

NewsLink



January, February and March 2005

DIRECTOR'S CORNER

Can you believe it's 2005? Happy New Year!

As the New Year begins, it's a good time to reflect and make new plans and goals. Have you been a **family child care provider** for a while and would like to make a change in your environment and the children you care for? Would you like to boost your business and provide a more professional service to the families you serve?

If your answer is yes to either of these questions, consider becoming an accredited family child care provider. The National Association for Family Child Care offers an accreditation process that will guide you through the process of becoming an accredited family child care provider. You can contact them at 1-800-359-3817 and ask for some information or you can visit them on-line at www.nafcc.org. Link Child Care Resource & Referral also has some further information for you, so give us a call and we will send that to you.

Child Care Centers, can also increase their capacity through accreditation. Being a licensed child care center and a nationally accredited center will

enable you to have more contacts with families as they move into the area. The state of West Virginia currently pays an addition \$4.00 per day per child on their subsidy program if you are an accredited center. You may contact the National Association for the Education of Young Children at 1-800-424-2460 or visit them at their web site at www.naeyc.org. Link Child Care Resource & Referral also has some further information for you, so give us a call and we will send that to you.

You may also be interested in becoming a part of a group of providers that you can share ideas with, discuss problems and have training. If you live in Cabell or Wayne County, there is an association for family child care providers called The Cabell-Wayne Family Child Care Association. If you would like to participate, you can contact Kim Brewer at 69706796 or Kathy Baker at 304-529-6246. If you do not live in Cabell or Wayne County but you are interested in forming an

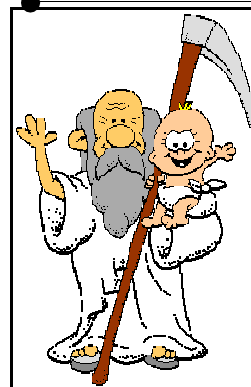
association in your area, contact me at the Link office and I will help you.

If you are a child care center, we have a Director's Council that meets once a month, usually in Huntington for all directors in our eight county region. If you are interested in this council but have never attended, you may call me for further information. It's good to get involved with other directors who encounter the same problems, obstacles and challenges that you face in an atmosphere where brainstorming ideas is a welcome discussion.

Have a Happy New Year

Judy Kachelreis

For more information about Accreditation see page 3...



Happy 2005!

Link Child Care Resource & Referral

A Program of River Valley Child Development Services

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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Attention!!!

The Core Competencies for trainings have changed as of January 2005. See the new Core Competency categories on page 4.

Look for the next newsletter in March!

Behavior Support Specialist

"You better watch out, you better not cry, you better not pout, I'm tellin' why....", you know the rest I'm sure. During the holiday season this song gets a lot of play. When it's not being sung, the message is still being delivered to children at home, school, and at day care. Actually, it's a tool adults use to control a child's behavior throughout the year, it's just that when the stakes are high (like when presents are possible), the tool gains more power, and seems irresistible to many grownups.

The 'tool' I am speaking of is of course fear. We just can't get enough of it. We take this very necessary emotional response to danger and use it to control others by even creating things to be afraid of. How effective would the institutions of health products, finance, insurance, politics, and advertisement in general be, without fear? They rely on truth or rational thought. Why, people might start making decisions based on reality and sound judgment, we wouldn't want that, would we? In a sense, I suppose some do the world a favor by training the next generation to be subject to fear and thereby ensure the above institutions will thrive, at the expense of the fearful. Incidentally fear, or

anxiety, is one of the main causes of emotional and psychological distress.

Fear is used to control others, which means they are not controlling themselves. Our goal as child care professionals is the opposite. Our goals are to teach children to manage their own behaviors and emotions, to be responsible for the former and not deny the latter. In effect, we are teaching children to be responsible, not obedient. Children learn responsibility through making decisions, experiencing the consequences of those choices, and in learning something from them. The consequences of some choices may include fear which is normal and appropriate. It is the demand for obedience through the use of fear that is not.

