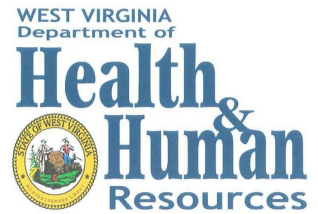




# NewsLink

A Newsletter of Link Child Care Resource and Referral



April, May and June 2013



*Planting the Seeds of Learning!*

**The Link CCR&R Early Childhood Team**

*Pictured from left to right:*

Paula Stewart,  
Infant Toddler Specialist

Shannon Taylor,  
Behavior Consultant

Tamara Turley,  
Early Childhood Specialist

Amber Collier,  
Early Childhood Specialist

Nikki Cavalier Rabel,  
Professional Development Supervisor

Virena Elkins,  
TRAILS Associate

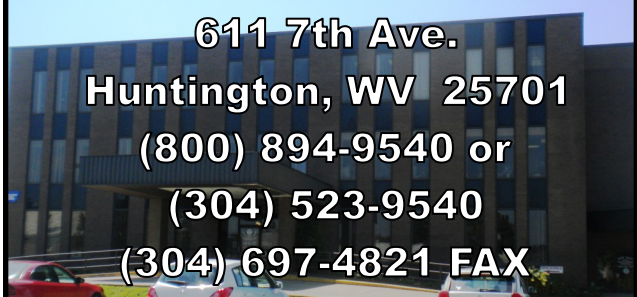
Tiffany Marcum,  
TRAILS Early Childhood Specialist



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Behavior Consultant/Early Childhood Specialist and TRAILS News	4-5
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**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**



**NEWSLINK**

**Save The Date!**

*2013 Huntington Area Early Childhood Conference  
April 26 & 27, 2013— Big Sandy Superstore Conference Center  
Contact Sarah McIntyre at [smcintyre\\_1@yahoo.com](mailto:smcintyre_1@yahoo.com) for more information.  
Friday Keynote: Kori Wilson—"Eat that Frog: Time Management Techniques"  
Saturday Keynote: Andrea Stanley—"You Know More Science Than You Think."*

**Leadership Institute Pre-Conference for the HAECC Conference**  
*April 25, 2013 - 9:00-4:00 Marshall University  
Cost \$45 Per Person (Breakfast, Lunch and Parking Included) Space is Limited !*



**Extreme Makeover! With Kori Wilson**  
*Spend a day at the SPA – Makeover your Stress, Personnel, and Authority.  
Learn how to better manage your stress, staff/co-workers and leadership style!*

*(Experiences, Techniques and Beauty Products included).  
This Leadership Institute is registered for six hours of WV STARS credit – You must attend entire session to receive credit.*

**Important  
Newsletter  
Change:**

**We are now sending  
the newsletter  
electronically .  
Please e-mail your  
e-mail address to  
[Tracey.D.Salyers@  
wv.gov](mailto:Tracey.D.Salyers@wv.gov)  
to be added to our  
data base.**

**If you do not have  
access to e-mail and  
would like to  
continue  
receiving a paper  
copy, please call  
Tracey at  
(304) 523-9540 or  
1-800-894-9540.**

**Do you work in child care and need or want to  
obtain your degree in early education?**



**T.E.A.C.H. Early Childhood® WEST VIRGINIA  
can help!**

**Scholarships available:**

**Associate Degree**  
Child Care Center  
Family Child Care  
Head Start

**Bachelor's Degree**  
Child Care Center  
Family Child Care  
Head Start

**Pre-K**  
Child Care Center  
Family Child Care  
Head Start

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

**Contact 304-529-7603 or [www.wvearlychildhood.org](http://www.wvearlychildhood.org) for more information**



## INFANT TODDLER CORNER

### Move It, Baby!



**Paula Stewart is the Infant Toddler Specialist at Link. You can reach her at (304) 523-9540 Ext. 228 or 1-800-894-9540 or [Paula.L.Stewart@wv.gov](mailto:Paula.L.Stewart@wv.gov).**

Dr. Emmi Pikler, a well-known and respected family pediatrician and researcher started the Pikler Institute a residential nursery and orphanage located in Budapest, Hungary. The Institute cared for children from birth to three years 24 hours per day, 7 days a week. Child care professionals throughout the world have adopted philosophies and infant care practices developed by Dr. Pikler. Unlike the sad images we see from the orphanages in Romania, the Pikler Institute is a model and has shown that children who live in institutions can grow up to be successful, productive adults.

