



January, February and March 2006

Help us Meet Your Needs. Complete our new Needs Assessments On-Line...

Link Child Care Resource and Referral is conducting surveys to better improve our services to child care providers and those people in need of child care services in Cabell, Boone, Lincoln, Logan, Mason, Mingo, Putnam and Wayne Counties. There are four different surveys:

- People using or in need of child care services.
• People in need of Pre-School or School-Age services.
• Providers of child care services
• People in need of Training Services



Please go to www.rvcds.org (see information on left hand side) and choose the survey which best describes you. We will use this information to help improve the services we offer!

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.

Inside this issue:

Table with 2 columns: Topic and Page Number. Topics include Important Updates (1), Behavior Support Column (2), FDC Food Program (3), Training Calendar (4-5), CPR and First Aid Classes (6), and Family Child Care Associations (7).

Important Information Regarding Training

As of January 1, 2006, if fewer than five (5) people are signed up for trainings held in Cabell, Mason, Logan, Putnam or Wayne Counties OR less than three (3) in Boone, Lincoln or Mingo, the training session will be cancelled. You will be notified 24 hours before the training.

Winter Is Upon Us...

Just a reminder of our inclement weather policy for training sessions. If school is cancelled or delayed in the County in which the training will be held OR in Cabell County, where our home office is located, the training will be cancelled for that day. A trainer will contact you with details regarding rescheduling the training session as soon as possible.



Remember: To avoid interruption of your Child Care Payments, don't forget to check the end dates on your child care certificates.

Attention: See Page 3 for a new training opportunity for caregivers of children ages 2 1/2 through 5!

Behavior Support Specialist

NEWSLINK



The Power of Relationships At a family reunion recently, we gathered for family photographs. As the "professional" photographer began to group us for pictures, the problems began. Instead of treating us with respect, he began giving orders of where to stand, physically separated children from their parents, and husbands from wives, to balance the picture. When some objected, saying they preferred to be close to their children, husband or wife, the photographer responded, "Quiet, shut-up, listen, no one should be talking but me! I'm the photographer and I know what I'm doing!" As his condescendence continued, resentment, insolence, and anger began to grow. The behaviors and emotions elicited by his attitude were quite negative. When I asked no one in particular, "Who is this guy?" My son responded, "He's a school photographer. I remember him taking our pictures in grade school. He acted just like this then." This man was around children? Whew! Maybe that's why Nate wasn't smiling in some of those photos...

Saun Floyd is the Behavior Support Specialist at Link. You can reach Saun at 523-9540 or 1-800-894-9540 or on the web at www.RVCDs.org

What is often overlooked as we care and educate young children is the power of relationships. As we search for strategies to support children with challenging behaviors this is especially true. Though the preceding example came from a single encounter, it underscores the power of what we communicate. The quality of relationships is not just an element of working with children (or adults). *It is the foundation success is built upon!* It is not always easy and it takes time but building a positive relationship is primary when working with young children. Without it, meaningful change will not likely occur, or will occur for the wrong reasons. Research on the subject can be viewed at challenging-behavior.org.

The quality of any relationship is defined by the communication between the parties. Many have said communication is the key to a good relationship. It is the key to a bad one also! However, communication is not merely part of a relationship; *it is the relationship.* We know relationships are built on trust and around the dynamics of boundaries and power. We also realize the words we say are only seven to ten percent of communication (Still, whoever said, "Words will never hurt me", was not being truthful). The rest is verbal and nonverbal cuing such as voice tone and volume, rate of speech, body language, proximity.... These are the accents that give words their meaning. *Actions really do speak louder than words.*

Due to a child's illogical thinking and self-centeredness, adult statements to children are very powerful. Children are adept at picking up nonverbal cues but often misinterpret them, thinking a 'disapproving' look from a teacher means the teacher does not like them. Children accept as fact the tooth fairy taking their teeth simply because a grownup says so. The tooth is gone, and the money is there, just like mom or dad said; so that settles it! This is important; what we say has a profound effect on a child's beliefs about events, situations, and most importantly, self. For example, a little boy grabs his friend during play. As he is about to throw him to the ground, he remembers this is not acceptable and stops. The teacher is watching and approaches the child. He/she may respond negatively saying, "Aha, you almost did it *again*, you had better watch it!" Or the teacher could say, "Hey, you remembered the rule, I knew you could do it!" Consider what each statement means to the child, not just as it relates to the incident, but more importantly what it relates to his beliefs about himself. He will walk away from the situation with negative or positive feelings and beliefs, not based on what actually occurred but rather, on the adult's response.