There are those who think obedience is the more desirable. But obedience means no questioning of right or wrong, no consideration of other options, no new way of doing things. The person in authority is always right and must be obeyed. Questions and new ways of doing things are just plain disobedience. Is this the future we want for the next generation? I hope not.

If we were all obedient women would we not have earned the right to vote, or work in public, the poor would not have the opportunity to attend college, the civil rights movement would not have happened, slavery would be alive and well, there would be no United States of America... It seems to me teaching children to be responsible, to have the courage to make mistakes and then learn from them, is far more preferable than teaching them to be obedient through fear.



Saun Floyd is the Behavior Support Specialist at Link . You can reach Saun at 523-9540 or 1-800-894-9540 or on the web at www.RVCDS.org



Earned Income Tax Credit (EITC)

The Earned Income Tax Credit (EITC) is a refundable federal income tax credit for low-income working individual families. When the EITC exceeds the amount of taxes owed, it results in a tax refund to those who claim and qualify for the credit.. If you want to claim the EITC you should make sure you are eligible for the credit before sending in your tax return. Link will have information for you as soon as it is available.



Cabell-Wayne FCC Association News

Please join us at the upcoming Cabell Wayne Family Child Care Association meetings:

February 12
10:00 at the Guyandotte Library

and

March 12
10:00 at the Guyandotte Library

Call Kim Brewer at 697-6796 or Kathy Baker at 529-6246 for more information.

Additional Accreditation Information...

More information about becoming an Accredited Family Child Care Provider:

What are the benefits of accreditation? Parents and children can both be confident that an accredited provider has been through a process assuring them that child care will be safe, nurturing, and appropriate for the child's age and development and will provide a healthy environment including good nutritional practices. The provider benefits from having a stable environment for children where he/she can thrive as a young child. Parents can go to work feeling confident that their children are safe and happy. Also, a provider can use this as a tool to improve or develop their business. If you are interested, contact Link for an information sheet with further information or visit the web site. **For more information log on** the web site for Family Child Care Accreditation at www.nafcc.org or call 1-800-359-3817.

More information about becoming an Accredited Child Care Center. Currently, in West Virginia, if you are an accredited child care center, your daily rate for subsidized children is an additional \$4.00 per day per child. Families looking for child care want to know that their children are happy and safe. The accreditation process helps parents decide where they would like to leave their children for care. The accreditation process includes a self-study by program personnel and families to determine how well the program meets NAEYC standards. If you are interested, contact Link for an information sheet with further information or visit the web site.

For more information log on the web site for Child Care Center Accreditation at www.naeyc.org or call 1-800-424-2460.

Contact WVECTCR
(West Virginia Early Childhood Training
Connections & Resources)
to inquire about financial support
for the application process.
1-888-983-2827

HUNTINGTON AREA EARLY CHILDHOOD CONFERENCE

Hats Off to
Early Care &
Education

April 15, 2005

Huntington,
West Virginia



REIMBURSEMENT GRANTS
UP TO \$150 ARE AVAILABLE
TO FAMILY CHILD CARE
PROVIDERS.

If you are interested, contact
Link Child Care Resource &
Referral and we will send you
an application.



A.N.G.E.L.S. Substitute Training

Free Substitute Training Available in
Cabell County Beginning January 13.
Class consists of classroom instruction
and on the job training opportunities.

Contact Shirley Topeka at
429-6167 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 training 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 bring a picture ID to all Trainings.

You must call Link at 523-9540 or 1-800-894-9540 to register.

To help you identify the core Knowledge you need to meet your Training requirements please use the following codes that appears at the end of each training title:

- CGD—Child Growth and Development
- HSN—Health, Safety and Nutrition
- PIR—Positive Interactions & Relationships
- COA—Child Observation and Assessment
- FC—Family and Community
- C- Curriculum
- P- Professionalism
- PM- Program Management



Inclement Weather Policy



The winter weather is upon us! If school is cancelled or delayed in the County in which a training is to be held, it will be rescheduled for another day. Also, if a

class is to be held on Saturday and the weather is questionable, please refer to Channel 3 or 13 for notice of a class that will be held at another time. Someone from Link will contact you with the new date as soon as possible.

