



# Kids Quarterly Press

A Newsletter of Choices Child Care Resource and Referral

July, August, & September 2022




Congratulations the following providers for reaching Tier II quality status:

- **Tots to Teens, Wood County**
- **Betty Olds, Harrison County**
- **Dawn Stevens, Wood County**

A Tier II provider has demonstrated that they provide a higher quality of care within their program. These providers receive a higher childcare reimbursement rate and an increased stabilization grant amount.

If you are interested learning more about the Tier II application process contact Marcy Mueller, Quality Improvement Specialist, at 304-622-6528 or by email at [Marcy.L.Mueller@wv.gov](mailto:Marcy.L.Mueller@wv.gov)

In this issue:		Choices CCR&R	Choices CCR&R
Save the Dates	2-3	 <b>4421 Emerson Ave, Suite 102 Parkersburg, WV 26104 (304) 485-2668 (304) 485-7024 (fax)</b>	 <b>315 North Ohio Ave. Clarksburg, WV 26301 (304) 622-6528 (304) 622-6092 (fax)</b>
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## Save the Date: Family Childcare Conference!

Face to Face  
Conference



**2022**

**Family  
Childcare  
Conference**

**Sparkling  
Adventures in  
Literacy**

Discover how you  
can add literacy  
to your family  
childcare program!

**SAVE  
THE  
DATE(S)**

**October 1st  
Beckley, WV  
&  
November 5th  
Martinsburg, WV**

**Contact**

Your TRAILS team for more  
information.

**Save the Date: Great Beginnings!**

# Great Beginnings



INFANT/TODDLER  
CONFERENCE

**Save the Date**  
**September 22 and 23**

**TWO Locations**

**Bridgeport**

**AND**

**Charleston**

**Featuring Faculty from the**  
**Program for Infant/Toddler Care**



## Training Tidbits

### West Virginia Elements of Family Child Care

Please contact Jennifer Powell at 304-485-2668 for more information.

Starts  
July 16th  
Every  
Saturday  
for 7 weeks  
10-2 pm



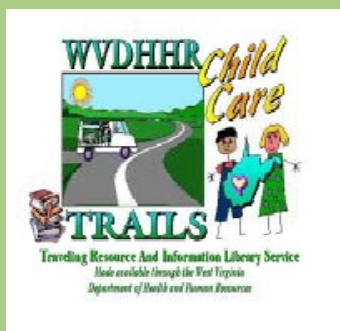
In person at:  
Choices CCR&R  
4421 Emerson Ave  
Parkersburg WV 26104

To register, visit  
[www.wvstars.org](http://www.wvstars.org)

30 hours of STARS credit and resources when all 7 modules are completed.

#### What You Will Learn:

- Best Practice
- Curriculum
- Child Development
- Positive Guidance & Discipline
- Personal Philosophy
- Daily Schedules & Room Arrangements
- Environmental Rating Scale
- Relationship Building



#### Have You Checked Out TRAILS?

The Choices TRAILS van offers developmentally appropriate toys, games and books for the use of children in family child-care homes, centers, and facilities. A wide variety of caregiver resource books and curriculum materials are also available. To schedule an appointment to see all of the items TRAILS has to offer contact Jennifer Powell at 1-866-966-2668 or by email at [Jennifer.S.Powell@wv.gov](mailto:Jennifer.S.Powell@wv.gov).

