



Child Care Connections

Connect CCR&R

July-September 2005

www.wvdhhr.org/connect

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

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Online Resources:

www.nccic.org

National Association of
Young Children

www.naeyc.org

National Child Care Infor-
mation Center

www.nafcc.org

National Association for
Family Child Care

www.nafcc.org

Summer Safety Tips *By: Olivia Cunningham, Early Childhood Training Specialist*

Children love the carefree days of summer. There's so much to do—bicycle rides, picnics, and time at the park! Enjoying the great outdoors is grand, but summer can present safety challenges, too. Here are some cautionary tips to beat the heat and stay safe this summer.



Sun Damage:

Playing in the sun can be fun but turn very uncomfortable quickly if you children get too much exposure. Follow these tips from the American Academy of Pediatrics to avoid painful sunburn and damage from ultraviolet rays:

- Avoid sun exposure for babies younger than six months
- The first and best line of defense against the sun is covering up
- Stay in the shade whenever possible and avoid sun exposure
- Use a sunscreen with

an sun protection factor (SPF) of 15 or greater. Apply sunscreen at least 30 minutes before going outside

- Reapply sunscreen every two hours



Dehydration: During activity, your body uses large

amounts of water and it's easy to become dehydrated. To prevent dehydration, you and your children should drink about a cup of water for every 30 minutes on hot days. Give the children their own plastic water bottles to encourage drinking before, during and after activities. Limit caffeinated and sweetened beverages, which can deplete the body of water.



The "Itches" of Summer: Expo-

sure to poison ivy, poison oak and poison sumac plants can cause allergic outbreaks and uncomfortable itching for many people. If you come

in contact with the sap of any of these plants, wash the exposed area and any clothing that has come into contact with warm to hot water. Know the plants in your yard and teach the children not to pick plants without first checking with an adult.



O h, T h o s e

Bugs!: Along with summer

fun come insect bites. Bites from common culprits such as mosquitoes, gnats, chiggers, ticks, bees and wasps can make anyone miserable. Some insects are carriers of serious diseases, so it is important to avoid the bites as much as possible. There are many safe and effective insect repellants that you can use to protect children, including those with DEET, citronella or soybean oil. **Remember to use only products that are safe for children**

Time Out for "Time Out" By: *Valerie Scipio, Behavior Support Specialist*

The purpose of discipline for young children is to teach coping skills and discourage inappropriate behavior. "Time out" is not a first choice, but a last resort technique for a child who is harming another or in danger or harming themselves. Used infrequently and for very brief periods (no longer than two or three minutes), time out may give a child the opportunity to calm down and cool off after a frustrating situation. Used often or inappropriately, time-out may not only be ineffectual - it may be damaging to the child.

The early years are a time for children to develop confidence and self control. When adults use time out inappropriately, they have a drastic effect on this crucial time in a child's development.

Before you consider giving a child a time out, make sure of the following:

- ⇒ Adults avoid using time out for infants and toddlers. Infants and young toddlers who do not understand why their behavior is unacceptable should be gently and positively directed to more acceptable behaviors or activities.
- ⇒ Your expectations of a child's behavior are realistic. A general knowledge of child development will help you identify when children are merely experimenting with their boundaries and when they are behaving inappropriately.
- ⇒ Time out should not be humiliating, nor should it make children feel threatened or afraid. There should not be a special chair or area assigned for time out - this reinforces the idea that time out is a punishment. Adults should never make a child feel ridiculed or isolated

during a time out period.

- ⇒ Time out is an opportunity for a child to clear his/her mind and rejoin the group or activity in a more productive state. The child should decide how to solve his/her own problems with love and support, and a time out may no longer be necessary.
- ⇒ Time out should be termed "time away". In all regards, time away is a time for the child who has lost control to be able to "cool off" and regain self-control in order to enter the group again.

