



NewsLink

Link CCR&R
A Program of River Valley
Child Development Services

Fall 2011

Cooking Matters at Huntington's Kitchen

As a child care provider, you play a crucial role in helping children get the nourishment they need to grow and thrive. Throughout the training in Cooking Matters for Child Care Professionals, you will participate in a variety of hands-on activities that will help you improve your skills at planning and preparing tasty, healthy, and low-cost meals for the children in your care. You will also learn how to work with children to encourage healthy eating habits that will stick with them for life. Cooking Matters for Child Care Professionals is a 5 week course with each class lasting approximately 2 hours in length.

The next module will run from Oct. 3 through Nov. 7 from 3:00-5:00 .



Call Huntington's Kitchen at 304-522-0887 to sign up.



First Aid and CPR

An American Red Cross Authorized Provider will now be offering Standard

First Aid with CPR-Adult, Child and Infant once each quarter. The next available class will be Saturday, December 3. Class will begin at 9:00 am. Cost for this class is \$65.00 and must be paid in advance. This class will be taught in the 2nd floor conference room at the main RVCDS building. It is limited to 10 people so it will be first come first serve basis. This class is registered with WV STARS. Contact Cristie Dunbar at [304-523-3417](tel:304-523-3417) Ext 202 to sign up or for more information. Deadline to register is Friday, November 11.

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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Wednesday, October 5, 2011

What:
5th Annual Child Care Director's Meeting
Where:
Village Square, Clarksburg
More information to come



Division of Early
Care and Education



Behavior Consultant Corner by Shannon Taylor

I know many adults who struggle at times with putting their feelings into words...myself included. So it always frustrates me when I hear teachers telling a child to "use your words" while he is in the middle of an emotional meltdown. I believe that most child care providers truly have children's best interests at heart and that statements like this are meant to encourage and support, but saying them when a child is already upset can often have the reverse effect and cause the meltdown to escalate. Remember this phrase: "Teachable moments cannot happen in the heat of the moment." Instead, you want to teach, practice, and reinforce. When the children in your care are calm and receptive, **teach** the children some key concepts about feelings: feelings change, you can feel differently than someone else about the same situation, and all feelings are valid! Hang posters around the room showing children exhibiting different emotions and have the children in your care **practice** demonstrating those emotions during a game of charades...while one child is acting out the emotion, have the other children describe what they are seeing (he is smiling and clapping his hands and jumping up and down...he must be feeling excited)! You can **reinforce** everything you have taught and practiced by introducing stories that focus on

different feelings. I really like the following books:

Glad Monster, Sad Monster by Ed Emberley & Anne Miranda (Ages infant-5)

The Grouchy Ladybug by Eric Carle (Ages 1-6)

How Are You Feeling: Foods with Moods by Saxton Freymann (Ages 5-8)

On Monday When It Rained by Cheryl Kachenmeister (Ages 3-8)

When Sophie Gets Angry – Really, Really Angry by Molly Garrett (Ages 3-7)

Teaching, practicing, and reinforcing concepts about feelings and emotions can really help children navigate through stressful situations that they may encounter during their day. Additionally, walking them through a conflict with a peer by helping each child find the appropriate ways to express their feelings about what is happening will give them the tools they need to handle other difficult social situations as they get older. Please contact me for additional ideas in helping children deal with their feelings while working through conflicts with others. Together we can get them on the right track to strengthening their social-emotional skills and building positive, long-lasting friendships!

Warmest regards,

Shannon

Medication Administration Training

The following classes will be held in the 1st Floor Conference Room at Link:

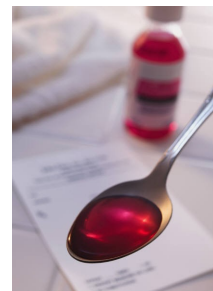
Wed., Oct 26th 2-6 pm

Thurs., Nov. 17th 2-6 pm

Sat. Dec. 3rd 9am-1pm

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.**



“Teachable moments cannot happen in the heat of the moment. Instead, you want to teach, practice, and reinforce.”

