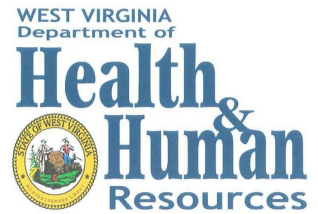




# NewsLink

A Newsletter of Link Child Care Resource and Referral



January, February and March, 2013



**Welcome, Tamara Turley,  
our new Early Childhood Specialist!**

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

***Baby it's Cold Outside!***

**Tiffany Marcum,**  
TRAILS Early Childhood Specialist

**Shannon Taylor,**  
Behavior Consultant

**Paula Stewart,**  
Infant Toddler Specialist

**Virena Elkins,**  
TRAILS Associate

**Nikki Cavalier Rabel,**  
Professional Development Training Team Supervisor

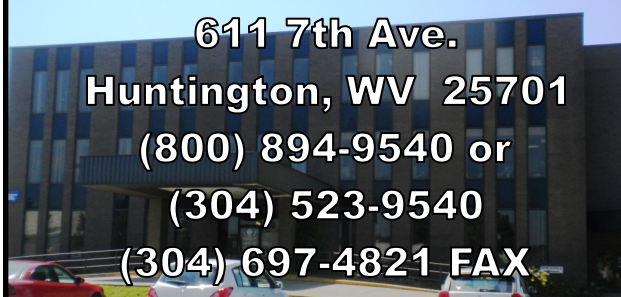
**Not Pictured: Amber Collier,**  
she welcomed Baby Zoe to the world on Nov. 4!



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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

### Change in Newsletter Delivery

We will begin sending the newsletter electronically next quarter. 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.



### Mind in the Making is Coming to Link in 2013

Welcome to a very different kind of learning experience!



### Mind in the Making Overview

*This session is required for Administrators before participants can attend.*

*WV STARS registered 1.5 hours in Program Management. January 15 from 1:00-3:00 at Link*

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!

The *Mind in the Making Modules* are a 12-part learning process that uses research on children's development, how children learn and how teachers can encourage engaged learning. Those who complete the Modules will receive **\$150 in Resources and Training Credit worth 2 years!**

### Mind in Making 12 Module Series

is WV STARS Registered and comprised of 45 training hours in these Core Competency areas: Child Growth/Development (6), Positive Interactions/Relationships (12), Curriculum (15) Observation/Assessment (3) and Professionalism (9)

Mind in the Making Dates:

January 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

April 1 and 8

(\*Make Up Dates April 15 & 22)

**Each session will be held from 4:00—6:30 at Link**

Class Size Limited to 15

Grants to cover the \$50 fee are available from WVECTCR!

Contact Nikki Cavalier Rabel at (304) 523-9540, Ext. 106 or [Nikki.C.Rabel@wv.gov](mailto:Nikki.C.Rabel@wv.gov) for more information or to register for the Overview and/or Modules.

## TECHNICAL ASSISTANCE (TA) NOW AVAILABLE

Would you like on-site Technical Assistance (TA) to help improve the quality of your program? TA includes:

- On-Site Assistance, Support and Training Opportunities.
- Registered WV STARS training hours, if it meets the criteria.
- Environmental Rating Scales (ITERS-R, ECERS-R, FCCERS-R or SACCERS).
- Individual plan of action for quality improvements based on specific concerns.
- Individualized short term and/or long term goals and objectives.

Technical Assistance is available to Child Care Centers, Facilities and Family Child Care Providers. TA could be an especially beneficial tool for those working toward Tier II Status.

For more information, contact Nikki Cavalier Rabel at (304) 523-9540 Ext. 106 or [Nikki.C.Rabel@wv.gov](mailto:Nikki.C.Rabel@wv.gov).

### Save the Date April 17 & 18, 2013

**Two day professional development opportunity on Creative Curriculum for Infants, Toddlers and Twos**

**Connect R&R Office,  
Charleston**

~Must be current on WV STARS.

~Must have participated in WVIT.

