



Kids Quarterly Press

A Newsletter of Choices Child Care Resource and Referral

January, February, & March 2025

Winter Healthy Tips



This time of year, we often see lots of stuffy noses, achy ears, and barking coughs. Although cold and flu season often coincides with winter and frigid temperatures, the cold does not cause infections and viruses. Instead, the increased time inside together is what leads to the spread of these illnesses. So what can you do to help minimize the impact of this on your programs?

One of the most effective strategies for preventing the spread of germs is well executed hand washing. The Centers for Disease Control and Prevention provides guidance about when and how to wash your and children's hands.

1. Wet your hands with clean running water then apply soap.
2. Lather your hands by rubbing them together. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. For an easy timer, try singing "Happy Birthday" from start to finish two times!
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dryer.

For more information on best health practices reach out to your Health Educator, Nurse Health Consultant, or Professional Development Team!

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Choices CCR&R

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Suite 102
Parkersburg, WV 26104
(304) 485-2668
(304) 485-7024 (fax)

Choices CCR&R

11 Chenoweth Dr,
Suite 200
Bridgeport, WV 26330
(304) 622-6528
(304) 622-6092 (fax)

Recognitions

Congratulations!

Choices would like to recognize **Hannah Merinar** of A Little People Place, on her approval for the WV General Child Care Credential.

Congratulations to **Elyse Griswold** of Lasting Impressions, on her approval for the Infant/Toddler Specialization Credential.

The WV Child Care Credential is an initiative from the Division of Early Care and Education to recognize outstanding professionalism within the child care field. Applying for this recognition involves creating a professional portfolio highlighting professional development, beliefs, and work experience. A \$500 bonus payment and recognition certificate will be provided after the General credential is awarded.

Once the General credential is achieved, providers can apply for one Specialization credential that best represents their early childhood career. Currently, the Director, Preschool, Infant/Toddler, and Family Child Care Specializations are available. A \$250 bonus payment and recognition certificate will be provided after a Specialization is awarded.



*For more information regarding the
WV Child Care Credential contact
Meagann.E.Morris@wv.gov*

Or click the link below.
https://www.wvdhhr.org/choices/child_care_providers.html

The Child Care Reimbursement System is a quality initiative that offers higher subsidy payments to programs that demonstrate they meet higher standards of care. Programs may apply for Tier II if specific higher quality standards are met. These providers receive a higher childcare reimbursement rate and are eligible for additional bonus payments.

If you are interested in becoming a Tier II program, contact your Quality Improvement Specialist.

Marcy Mueller,
304-622-6528
Marcy.L.Mueller@wv.gov



**West Virginia
Tiered
Reimbursement
Program**

Recognitions

Who's New At Choices?



Hello! I'm Betty Johnson, the new Child Care Coaching Specialist in the Bridgeport office. I moved to West Virginia from Kentucky in August 2020 for my husband's work. My husband, and I have been married for 30 years. We have one son, a daughter-in-law, and two wonderful granddaughters. I love spending time with my family. We are a Disney Family, so usually vacations start or ends with a trip to Disney World. I have been working in early childhood education since graduating from Lincoln Memorial University with a Bachelor of Arts Degree in Liberal Studies and Human Development. I worked at a Community Action Agency with their Child Development Program for over 21 years. I held many positions during my time there. I started as an Early Head Start Home Visitor and when I left, I was the Child Development Education Manager. As the Education Manager I was responsible for ensuring our program met all Head Start Performance Standards and Kentucky State Standards in the education component. One of my roles as a supervisor was offering coaching to staff, so I am excited to continue offering coaching to the providers of the Choices service area and have a small part in helping improve the quality of care to our children.



For information
regarding this
initiative contact:
Alicia Hundley,
304-622-6528
Alicia.M.Hundley@wv.gov

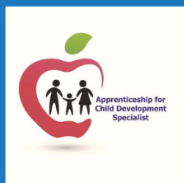
The Advantages of having a Breastfeeding Friendly Child Care Designation:

1. Designation shows the community your commitment to quality care.
2. Child and Adult Care Feeding Program (CACFP) meal reimbursements are available when mothers breastfeed at the center or provide breastmilk for feeding their infant.
3. Designation can positively affect staff recruitment and retention as well as productivity and morale.
4. Sites achieving designation receive a bonus stipend, certificate of designation and recognition, and materials for start up.