One suggestion for those heated moments when providers feel like they are going to explode and the child is in the same space is to make a "safe spot"...or a cool off spot where everyone in the room knows you can go to regain self-control. It is positive in nature instead of a negative "time out". Create a "cuddle corner" (or any other name you can think of). The "cuddle corner" is an area in your home or center where there are soft pillows and quiet toys; there can even be soft music for the child to listen to. This safe haven becomes a place where the child knows they can go to "get away" and take a break from the frustrating situation. Here they can regain their self-control.

Remember the difference between discipline and punishment. Discipline is a time away that is open-ended where the child takes the time he/she needs to gain self-control. Punishment is a time out that banishes a child to a "thinking chair" for a set amount of time which is controlled by an adult.

What is your role in the development of the children in your care...to discipline them or to punish them, to humiliate them or to guide them?



Providers—Feeling Fenced In at Home?????

Come join the Region III Child Care Association! We can help you reach out to other Providers for support, advice and notification of training opportunities. We exist to HELP YOU run your business in a profitable and fulfilling manner. New providers will find help with getting started, meeting regulations, writing a contract and

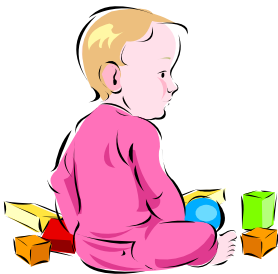
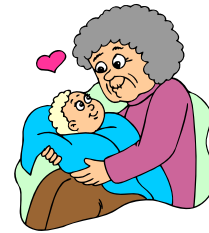
FINDING CLIENTS! Experienced providers will find a support network, and opportunity to help others get started and lobbying power. Meetings are the third Tuesday of every month from 6:30-8:00pm. Locations vary from month to month. For more information, call any trainer at (304) 344-8290 or 1-888-595-8290.

The June 2005 Region III Provider Association was held at Coonskin Park and much was accomplished. Plan on attending the July Association meeting. Bring another provider. You won't be sorry!

Core Concepts Contribute to the Development of Good Character in Infants, Toddlers and Two-Year-Olds

(adapted from *Young Children Magazine*, March 200)

1. Be reliable. Be there. Be the primary caregiver for a few children. Be kind to them. Don't yell at them. Comfort a child when he's sad. Say, "You're angry!" when she's mad. (Put the angrily frustrated toddler's feelings into words.) Then try to engage the baby or toddler in something fun. Talk to him. Play with her.



2. Realize that even babies are often busy. Notice what the child is doing or trying to do. Comment on it encouragingly. Don't interrupt! Wait till she's finished and begins restlessly roaming around or fussing. This is the perfect time for a lap game and a song or a story. (Forget group story time for this age. It's better to read to each child when he needs you.

3. Foster friendships between children. Encourage toddlers to be concerned about each other and to understand each other's feelings and needs. Explain these things to them when they're happening, not through lectures and lessons. Notice and praise each child when he or she does a nice thing for another child. Help individual children do *more* caring things for each other. Help toddlers become caring, sharing people.



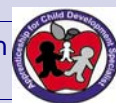
Be friendly with each parent no matter how you feel. Be professional! Talk with parents about tensions and touchy issues. Try to become mutually respecting partners—



Components of Quality (Developmentally Appropriate Practices) Training

Components of Quality is a new training being offered by Connect Child Care Resource and Referral beginning October 6, 2005. This training is an eight (8) week course that runs consecutively over eight (8) Thursdays. Providers will receive thirty-two (32) hours of professional development for successfully completing the entire eight (8) week course; as well as resources to use in your early childhood program. The schedule is as follows:

Date	Time	Module Number
October 6, 2005	3:30pm – 7:30pm	1: Extreme Makeovers-Space & Furnishings
October 13, 2005	3:30pm – 7:30pm	2: Not Just Routine
October 20, 2005	3:30pm – 7:30pm	3: For the Love of Literacy
October 27, 2005	3:30pm – 7:30pm	4: Implementing Your Curriculum
November 3, 2005	3:30pm – 7:30pm	5: Recipe for Relationships
November 10, 2005	3:30pm – 7:30pm	6: Building Blocks: A Program's Structure
November 17, 2005	3:30pm – 7:30pm	7: Including All Children (Needs)
December 1, 2005	3:30pm – 7:30pm	8: Communication is the Key