## INFANT TODDLER CORNER

### Just A Reminder Wash Your Hands!

When the days are short and the air is cold, we have a tendency to stay indoors more. While we are warm and snugly indoors so are cold and flu germs. The Center for Disease Control remains constant that “hand washing is the single most means of preventing the spread infection”. Yes, Mom was right when she said: wash your hands before you eat or when you come in from playing outside”. It is important to also wash your hands upon arrival at the center, after handling food (including bottles), after using the bathroom (or helping a child to do so), after diapering, before giving medications, after handling garbage, after wiping noses or handling any bodily fluids, before and after playing in sensory tables and before leaving for the evening. It is even important to wash infant’s hands. As they learn through their senses very young children, touch, feel and put everything in their mouths. It stands to reason children in infant and toddler rooms have the dirtiest hands in the center/family child care home. When was last time you washed their hands? While helping to reduce the spread of germs in your classroom you are also teaching these very young children practical health and safety practices. Washing hands frequently will help reduce the spread of those yucky germs reducing the number of sick days for your children and your staff. Using proper hand washing techniques is as important as the frequency of hand washing. Here is a quick review:

1. Use liquid soap, running water and paper towels.
2. Turn on warm water with a paper towel (no less than 60° F and no more than 120° F) .
3. Moisten hands with water and apply liquid soap to hands.
4. Rub hands together vigorously, until soapy lather appears, and continue for at least 20 seconds.
5. Wash backs of hands, wrists, between fingers and under fingernails, a nail brush is very helpful for this. (Henrythehand.com is a great resource for nail brushes).
6. Rinse well under warm running water until free of soap and dirt. It is recommended that you tilt your hands downward so that soap residue does not run up your arms during rinsing.
7. Dry hands with a clean paper towel.
8. Turn off the water with a clean paper towel.
9. Discard paper towels in a hands free trash can.
10. Apply hand lotion, if desired to prevent chapping of hands.

To make hand washing more fun and to get those 20 seconds in, sing a hand washing song as you help young children wash their hands.  
**(To the tune of the Mulberry Bush)**

This is the way we wash our hands, wash our hand ,  
wash our hands  
This is the way we wash our hands,  
So we stay strong and healthy (repeat twice).



**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).**



## WVIT SCHEDULE

### WVIT II Schedule Link

Directors must attend prior to sending staff to WVIT II  
WVIT II Admin Modules:

- Session 1: Monday January 14 9-12 Link  
Session2: Wednesday January 16 9-12 Link

Must have completed WVIT I to attend:

Session 1:	Thursday January, 17	4:00 -7:30
Session2:	Thursday January, 24	4:00 – 7:30
Session 3:	Thursday January, 31	4:00 – 7:30
Session4:	Thursday February, 7	4:00 – 7:30
Session 5:	Thursday February, 14	4:00 – 7:30
Session 6:	Thursday February 21	4:00 – 7:30
Session 7:	Thursday February 28	4:00 – 7:30
Session 8:	Thursday March 7	4:00 – 7:30
Session 9	Thursday March 14	4:00 – 7:30
Session 10	Thursday March 21	4:00 – 7:30

### WVIT I

Directors must attend prior to sending staff to WVIT  
WVIT Administrator’s Module  
March 19 8:00 – 3:00

Session 1	Friday March 29 10:00 – 3:30
Session 2	Friday April 5 10:00 – 2:30
Session 3	Friday April 12 10:00 – 3:30
Session 4	Friday April 19 10:00 – 2:30
Session 5	Friday May 3 10:00 -2:30
Session 6	Friday 17 10:00 – 3:30
Session 7	Friday May 24 10:00 -2:30
Session 8	Friday May 31 10:00 -4:00
Session 9	Friday June 7 10:00 – 3:30
Session 10	June 14 10:00 – 12:30