Freedom of movement is one of the main elements of The Pikler Approach. Freedom of movement simply means infants are never put in positions that they can't get into by themselves. For example, they are not propped into a sitting position or even held in a standing one. Infants are never placed in restrictive devices such as infant seats, walkers, jumpers or high chairs. They are allowed to lie on their backs while awake or asleep until they are able to roll over by themselves. Videos from the Pikler Training Institute, (which I had the opportunity to attend in Charleston, SC this fall) show amazing footage of how much infants who have not mastered rolling over or crawling move about. Although always close by, adults do not interfere with the infants' movement. This freedom of movement gives children a strong sense of balance and coordination, as well as giving them a secure sense of calculated risk taking. Freedom of movement moves beyond gross motor development and allows an infants to develop a strong sense of competence as he learns that he can learn things on his own. The infants then develop emotional security and self confidence.

Fine motor skills are also supported with freedom of movement. Due to the sixty years of close observation of infants at the Pikler Institute, caregivers have learned to offer simple play materials that respond to what infants need at each stage. Because the infants are on their backs they have full use of their hands and arms allowing the freedom to explore all that they encounter. For example, young infants are offered simple cotton scarves that they can pick up, hold, wave and manipulate. The scarves are introduced at two months of age. Very young infants are captivated with the discovery of their own hands. Consider the limited possibilities of toys and mobiles dangling over infants faces. How frustrating it must be to an infant who can only look and bat at the brightly colored and often noisy objects dangling over their heads out of their reach. Then consider how interesting it is to have an object that can be manipulated, turned on all sides and mouthed so you can learn about the object properties. All infants will benefit from this type of activity but those from difficult situations will find calmness in an object that is predictable. One of the main goals of the Pikler Institute is to allow each child to fully experience self-initiated activities that she enjoys. This goal supports the Pikler philosophy that passive toys make active babies. Open-ended toys support more possibilities for the infants' imaginations than battery operated toys that run on their own. As an added benefit, think of the possibilities of how you could use the money you now spend on replacing batteries!

Reference: Gonzalez-Mena, J., Chahin, E. & Briley, L. (2005). "The Pikler Institute: A Unique Approach to Caring for Children." *Child Care Exchange*: 49-51. Print.

The Pikler Institute of Hungary



## WVIT II INFORMATION AND SCHEDULE

WVIT II consists of a 45 hour course for caregivers (10 classroom sessions and a practicum) and a six hour course for administrators). Caregivers and administrators enrolled in this program will have successfully completed WVIT I or WVIT I for Administrators. This professional development program aligns with WV STARS Core Knowledge and Core Competencies for Early Care and Education Professionals.



Administrators Module, Wednesday, April 10 from 8:00-3:00

All WVIT II sessions will be held from 4:00-7:30 at Link.

May 6, 13, 20, June 3, 10, 17, July 1, 8, 22 and 29.

## NEWSLINK

### BEHAVIOR CONSULTANT CORNER

Scottish poet Robert Burns wrote, "The best laid schemes o' mice an' men gang aft agley." What in the world does that mean? Well, in a nutshell, it means that no matter how carefully a project is planned, something may still go wrong with it. The same can be said for activities in your child care setting, especially if the time it takes to transition from one activity to the next is not taken into account. Often, it is that transitional time that can make or break the activity that follows it. You can help your child care activities be more successful by setting up more successful transitions. Here are a few tips:

- Build transitions into your schedule. PLAN for that time between events to be utilized to prepare the materials for the following activity. Preparing materials ahead of time (before the day even begins) is even better!
- Minimize the length of time children spend waiting with nothing to do, such as when standing in line or waiting on others to finish. Finger-plays and action songs are great time-fillers.
- Prepare children for transitions by providing a warning with ample time to move to the next activity. A timer of some sort can do the trick, but a song also works well for this. I recommend "Five More Minutes" by CareTunes\*, but any upbeat song that will be easily recognized by the children will also work!
- Teach children the expectations related to transitions. For example, "When you hear this song, it's time to clean up the activity you're working on and move to the Circle Time rug."
- Individualize supports and cues as needed. Some children just need a little extra support sometimes.