A requirement of these training modules is a pre- and post- on-site visit by the Training Specialist with each provider enrolled in the training. Participants of this training need to make every effort to be at all scheduled sessions and to be on time. Providers must be on the participant list in order to attend these sessions. NO walk in or stand by participants will be accepted and there will be no waiting list for individual sessions. However, the Components of Quality training will be offered on a rotating basis and a waiting list will be available for each eight (8) week block of sessions. **Providers interested in this training opportunity need to call Connect and speak with Olivia Cunningham at (304) 344-8290 ext. 35.**



We are proud to announce the following additions to the Connect staff:

Nora Dillard, Child Care Associate

Kelly Vickers, Receptionist

Accreditation

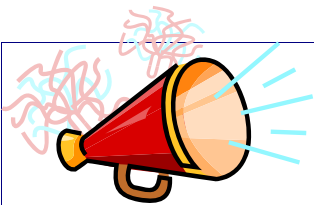
If you own a **child care center** and would like to be nationally accredited with the National Association for the Education of Young Children or NAEYC, you can log on to www.naeyc.org or call 800-424-2460.

If you are a **family child care provider** and would like to be nationally accredited with the National Association for Family Child Care or NAFCC, you can log to www.nafcc.org or call 619-466-8348.



Collecting Child Care Fees - An Update

Child Care Policy has been revised effective May 1, 2005. Child Care Policy now addresses the issue of child care providers charging Connect parents their child care fees in advance. According to the latest version of child care policy in section 5.2.4.2 "Fees may be collected up to 30 days in advance, the provider must credit to the following month or reimburse to the parent, the fee for any days paid, but not used." Please contact Connect Child Care at 344-8290 or 1-888-595-8290 for questions regarding parent fees or child care policy. Child Care Policy can also be viewed online at www.WVDHHR.org.



Calling All Child Care Providers..... We NEED You!!!

There are many benefits of becoming a Family Day Care Home Provider. Some benefits include:

- ◇ Working at home with your children
- ◇ Flexible scheduling
- ◇ Tax write-offs
- ◇ Extra income for those who work outside the home
- ◇ A chance to make a positive difference in the life of a child

Do you know of anyone who would be interested in becoming a Family Day Care Home Provider? If so, please have them call a Trainer at Connect Child Care Resource and Referral at: (304) 344-8290 or 1-888-595-8290.

Apprentiship for Child Development Specialist Training

Training is being offered for Journeypersons (graduates of ACDS) to become mentors for family providers who want to take the ACDS. A stipend will be offered for being a mentor. Participants will need to attend a one day training which will be held in Wheeling, West Virginia on June 29, 2005 at the Mull Center from 9:30am-3:30pm. Mentors will be required to visit their providers 2 hours every month. For more information, please contact Suzi Brodof at 1-866-WVA-ACDS extension 406 or access the website at wvacds.org for more information.

New ACDS classes will begin in the fall for anyone interested. Just call or log on for more information.

Training Calendar

Family Child Care Providers must complete First Aid and CPR training within six (6) months of registration. First Aid and CPR count toward the health and safety required hours. Two (2) hours of health or safety training plus an additional six (6) hours of training in three (3) other core competency (type of training-see list on right) areas are required each year according to the date on each individuals certificate of registration.



You may not bring children to any of the training sessions.

You must call Connect at

304-344-8290 or 1-888-595-8290 to register

WV Infant/Toddler Training Class

In order to attend this training the provider must:

1. Provide **DIRECT SERVICES** to infants and toddlers (Birth to 24 months)
2. Be able to **ATTEND ALL SIX (6) CLASSES** (48 hours)
3. Only two (2) providers per infant/toddler room may attend at once.