ACDS

For years shaving cream has been used in child care centers and head starts as a fun activity. Recently it was brought to the attention of the Regulatory Specialists that the label warns “Keep out of the reach of children.” With safety in mind we can’t ignore a label that says keep out of the reach of children. It has been suggested

to no longer use shaving cream, however whipped cream etc. is acceptable.

Things in our profession are always changing and the health and safety of the children should be our first priority. This is why on-going, life long learning is so important. It doesn’t matter if you have been in the field for two weeks, two years, two dec-

ades, or anywhere in between, there are always new, better and safer ways to do things.

Please welcome Jennifer Conkle, as the new ACDS Regional Coordinator. Jennifer has many years of experience in the field working as a Pre-school teacher, T.R.A.I.L.S. Specialist and Early Childhood Specialist. Welcome, Jennifer!



Shannon Taylor is the Behavior Consultant at Link. You can reach Shannon for a phone consultation or to schedule a site-visit at (304) 523-9540 Ext. 432 or 1-800-894-9540.



For more information about ACDS contact Sherrie Barrett, SBarrett@RVCDS.org, or Jennifer Conkle, JConkle@RVCDS.org, or (304) 523-0433 You can also visit the web-site at www.wvavcds.org.

Infant/Toddler Corner by Paula Stewart

Heads Up!

There is a recent change in the West Virginia Infant Toddler Professional Development Program (WVIT). All caregivers attending WVIT must attend Session One in order to participate. Much of the paperwork for the modules are given and/or filled out during the first session. Also, the first session is packed full of information that lays the ground work for the rest of the sessions. For those of you, who are planning on attending WVIT in the future, please make sure you are able to attend Session One. Remember too that you need to be actively registered on STARS when you begin the class. Keep an eye out for WVIT II on the threshold. The pilot sessions are taking place this fall. After the recommended revisions are made WVIT II will be up and running.

Caregivers and directors play close attention to the **New CPSC (www.cpsc.gov) Crib Standards!** Here is a guide to the New Standards.

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new and improved federal safety standards. The new standards take effect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-side rails, requiring more

durable hardware and parts and mandating more rigorous testing. What you should know...

- This is more than a drop side issue. Immobilizing your current crib will not make it compliant.
- You cannot determine compliance by looking at the product.
- The new standards apply to all full-size and non full-size cribs including wood, metal and stackable cribs.
- If you purchase a crib prior to the June 28, 2011 effective date and you are unsure it meets the new federal standard, CPSC recommends that you verify the crib meets the standard by asking for proof.
 - o Ask the manufacturer, retailer, importer or distributor to show a Certificate of Compliance. The document must:
 - Describe the product
 - Give name, full mailing address and telephone number for importer or domestic manufacturer
 - Identify the rule for which it complies (16 CFR 1219 or 1220)
 - Give name, full mailing address, email address and

telephone number for the records keeper and location of testing lab

- Give date and location of manufacture and testing
 - o The crib must also have a label attached with the date of manufacture

What you should do...

- All child care facilities, family child care homes, and places of public accommodation:
 - o Must prepare to replace their current cribs with new, compliant cribs before December 28, 2012.
 - o Should not resell, donate or give away a crib that does not meet the new crib standards.
 - Dispose of older, noncompliant cribs in a manner that the cribs cannot be reassembled and used.
 - Noncompliant cribs should not be resold through online auction sites or donated to local thrift stores. CPSC recommends disassembling the crib before discarding.

Feel free to contact me with any questions!

WVIT DATES

Directors Administration Module

Oct. 4th 10:00 – 5:00

WVIT Sessions

- WVIT 1 Oct. 5th 10:00-3:30
- WVIT 2 Oct. 12th 10:00 -2:30
- WVIT 3 Oct. 19th 10:00- 3:30
- WVIT 4 Oct. 26th 10:00 - 2:30
- WVIT 5 Nov. 9th 10:00 - 2:30
- WVIT 6 Nov 16th 10:00- 3:30
- WVIT 7 Nov.30th 10:00- 2:30
- WVIT 8 Dec. 7th 10:00 -4:00
- WVIT 9 Dec. 14th 10:00 – 3:30
- WVIT 10 Dec.21st 10:00- 12:30



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 for information regarding WVIT or Infant and Toddler Care.