We have control over when we talk and what we say. That is powerful! When humans become upset the thinking part of the brain is 'numbed' and we go into fight or flight, or survival, mode. When in this reactive state we usually compound problems, not solve them (Have you ever solved a problem when terribly upset?). Talking *to* (at) a child in such a state is useless, stressful, and often reinforces the behavior we are trying to change. The quality of the communication (the relationship) is negative. Children who exhibit challenging behavior elicit such exchanges. When their behavior is somewhat normal or appropriate, they tend to be left alone; which means the child is communicated with only when things are negative. This routine, over time, becomes a conflictual, negative relationship. This is not the time for talk. The time to engage children is when things are calm, the child is receptive, and the communication can be positive.

It is not the words you say, it is the music you play. Our intent, as Becky Bailey says, plays a role in our effectiveness. If our intent is to show a child *who is boss*, or make a child *pay the price* for infractions, we will certainly set a negative tone and children will sense it. If, on the other hand, our intent is to model, teach and support the child the tone will likely be positive. When a conscious effort is made to provide more positive statements than negative ones, the tone will be positive. I recall an aunt who, when a child spilled something at her home, responded by singing, "La te da te de..." as she danced a little jig, holding a dish towel. She would then ask, "Do you know what this is? It's for cleaning up accidents, because grownups spill stuff all the time. Come help me clean up." Her truthful response and lighthearted demeanor set such a wonderful tone. She did not cry over spilled milk, she sang about it. What wonderful *music* Aunt Mary played.

Whether you ascribe to evolution or creation here are the facts: TWO EARS, ONE MOUTH (that has to mean something)! It would seem at minimal we should listen twice as much as we talk (some of us might explode). Listening is the overlooked and undervalued part of communication. We are just not that good at it. We often seem to be *listening*, when actually we are *waiting* for our turn to talk. When we do listen, we tend to respond to the words spoken, as opposed to the feelings conveyed. Doing this with young children, who lack adequate vocabulary, results in minimizing their thoughts and feelings. It shuts down communication (the relationship) by sending the message that we are not 'hearing' them. When we hear the feelings beyond the words, we are truly listening. By responding to those feelings (ex: "you sound sad that Tommy won't play") we validate the child. We build trust. We gain respect. We are truly communicating and building positive relationships.

Are you a cheerleader or a fan? This is a metaphor Ed Jacobs, a professor at WVU came up with. It is so appropriate for those in early care and education, or anyone who interacts with children. As a sporting event begins fans and cheerleaders are cheering on the team. If the team begins to make mistakes, fans begin to criticize and boo the team, the coach, and anyone else they can blame (by the way, this doesn't tend to help). Cheerleaders are different though. They respond to mistakes by adjusting to the new circumstance and continuing to encourage. Fans will abandon the team. Cheerleaders are there when the game is over and will be there, encouraging, when the next game begins. As professionals who care for and educate children at the most critical time of development, we should ask ourselves daily:

Am I a cheerleader or a fan?

A New Training Opportunity for Caregivers of Children ages 2 1/2 through 5: Components of Quality Care and Education Modules

Components of Quality Care and Education Modules are new trainings being offered by Link Resource and Referral beginning January 17, 2006 at the Barboursville Library. This training unit is an eight week course that runs consecutively over eight Tuesdays from 9:00am- 1:00pm. The trainings are for providers working with children ages 2 1/2-5 years of age. Providers will receive thirty-two hours of professional development for successfully completing the entire eight week course; as well as resources to use in their early childhood program.



A requirement of these training modules is a pre-and post-on-site visit by the Training Specialist with each provider enrolled in the training. Participants need to be at all scheduled sessions and be on time. Providers must be on the participant list in order to attend these sessions. **No walk in or stand by participants will be accepted and there will be no waiting list for individual sessions.** The training Modules are: #1 Extreme Makeovers-Space & Furnishings, #2 Not Just Routine, #3 For the Love of Literacy, #4 Implementing Your Curriculum, #5 Recipe for Relationships, #6 Building Blocks: A Program's Structure, #7 Including All Children: Provisions for Children with Special Needs and #8 Communication is the Key. Providers interested in this training opportunity need to call Kathy Meadows at 523 -9540 or 1-800-894-9540 ext.229 to

Would you like to have access to information regarding your provider payment and service client? FACTS Plus is for you. For more information visit <http://facts.wvdhhr.org>.

Huntington Area Early Childhood Conference

April 28 & 29
Christ Temple
Church
Call Link at 1-800-
894-9540 for
more information.