For more information on this class or future classes in Charleston and Ripley, please contact Stefanie Barker-Adkins

To help you identify the core competencies please use the following codes that appear at the end of each training title below:

CGD= Child, Growth and Development

HSN=Health, Safety and Nutrition

PIR=Positive Interactions and Relationships

C=Curriculum

COA=Child Observation and Assessment

FC=Family and Community

PM=Program Management

P=Professionalism

Clay County

Thursday, July 7, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Precious Beginnings	6:00pm-8:00pm
Tuesday, August 23, 2005	Introduction to ECERS/R	PM	Clay Co. DHHR	1:00pm-3:00pm
Monday, Sept. 26, 2005	Enemy Pie	PIR/FC	Precious Beginnings	6:00pm-8:00pm

Roane County

Wednesday, July 13, 2005	Block Play	CGD/C	CRI	1:00pm-3:00pm
Saturday, August 20, 2005	Enemy Pie	PIR/FC	Roane Co. Library	10:00am-12:00noon
Thursday, Sept. 15, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Building Blocks	6:30pm-8:30pm

Jackson County

Wednesday, July 20, 2005	Block Play	CGD/C	Jackson Co. DHHR	1:00pm-3:00pm
Saturday, Aug. 13, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Good Shepherd, Ravens.	10:00am-12:00pm
Thursday, Aug. 18, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Precious Memories	6:30pm-8:30pm
Thursday, Sept. 1, 2005	Discipline 911	PIR	Kid Care	6:30pm-8:30pm

Kanawha County

Wednesday, July 6, 2005	Discipline 911	PIR	Connect	9am-11pm
Thursday, July 7, 2005	Introduction to ECERS/R	PM	Cross Lanes Library	10:30am-12:30pm
Saturday, July 9, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Dunbar First Presby.	10:00am-12:00pm
Tuesday, July 12, 2005	Enemy Pie	PIR/FC	Dunbar Library	10:30am-12:30pm
Tuesday, July 12, 2005	Vision Screening Workshop	COA	Connect	4:30pm-8:30pm
Thursday, July 21, 2005	Block Play	CGD/C	Shining Light	6:30pm-8:30pm
Thursday, July 21, 2005	Promoting Soc. & Emot. Comp-Mod. 2	PIR	Dunbar First Presby.	6:00pm-8:00pm
Tuesday, July 26, 2005	Vision Screening Workshop	COA	Connect	4:30pm-8:30pm
Wednesday, July 27, 2005	Introduction to ECERS/R	PM	Connect	6:00pm-8:00pm
Saturday, July 30, 2005	Discipline 911	PIR	Connect	10:00am-12:00pm
Wednesday, August 3, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Connect	1:00pm-3:00pm
Saturday, August 6, 2005	Promoting Soc. & Emot. Comp-Mod. 2	PIR	Connect	10:00am-12:00pm
Monday, August 15, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Connect	6:00pm-8:00pm
Tuesday, August 16, 2005	Discipline 911	PIR	Connect	6:00pm-8:00pm
Wednesday, August 17, 2005	Block Play	CGD/C	Dunbar Library	10:30am-12:30pm
Thursday, August 18, 2005	Enemy Pie	PIR/FC	Clendenin Library	10:30am-12:30pm
Wednesday, August 24, 2005	Block Play	CGD/C	Connect	6:00pm-8:00pm
Thursday, August 25, 2005	Enemy Pie	PIR/FC	Good Shepherd Daycare Kanawha City	6:30pm-8:30pm
Saturday, August 27, 2005	Introduction to ECERS/R	PM	Connect	8:00am-10:00am
Saturday, August 27, 2005	Enemy Pie	PIR/FC	Connect	10:30am-12:30pm
Tuesday, September 6, 2005	Promoting Soc. & Emot. Comp-Mod. 1	PIR	Connect	1:00pm-3:00pm
Wednesday, September 7, 2005	Block Play	CGD/C	St. Albans Library	1:00pm-3:00pm
Friday, September 9, 2005	Discipline 911	PIR	Connect	10:00am-12:00pm
Saturday, September 10, 2005	Block Play	CGD/C	Connect	8:00am-10:00am
Saturday, September 10, 2005	Enemy Pie	PIR/FC	Connect	10:30am-12:30pm
Saturday, September 10, 2005	Promoting Soc. & Emot. Comp-Mod. 2	PIR	Connect	1:00pm-3:00pm
Tuesday, September 13, 2005	Enemy Pie	PIR/FC	Cross Lanes Library	5:00pm-7:00pm
Monday, September 19, 2005	Block Play	CGD/C	Sissonville Library	10:30am-12:30pm
Wednesday, September 21, 2005	Introduction to ECERS-R	PM	Connect	6:00pm-8:00pm
Thursday, September 22, 2005	Quiet Spaces for Infant/Toddler	PIR/C	Connect	6:00-8:00pm