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Online Professional Development Calendar</b>			
<b>July 5, 2022</b>	<b>ECPBIS Directors' Overview</b>	<b>Jennifer Negie</b>	
5:00pm-6:00pm	This is an overview of the Pyramid Model and summary of the Early Childhood Positive Behavior Intervention Support modules intended for directors and others in leadership roles who have enrolled staff in the ECPBIS modules.	CGD	Online
<b>July 7, 2022</b>	<b>Mind in the Making Overview</b>	<b>Shannon Valles</b>	
12:00pm-2:00pm	Directors only. This session will provide an overview of Mind in the Making, a series of modules about the science of early learning. Center directors must attend before registering staff for Mind in the Making Series.	AM	Online
<b>July 11, 2022</b>	<b>Morning Health Checks</b>	<b>Lisa Galford</b>	
6:00pm-7:00pm	This training will discuss how to do a quick, casual assessment of children as they arrive to care each morning.	HSN	Online
<b>July 13, 2022</b>	<b>Planting Seeds for Healthy Eating</b>	<b>Renee Stonebraker</b>	
6:00pm-8:00pm	Benefits of gardening, different types of gardens, how to grow food in a container, and garden food safety.	CGD/HSN	Online
<b>July 19, 2022</b>	<b>WVIT-R Administrator's Course</b>	<b>Alicia Hundley</b>	
10:00am-12:30pm	This course is an overview of the West Virginia Infant Toddler-Revised Course. It is intended for center/facility directors to help support staff learning and implementation. This class is made up of two live, online sessions and 4 self-paced online sessions. Participants must complete each session. Sessions are July 19 & 21.	PL	Online
<b>July 27, 2022</b>	<b>Circle Of Influence</b>	<b>Marcy Mueller</b>	
12:00pm-2:00pm	In this training center directors and assistant directors will explore techniques for managing the daily business of your center by involving others in critical decisions affecting their professional fulfillment.	PL/AM	Online
<b>August 10, 2022</b>	<b>Stress Management</b>	<b>Renee Stonebraker</b>	
6:00pm-8:00pm	Facts about stress, how it affects our health, and healthy ways to deal with stress for adults and children.	Various	Online
<b>August 11, 2022</b>	<b>Mind in the Making Series</b>	<b>Shannon Valles</b>	
6:00pm-8:30pm	This series uses research on how children learn and how to encourage engaged learning. Series is 8 weeks. Sessions are every Thursday through Sept. 29th.	Various	Online
<b>August 15, 2022</b>	<b>Reducing the Use of Exclusionary Discipline in Childcare Settings</b>	<b>Meagann Morris</b>	
5:00pm-7:00pm	Different types of Exclusionary Discipline will be defined. The negative impacts of these practices, as well as positive alternatives will be discussed.	EC	Online

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Online Professional Development Calendar (cont.)</b>			
<b>August 15, 2022</b>	<b>Ear Infections in Children</b>	<b>Lisa Galford</b>	
6:00pm-7:00pm	This training will provide information about why children are prone to ear infections. Signs and symptoms of ear infections and information about exclusion criteria.	HSN	Online
<b>August 22, 2022</b>	<b>Ear Infections in Children</b>	<b>Lisa Galford</b>	
6:00pm – 7:00pm	See description above.	HSN	Online
<b>August 24, 2022</b>	<b>Making the Most of Meetings</b>	<b>Marcy Mueller</b>	
12:00pm-2:00pm	This training is specifically for childcare center directors and assistant directors. Practical tips and techniques will help you make meetings more effective, accomplish more work in less time and have fun in the process.	PL/AM	Online
<b>September 6, 2022</b>	<b>Respiratory Infections in Children</b>	<b>Lisa Galford</b>	
6:00pm-7:00pm	This session covers many common infections including colds, influenza, croup, RSV, sinusitis, pneumonia, asthma, whooping cough, & cystic fibrosis, as well as the anatomy of the respiratory system and how it functions.	HSN	Online
<b>September 7, 2022</b>	<b>Building a Firm Foundation with TRAILS One Block at a Time</b>	<b>Jennifer Powell</b>	
6:00pm-8:00pm	This 4-session mini-series (every Wednesday through 9/28) is for family childcare providers will cover best practice, child development, organizing your day and home, and how to build positive relationships.	Various	Online
<b>September 12, 2022</b>	<b>Medication Administration</b>	<b>Lisa Galford</b>	
5:00pm-8:00pm	This is the required training that allows child care providers to administer medications to children in the child care setting. Participants must complete the requirements of the training in order to be able to administer medications.	HSN	Online
<b>September 14, 2022</b>	<b>Picky Eaters</b>	<b>Renee Stonebraker</b>	
6:00pm – 8:00pm	How to encourage children to eat a variety of foods, including different cooking methods, family style meals, and food shapes.	Various	Online
<b>September 19, 2022</b>	<b>Seizure Disorder in Child Care Setting</b>	<b>Lisa Galford</b>	
6:00pm-7:00pm	This training provides information about seizure disorders and the role of the child care provider. Topics include recognizing the types of seizures, basic first aid for seizures, recognizing medical emergencies and medication administration for seizures.	HSN	Online
<b>September 28, 2022</b>	<b>The Right Fit</b>	<b>Marcy Mueller</b>	
12:00pm-2:00pm	When recruitment is designed as a continuous process, leaders increase their ability to attract the right applicants, reduce the likelihood of unwanted turnover, and lessen the stress of filling vacant positions. This session introduces the five components of the Right Fit Approach to hiring and offers practical techniques for recruiting, interviewing, selecting, screening, and orienting new staff.	PL/AM	Online