WV Infant/Toddler Training

In order to attend this training the provider must:
 Provide **DIRECT SERVICES** for children **Birth to 24 months** and **Be able to ATTEND ALL SIX (6) CLASSES (48 hours).**
 Only one provider per infant/toddler room may attend at once.
 Space is limited to 20.

January 31, February 7, 14, 21, 28 and March 7
9:00—4:00 each day
West End Library—14th St. W, Huntington



Boone County				
Sat. Jan. 29	Working with School Age Children	CGD	Little Bow Peep	10:00—12:00
Sat. Jan. 29	The Language of Discipline	PIR	Little Bow Peep	12:00—2:00
Thus. Feb. 3	Make and Take	C	Coal River Branch Library— Racine	12:00—2:00
Cabell County				
Wed., Jan 5	Infant and Toddlers Environmental Rating Scale	CGD	Playmates—Westmoreland	9:00—11:00
Mon. Jan. 10	The Business of Family Child Care	PM	West End Library	3:00—5:00
Wed., Jan. 26	Jump Into Literacy	C	Gallaher Library	2:00— 4:00

Training Schedule Continued on Page 5

Thurs., Feb. 17	Hurry to Handle Your Fury	PIR	Eastwood Baptist Preschool	6:00—8:00
Thurs., Feb. 17	No More Broken Lamps: Safe Play for Dreary Days	HSN	Barboursville Library	5:00—7:00
Sat., March 12	Jump Into Literacy	C	Guyandotte Library	12:30—2:30
Sat., March 15	Challenging Behaviors: Where do we Begin? (4 hr.)	PIR	Main Library—5th Ave.	9:30—1:30
Sat., March 15	Infant and Toddler Environments (2 hour)	CGD	Main Library—5th Ave.	9:30—11:30
Lincoln County				
Sat., Feb. 12	Room Design and Discipline	PIR	Hamlin Library	10:00—12:00
Thurs. March 24	Let's Get Organized	PM	Hamlin Library	12:00—2:00
Logan County				
Thurs. Jan. 13	The Business of Family Child Care	PM	Logan Area Public Library	10:00—12:00
Thurs. Jan. 13	Infant and Toddler Environments	CGD	Logan Area Public Library	12:00— 2:00
Thurs., Feb. 10	Working with School Age Children	CGD	Logan Area Public Library	12:00—2:00
Thurs., Feb. 10	Fire Safety	HSN	Logan Area Public Library	2:00—4:00
Sat., March 5	Amazing Science Made Simple	C	Kiddie Kollege	10:00—12:00
Sat., March 5	Family Child Care Environments	CGD	Kiddie Kollege	10:00—12:00
Sat., March 5	Safe Play for Dreary Days	HSN	Kiddie Kollege	12:00—2:00
Sat., March 5	Hurry to Handle Your Fury	PIR	Kiddie Kollege	12:00—2:00
Mason County				
Tues. Jan. 11	Hurry to Handle Your Fury	PIR	Mason County Library	10:00—12:00
Tues. March 15	Family Child Care Environments	CGD	Mason County Library	1:00—3:00
Mingo County				
Sat., Jan. 8	Challenging Behaviors—Where do we Begin?	PIR	Bethal Temple, Nolan	10:00—2:00
Thurs. March 10	Let's Get Organized	PM	Matewan Library	2:00 —4:00
Putnam County				
Thurs., Jan. 20	The Business of Family Child Care	PM	Putnam County Library	10:00—12:00
Thurs., Feb. 17	No More Broken Lamps: Safe Play for Dreary Days	HSN	Putnam County Library	2:00—4:00
Sat., March 5	Challenging Behaviors—Where do we Begin?	PIR	Putnam County Library	10:00—2:00
Wayne County				
Sat., Jan. 15	Amazing Math and Science Made Simple	C	C-K Library	10:00—12:00
Mon., Feb. 7	Let's Get Organized	PM	Wayne Library	10:00— 12:00
Mon., March 28	Hurry to Handle Your Fury	PIR	C-K Library	10:00—12:00



See Page 4 for other Training Opportunities, Information about the West Virginia Infant/Toddler Certification and Training and the Core Competency Codes.