Trainings In Review

- **Promoting Social Emotional Competence: Module 1 (Tier 1, 4.0/4.2 & 4.3, Social Emotional Development Domain, Standard 1 & 2)** : *The social-emotional development of young children is crucial to their success. Using the Teaching Pyramid, a model for promoting children's social-emotional development and preventing challenging behavior, providers will learn the importance of positive relationships with children, families, and colleagues, and how to create supportive environments. This is Module 1 of a two part series.*
- **Promoting Social Emotional Competence: Module 2 (same as above)**: *The social-emotional development of young children is crucial to their success. Using the Teaching Pyramid, a model for promoting children's social-emotional development and preventing challenging behavior, providers will understand when and where the most effective "teachable moments" are related to social skills and emotional regulation. Providers will be able to identify friendship skills and how to teach them. Providers will be able to define emotional literacy and identify five activities that build "feeling vocabularies." Providers will also learn key social-emotional teaching strategies. This is Module 2 of a two part series.*
- **Introduction to ECERS-R: (Tier 1, 7/7.6 & 7.7)**: *This training focuses on the Early Childhood Environmental Rating Scale (Revised Edition). Participants will learn the basic components of quality, what ECERS-R is all about, what ECERS-R is designed to do and why West Virginia uses the scale. Participants will also receive a scoring overview.*
- **PBS: Enemy Pie—Respecting Differences, Recognizing Similarities (Tier II, 3/3.1 & 3.4), Social Emotional Development, Standard 2 & 3)**: *This training will discuss the many differences and similarities, both physical and cultural, that we as a society share. Participants will learn how to convey respect to children, who in turn will convey respect towards others.*
- **Block Play: Building a Child's Future (Tier II, 1/1.1 & 4/4.1.4.2, 4.4 and 4.7), Social Emotional Development, Standards 1, 2 and 4, The Arts, Standard 3, Physical Health and Development, Standard 1 & 2, and Mathematics, Standards 1, 2, 3 & 4**: *This training will focus on the value of block play. Participants will learn how block play promotes development, what children learn through block play, and how to create an environment for the appropriate use of blocks.*
- **Discipline 911 (Tier I, 3/3.1, 3.3 & 3.4, Social Emotional Development Standards 1 & 2)**: *Useable information will be shared in addressing and discussing current behaviors in child care settings. General behavior issues that providers have in common will be resolved. Come ready to share your challenging behaviors. Effective strategies will be shared in aiding the provider to deal with these challenging behaviors.*
- **Quiet Spaces for Infants and Toddlers (Tier II, 1/1.1/1.2, 1.3, WVLSF All Domains)**: *Finding the right quiet spaces for children. Having the time to help children learn to take the positive energy to calm into relaxing times for fun stress free activities with mood changes for social emotional development.*

Summer Safety Tips, continued from page 1

and wash off the repellent when you return indoors. To keep children safe from insect bites, you can also:

- Keep as much skin covered with clothing as possible
- Wear light colored clothing
- Avoid scented products, which can attract bugs
- Make sure you change water in birdbaths, fountains, etc. Remove excess or unnecessary water from places where insects will breed.

(Adapted from Tips for a Safe Summer at www.babyzone.com.)

Bubble Fun

Summer is a wonderful time of year to get outdoors explore the wonderful world of bubbles. All ages—from infants to school age children (even we adults) enjoy watching bubbles float in the summer air. Preschool and school age children will love the process of making the bubbles (and it is a great way to share science and math concepts in a fun way). Please use caution when mixing and using bubbles. Adult supervision is required.