## BEHAVIOR CONSULTANT CORNER

I'd like to share a personal story about an incident that took place when I was in 2<sup>nd</sup> grade. I was playing on the school playground with my friends during recess. Our playground had everything that wouldn't even come close to passing a safety check today: an entirely concrete surface, rusty chains on the swings, a splintered wooden teeter totter, the works! But it was ours and we loved it. My favorite piece of equipment on the playground was our slide. It was SO tall that a 6 year old standing at the bottom of the ladder couldn't see the tippy top because it disappeared into the clouds. It was also made of the shiniest silver metal I had ever seen...you know the kind that only the bravest children wearing shorts would melt the skin right off your body on your slide was AWESOME! My problem began platform with a kindergartner waiting to go bell rang to go back inside. I panicked. I had I desperately wanted to make one last trip fear was that only one of us would be given while the other would have to go back down thing I could think of in my 8 year old brain...I because she was standing between me and 1.2 seconds of free falling glory. I saw the horrified look in her eyes and proceeded down the slide anyway...right into the hands of my VERY angry teacher who had witnessed the entire thing. Of course I tried to deny it, but then I knew I was busted and I started crying. I cried for the child I bit, I cried because I had been caught, but most of all I cried because I knew I was going to get it when I got home that evening. I was taken directly to the Principal's office where I was promptly disciplined for my actions. That evening at home, the good times continued when I had to call the mother of the child I bit and apologize for hurting her baby. I was mortified. I ran into that same little girl a few years ago and mentioned the situation. Surprisingly, she didn't even remember it, but I apologized again anyway. She looked at me as if I were a total creep. Oh well. The point of my story is that up until that incident, I had been a pretty well-behaved child who had not gotten into that type of trouble in the past, so be aware that challenging behaviors can occur when you least expect them, and from the children you would never suspect. Setting expectations and giving transitional cues to let children know when it's time to wrap up an activity can help prevent a similar situation from occurring in your child care environment. Just remember, the children in your care are still really little and they are doing their best to solve problems in the best way they know how. They are not trying to be disruptive or hurtful or make your life difficult. So be patient, love them, and teach them how to thrive. Good luck, friends...you've got the toughest job on the planet, and I'm here if you need me!



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)

## EARLY CHILDHOOD SPECIALIST CORNER

Yes, it's that time of the year for snow flurries, icicles, scarves, coats, and hot chocolate! It is definitely winter season. It is also the time for colds and the dreaded Flu. Several people tend to confuse cold and flu symptoms. Symptoms may mimic each other to a degree, but flu symptoms tend to be more severe.

The flu is extremely contagious, especially for people who come into close contact with one another such as child care centers and family child care homes. The flu is spread when a child inhales infected droplets of air, such as when an infected person coughs or sneezes, or when a child comes in direct contact with an infected person's secretions. A person can be contagious one day before the onset of symptoms and five to seven days after being sick. Sharing contaminated toys and materials and hand to hand contact can aid in spreading the virus.

In children, symptoms of the flu may start rapidly. Symptoms can include:

**High grade fever (up to 104°F)**  
**Headache and body aches**  
**Vomiting and stomach pain**

**Chills and shakes with fever**  
**Dry, hacking cough**

**Extreme tiredness**  
**Sore throat**

Of course, there are several precautions family child care providers and centers can take that help prevent the spread of the virus. As you may have heard a million times before, wash your hands and the children's hands using **soap and warm running water**. Singing the Happy Birthday song twice can help ensure that

children's hands are clean. Make certain that children wash their hands upon arrival, after using the restroom, before and after eating, when returning from outdoors, when coming into contact with bodily fluids and when hands are soiled.

Teach children to cough and sneeze in the bend of their arms; germs are less likely to spread this way. Instruct children to use tissues when wiping their noses. Hands, arms or sleeves of shirts are not suitable or sanitary.

Last, disinfect surfaces daily. This can be done using a fresh bleach and water solution. Wash mouthed toys daily. Some toys are dishwasher safe.

If teething toys are not filled with water, they may be boiled for five minutes. Follow up with washing the teething toys with mild soap and water. Lead by example; children learn by watching you. Taking the proper safety measures can result in healthier children (and staff)!



Amber Collier is the 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).

### Disinfectant Solution

Add  $\frac{1}{4}$  cup bleach to 1 gallon of cool water  
OR

Add 1 tablespoon bleach to 1 quart cool water

\*Mix a fresh solution daily.

\* Use it to disinfect surfaces that have been cleaned.