COOKING WITH CHILDREN: KIDS IN THE KITCHEN

Children learn by touching, tasting, feeling, smelling, and listening. They love to help prepare food and cook because they can use all their senses. Children like to eat the foods they make. Plan ways the children in your care can help you. Be sure to consider the age of the child.

Two-year-olds are learning to use the large muscles in their arms. They will enjoy activities such as:



- scrubbing vegetables and fruits
- wiping tables
- dipping vegetables and fruits
- tearing lettuce and salad greens
- breaking bread for stuffing
- snapping fresh beans

Three-year-olds are learning to use their hands. Try activities such as:

- pouring liquids into a batter
- mixing muffin batter
- shaking a milk drink
- spreading peanut butter on firm bread (This may be messy!)
- kneading bread dough



Four- and five-year-olds are learning to control smaller muscles in their fingers. Offer them experiences such as:

- rolling bananas in cereal for a snack
- juicing oranges, lemons, and limes
- mashing soft fruits and vegetables
- measuring dry and liquid ingredients
- grinding cooked meat for a meat spread
- beating eggs with an eggbeater

IMPORTANT POINTS TO REMEMBER

- Good cooks of all ages always wash their hands before cooking.
- Tell children to wait until the dish is done before sampling it. This will help prevent illness.
- Expect spills and messes.
- Children have short attention spans. Give them quick, simple jobs, and give instructions one at a time.
- Children get excited and forget. Repeat directions as often as needed.
- Young cooks need constant supervision.
- Give children jobs to help with cleanup.

RECIPES FOR HELPING HANDS

ONE-BOWL FRENCH BREAD

Children love to knead and shape dough. Allow plenty of time for the children to do as many tasks as possible.

- 3 to 3 1/2 cups unsifted flour
- 1 package dry yeast
- 4 teaspoons sugar
- 1 1/2 teaspoons salt
- 2 tablespoons soft margarine
- 1 1/2 cups very hot water



Combine 1 cup flour, sugar, salt, and undissolved dry yeast in a large bowl. Mix thoroughly. Add margarine. Add very hot water gradually to dry ingredients. Beat 2 minutes. Add 1 cup of flour or enough to make a thick batter. Beat 2 or 3 minutes. Stir in enough additional flour to make a soft dough. Cover bowl tightly with plastic wrap.

Let rise in a warm place for 45 to 60 minutes. Stir dough down and turn out onto heavily floured surface. After washing children's hands, flour them and have them knead dough until it is smooth. Shape dough into one large oblong or let the children experiment with different shapes and sizes. Try pretzels, animals, letters, numbers, or holiday shapes.

Place on a greased baking sheet and let rise (40 to 50 minutes for a large loaf, less time for small shapes). Bake at 400 degrees Fahrenheit (40 minutes for a large loaf, 8 to 10 minutes or until golden brown for small shapes).

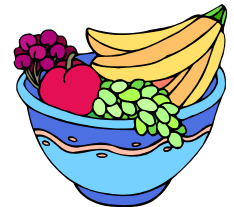
TASTY TORTILLAS

- flour tortillas
- cooked ground beef, cheese, refried beans and other vegetables for tortilla filling

Give a tortilla to each child. Fill with cooked ground beef, cheese, and/or vegetables.

WALDORF SALAD

- 1 stalk celery
- 1 apple
- 1 banana
- 1 orange
- 1 cup seedless grapes, cut in half
- 1 cup low-fat lemon yogurt



Have children wash the celery, apple, and grapes. Children can peel the banana and orange. An adult should cut the fruit and celery into bite-size pieces. Have children place fruit and celery in a large bowl. Add yogurt and mix well.

