.	COA/EC	Choices Parkersburg
December 3, 2022	Planning Your Professional Growth		Marcy Mueller
10:00am-12:00pm	This training focuses on professional growth of early education providers and how to identify goals for the future.	PL/AM	Choices Parkersburg
December 15, 2022	Time-out vs. Self-Regulation		Jennifer Powell
6:00pm-8:00pm	Family childcare providers will know the different impacts using timeout and self-regulation have on children, and know how to set up their environment and curriculum to support self-regulation.	Various	Choices Parkersburg

Date and Time	Title and Presenter/Description	Core Competency	Location
Harrison County Professional Development Calendar			
October 3, 2022	Morsels of Care	Meagann Morris	
6:00pm-8:00pm	This course will discuss Kernels of Practice and how you can implement them in your setting. Conscious Discipline and ECPBIS will also be discussed.	EC	Choices Clarksburg
October 8, 2022	Building Better Lesson Plans	Jennifer Powell	
10:00am-12:00pm	Providers will learn how to strengthen their lesson plans by adding the early learning standards to developmentally appropriate activities.	COA/EC	Choices Clarksburg
November 2, 2022	Picky Eaters	Renee Stonebaker	
6:00pm-8:00pm	How to encourage children to eat a variety of foods, including different cooking methods, family style meals, and food shapes.	HSN	Choices Clarksburg
November 10, 2022	Infection Control	Lisa Galford	
6:00pm-7:00pm	We will discuss blood borne pathogens and transmission, universal precautions, gloving, EPA information, disinfecting/sanitizing solutions, and exclusion.	Various	Choices Clarksburg
November 12, 2022	Quality Counts	Marcy Mueller	
2:00pm-3:00pm	We are going to take an in-depth look at program supports that are necessary to achieve and maintain quality childcare, and the important role early childhood educators play within the process.	PL/AM	Choices Clarksburg
December 17, 2022	Planning Your Professional Growth	Marcy Mueller	
10:00am-12:00pm	This training focuses on professional growth of early education providers and how to identify goals for the future.	PL/AM	Choices Clarksburg

Online Professional Development Policies

- You must register for each training in WV STARS and on the registration links provided
- Each participant must individually register and log in to the training to receive credit. Device/screen sharing is not permitted for WV STARS credit.
- Participants who call in to the training by phone without also logging in to a computer, smartphone, or tablet will not receive credit, as this type of attendance cannot be tracked.
- Participants who miss more than 15 minutes of a session or do not meet minimum proof of learning/participation requirements will not receive credit for attending.
- All participants are expected to remain active in each session by participating in polls, discussions, post-tests, etc.
- Any technical issues that occur during the session should be communicated with the trainer as soon as possible so they can be resolved.

In-Person Professional Development Policies

- Anyone with symptoms of any illness will not be permitted to attend training.
- Participants must follow applicable COVID safety precautions, including wearing masks and social distancing when recommended by CDC guidance.
- You must register at www.wvstars.org at least 24 hours in advance.
- Children are not permitted to attend training sessions.
- Participants who arrive more than 15 minutes late will not receive WV STARS credit.
- Sessions may be cancelled due to illness, inclement weather, or insufficient enrollment.

Online Health and Safety Training

Online Trainings Offered by Child Care Nurse Health Consultants and Child Care Health Educators

10/4/22	5:00-8:00 pm	Medication Administration
10/6/22	6:00-8:00 pm	All About Allergies
10/11/22	12:00-1:00 pm	Seizure Disorders (Lunchtime Learning)
10/13/22	6:00-7:00 pm	Respiratory Infections in Children
10/17/22	6:00-7:00 pm	Dealing with Lice
10/18/22	5:00-8:00pm	Medication Administration
10/19/22	6:00-8:00 pm	Let's Move
10/26/22	6:00-8:00 pm	Bed Bugs and Beyond
11/1/22	6:00-7:00 pm	Oral Health
11/3/22	5:00-8:00 pm	Medication Administration
11/8/22	6:00-7:00 pm	Infection Control in Child Care
11/9/22	6:00-8:00 pm	All That Sugar and Fat
11/12/22	8:00-11:00 am	Medication Administration (Saturday Morning)
11/14/22	6:00-7:00 pm	Ear Infections
11/16/22	5:00-8:00 pm	Medication Administration
11/17/22	6:00-7:00 pm	Infection Control in Child Care
11/29/22	6:00-8:00 pm	Beans...More Than Just Cute Songs
12/1/22	5:00-8:00 pm	Medication Administration
12/5/22	6:00-7:00 pm	Respiratory Infections in Children
12/7/22	6:00-7:00 pm	Itches and Scratches (New)
12/8/22	6:00-8:00 pm	Identifying Environmental Hazards 2 (New)
12/12/22	6:00-7:00 pm	Morning Health Checks
12/13/22	5:00-8:00 pm	Medication Administration
12/14/22	6:00-7:00 pm	Nutrition Basics
12/20/22	6:00-7:00 pm	Seizure Disorders