\*Dispense it from a spray bottle. Remember to keep bottle out of the reach of children

\*Wet entire surface until glistening and leave solution on surface at least two minutes. Allow to air dry or dry with a paper towel.

Source: Healthy Young Children, 4<sup>th</sup> Edition, 2002

# EARLY CHILDHOOD SPECIALIST CORNER—PLAY IS DEEP LEARNING



**I Think I Can... I Think I Can... I Think I Can.**  
~The Little Engine that

"Watch children at play and you might suddenly realize that they are not just frivolously wasting time or mucking about," notes Paul Bailey in his book, **Think of an Elephant** (London: Watkins Publishing, 2007). "Child's play is deep learning: a self-directed state of deep connectedness and personal engagement. It is also an enthusiastic and absorbing state of relaxed attention — healthy qualities often missing from adult life. Play is a creative learning exchange between mind, body, and circumstance into one integrated and healthy whole. Awash with symbols and mental imagery, children at play are learning in a way that can be wildly creative, insightful, and visionary...."

"Research shows that the more animals play, the bigger their brains grow. Moreover, brain imaging techniques show that social play seems to rewire our brain, increasing the activity of connections between our brain cells. Play also helps develop our logical reasoning, our ability to learn, and our <behavioral> flexibility."

Source: Exchange Everyday, October 19, 2012 [www.childcareexchange.com](http://www.childcareexchange.com)

## TRAILS CORNER



You can reach Tiffany Marcum, TRAILS Specialist, and Virena Elkins, TRAILS Associate at (304) 524-9450, [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!

Recently, I attended a workshop put on by the **National Program for Playground Safety (NPPS)**. The information and resources I gathered from this workshop were so educational and eye opening that I feel the need to share some of this information with you. NPPS is a non-profit organization.

According to the program, "**NPPS serves as a national resource for the latest educational research information on safe play environments.**" However, this is a total understatement as to what the program actually does. Here is a short list of some of the amenities they offer:

- ✓ **Conducts worldwide research and studies of playgrounds and play equipment**
- ✓ **Serves as a consultant and resource for anything play related**
- ✓ **Provides training opportunities through on-line courses and workshops like the one I attended**
- ✓ **Assesses playgrounds (both indoor and outdoor) and play equipment**
- ✓ **Available in person, on-line, or via phone to answer any question, big or small**
- ✓ **Works with manufacturers and other agencies to find the most appropriate, safe equipment and designs**
- ✓ **Offers educational materials such as kits, books, DVD's, CD-ROMS, assessment tools, etc.**

According to NPPS, playground safety can be broken down into four basic components, and to make it even easier, they have put it in an acronym for us. **S.A.F.E.** play areas consist of:

- S**upervision
- A**ge appropriate design
- F**all surfacing
- E**quipment Maintenance

NPPS bases all of their information on the Consumer Product Safety Commission (CPSC) and the American Society for Testing Materials (ASTM) guidelines and recommendations. A few other agencies they work with to create, maintain, and renovate play areas are NAEYC, Head Start, ITERS-R and ECRS-R, and the National Health and Performance Standards. Of course, they will also take into consideration both national and state licensing requirements.

NPPS is a wonderful resource and probably very underutilized. They are available to answer any question or concern you may have. Examples given ranged from "What temperatures are too hot or too cold to be outside on the equipment?" to "How do I keep polar bears (or insert any animal your region may deal with) off of our school playground?" to "How much depth of fall surfacing do I need around my 6 ft. slide?" If you are interested in NPPS or have any other questions or concerns you may contact me or you may contact **National Program for Playground Safety (NPPS)**, University of Northern Iowa directly at the following:

[playground-safety@uni.edu](mailto:playground-safety@uni.edu)    <http://www.playgroundsafety.org>    1-800-554-PLAY (7529)