Click the link below to learn more about this designation and the 10-step process to becoming a breastfeeding friendly program.

<https://www.wvit.org/breastfeeding-friendly-child-care-designation/>

Important Updates



RIVER VALLEY CHILD
DEVELOPMENT
SERVICES



ACDS REGISTRATION

ABOUT ACDS

ACDS is a four semester apprenticeship program for individuals working directly with children birth to age 12 for a minimum of 20 hours a week. Classes are one evening a week for 15 weeks a semester. Virtual classes are available for counties that do not offer an in-person option.

PARTICIPATION

Registration for the fall term starts June 1 and for the spring term November 1 each year. Interested participants should follow the outlined steps to register for class each term.

REGISTRATION



STEP ONE

Visit the WV STARS training calendar and search self-paced courses for all ACDS orientations.



STEP TWO

Complete registration that is linked at the end of each orientation.



STEP THREE

Submit \$25.00 registration fee to ACDS program. Checks and cards are accepted. Credit card form is on ACDS website.





304-523-0433



www.wvacds.org






wwacds@rvcds.com

Date and Time	Title and Presenter/Description	Core Competency	Location
Wood County Professional Development Calendar			
January 22, 2025	Adapting Your Gross Motor Play	Ashley Jobses	
6:00 – 7:30 PM	This training will cover basic gross motor development for children. We will discuss how to adapt gross motor activities for indoor and outdoor play, and the impacts this type of play has on other areas of learning.	Various	Choices
February 4, 2025	The Elements of a Literacy-Rich Environment	Jennifer Powell	
6:00pm – 8:00pm	Family childcare providers will include literacy in their environment that is supportive and engaging for all children. We will discuss room arrangement, a print-rich environment, and how to encourage language and literacy in each area of development.	EC	Choices
February 5, 2025	Process vs Product Art in the Preschool classroom	Abigail Carter	
6:00pm – 8:00pm	Providers will learn and discuss the differences of process and product art and the effects on creativity.	CGD	Choices
February 11, 2025	Building Strong Foundations: Supporting Infants and Toddlers through the West Virginia Early Learning Standards Framework: Infant and Toddler 	Alicia Mazariego	
6:00 pm – 8:00 pm	This module course is worth 9 STARS hours and will cover how to use the Infant Toddler ELSFs and how to link them to lesson planning for your classroom. Participants must attend all sessions and complete homework to receive credit. (Session dates: Feb. 11, 18, & 25)	CGD	Choices
March 4, 2025	The Importance of Play	Abigail Carter	
6:00pm – 8:00pm	This training will help attendees understand the importance of play and the different kinds of play.	CGD	Choices
March 6, 2025	Get the Scoop with TRAILS	Jennifer Powell	
6:00pm – 7:00pm	Providers will learn more about the Traveling Resource And Information Library Service, the TRAILS inventory, professional development, technical assistance, and how to utilize it in your program.	PL	Choices
March 22, 2025	FCCPBIS Module Training 	Jodi Fortney	
9:00am – 3:30pm	During this 6-hour training you will learn positive behavior interventions and strategies to support children. This training is for family childcare homes and facilities.	Various	Choices



Have You Checked Out TRAILS?



The Choices TRAILS van offers developmentally appropriate toys, games and books for the use of children in family childcare homes, facilities, and centers. To schedule an appointment to see all of the items TRAILS has to offer contact Jennifer Powell or Ashley Jobses at 304-485-2668.