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Harrison County Professional Development Calendar</b>			
<b>July 11, 2022</b>	<b>Morsels of Care</b>	<b>Meagann Morris</b>	
6:00pm-8:00pm	This course will discuss Kernels of Practice and how you can implement them in your setting. Conscious Discipline and ECPBIS, will be discussed.	EC	Choices Clarksburg
<b>July 12, 2022</b>	<b>Early Childhood Positive Behavior Intervention and Support Modules</b>	<b>Jennifer Negie</b>	
6:00pm-8:00pm	The Early Childhood Positive Behavior Interventions and Support series focuses on social and emotional supports in all childcare settings. This is based on the Pyramid Model, which follows the public health design of prevention, promotion, and intervention. Sessions will be July 19, 26, and August 1, 2022. Must attend all sessions to receive credit.	Various	Choices Clarksburg
<b>July 16, 2022</b>	<b>Early Childhood Professional Ethics for All</b>	<b>Shannon Valles</b>	
9:00am-11:00am	This training will provide an overview of the NAEYC Code of Ethical Conduct and its use in the day to day lives of caregivers.	PL	Choices Clarksburg
<b>July 25, 2022</b>	<b>WV Infant Toddler Professional Development Course-Revised</b>	<b>Alicia Hundley</b>	
5:00pm-8:30pm	WVIT-R is the new, updated infant toddler course. It contains 12 live sessions, 2 TACIT visits, and 4 self-paced online sessions. This class will meet face to face once a week until October 17, 2022.	Various	Choices Clarksburg
<b>August 24, 2022</b>	<b>New Recipe Ideas 2</b>	<b>Renee Stonebraker</b>	
6:00pm-8:00pm	Provides nutritional information and recipes for unique foods from most food groups.	CGD/ HSN	Choices Clarksburg
<b>September 3, 2022</b>	<b>Self-regulation vs. Timeout</b>	<b>Jennifer Powell</b>	
10:00am-12:00pm	Family childcare providers will know the different impacts when using timeout and self-regulation has on children and know how to set up their environment and curriculum to support self-regulation.	CGD/ HSN	Choices Clarksburg

## Online Professional Development Policies

- You must register for each training in WV STARS *and* with registration links provided.
- Each participant must individually register and log in to the training to receive credit. Device/screen sharing is not permitted for WV STARS credit.
- Participants who call in to the training by phone without also logging in to a computer, smartphone, or tablet will not receive credit, as this type of attendance cannot be tracked.
- Participants who miss more than 15 minutes of a session or do not meet minimum proof of learning/participation requirements will not receive credit for attending.
- All participants are expected to remain active in each session by participating in polls, discussions, post-tests, etc.
- Any technical issues that occur during the session should be communicated with the trainer as soon as possible so they can be resolved.

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Wood County Professional Development Calendar</b>			
<b>July 16, 2022</b>	<b>West Virginia Elements of Family Child Care Modules Series</b>	<b>Jennifer Powell</b>	
10:00am-2:00pm	West Virginia Elements of Family Child Care Module Series is for family childcare providers. This 7-week course (every Saturday through 8/27) will focus on best practice, child development, organizing your day and home, and individual goals for providers.	Various	Choices Parkersburg
<b>July 20, 2022</b>	<b>Planning Activities for Mixed Age Groups</b>	<b>Jennifer Powell</b>	
6:00pm-8:00pm	This class is especially designed for those of you with school age children or groups with mixed abilities. We will discover ways to maximize the fun and learning for all.	EC	Choices Parkersburg
<b>July 30, 2022</b>	<b>HOPE 101</b>	<b>Meagann Morris Shannon Valles</b>	
6:00pm-7:30pm	This course explains the importance of Positive Childhood Experiences (PCEs) and how they drive healthy development mitigating the effects of Adverse Childhood Experiences (ACEs).	Various	Choices Parkersburg
<b>August 8, 2022</b>	<b>Growing Positive Relationships: A Guide to Building a Warm Environment</b>	<b>Jennifer Negie</b>	
6:00pm-8:00pm	This training will focus on building positive relationships within the classroom and childcare environment. Topics will include how to cultivate a positive environment between staff, children, and families.	EC	Choices Parkersburg
<b>September 27, 2022</b>	<b>New Recipe Ideas 2</b>	<b>Renee Stonebraker</b>	
6:00pm-8:00pm	Provides nutritional information and recipes for unique foods from most food groups.	CGD/ HSN	Choices Parkersburg