**REMEMBER: "Play environments should challenge a child's abilities without exposing them to unreasonable risks!"**

Date	Time	Location	
Tues. Jan. 1	8:30 - 2:00	Link Office	
Tues. Jan. 22	12:30- 2:30	Logan Library	Knock Out Bullying
Fri. Feb. 1	8:30 - 2:00	Link Office	
Mon. Feb. 11	6:00- 8:00	First Baptist Hurricane	Open Ended Art
Fri. Mar. 1	8:30 - 2:00	Link Office	
Sat. Mar. 23	2:30- 4:30	Link Office	Child Abuse and Neglect

**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>						
Beginning January 17	WVIT II—See page 3 for details.	All	I	IT	Link CCR&R 611 7th Ave., Huntington	Varies
Monday, January 14	Introduction to the Early Childhood Environmental Rating Scale (ECERS-R)	PM	II	PRE	Link CCR&R	4:00-6:00
Tuesday, January 15 	Mind in the Making Administrators Module—See page 2 for details.	PM	II	All	Link CCR&R	1:00-3:00

**See Page 8 for 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 January 21	Mind in the Making Module— See page 2 for details. 	PM	II	All	Link CCR&R 611 7th Ave. Huntington	4:00-6:30
Thursday, January 24	There's a QUAIL in my Classroom 	C	II	All	Link CCR&R	10:00-12:00
Wednesday, February 20	Take Note: Child Observation and Assessment 	COA	III	All	Link CCR&R	2:00-4:00
<b>Saturday, March 23</b>	<b>Reading Between the Whines</b> 	C PIR	I	All	Link CCR&R 611 7th Ave., Huntington	<b>8:00-10:00</b>
<b>Super Saturday</b>	Relax, Respect, Reflect 	COA	II	IT	<b>Super Saturday</b>	<b>10:00-12:00</b>
	1-2-3 Grow with Me	CGD	II	All		<b>12:30-2:30</b>
	Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect	HSN	I	All		<b>2:30-4:30</b>
Beginning March 29	West Virginia Infant Toddler Modules (WVIT). See Page 3 for details	All	I	IT	Link CCR&R	Varies
<b>Logan, Mingo and Boone Counties</b>						
Tuesday, January 22	Knock Out Bullying	PIR C	II	Pre SAC	Logan Library 1 Wildcat Way, Logan	12:30-2:30
Thursday, February 21	Hey Everybody, Watch This. 	COA	II	All	Logan Library	11:00-1:00
<b>Lincoln County</b>						
Wednesday, March 13	Helping children Cope with Stress 	PIR	II	PRE SAC	Hamlin Library Lynn St., Hamlin	1:00-3:00
<b>Mason County</b>						
Tuesday, January 22	Let's Talk About Biting 	PIR	II	IT	Mason County Library 508 Viand St., Pt. Pleasant	4:00-6:00
<b>Putnam County</b>						
Wednesday, January 30	Take Note: Child Observation and Assessment 	COA	III	All	Putnam County Library 4219 Rt. 34, Hurricane	1:00-3:00
Monday, February 11	Open Ended Art: It's all in the Process	C	I	All	First Baptist Academy 2635 Main St., Hurricane	6:00-8:00
Monday, February 18	Why They Do What They Do	CGD	II	IT	Putnam County Library	5:00-7:00

## NEWSLINK

## Descriptions of Training Sessions:

<b>1-2-3 Grow With Me: Child Development from A-Z</b>	Participants will learn about various aspects of child development and how to promote positive child development.
<b>Introduction to the Early Learning Environmental Ratings Scale (ECERS-R)</b>	Introduction to the ECERS-R Scale, terms, scoring, etc. needed to do self assessments of classroom environments.
<b>It's All In the Process: Open Ended Art</b>	This session explains the meaning of open-ended art, why it is important, and gives art ideas to use with children.
<b>Helping Children Cope with Stress</b>	PBS training concentrating on ways to help children manage stressful situations such as fear, loss, and bullying. 
<b>Hey Everybody...Watch This!</b> 	This training will help sharpen your observation and assessment techniques.
<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>Making a Difference: Mandate to Report, Responsibility to Prevent Child Abuse and Neglect</b>	This training focuses on recognizing the signs of various types of abuse and neglect, reporting and preventing child abuse and neglect and the reporting process.
<b>Reading Between the Whines</b>	This training will give providers strategies for using emerging literacy skills to help children manage challenging behaviors. 
<b>Relax, Respect, Reflect</b> 	Learn the importance of going through caregiving routines in a relaxed atmosphere, respecting infants and toddlers and understand the need to reflect on your observations.
<b>Take Note: Child Observation and Assessment</b> 	Participants will learn how to use different methods for documenting child observation and how to utilize assessment techniques.
<b>There's a QUAIL in my Classroom</b> 	In this training, providers will learn to create environments that promote <u>Q</u> uality care, utilize <u>U</u> nderstanding teachers, are <u>A</u> ddaptive to meet individual needs, use <u>I</u> ntentional teaching, and promote <u>L</u> earning.
<b>Why They Do What They Do: Understanding Children</b> 	Why do toddlers want to climb? Why do infants cry so much? Why do toddlers say "mine"? Explore the answers to these questions and glean ideas of how to support the development and curiosity of the infants and toddlers in their care.