Shannon Taylor is the Behavior Consultant at Link. You can reach her for a phone consultation or to schedule a site-visit at (304) 523-9540 Ext. 432 or 1-800-894-9540 or [Shannon.N.Taylor@wv.gov](mailto:Shannon.N.Taylor@wv.gov)

Please be sure to allow plenty (but not too much) of time for transitions between activities. Short transitions can leave kids feeling overwhelmed and short-changed, while lengthy transitions can make an otherwise calm classroom seem chaotic and out of control, as kids tend to quickly lose interest when moving between activities. Whatever transition method you use (timer, song, etc.), make sure it can be used consistently throughout the day, every day.

*\*Writer's Note: I have not been paid, prompted, or coerced into promoting or endorsing CareTunes. I sincerely and genuinely think they rock! :)*

## EARLY CHILDHOOD SPECIALIST CORNER

### What is Open Ended Art?

*"The artist's world is limitless. It can be found anywhere, far from where he lives or a few feet away. It is always on his doorstep." ~Paul Strand*

Visual art is something that can be found in every classroom. Each day children think, create and display their artwork. Sometimes this artwork is created with a teacher's help or guidance and sometimes it is created solely by the child with materials the child has chosen for herself. The artwork that takes the child on a journey requires no model, and allows the child to choose materials is referred to as **open ended art**. It has endless possibilities. From the very first step the child is in control. The child makes decisions about what materials are needed and how to put those materials together. This type of artwork fosters cognitive development, creative expression, fine motor development, early literacy skills, and a sense of self worth. How can you incorporate open ended art into your classroom? Provide children with time and a wide variety of materials. Some suggested materials are listed below.

- Paper- colored paper, white paper, card stock
- Writing utensils- pens, pencils, colored pencils, crayons, markers, pastels, chalk
- Scissors
- Collage materials- old magazines, cardboard, tissue paper, feathers, scrap paper
- Glue and tape
- Miscellaneous- pipe cleaners, beads, glitter, paints (with different textures & types), paint brushes, stamps
- Nature items such as leaves, grass, seeds, sand, etc.

Children learn best when they are given the opportunity to play and explore. When a child creates an open ended art piece, you can ask the child to tell you about the artwork. Its amazing to hear what thought process the child went through to come up with her finished product. You also have the opportunity to watch this art work evolve. It may begin with a few scribbles on a page and end with a beautifully drawn family portrait. Children are always thinking. Open ended art gives them a creative outlet for their thoughts. Children are beautifully capable beings and it's amazing what we help them learn when we take a step back.



Tamara Turley is an Early Childhood Specialist at Link. You can reach her visit at (304) 523-9540 Ext. 430 or 1-800-894-9540 or [Tamara.D.Turley@wv.gov](mailto:Tamara.D.Turley@wv.gov).

# EARLY CHILDHOOD SPECIALIST CORNER

## Room Arrangement Tips



Amber Collier is an Early Childhood Specialist at Link. You can reach her visit at (304) 523-9540 Ext. 229 or 1-800-894-9540 or [Amber.N.Collier@wv.gov](mailto:Amber.N.Collier@wv.gov).

Over the past year, I have made several technical assistance visits to various family child care providers and center staff. Room arrangement seems to be a reoccurring topic in homes, facilities and centers alike. How should I set up my science area? What materials should I include in my cozy area? Where should this go? Where should that go? These are the questions that I encounter on a regular basis. Generally, you may want to include the following play areas: library, dramatic play, block, art/messy play, science and math, music and movement, and table toys/fine motor. For those of you looking to create new play areas or enhance your present ones, here is a list of room arrangement tips I have composed for you.

- **Library** - usually on a carpeted area. This area can double as a cozy area as well; include books, puppets, bean bag chairs, couches, pillows, stuffed animals, and other plush items. Separate this area from active play areas such as blocks or dramatic play.
- **Dramatic Play** - this noisy area can be positioned near the block area. It is comprised of dress up clothes, dolls, dishes, toy food, and unbreakable mirrors.
- **Block Area** - store blocks on low shelves and place on carpeted area to reduce noise; this area needs to have barriers so that block play is not interrupted by traffic; store accessories near blocks (accessories include: people, cars, road signs, small animals, trucks, airplanes, boats, etc.).
- **Music and Movement** - if offered during free play, place near active areas if no headphones are used; place musical instruments and accessories (scarves, ribbons, etc.) in plain view, cds, cd player, etc.
- **Art** - put near sink and on hard surface for easy clean up; include paper, crayons, paint, paint brushes, cut outs, smocks, an easel, foam rollers, stencils, colored pencils, cotton balls, glue sticks, yarn, etc.
- **Math & Science** - incorporate living plants and/or animals, science books, seashells, color paddles, magnets, feathers, globe, leaves, bubbles, measuring cups/spoons, games, shapes, etc.
- **Table Toys & Fine Motor** - place near table; materials should be comprised of writing tools, scissors, puzzles, lacing beads, play dough, interlocking blocks, etc.