Date and Time	Title and Presenter/Description	Core Competency	Location
Harrison County Professional Development Calendar			
January 15, 2025	WVIT II Relationship Based Care	Chrissy Lafferty	
5:00pm – 8:30pm	This course is the continuation of WVIT. This course focuses more deeply on attachment, primary caregiving, observation and assessment and the uniqueness of each child. The class will meet in person for 10 weeks. Please note, if there is bad weather class will be held virtually instead. <i>(Session dates: Jan. 15, 22, 29, Feb. 5, 12, 19, 26, Mar. 5, 12, & 19)</i>	Various	Choices
February 6, 2025	The Growing Brain: From Birth to 5 Years Old 	Shannon Valles	
5:30pm – 8:30pm	This 7-session series delves into research in brain development and strategies for childcare providers to support the growing brains of children, birth to 5 years old. <i>(Session dates: Feb. 6, 13, 20, 27, Mar. 6, 20, & 27)</i>	Various	Choices
February 11, 2025	Get the Scoop with TRAILS	Jennifer Powell	
6:00pm – 7:00pm	Providers will learn more about the Traveling Resource And Information Library Service, the TRAILS inventory, professional development, technical assistance, and how to utilize it in your program.	PL	Choices
February 15, 2025	FCCPBIS Module Training 	Jodi Fortney	
9:00am – 3:30pm	During this 6-hour training you will learn positive behavior interventions and strategies to support children. This training is for family childcare homes and facilities.	Various	Choices
February 18, 2025	Creating Quality Environments Using Dap & FCCER-3	Ashley Jobes	
6:00 – 7:00 PM	Family childcare providers will learn what is developmentally appropriate practice, and how they can use FCCERS-3 to create a quality environment for children.	Various	Choices
March 18, 2025	Communicable Diseases in Childcare 	Lisa Galford	
6:00 – 8:00 PM	Tips for minimizing the spread of infection in programs as well as information about common communicable diseases.	HSN	Choices

WV STARS Core Knowledge

CGD: Child Growth and Development
 FC: Family and Community Relationships
 COA: Child Observation and Assessment;
 EC: Environment and Curriculum

HSN: Health, Safety and Nutrition
 PL: Professionalism and Leadership
 AM: Administration and Management
 Various: Multiple Core Knowledge areas covered

Date and Time	Title and Presenter/Description	Core Competency	Location
Online Professional Development Calendar			
January 6, 2025	Understanding ACES 101 	Jodi Fortney	
12:00pm – 1:30pm	ACES 101: This webinar will provide a brief overview of Adverse Childhood Experiences through awareness and education.	CGD	Online
January 7, 2025	Understanding ECERS	Abigail Carter	
6:00pm – 8:00pm	This training will provide an overview of the Early Childhood Environmental Rating Scale including its purpose and how to use the scale to improve the quality of preschool environments.	EC/PL	Online
January 8, 2025	WVIT II Administrator's Course	Chrissy Lafferty	
1:00pm – 3:00pm	The Administrators Modules are designed to provide administrators with the information and guidance needed to support their staff to successfully complete WVIT II and to implement new knowledge into their work with infants and toddlers.	PL	Online
January 8, 2025	Director's Toolbox Series 	Marcy Mueller	
9:00am – 11:00am	The Director's Toolbox Series offers 7 engaging and interactive online professional learning experiences that focus on the core leadership and management competencies childcare directors need. (Sessions dates: Jan. 8, 15, 22, 29, Feb. 5, 12, & 19)	PL/AM	Online
January 9, 2025	Understanding the School-Age Environment Rating Scale (SACERS)	Shannon Valles	
6:00pm – 8:00pm	This course provides an overview of the School-Age Environment Rating Scale (SACERS) including purpose, content, scoring, and tips for observing.	EC/PL	Online
January 21, 2025	ACES 102	Jodi Fortney	
12:00pm – 1:00pm	ACEs 102: Overcoming Adverse Childhood Experiences will provide an overview of ACEs and ways to overcome them. It will cover variables related to resilience, protective factors, and safe, stable, and nurturing relationships and environments.	CGD/HSN	Online
February 2, 2025	ACES 103	Jodi Fortney	
12:00pm – 1:00pm	ACEs 103: Preventing Adverse Childhood Experiences will provide an overview of ACEs and the impact of trauma. It will also help you identify some of the root causes and look at best practices for preventing ACEs.	CGD/HSN	Online

Date and Time	Title and Presenter/Description	Core Competency	Location
Online Professional Development Calendar Continued			
February 18, 2025	RR Spreading HOPE 		Jodi Fortney
12:00pm – 1:30pm	This course is based on Healthy Outcomes from Positive Experiences (HOPE). We will discuss the importance of positive childhood experiences and research of the mitigating effect on ACEs.	CGD/FC	Online
March 20, 2024	Nurturing Growth: Teaching Social Skills and Managing Behaviors in Children		Jennifer Powell
6:00pm – 8:00pm	In this training, participants will understand the root causes of undesirable behaviors and how they can reinforce appropriate behaviors within the classroom by providing engaging hands-on learning experiences for children. (<i>Session dates: March 20 & 27</i>)	CGD/EC	Online
March 24, 2025	Biting in Infant Toddler Programs		Chrissy Lafferty
6:00pm – 7:30pm	Biting is challenging and is a behavior that occurs frequently in infant and toddler classrooms. Sign up and attend this training to learn why biting occurs and find out some ways to help prevent it.	CGD	Online

In-Person Professional Development Policies

- Anyone with symptoms of any illness will not be permitted to attend training.
- You must register at 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.
- Training sessions may be cancelled due to low enrollment or weather.