Save the Date: Family Childcare Conference!

Face to Face
Conference

Registration opens
September 1st!



2022

**Family
Childcare
Conference**

**Sparking
Adventures in
Literacy**

Discover how you
can add literacy
to your family
childcare program!

**SAVE
THE
DATE(S)**

**October 1st
Beckley, WV
&
November 5th
Martinsburg, WV**

Contact

Your TRAILS team for more
information.

Save the Date: FCC Provider Network!

CHOICES CCR&R

FAMILY CHILD CARE PROVIDER NETWORK

Join us virtually on October 6
at 6pm



For more information and to
join, contact Jennifer Powell
at 304-485-2668

Food and Fun

Fall Tree Snack

Ingredients: Pretzel sticks (long and short), paper plate, Apple Jacks cereal

Directions: Give children each a paper plate. Give each child 2 long pretzel rods for the trunk of the tree, and about 12 small pretzel rods for the branches. Allow them to create their own tree, then give each child Apple Jacks cereal to add in for fall colored leaves to the top of the tree.



Autumn Leaf Bugs

Materials: Leaves, small rocks, stems, flowers, sticks, pinecones, etc.

Directions: Have children do a nature hunt outside your program or ask children to bring nature items from home to get a variety. Place leaves, sticks, rocks, flowers, stems, etc. in your sensory area. Discuss with children what type of bugs they may see in our area during Autumn. Let children create their own bugs out of the nature supplies. If children want to save their bugs, glue the pieces on cardstock with liquid glue. Allow adequate time to dry before moving the finished product.

Corn on the Cob Painting

Materials: Corn cobs, paint, paintbrushes, paper

Directions: Using several colors of paint allow children to use a paintbrush and paint several colors of paint on an ear of corn. When children are finished painting their corn have them roll their corn on the cob on a piece of paper to show different textures and colors.



Fall Bucket List

Directions: Make a bucket list with your group of children for this season. Decide on some fun things you want to do in the next 3 months (5-10 ideas max). Make the list visual for your group with pictures and words. Be creative and have fun! When you complete the items on your Fall bucket list cross them off. Children will love the challenge of completing the fun activities with you. You can even ask families to participate! Happy Fall!

For more Food & Fun ideas, contact Ashley Jobes, TRAILS Early Childhood Specialist, at Ashley.N.Jobes@wv.gov.

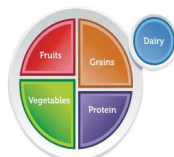
Child Care Food Program

Wood County: 304-485-9238 ext 18
Harrison County: 304-905-9867

www.frac.org

Benefits to child care providers include:

- Reimbursement for food costs
- Nutrition education & support
- Meal and snack planning
- Workshops & newsletters



West Virginia WIC provides nutrition & health education as well as other services free of charge to pregnant women, postpartum women, infants, and children up to the age of five.

www.wvdhhr.org/ons

West Virginia Children's Health Insurance Program

www.wvchip.org



Health care for children & expectant moms
Apply online at www.wvinroads.org

Choices Child Care Resource and Referral

4421 Emerson Ave, Ste 102

Parkersburg, WV 26104

304-485-2668 or 1-866-966-2668

www.wvdhhr.org/choices



**Choices Child Care Resource and Referral
Child Care Providers' Newsletter and Professional Development Information**

Choices Child Care Resource and Referral is a program of River Valley Child Development Services. This program 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.wvdhhr.org/choices.