## In-Person Professional Development Policies

The following policies and procedures will remain in effect for all training sessions conducted at Choices CCR&R Offices until further notice:

- Anyone with symptoms of any illness will not be permitted to attend training.
- Participants must follow applicable COVID safety precautions, including wearing masks and social distancing as recommended by CDC guidance.
- You must register at [www.wvstars.org](http://www.wvstars.org) at least 24 hours in advance.
- Children are not permitted to attend training sessions.
- Participants who arrive more than 15 minutes late will not receive WV STARS credit.
- Sessions may be cancelled due to illness, inclement weather, or insufficient enrollment.
- These policies are subject to change based on Federal, State, and local requirements.



# ACDS Registration Information



## Apprenticeship for Child Development

ACDS now offers both in-person and virtual classes. If participants live in a region that offers an in-person class, they are expected to attend that session. Priority for virtual classes will go to regions that do not have an in-person option due to circumstances such as not having an instructor, or not having enough students to hold a class. Please note that the registration process has recently changed. There is now a deadline to register each semester. The registration deadline date will vary each semester, but will be two weeks prior to classes beginning. For more information regarding classes, including the latest class schedule and registration deadline, please visit the ACDS website, [wvacds.org](http://wvacds.org) and the ACDS Facebook page. Below are steps to follow when registering for ACDS classes.

### HOW TO REGISTER FOR ACDS CLASSES

1. **All students** must complete an **online orientation** for the semester they want to attend. The orientations are available on the WV STARS website, [www.wvstars.org](http://www.wvstars.org). Students can be either on the WV STARS pathway or registry. The orientations can be found on the training calendar by searching self-paced courses. The registration form is now included within the orientations. There is no need to submit a separate paper registration form to ACDS. The orientation must be completed before the registration deadline.
2. All students must submit the **\$25.00 registration fee** directly to ACDS. ACDS accepts business, personal and bank drafted checks and money orders made payable to River Valley Child Development Services (RVCDS). ACDS now accepts debit and credit card payments. To pay using a card visit the ACDS website for a credit card submission form. We **CANNOT** accept payments over the telephone because the credit card submission form must be signed by the card holder. All forms of payments should be accompanied by the payment submission form also located on the ACDS website. Completing this form helps ensure that your payment will be credited accurately and timely. Payment must be received by the registration deadline.

***\* Failure to complete the full registration process will result in the applicant not being enrolled.***

#### Contact Information

611 7th Avenue Huntington, WV 25701

Phone: 304-523-0433

Fax: 304-697-6613

Email: [wvacds@rvcds.org](mailto:wvacds@rvcds.org)



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

This program is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources and is administered by West Virginia Early Childhood Training Connections and Resources, a program of River Valley Child Development Services.

## ACDS Local Council Updates



# ACDS

### Apprenticeship for Child Development Specialist

- Program for daycare workers working a minimum of 20 hours a week
- Combines 4 semesters of coursework with on the job training
- Participants include employees of child care, family child care, after school, head start, home visitation, and public pre-k and kindergarten
- Classes held locally at WVUP
- High school diploma or WV equivalency



#### Our Mission

ACDS promotes highly skilled, confident early childhood employees; quality early childhood classrooms; and informed, supportive early childhood professionals.

**Contact Us in Wood, Ritchie, Pleasants, or Wirt Counties**

Gwen Crum  
304-424-1969  
gwen.crum@mail.wvu.edu  
www.wvacds.org



## Who's New at Choices



### **Alicia Mazariego, Infant/Toddler Specialist– Parkersburg**

Alicia holds a bachelor's degree in Early Childhood Education from the University of Central Florida in Orlando, Florida. Prior to her current position, she was a home visitor for Early Head Start in Marietta, Ohio, working with infants and toddlers. She has taught multiple age groups, including two-year-olds as well as four- and five-year olds. While living in Florida, she also worked as a children's activities host at a children's drop off center at Walt Disney World, which gave her the opportunity to work with children from all over the world. She currently lives in Marietta, Ohio with her husband and two sons.

### **Kris Nixon, Case Manager– Clarksburg**

I am Kris Nixon and I'm a case manager in the Clarksburg office. I have a son and a daughter (18 and 15). I am a native of Clarksburg. I graduated Fairmont State College with a degree in secondary education. Prior to working here, I was a Child Regulatory Specialist with the Department of Health and Human Resources for 15 years. I am excited to be learning a new area of child care. It is great being a part of Choices!