Online Professional Development Policies

- You must register for each training in WV STARS and on the 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 and not navigating away from the webinar on their screen.
- Technical issues should be brought to the trainers attention as soon as possible so they can be resolved.

This image indicates that this training meets the requirements for the WV Child Care Credential.



Child Care Nurse Health Consultant Trainings

Date and Time	Training Topic	Trainer
1/6/25 5:30-8:30 PM	Medication Administration	Lisa Galford
1/7/25 7:00-8:00 PM	Ear Infections	Kelly Amos
1/17/25 5:30-8:30 PM	Medication Administration	Kelly Amos
1/20/25 7:00-8:00 PM	Morning Health Checks	Allison Harker
1/21/25 6:00-7:00 PM	Infection Control	Candace Morgan
1/23/25 5:30-8:30 PM	Medication Administration	Candace Morgan
1/27/25 6:00-8:00 PM	Communicable Diseases	Candace Morgan
1/30/25 6:30-8:00 PM	Medical Action Plans	Lisa Galford
2/3/25 5:30-8:30 PM	Medication Administration	Kelly Amos
2/4/25 12:30-1:00 PM*	Morning Health Checks	Allison Harker
2/11/25 5:30-8:30 PM	Medication Administration	Lisa Galford
2/19/25 5:30-8:30 PM	Medication Administration	Candace Morgan
2/20/25 7:00-8:00 PM	Ear Infections	Kelly Amos
2/25/25 6:30-7:30 PM	Infection Control	Candace Morgan
2/27/25 6:30-8:00 PM	Medical Action Plans	Lisa Galford
3/3/25 6:00-8:00 PM	Communicable Diseases	Candace Morgan
3/5/25 7:00-8:00 PM	Respiratory Infections	Kelly Amos
3/10/25 5:30-8:30 PM	Medication Administration	Lisa Galford
3/11/25 7:00-8:00 PM	Ear Infections	Kelly Amos
3/18/25 12:00-1:00 PM*	Infection Control	Candace Morgan
3/20/25 5:30-8:30 PM	Medication Administration	Candace Morgan
3/22/25 8:00-11:00 AM**	Medication Administration	Kelly Amos
3/24/25 12:00-1:00 PM*	Morning Health Checks	Allison Harker
3/25/25 6:30-8:00 PM	Medical Action Plans	Lisa Galford
* Lunchtime Learning		
** Saturday Morning		

For the most up to date information from the Nurse Health Consultants, follow their Facebook page:

<https://www.facebook.com/WVNurseHealthConsultants>.



Child Care Health Educators Online Trainings

Child Care Health Educators Online Trainings

January

9th Picky Eaters
6:30 - 8:30 PM
13th All That Sugar and Fat
6:30 - 8:30 PM
28th Oral Health
6:30 - 8:30 PM

February

6th Beans...More Than Just Cute Songs
6:30 - 8:30 PM
13th Let's Move
6:30 - 8:30 PM
24th Let's Make a Menu
6:30 - 8:30 PM

March

4th Identifying Environmental Hazards 1
6:30 - 8:30 PM
13th Planting Seeds for Healthy Eating
6:30 - 8:30 PM
24th Identifying Environmental Hazards 2
6:30 - 8:30 PM

Register on
wvstars.org



CPR & First Aid Training



Choices CCR&R
11 Chenoweth Dr., Ste. 200
Bridgeport, WV 26330

Saturday
February 8, 2025
9am-3pm



304-622-6528



Jacklin.S.Moats@wv.gov
Jodi.L.Fortney@wv.gov

Choices CCR&R
4421 Emerson Ave., Ste. 102
Parkersburg, WV 26104

Saturday
February 22, 2025
9am-3pm



304-485-2668



Jennifer.S.Powell@wv.gov
Ashley.N.Jobes@wv.gov

*Course is \$25.
Contact
CHOICES for
payment
details.*

*Space is limited to 12 participants
per session.*

CHOICES
CHILD CARE RESOURCE & REFERRAL

Save the Date



March 19-21, 2025

Celebrating Connections

Leading The Way Through

• Collaborative Relationships

- Join us in 2025 for information about
- practices, policies, planning, and
- research; to have the opportunity to
- network with other professionals; and
- participate in a diverse array of early
- childhood education discussions.