New Modules and Technical Assistance Opportunities!

We are excited to announce that soon we will be offering some new module sessions for Early Childhood Professionals. Please look for more detailed information and training dates in future newsletters.

In addition to the WVIT and Director's Toolbox Modules we currently offer, the following new modules will be available to you soon: Mind in the

Making and WV Elements of Family Child Care Series.

Also, the Link Professional Development Team has started offering long term Technical Assistance which includes Pre and Post Environmental Rating Scales, on-going site visits and center wide support from each member of the team. This would be ideal for those working toward Tier II Status or

Accreditation. We are piloting this process now. If you are interested in receiving on-going technical assistance, contact Nikki Rabel (see contact information on the right).

You will need to be registered on WV STARS to participate in any of these opportunities. A session on the STARS Process will be offered at the Super Saturday Session on October 15.



Contact Nikki Rabel at 304 523-9540 or 1-800-894-9540, Ext. 106 for more information on the New Modules, Technical Assistance or other training related questions.

Training Calendar and Information

IMPORTANT TRAINING INFORMATION

1. 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.
2. 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.
3. 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.
4. No cell phones or electronic devices may be used during the training sessions.
5. You may not bring children to any Link training session.
6. You must bring a picture ID to all trainings.
7. You are responsible for keeping your training certificates on file. All trainings we offer are registered with WV STARS.
8. You must register for training sessions at least 24 hours in advance.

Family Child Care Providers must complete eight (8) hours of training in at least two (2) different core competency areas (see box on right) each year according to the date on your individual certificate of registration.

TO REGISTER for a training or to cancel your registration, please call Link at (304) 523-9540 Ext. 106 or 1-800-894-9540 or e-mail Nikki Cavalier Rabel at Nikki.C.Rabel@wv.gov. When e-mailing or leaving a message, please clearly state the date and location of the session(s) you wish to attend and leave a contact phone number. Thank You.

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

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://ww.wvearlychildhood.org>






Date of the Training	Title of the Training	* Core Comp	* Tier	* Target Age/Area	Location of the Training	Time of Training
Beginning Oct. 5	West Virginia Infant Toddler Modules (WVIT) See page 3 for more information.	All	I	IT	Link CCR&R 611 7th Ave., Huntington	Varies
Sat. Oct. 15	Too Much of A Good Thing: Sensory Integration 	C/PIR	II	ALL	Link CCR&R	9:00—11:00
Sat. Oct. 15	Don't Fall in the "I Hate Parents' Trap" 	FC	II	IT	Link CCR&R	11:00—1:00
Sat. Oct. 15	When Children Grieve 	C/FC	II	PRE/ SAC	Link CCR&R	2:00—4:00
Sat. Oct. 15	How to be a S.T.A.R. 	PM/P	II	ALL	Link CCR&R	4:00—6:00




Cabell and Wayne Counties

**Super
Saturday**



Date of the Training	Title of the Training	* Core Comp *	* Tier *	* Targeted Age/Area *	Location of the Training	Time of Training
Tues. Nov. 15	What's on Your Plate 	HSN	I	All	Link CCR&R	9:00—11:00
Tues. Nov. 15	Infectious Diseases in a Child Care Setting 	HSN	II	All	C-K Library	3:00—5:00
Mon. Nov. 21	Look to Learn, Learn to Look: Objective Observations	COA	II	All	Link CCR&R	6:00—8:00
Thurs. Dec. 1	It's Not Just Small Talk 	CGD	II	IT	Link CCR&R	10:00—12:00
Mon. Dec. 12	Making a Difference: Mandate to Report , Responsibility to Prevent Child Abuse and Neglect	HSN	I	All	Link CCR&R	6:00—8:00