<p style="text-align: center;">Simple Bubbles</p> <p>What You Need:</p> <ul style="list-style-type: none"> • One cup of water • Two tablespoons of liquid detergent • One tablespoon of glycerin • 1/2 tablespoon of sugar <p>Mix together and use.</p>	<p style="text-align: center;">Giant Bubbles</p> <p>What You Need:</p> <ul style="list-style-type: none"> • Six cups of water • 3/4 cup corn syrup • Two cups dishwashing liquid <p>Mix together and let sit 4 hours before using</p>	<p style="text-align: center;">Colorful Bubbles</p> <p>What You Need:</p> <ul style="list-style-type: none"> • One cup granulated soap or soap powder • One quart warm water • Liquid food coloring <p>Dissolve soap in warm water. Stir in food coloring. Use.</p>
<p style="text-align: center;">Gargantuan Bubbles</p> <p>What You Need:</p> <ul style="list-style-type: none"> • One cup warm water • 1/4 cup blue dishwashing liquid • One tablespoon salt <p>Combine all ingredients. Mix well until salt dissolves. Use.</p>	<p style="text-align: center;">EZ Bubbles</p> <p>What You Need:</p> <ul style="list-style-type: none"> • 1/2 cup water • 1/2 cup liquid detergent • One tablespoon Cooking Oil <p>Mix together and use</p>	



The West Virginia Children's Health Insurance Program (WVCHIP) is a low cost health care plan for children and teenagers of working families.

There is no cost to apply and no premiums or deductibles to pay. WVCHIP covers doctor visits, prescriptions, vision screenings, dental exams and much more.....

Who is Eligible for WV CHIP?

- **Age-** Children Under age 19
- **Income-** Qualifying income is based on the family's monthly or yearly gross income (before taxes) and family size.
- **Insurance-** If your child is covered by another health insurance plan, or was covered at any time during the past six months, the child may not be eligible.
- **Copayments-** There are no copays on preventive care, dental, vision or generic prescriptions. Higher income families will be responsible for copays on inpatient services, outpatient procedures, non-well visits and emergency room visits. All members will be subject to a copay on brand name prescriptions.

Call Toll Free

1-877-982-2447

For more information, an application

Or to apply by phone.

You can also apply online at www.wvinroads.org

CPR and First Aid Resources

COUNTY	ORGANIZATION	CONTACT INFORMATION	TIME AND DATES	COST
Kanawha 	American Red Cross	(304) 340-3650	Log onto www.cwv-redcross.org for schedule	\$25.00 CPR/Infant & Child \$25.00 First Aid
	Charleston Area Medical Center	Francina Thomas (304) 539-6969	Call for schedule; varies	\$50.00
	Duff Ambulance Service	(304) 755-3355	Call for schedule and locations	\$15.00 per card
	Kanawha Ambulance Authority	Gary Davis (304) 345-2312 ext. 171	Usually last Friday of the month beginning at 5:30pm	\$10.00
	Jeff Elswick	(304) 595-2996 or (304) 419-6517	Call to schedule date and times	Call about pricing, he will give a good deal to providers or centers
Jackson 	Jackson General Hospital	Nancy Games (304)373-1516	2 nd Monday of every month; begins at 8:30 and usually out by noon	\$25.00 per class or \$35.00 for both
	Parent Educator Resource Center	(304) 273-3545	Offers once in spring and once in fall	\$5.00
Clay 	Clay Ambulance Service	(304) 587-2554	Offered on Saturdays; call for times and locations	\$15.00
	American Red Cross	(304) 340-3650	Log onto www.cwv.redcross.org for schedule	\$25.00 CPR/Infant & Child \$25.00 First Aid
Roane 	Roane County Emergency Squad	Jimmy Steenburgh (304) 927-3725	4 hour classes; schedule on an as needed basis	\$3.00 per card
	American Red Cross	(304) 485-7311	Call for dates and times	\$25.00 CPR/Infant & Child \$25.00 First Aid