Other tips:



You can reach Tiffany Marcum, TRAILS Specialist, and Virena Elkins, TRAILS Associate at (304) 523-9450, [Tiffany.R.Marcum@wv.gov](mailto:Tiffany.R.Marcum@wv.gov) or [Virena.G.Elkins@wv.gov](mailto:Virena.G.Elkins@wv.gov) to schedule a visit!

- Books can be placed in all centers. Ensure that books are rotated as children’s interests change.
- Create well defined paths and areas so that children can move quickly and easily from one activity to the next.
- Avoid long open walkways. Unbroken paths scream, “RUN!” to children.
- Don’t forget display! Children’s family photos, artwork, and other display should be exhibited. Place most display on children’s eye level. Children’s work should also dominate.

## TRAILS CORNER

Think you already know all about the TRAILS van and the resources we have? Did you ever stop and realize that the TRAILS van offers so much more than just tactile resources? Sure, most of you as providers are fully aware of the items that can be found on the van and many of you use the van regularly. The resources that you may check out from the van are wonderful. The children really enjoy getting to see and play with new things as they are introduced. This is an easy and fun way to foster their excitement and education. However, there are things that the TRAILS van can offer as assistance to you, the Provider. I would like to take some time and give you a few ideas of what TRAILS has for you.

Tactile Resources: For those of you who are not familiar with the actual resources for the children and the items that can be found on the van, the following is a short list of a few of them:

- Infant/Toddler Items
- Art Supplies
- Outdoor Equipment
- Science/Math/Music Equipment
- Dramatic Play
- Games/Puzzles
- Room Furnishings
- Manipulatives/Blocks
- Books/Media
- Resource Books

Just a reminder! We have storage areas for many more items. So, if what you need is not on the van that does not mean that we do not have it. It just may be somewhere else at that time or too large to carry, so please ask and we will be more than willing to try and locate the item for you.

Technical Assistance (TA): As the TRAILS Specialist, I am also a member of the Professional Development Training Team at Link. One of our rather new focuses as the Training Team is on Technical Assistance. Technical Assistance can be offered to both FCC providers and centers. It can also be done on either one particular room or center wide. TA includes things like room arrangement, help with curriculum, help with policies and procedures, coaching, mentoring, consulting, help with the ERS-R, etc. These TA sessions are registered with WVSTARS as training hours. The TRAILS Team is focused on assisting FCC providers who may not have easy access to TA options. We are able to come into your home and offer the TA on a very personal and one-on-one level in order to provide the most individualized assistance. Other members of the Training Team can be referred upon as needed.

If you are interested in receiving Technical Assistance from the TRAILS van, have questions or comments, or you would like to schedule a regular visit from the TRAILS van, please feel free to contact us. You can reach us by phone at 304-523-9540 ext. 112 or 122. You may also e-mail us at [tiffany.r.marcum@wv.gov](mailto:tiffany.r.marcum@wv.gov) or [Virena.g.elkins@wv.gov](mailto:Virena.g.elkins@wv.gov).

Date	Time	Location	Training
Mon. Apr. 1	8:30 - 2:00	Link Office Huntington	
Thurs. Apr. 18	1:00 - 3:00	Boone Co. Health Dept.	Knock Out Bullying
Wed. May 1	8:30 - 2:00	Link Office Huntington	
Thurs. May 28	1:00 - 3:00	Putnam Co. Library	When Families Grieve
Mon. June 3	8:30 - 2:00	Link Office Huntington	
Thurs. June 18	3:00 - 5:00	Mason County Library	When Families Grieve

**NEWSLINK**

**TRAINING CALENDAR AND INFORMATION**

**IMPORTANT TRAINING INFORMATION**

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.