**Registration opens
December 2024**



**Charleston Coliseum & Convention Center
Charleston, WV**

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

Save the Date

VIRTUAL LUNCH & LEARN

January 6, 2025

12:00 pm – 1:30 pm

ACES 101: Understanding ACES

January 21, 2025

12:00 pm – 1:00 pm

ACES 102: Overcoming ACES

February 2, 2025

12:00 pm – 1:00 pm

ACES 103: Preventing ACES

February 18, 2025

12:00 pm – 1:30 pm

Spreading HOPE

Attend all or some of these lunch time trainings!

Register at WVSTARS or contact Jodi Fortney,
Jodi.L.Fortney@wv.gov, for more information.

CHOICES
CHILD CARE RESOURCE & REFERRAL

Have you considered
using a curriculum?

Choices CCR&R has multiple copies of Highscope curriculum for both Infant/Toddler and Preschool classrooms. We would love to provide these to your program!

- Approved for Tier II
- Based on 50 years of research
- Simplifies lesson planning
- Focuses on content areas and key developmental indicators
- Includes child observation

Contact Us

TO CLAIM YOUR SET:

Meagann Morris
304-485-2668
meagann.e.morris@wv.gov



For the latest updates,
“Like” and “Follow”
our Facebook page
Choices Child Care Re-
source and Referral.

[https://
www.facebook.com/
profile.php?
id=100088156617478
&mibextid=ZbWKwL](https://www.facebook.com/profile.php?id=100088156617478&mibextid=ZbWKwL)



Food and Fun

Two-Ingredient Snow Dough

Materials: Baking soda, water in a spray bottle, glitter (optional)

Instructions: Pour baking soda into a large mixing bowl and alternate spraying it with water while mixing it until consistency is reached. Add glitter if desired. When it's ready, the snow dough will still be very loose and fluffy but will easily come together into a ball when you squeeze it in your hands.

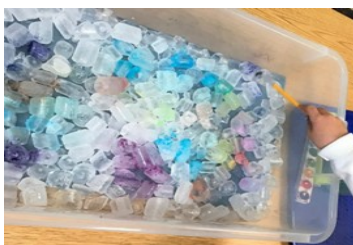


Ice Painting

Materials: Shallow plastic bin, paintbrushes and tools, watercolor or finger paint, ice cubes or a bag of ice

Instructions: Dump ice cubes or a bag of ice into a bin. Give children different paint brushes or textured paint tools. Allow children to paint the ice. As the ice

seems to get covered in paint, move the ice from the bottom to the top of the bin to continue painting.



Bread in a Bag

Materials: 1 gallon sized re-sealable plastic bag, 3 cups flour, 1/4 cup sugar, 1 packet yeast, 1 cup warm water, 1/4 cup melted butter, 1 teaspoon salt

Instructions:

- Combine 1 cup of flour, sugar, and yeast packet in a bowl. Pour into a resealable bag.
- Add warm water. Seal bag, pressing out air.
- Begin shaking and mixing the bag by hand.
- Allow bag to rest for 10 minutes (proofing).
- In a bowl, combine 1 cup

of flour with salt. Add it and butter to the bag.

- Seal bag again, pressing out air. Shake and mix again.
- Open bag and add in the last cup of flour.
- Seal bag and mix for final time.
- Take out dough and place on a floured surface.
- With floured hands, knead dough for 5-10 minutes.
- Place dough in a greased loaf pan.
- Lay towel over the loaf pan and set it in a warm spot. Allow the dough 30-45 minutes to rise.
- Bake at 375 for 25 minutes.



For more Food & Fun ideas, contact Ashley Jobes, TRAILS Early Childhood Specialist, at Ashley.N.Jobes@wv.gov.

Child Care Food Program

Wood County: 304-485-9238 ext 18

Harrison County: 304-905-9867

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, postpartum women, infants, and children up to the age of five.

<https://dhhr.wv.gov/wic/>

West Virginia Children's Health Insurance Program

www.wvchip.org



Health care for children & expectant moms
Apply online at 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



**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.