FUNNY, FRUITY PIZZAS

- Low-fat mozzarella cheese slices
- English muffins, sliced in half
- Fruit (apple, banana, orange, or seedless grapes)



Have the children wash the fruit. Children can peel bananas and oranges or pluck grapes from their stems. An adult should cut the fruit into small pieces.

Split the English muffins. Give each child one half. Have the children place a slice of cheese on each muffin. Toast the English muffins until the cheese melts. Have each child top his or her muffin with fruit.

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Family child care connections 4(6). Urbana, IL: National Network for Child Care at the University of Illinois Cooperative Extension Service.

We are no longer offering **First Aid and CPR** . This list below is made available to you for resource purposes only. **Link is not responsible for the following trainings or registration for these trainings.**

Boone County

First Aid and CPR available at **Kanawha Co. Red Cross** (see above) or by request at **Charleston** 340-3650

Cabell County

First Aid and CPR available at **Triad Tech** 431 5th Ave. Huntington—529-7020. Cost is \$20 each.

CPR with First Aid available at **American Red Cross**. 1111 Veteran’s Memorial Blvd. 526-2999. Cost is \$55.07.

Logan County

First Aid and CPR available at **LEASA County Public Rescue** 26 1/2 Main Ave, Logan—752-0917. \$1 charge for card.

Classes also available at **Logan Regional Medical Center** 831-1556. \$1 charge for card and \$7.50 charge for book.

Mason County

Pleasant Valley Hospital offers First Aid and CPR Classes. Call 675-4340 to make an appointment.

Mingo County

Williamson Memorial Hospital—235-2014, Ext. 147. \$25 (CPR Only) \$65 (All components)

Putnam County

First Aid and CPR available at **Red Cross Building in Kanawha Co.**—1605 Virginia St. E. 340-3650 or cwv-redcross.org.

Evening classes are available. Child or Adult CPR—\$25, First Aid—\$20, Combination of two -\$36 or all three for \$40.

Classes also offered at **Red Cross Building in Putnam County**—3268 Winfield Rd. (Rt. 35) — 586-0238 or 340-3650

CPR and First Aid offered in So. Charleston by **Duff Ambulance Services** in Poca. 755-3355. Instructor—Fred Tillis.

CPR and First Aid is offered by Tina Kyle. 561-4674. \$35 for both.

Wayne County

First Aid and CPR available at **Salt Rock Fire Dept.** Instructor—Darrell Ennis. 733- 9040. \$26 for both or \$15 each.

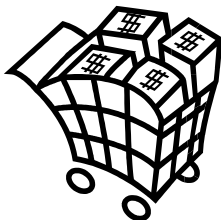
First Aid and CPR available. Instructor Kathy Parsons. 486-5991. \$20 each or \$30 for both.

You can contact local Hospitals or Fire Departments for other options.

Remember all of these fees are tax deductible.

Need Help With Food Costs?

The Child Care Food Program provides reimbursement to eligible day care providers who serve nutritious well-balanced meals and snacks, and helps to develop positive eating habits for young children enrolled in Family Child Care homes.



For more information contact your local Food Program:

Central Child Care
Serving Boone County
382-0797

River Valley Family
Day Care Food Program
523-3031 or 1-800-581-3031
Serving Cabell, Wayne,
Lincoln, Putnam, Mason and
Mingo Counties

Pride of Logan County
Serving Logan County
752-6868 or 752-1047

In accordance with the Federal Law and the U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, gender, age, or disability. USDA is an Equal Opportunity Employer. The Child Care Food Program is funded through the U.S. Department of Agriculture and is administered by the West Virginia Department of Education.

Grants available to Registered Family Child Care Providers

for purchase of equipment to meet health and safety requirements or to purchase curriculum materials. Contact Link at 523-9540 or 1-800-894-9540 for more information or to request an application .

Link Child Care Resource and Referral
c/o River Valley Child Development Services
611 7th Ave., Suite 200
Huntington, WV 25701
523-9540 or 1-800-894-9540



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