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.

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. No cell phones or electronic devices may be used during the training sessions.

You may not bring children to any Link training session.

You must bring a picture ID to all trainings.

You are responsible for keeping your training certificates on file. All trainings we offer are registered with WV STARS.

You must register for training sessions at least 24 hours in advance.

**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.

**Codes for Training Chart**



**Core Competency**





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

**Tier**

- Tier I** Beginner Level
- Tier II** Intermediate
- Tier III** Advanced

**Targeted Age/Area**

- IT** Infant/Toddler
- PRE** Pre-School
- SAC** School Age Care
- CB** Center Based
- FCC** Family Child Care Providers
- ADM** Administration
- ALL** Targets All Areas

<b>Date of the Training</b>	<b>Title of the Training</b>	<b>* Core Comp</b>	<b>* Tier</b>	<b>* Target Age/Area</b>	<b>Location of the Training</b>	<b>Time of Training</b>
<b>Cabell and Wayne Counties</b>						
Wed., April 10	Take Note: Child Observation and Assessment 	COA	II	All	St. Joe Catholic School 1326 6th Ave., Huntington	4:00—6:00
Thurs., April 18	There's a QUAIL in my Classroom 	C	II	All	C-K Library 1200 Oak St., Kenova	2:00—4:00
Tues., April 30	Food for Thought: Eating Well on A Budget 	HSN	II	All	Link CCR&R 611 7th Ave, Huntington	2:00—4:00
Beginning, May 2	WVEFCC Modules. See page 10 for more information. 	Varies	II	FCC	Link CCR&R 611 7th Ave, Huntington	3:00—7:00

**See Page 8 for a Descriptions of Training Sessions!**



Date of the Training	Title of the Training	* Core Comp	* Tier	* Target Age/Area	Location of the Training	Time of Training
<b>Cabell and Wayne Counties, Continued</b>						
Beginning May 6	WVIT II—See page 3 for more information 	All	I	IT	Link CCR&R 611 7th Ave., Huntington	4:00—7:30
Beginning June 4	Mind in the Making Modules . See page 9 for more information	PM	II	All	Link CCR&R 611 7th Ave., Huntington	4:00—6:30
Thurs. June 6	There's a QUAIL in my Classroom 	C	II	All	Link CCR&R 611 7th Ave., Huntington	5:00—7:00
Thurs. June 27	The Business of Family Child Care	PM	II	FCC	C-K Library 1200 Oak St., Kenova	1:00—3:00
Wed. June 12	Degree for Me? It's as easy as 1-2-3! 	P/PM	I	All	Link CCR&R 611 7th Ave. Huntington	4:30—6:30
<b>Logan, Mingo and Boone Counties</b>						
Thurs. April 18	Knock Out Bullying	PIR/C	II	PRE/SAC	Boone County Health Dept. 213 Kenmore Dr. Danville	1:00—3:00
Thurs. May 16	It Takes A Village 	FC	I	All	Logan Library 1 Wildcat Way, Logan	1:00—3:00
<b>Lincoln County</b>						
Tues. May 28	Not in My Backyard: Drug Endangered Children	HSN	I	All	Hamlin Library Lynn St., Hamlin	6:30—8:30
<b>Mason County</b>						
Tues. June 18	When Families Grieve 	FC	II	All	Mason County Library 508 Viand St., Pt. Pleasant	3:00—5:00
<b>Putnam County</b>						
Mon. April 1	Let's Talk About Biting 	PIR	II	IT	Forrest Burdette 2848 Putnam Ave, Hurricane	6:30—8:30
Thurs. April 11	Challenging Behaviors: Where do we Begin?	PIR	I	All	Lighthouse 2440 US Rt. 60, Hurricane	6:00—8:00
Thurs. May 2	Not in My Backyard: Drug Endangered Children	HSN	I	All	First Baptist Academy 2635 Main St., Hurricane	6:30—8:30
Thurs. May 16	There's a QUAIL in my Classroom 	C	II	All	Putnam County Library 4219 Rt. 34, Hurricane	10:00—12:00
Tues. May 28	When Families Grieve 	FC	II	All	Putnam County Library 4219 Rt. 34, Hurricane	1:00—3:00