### **Amy Freed, Administrative Secretary– Parkersburg**



Hello, my name is Amy. Sometimes I find it can be hard to introduce yourself only because you know yourself all too well, and you're not real sure where to start. However, I am going to give it a go. To start I am a person who is positive about every aspect of life. There is so many different things I like to do, see and experience. For instance, I like to read, and learn. I enjoy watching the sun rise and seeing the moon at night. I enjoy the ocean breeze on my face. I like to watch the newness of life that spring brings, the smell of summer rain, and the crunching sounds of autumn leaves. I very much enjoy delicious foods and comfortable shoes. I am a nature fanatic, huge fan of Halloween. I love watching murder mysteries and paranormal shows. I am a proud mother of one little fur baby (grumpy cat) as well as 3 beautiful human souls. I am married to my best friend. I love helping people, which is why I am so excited about working with Choices CCR&R. Most importantly I love to surround myself with my family and close friends.



## Food and Fun

### Alphabet Sand Dig

**Materials:** Play sand, shells, permanent marker, shovels, spoons or scoops

**Directions:** Write letters of the alphabet on the backs of your shells with permanent marker. (You can start with uppercase and provide extensions off this type of play by adding lowercase later.) Pour the sand in your sand table or sensory bin. Bury the shells in the sand. Allow children to use shovels, spoons, or scoops to find the shells.



### Fresh Fruit Popsicle

**Materials:** 1 cup grape juice, 3/4 cup fresh cut fruit (strawberries, blueberries, kiwi, etc.), 1 table-spoon sugar, popsicle molds or small Dixie cups with wooden popsicle sticks

**Directions:** Adults make sure fruit is finely cut and prepared. Next fill the popsicle molds up first with the fruit of your choice. Mix together the sugar and grape juice and pour over the fruit. Insert the sticks into the molds and place in the freezer for at least 2-3 hours or until completely frozen.



### Play Dough Bug Fossils

**Materials:** play dough, plastic insects, magnifying glass, tweezers or tongs, rolling pin and/or other play dough tools

**Directions:** First, roll out playdough flat onto a hard surface or tray. Next, press different insect into the play dough to make fossil looking prints, and remove using tweezers or tongs. Lastly, use the magnifying glass to examine the prints left behind.

### Bear Hunt S'mores Trail Mix

**Materials:** Teddy Graham crackers, marshmallows, pretzels, chocolate chips, small sandwich bags

**Directions:** Act out "Going on a Bear Hunt" story or song. Expand this story by making Bear Hunt trail mix. Let children measure out Teddy Grahams, marshmallows, pretzels, and chocolate chips to mix into their own individual sandwich bags, then pack up for your next "bear hunt" and enjoy!

For more Food & Fun ideas, contact Ashley Jobes, TRAILS Associate, at 304-485-2668 or [Ashley.N.Jobes@wv.gov](mailto:Ashley.N.Jobes@wv.gov)

### Child Care Food Program

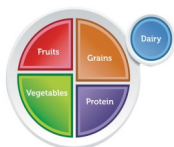
Wood County: 304-485-9238 ext 18

Harrison County: 304-905-9867

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

Benefits to child care providers include:

- Reimbursement for food costs
- Nutrition education & support
- Meal and snack planning
- Workshops & newsletters



**West Virginia WIC** provides nutrition & health education as well as other services free of charge to pregnant women, post-partum women, infants, and children up to the age of five.

[www.wvdhhr.org/ons](http://www.wvdhhr.org/ons)

### West Virginia Children's Health Insurance Program

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



Health care for children & expectant moms

Apply online at [www.wvinroads.org](http://www.wvinroads.org)



## **Choices Child Care Resource and Referral**

**4421 Emerson Ave, Ste 102**

**Parkersburg, WV 26104**

**304-485-2668 or 1-866-966-2668**

**[www.wvdhhr.org/choices](http://www.wvdhhr.org/choices)**



### **Choices Child Care Resource and Referral Child Care Providers' Newsletter and Professional Development Information**

Choices Child Care Resource and Referral is a program of River Valley Child Development Services. This program is being presented with financial assistance as a grant from the West Virginia Department of Health and Human Resources.

Visit us on the Web: [www.wvdhhr.org/choices](http://www.wvdhhr.org/choices).