Logan, Mingo and Boone Counties

Fri. Oct. 14	1-2-3 Grow with Me: Child Development from A-Z	CGD	II	ALL	Chapmanville Library 229 Vance St., Chapmanville	12:00—2:00
Thurs. Oct. 20	Don't Fall In the "I Hate Parents' Trap" 	FC	II	IT	Living Waters 112 E. 2nd Ave., Williamson	6:00—8:00
Tues. Nov. 15	When Children Grieve 	C/FC	II	PRE/ SAC	Logan Library 1 Wildcat Way	2:00—4:00
Tues. Nov. 29	Helping Children Cope with Stress	PIR	II	PRE	Boone Madison Library Main St. Madison	1:00—3:00
Mon. Dec. 5	Once Upon a Time: Storytelling 	C	I	All	Logan Library	1:00—3:00



Lincoln County

Tues. Oct. 18	Making a Difference: Mandate to Report , Responsibility to Prevent Child Abuse and Neglect	HSN	I	All	Hamlin Library 7999 Lynn St., Hamlin	6:00—8:00
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Mason County

Tues. Nov. 22	Once Upon a Time: Storytelling 	C	I	All	Mason County Library 508 Viand St. Pt. Pleasant	1:00—3:00
Thurs. Dec. 8	Too Much of a Good Thing: Sensory Integration 	C/PIR	II	All	Mason County Library	12:00—2:00

Putnam County

Thurs. Oct. 20	Environments that Educate	C	II	All	Putnam County Library 4219 Rt. 34, Hurricane	3:00—5:00
Thurs. Nov. 17	Too Much of a Good Thing: Sensory Integration 	C/PIR	II	All	Putnam County Library	10:00—12:00
Thurs. Dec. 15	What's on Your Plate 	HSN	I	All	Putnam County Library	10:00—12:00



Join us for What's On Your Plate Trainings on Nov. 15 and in Putnam County on Dec. 15. See page 5 of this newsletter for locations and times.

Family Child Care Provider Grants

Family Child Care Providers are eligible to apply for grants of up to **\$250**. Grants can be used to purchase resources required in regulations or curriculum materials. We also have the following items in stock: First Aid Kits, Flash Lights, Fire Extinguishers, Digital Ear Thermometers, Carbon Monoxide and Smoke Detectors. 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. Contact Mary Bridgette at Link (304) 523-9540 or 1-800-894-9540 with questions or to request an application.

STRENGTHENING FAMILIES

We have several items intended to help build the ***STRENGTHENING FAMILIES*** initiative in your program. For a complete list of these materials, please contact Nikki Rabel at (304) 523-9540 Ext. 106 or Nikki.C.Rabel@wv.gov.

Family Day Care Food Program

We will be offering a WHAT'S ON YOUR PLATE training which will focus on the New What's on Your Plate Food Guidelines. This Training will be offered in Cabell County on Nov. 15 and in Putnam County on Dec. 15. See page 5 of this newsletter for locations and times. Call Link to register for one of these training sessions.

For more information on enrolling on the Family Child Care Food Program to help with the costs of meals and snack 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 Day Care Food Program

Serving Cabell, Wayne, Lincoln, Putnam, Mason & Mingo Counties
304 523-3031 or 1-800-581-3031



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 Programs funded through the U. S. Department of Agriculture and is administered by the West Virginia Department of Education

Family Child Care Association News by Kathy Baker

Looking for a group of Family Child Care Providers to talk with, network with and build with others who are also caring for children in their homes? Then, this is the group for you!

The Cabell Wayne Family Child Care Association would like to invite everyone to join us. All of our meetings are registered

with WV STARS and you will receive 1 or 2 hours credit. We also offer other trainings, from time to time, which are STARS registered. We would like to see more providers take an active role in the association. Please come join us and if you have any questions feel free to call Kathy Baker, President, at 304-529-6246.