## NEWSLINK

## Descriptions of Training Sessions:

<b>Challenging Behaviors: Where Do We Begin?</b>	This training will discuss the meaning of "challenging behaviors" and ways to change our perspectives.
<b>Business of Family Child Care, The</b>	Providers will learn how to decrease business risks of family child care, how to track income, how to maximize profits, and how to create effective routines.
<b>Degree for Me? It's as easy as 1-2-3!</b> 	Have you ever thought about going back to school and earning a degree? T.E.A.C.H. WV is here to help! This two hour training will introduce you to the T.E.A.C.H. WV program and show you how you can be on your way to earning a degree in three easy steps. Come find out about the program's benefits and discover what T.E.A.C.H. WV can do for you.
<b>Food for Thought: Eating Well on a Budget</b> 	Healthy eating can give you the energy you need to juggle daily responsibilities with building strong relationships. Sesame Street has created this workshop to help you develop positive steps and strategies to keep children healthy while dealing with budget and/or time constraints.
<b>It Takes a Village</b> 	This training is designed to increase awareness of the impact of poverty on early childhood.
<b>Knock Out Bullying</b>	This training helps providers learn about the different types of bullying, how to identify a bully, and strategies and techniques to prevent bullying and resolve conflicts.
<b>Let's Talk About Biting</b>	Sally got bit again how am I going to tell her parents? What am I going to tell the parents of the child doing the biting? How can I get the biting to stop? Providers will explore strategies to answer these questions and create a calmer environment for the infants and toddlers in their care.
<b>Not in My Backyard: Drug Endangered Children</b>	Drug abuse has a significant impact on our youngest citizens. Caregivers will learn to recognize behaviors and symptoms of drug abuse; as well as how drug abuse affects the children in a drug endangered environment. Caregivers will recognize the ingredients of a methamphetamine lab and learn the environmental dangers these labs create.
<b>Take Note: Child Observation and Assessment</b>	Take Note: Child Observation & Assessment Participants will learn how to effectively record child observations. Various assessment methods will also be discussed
<b>There's a QUAIL in My Classroom</b> 	In this training, providers will learn to create environments that promote Quality care, utilize Understanding teachers, are Adaptive to meet individual needs, use Intentional teaching, and promote Learning.
<b>When Families Grieve</b> 	This workshop focuses on ways to support families and children during the death of a loved one.



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>



# Mind in the Making



Mind in the Making Class  
Dates:

June 4, 11, 18  
July 2, 9, 16, 23, 30  
August 6, 13, 20 and 27

Each class will meet from  
4:00– 6:30 at Link.

The ***Mind in the Making Modules*** are a 12-part learning process that uses research on children’s development, on how children learn and how teachers can encourage engaged learning. The ***Mind in the Making Overview*** is a quick look at the series and is ***required*** for child care center/facility directors to attend before sending their teaching staff to the 12 module series. By completing this class, you will receive the ***Mind in the Making book*** by Ellen Galinsky!

**\$150 in Resources and Training Credit worth 2 years!**

***Mind in Making 12 Module Series*** is WV STARS registered training comprised of 45 hours in these Core Competency areas: Child Growth/Development (6), Positive Interactions/Relationships (12), Curriculum (15) Observation/Assessment (3) and Professionalism (9) See the list of class dates to the left.

***Mind in the Making Overview*** is WV STARS registered—  
1.5 hours in Program Management.  
**Tuesday, May 28 from 1:00 - 2:30**

Contact Tamara Turley at (304) 523-9540, Ext. 430 or [Tamara.D.Turley@wv.gov](mailto:Tamara.D.Turley@wv.gov)

## MEDICATION ADMINISTRATION



The following Medication Administration Classes will be held in the 1st Floor Conference Room at Link:

<b>Thursday, April 18</b>	<b>3:00—7:00</b>
<b>Tuesday, May 14</b>	<b>4:00-8:00</b>
<b>Saturday, June 29</b>	<b>9:00-1:00</b>

**You must be on the STARS Pathway in order to take the class.**

If your staff needs to be trained in Medication Administration, 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.**

## ACDS CORNER

The ACDS Instructor’s Academy will be June 24-28, 2013. Applications must be submitted to the ACDS office, attention Sherrie Barrett, by April 26, 2013. For more information pertaining to instructor qualifications please visit our website at [www.wvacds.org](http://www.wvacds.org). Follow the academy link under the instructor’s tab.