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 [www.wvearlychildhood.org](http://www.wvearlychildhood.org)



### Link Inclement Weather Policy Regarding Link Training Sessions

In the case that school is cancelled or on a two hour delay in Cabell County OR the county in which a training is scheduled, it will be cancelled for that day and you will be contacted when it is rescheduled.  
Thank for your cooperation.



**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**  
**FOR MORE INFORMATION**

Registration Materials for the HAECC Pre-Conference (see below) and Conference will be mailed in February.

**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)  
 Limited to 75 Participants.*

***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.*



## MEDICATION ADMINISTRATION

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

Thursday, January 24 <sup>th</sup>	4:00—8:00
Wednesday, February 6 <sup>th</sup>	4:00—8:00
Saturday, March 2 <sup>nd</sup>	9:00—1:00

Please Call Link at 304 523-9540 or 1-800-894-9540 to register for this class or e-mail

[Nikki.C.Rabel@wv.gov](mailto:Nikki.C.Rabel@wv.gov).

**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—ACDS Instructors Academy

The Apprenticeship for Child Development Specialist (ACDS) is accepting applications for the annual Instructor's Academy to be held June 24 – 28, 2013. Participants must complete an intensive five day training to teach the ACDS class. They must also attend a one day update every other year to continue certification. From a personal perspective, being an instructor is a wonderful experience. It is very rewarding to witness the growth and development of students as they begin the program to completing fourth semester and then ultimately graduating. Many gain the confidence to continue their education and receive their associate and/or bachelor's degree. What a testament of the success of the program! If you are interested in this wonderful opportunity to continue your professional development and sharing your knowledge, please contact Sherrie Barrett at 304-523-0433 or [sbarrett@rvcds.org](mailto:sbarrett@rvcds.org).



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, Lincon, Putnam, Mason and Mingo Counties  
523-3031 or 1-800-581-3031

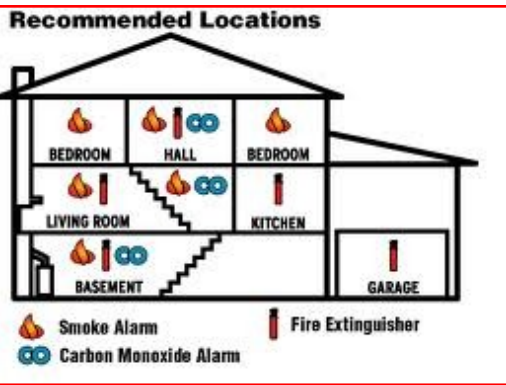


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**FAMILY CHILD CARE GRANTS ARE AVAILABLE**

Family Child Care Providers are eligible to apply for grants of up to **\$250**. These grants can be used to purchase resources required in regulations, curriculum materials, and/or to pay for **WV STARS application fees**. You must turn in receipts for the money you spend.



Failure to do so will make you ineligible for future Family Child Care Grants and other grants that may become available through Link. We often have the following items in stock: Flash Lights, Digital Ear Thermometers, First Aid Kits, **Fire Extinguishers**, **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.