Saturday, October 8

10:00

Link Office Normal meeting



West Virginia Family Child Care Association

The West Virginia Family Child Care Association is very excited about our first General Meeting. It will be held on October 30, 2011 at 2pm at the Choices office in Parkersburg, WV. All members are invited to attend. We will discuss the kickoff of our membership drive in November and we are looking for members to assist with this drive. We will also pick

committee members to work on our next conference. Hope to see you there! Please contact our office at 304-917-9697 with any concerns you have to assist family child care providers with providing quality child care for our state. To learn more about our association please check out our website www.westvirginiafamilychildcare.com

Would you like to Improve the Quality of your Program and Earn More Money?

Family Child Care Providers can log on at www.nafcc.org or call 1-800-359-3817.

Child Care Centers can log on at 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.



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** 340-3650.

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

First Aid and CPR (Heartsaver class) available at **St. Mary’s Medical Center**— 529-1302.

CPR with First Aid available at **American Red Cross**. 1111 Veteran’s Memorial Blvd. 304-526-2900.

First Aid and CPR available at **Salt Rock Fire Dept.** Instructor—Darrell Ennis. 733– 9040.

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

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

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

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 (304) 675-3050 to register.

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

Putnam County CPR and First Aid is offered by Tina Kyle. 561-4674.

First Aid and CPR available at **Red Cross Building in Kanawha Co.**—340-3650 or www.redcross.org. Evening classes are available.

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

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



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

Remember all of these fees are tax deductible.

Revised Dec. 2010

Happy TRAILS this Fall! by Tiffany Marcum

Hello to All! My name is Tiffany Marcum and I am the new T.R.A.I.L.S. Specialist on-board the van with Virena. I would like to start with a little background information on myself. I have recently moved to the beautiful state of West Virginia from Dallas, Texas where I was born and raised. I received my bachelor’s degree in Child and Family Studies in 2010 from Tarleton State University in Stephenville, TX. I am 29 years old and the mother of a four year old little girl. Before accepting the position as T.R.A.I.L.S. Specialist at LINK, I was a respiratory therapist. I have also worked in the school settings as an intern during school and I spent about five years working as a teacher in the daycare settings. All together I have roughly ten years experience in the field of

childcare. I have spent the last two months here at LINK meeting several of our providers, getting to know as many as possible and building relationships with them. I look forward to meeting many more of you in the upcoming months and working with you to build the best possible childcare setting for the children in your care. I am available for training sessions if you are interested. I am also available for any questions, concerns, comments, or requests from the van you may have. You can reach me at 304-523-9540 ext. 112 or Tiffany.R.Marcum@wv.gov.

Welcoming Fall! Well, Fall has arrived! School is back in session and that means busier days for us all. The weather is cooling off a little and that makes it

great for outside learning experiences with children. The leaves are changing colors leading the way into some educational conversations and experiments. Any plants, flowers, or crops planted earlier in the year may now be ready for picking which could also be a wonderful way to lead into learning experiences. Get out and enjoy the cooler weather with the children and learn all you can before the cold winter arrives!

Again, it has been a pleasure meeting and getting to know those providers that I have already had the opportunity to meet with and I am excited to get to know more of you. We look forward to working with you in the future. Please feel free to contact us at any time with your needs or requests.

Date	Time	Location	Training
Mon. Oct. 3	8:30 – 2:00	Link Office Huntington	
Tues. Nov. 1	8:30 – 2:00	Link Office Huntington	
Tues. Nov. 22	1:00– 3:00	Mason Co. Library	Once Upon a Time
Thurs. Dec. 1	8:30 – 2:00	Link Office Huntington	
Mon. Dec. 5	1:00– 3:00	Logan Library	Once Upon a Time



Welcome Tiffany Marcum, our new TRAILS Specialist, pictured above with Virena Elkins, our TRAILS Associate.



Link CCR&R

Link Child Care Resource and Referral a Program of
River Valley Child Development Services
611 7th Ave., Suite 200
Huntington, WV 25701

Phone: (304) 523-9540 or 1-800-894-9540

Fax: (304) 697-4821

Web Address: www.wvdhhr.org/Link

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