ACDS is accepting applications to become a mentor. ACDS utilizes mentors for family child care providers and facility and center directors. ACDS mentors must complete a mentoring application and attend a mentor training. ACDS mentors meet monthly with their mentees to provide support, sign on-the-job training logs, and answer any questions mentees may have. Qualifications for being a mentor include: a journey person credentialed at a level 5 or above on the WV STARS pathway, or a journey person currently enrolled at a college/university in the field of early childhood and credentialed at a level 5 or higher on the WV STARS pathway, or any individual that has a Bachelor’s degree in early childhood with 2 years’ experience, and credentialed at a level 7 or higher on WV STARS pathway. For more information pertaining to mentoring, please visit our website at [www.wvacds.org](http://www.wvacds.org) and follow the mentor tab.

ACDS will be hosting a journey persons training on May 7, 2013 at the Flatwoods Days Inn in Flatwoods, WV. The training will be from 9:30-3:30 and will be STARS registered. All journey persons are welcomed to attend this free training. Closer to the May date, more detailed information will be mailed to all journey persons. Please make sure we have your current address so you receive the mailing. If you do not receive this information through the mail by the end of April, please contact the ACDS office. All participants must preregister with the ACDS office before the day of the training. The telephone number for ACDS is 304-523-0433.



**For more information about ACDS contact (304) 523-0433 or [Jconkle@rvcds.org](mailto:Jconkle@rvcds.org) or [SBarrett@rvcds.org](mailto:SBarrett@rvcds.org).**

**NEWSLINK**

**FAMILY CHILD CARE FOOD PROGRAM NEWS**

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  
304 752-6868 or  
304 752-1047

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

**Would you like to receive information specific to Early Childhood issues between newsletters?**

If so, please send your e-mail address to [Nikki.C.Rabel@wv.gov](mailto:Nikki.C.Rabel@wv.gov). Additional training sessions, available grants, special event notices and/or other pertinent information will be sent to you electronically as it is made available.



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.

**RAINBOW Veggie Wraps**



Prep Time: 10 min. Servings: 2

**Ingredients**

- Large flour tortilla
- 2 Tbsps. hummus
- 2 large kale leaves, inner ribs removed
- 3 Tbsps. red cabbage, thinly sliced
- 1 yellow tomato slice, cut into strips
- 1/8th medium avocado, thinly sliced
- 4 thin strips red bell pepper
- \*You can substitute same colored vegetables for the same effect.*

**Instructions**

Spread the hummus all over one side of the tortilla.  
Place the kale leaves on one half of the tortilla on top of the hummus. Starting from one end of the kale, layer the cabbage, tomato, avocado, and bell pepper in rows, side by side.  
Starting from the outside edge where the kale begins, tightly roll the tortilla to form the wrap.  
Wrap the veggie wrap with plastic wrap, parchment paper, or wax paper, tucking in the end pieces.  
Cut the wrap in half and serve immediately.

Source: [PBSKids.org](http://PBSKids.org)



**CABELL WAYNE FCC ASSOCIATION NEWS** SUBMITTED BY KATHY BAKER

The Cabell Wayne Family Child Care Association is open to all counties now, not just Cabell and Wayne. All of our meetings are registered with WV STARS and you will receive ONE or TWO hours credit. We also offer other trainings which are WV STARS registered. If you have any questions feel free to call me, Kathy Baker, President, at 304-529-6246 or email me at [mrskathys@comcast.net](mailto:mrskathys@comcast.net) so I can add you to our email list and start receiving information about the Association and other helpful information. We would like to have all providers' email addresses, so please email me at the address above so you can be added to our list.

**Next Meetings:**

- May 11, 2013 10:00am Link
- July 13, 2013 10:00am Link Office

**WEST VIRGINIA ELEMENTS OF FAMILY CHILD CARE SERIES (WVEFCCS)**

The West Virginia Elements of Family Child Care Series (WVEFCCS) is a module series that is intended solely for family child care providers in a home or facility. This program is designed to help improve the quality of early care and education for children in West Virginia. WVEFCCS is a STARS registered 30 hour training program. Upon successful completion of the series, participants are eligible to receive early childhood resources for their homes, as well as professional development credit for two years. Participants must be registered or working toward registration on the WV STARS Career Pathway. Interested family child care providers should contact Amber Collier **no later than Friday, April 19** at 304 523-9540 or at [Amber.N.Collier@wv.gov](mailto:Amber.N.Collier@wv.gov).