**CABELL WAYNE FCC ASSOCIATION NEWS**

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 of WV STARS credit for attending. We also offer other trainings from time to time which are also WV STARS registered. Meetings will be held on Feb 9th and March 9th at 10:00 am Link office.

If you have any questions, feel free to call Kathy Baker, President, at 304-529-6246 or email [mrskathys@comcast.net](mailto:mrskathys@comcast.net) so you can be added to the email list and start receiving information about the CW FCC Association and other useful information.

We would like to have email addresses for all providers,. Please email Kathy at the address above so you can be added to the list serve.

**A-B-C Frittata (Apple-Bacon-Cheddar)**



Prep (20 minutes) + Cook (20 minutes)  
4 servings

- 3 slices bacon (pork or turkey )
- 10 eggs (use 8 whole + 2 whites)
- salt and black pepper to taste (optional)
- 1 cup shredded Cheddar cheese
- 2 apples, Fuji or Gala
- 1 Tbsp. butter

Cook the bacon by frying it in a skillet or baking it in a 425 degree oven on a cooling rack placed over a rimmed baking sheet. Remove it from the pan or oven, let it cool, and crumble or dice it.

Put the oven rack in the upper third of the oven and preheat it to 450 degrees.

Crack 8 eggs into a medium mixing bowl. Add the whites only for the remaining 2 eggs. (To separate the egg whites, crack the egg over an egg separator or someone's clean hands. Carefully let the egg white slip through the fingers into the bowl, and discard the yolk.) Using a whisk, beat the eggs until the yolks and egg whites are thoroughly combined. Add half the cheese to the egg mixture and stir to combine. Add a pinch of salt and pepper, if desired.



Source:  
[www.pbskids.org](http://www.pbskids.org)

**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, grants, notices and/or other pertinent information will be sent to you electronically as it is made available.

## 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.

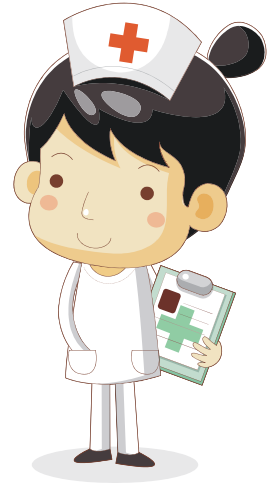
**Mingo County Williamson Memorial Hospital**. Contact Tracey Booth at 235-2500, Ext. 147.

**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

West Virginia Public Broadcasting, through its Ready To Learn service, has had a long-standing relationship with River Valley Child Development Services. The two organizations have recently collaborated on several community events and offered a variety of training opportunities for parents of young children. During Super Saturday on Saturday October 6, 2012 at Link, a full day of free workshops were conducted for caregivers. These workshops included When Families Grieve, Food for Thought and Helping Children Cope with Stress, all of which help caregivers use books, activities, television clips and other media in developing literacy, social/emotional, math and science skills as part of their daily routines.

RVCDs and West Virginia Public Broadcasting frequently co-host workshops and events throughout the year. These were WV STARS registered workshops designed by RVCDs and Ready To Learn staff specifically for the needs of the adults who care for children ages birth to nine. Through these workshops, we are preparing children to take full advantage of what they can learn once they enter school. In addition, the partnership provides classroom materials and programs for use during or after school.

Check out  
[www.pbskids.org/giftcodes](http://www.pbskids.org/giftcodes)  
 for free  
 Developmentally  
 Appropriate  
 Apps!



## ACCREDITATION INFORMATION

**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.

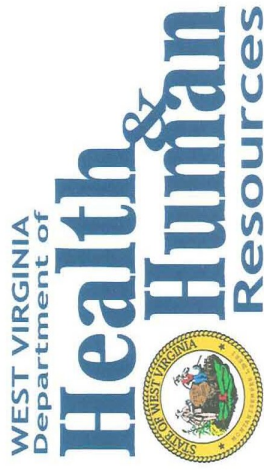
**Child Care Centers** can log on at [www.naeyc.org](http://www.naeyc.org) or call 1-800-424-2460.

Contact WVETCR to inquire about financial support for the application process at 529-7603 or 1-888-983-2827.



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)