**WV EFCCS Spring 2013 Schedule**

Location: Link Office, 611 7<sup>th</sup> Avenue, Huntington Time: 3:00-7:00 PM

Module	Date
1—Introduction: Building a Firm Foundation	Thursday, May 2
2—Knowing How Children Develop and Learn	Thursday, May 9
3—Organizing Your Home and Your Day	Thursday, May 16
4—What Children Are Learning Part I	Thursday, May 30
5—What Children Are Learning Part II	Thursday, June 6
6—Caring and Teaching	Thursday, June 13
7—Building a Partnership with Families	Wednesday, June 19

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

**Cabell County** First Aid and CPR available at **Triad Tech** 431 5th Ave. Huntington. Call 529-7020.

First Aid and CPR (Heartsaver class) available at **St. Mary's Medical Center**. Call 526-1234 Ext. 1084.

CPR with First Aid available at **American Red Cross**. 1111 Veteran's Memorial Blvd. Call 526-2900.

First Aid/CPR available at the **Huntington YMCA**. Contact Bill Tucker at 525-8127.

First Aid/CPR available through the **Cabell County EMS**. Contact Marsha Knight at 526-8127.

First Aid and CPR available at **Salt Rock Fire Dept**. Instructor, Darrell Ennis. Call 733- 9040.

**Lincoln County** For First Aid or CPR Contact Dorothy or William Frazier. Call 778-3873.

**Logan County** First Aid and CPR available at **LEASA County Public Rescue** 26 1/2 Main Ave, Logan. Call 752-0917.

Classes also available at **Logan Regional Medical Center**. Call 831-1556.

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

CPR 3rd Tuesday of each month at the Mason County Health Department. Call 675-3050 to register.

**Mingo County** **Williamson Memorial Hospital**. Contact Tracey Booth at 235-2500, Ext. 147.

**Putnam County**

First Aid and CPR available at **Red Cross Building in Kanawha Co**. Call 340-3650 or [www-redcross.org](http://www-redcross.org).

Evening classes are available.

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

**Wayne County** First Aid and CPR available. Instructor Kathy Parsons. Call 486-5991.

**You can contact local Hospitals or Fire Departments for other options.**  
**Remember all of these fees are tax deductible.**

Revised 10-12

**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](http://www.nafcc.org) or call 1-800-359-3817.

**Child Care Centers** can log on at [www.naeyc.org](http://www.naeyc.org) or call 1-800-424-2460. Contact WVETCR to inquire about financial support for the application process at 529-7603 or 1-888-983-2827.



## 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) 523-9540 or 1-800- 894-9540 Ext. 104 or [Pam.K.Williams@wv.gov](mailto:Pam.K.Williams@wv.gov) with questions or to request an application.

## SMOKE ALARMS SAVE LIVES

**MAKE SURE YOUR SMOKE ALARMS PERFORM AS INTENDED  
 – WHEN YOU NEED THEM THE MOST**

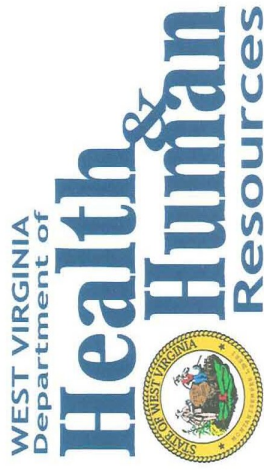
- **TEST** smoke alarms monthly
- Change the **BATTERIES** every year
- Beware of **CHIRPING** smoke alarms – it's time to replace the batteries
- Replace older smoke alarms – **REPLACE** alarms that are more than 10 years old
- Know the **SOUND** of the smoke alarm and what to do if the alarm goes off



**REMEMBER, ONLY WORKING SMOKE  
 ALARMS CAN SAVE YOUR LIFE!**

Link Child Care Resource and Referral  
c/o River Valley Child Development Services  
611 7th Avenue, Suite 300  
Huntington, WV 25701  
(800) 894-9540 or 304) 523-9540

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### **Link Child Care Resource and Referral**

### **Child Care Provider's Newsletter and Professional Development Information**

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

Visit us on the web: [www.wvdhhr/Link](http://www.wvdhhr/Link) or [www.RVCDS.org](http://www.RVCDS.org)