Looking for Information on **ACCREDITATION?** You've found it!

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

Child Care Centers can log on
the web at www.naeyc.org or
call 1-800-424-2460.

Contact WVETCR to
inquire about financial sup-
port for the application
process at 1-888-983-2827.

Need Help With Food Costs?

The Child Care Food Program provides reimbursement to eligible day care providers who serve nutritious well-balanced meals and snacks, and helps to develop positive eating habits for young children enrolled in Family Child Care Homes.



**For more information
contact your local Food
Program:**

Central Child Care
Serving Boone County
382-0797

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

Pride of Logan County
Serving Logan County
752-6868 or 752-1047

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

Training Calendar

Family Child Care Providers must complete two (2) hours of Health/Safety/Nutrition training plus an additional six (6) hours of training in three (3) other core competency areas (see list on right) each year according to the date on each individuals certificate of registration.

***You must call Link at 523-9540 or 1-800-894-9540 at least 24 hours before the training to register or to cancel.**

***You may not bring children to any Link training session.**

***You must bring a picture ID to all Trainings.**

See Additional New Policies on Page 1.

To help you identify the Core Knowledge you need to meet your Training requirements please use the following codes which are located in the column following each training title:

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



Last time "One Step at a Time" will be offered!

WV Infant/Toddler One Step at a Time Training

✋

In order to attend this training the provider must:
Provide DIRECT SERVICES for subsidized children under 24 months and be able to ATTEND ALL SIX (6) CLASSES.
Only one caregiver per classroom may register for this class.
Space is limited. Call Link at 523-9540 or 1-800-894-9540 to Register!

Thursdays, February 9, 16, 23 and March 2, 9 and 16
9:00—4:00 Each Day
West End Library—14th St. W—Cabell County

The NEW WV Infant/Toddler Program will be offered this spring. Look for more information in the next newsletter.

The information included in the training calendar can help you make informed decisions about the training sessions that are offered and which will best meet your needs. We have added a new piece of information to the training calendar. The **Tier**, listed after the Core Competency, is the level of the training. Tier I is a beginner level session, Tier II is an intermediate level session and Tier III is an advanced level training.

Date of the Training	Title of the Training	Core Comp.	Tier	Location of the Training	Time of Training
Cabell and Wayne Counties					
Thurs. Jan. 5	Cultural Diversity	FC	I	Barboursville Library	2:00—4:00
Mon. Jan. 9	Child Abuse, No Excuse!	HSN	II	Main Library 5th Ave.	6:00—8:00
Beginning January 17	Components of Quality Care and Education Modules (See page 3 for details)	Varies	II	Barboursville Library	9:00—1:00 each day
Beginning February 9	West Virginia Infant/Toddler One Step at a Time Training (See Above for details)	Varies	I	West End Library	9:00—4:00 each day
Mon. Jan. 30	Identifying and Preventing Abuse & Neglect	HSN	I	Growing Places II	6:00—8:00

Sat. Feb. 11	No More Broken Lamps: Rainy Day Play	HSN	I	Guyandote Library	10:00—12:00
Mon. Feb. 27	Circle Time Activities	C	I	C-K Library	3:00—5:00
Sat. March 25	School Age Survival	CGD	II	Barboursville Lib.	9:00—11:00
Sat. March 25	Building Positive Self Confidence	C	I	Barboursville Lib.	11:00—1:00
Sat. March 25	Teaching Tolerance	PIR	II	Barboursville Lib.	1:00—3:00
Sat. March 25	Cooking in Child Care	HSN	II	Barboursville Lib.	3:00—5:00
Thurs. March 30	Hurry to Handle Your Fury	PIR	I	Wayne Library	12:00—2:00

Logan, Mingo and Boone Counties

Wed. Jan. 11	Infant Toddler Environments	CGD	II	Boone Madison Lib.	10:00-12:00
Thurs. Jan. 12	Building Positive Self Concepts	C	I	Logan Library	2:00—4:00
Thurs. Jan. 19	School Age Survival	CGD	II	Living Waters— Williamson	6:00—8:00
Sat. Jan. 21	Jump Into Literacy	C	II	Kiddie Kollege	12:30—2:30
Thurs. Feb. 9	Hurry to Handle Your Fury	PIR	I	Logan Library	10:00—12:00
Thurs. Feb. 9	Cultural Diversity	FC	I	Logan Library	12:00—2:00
Mon. March 6	No More Broken Lamps: Rainy Day Play	HSN	I	Boone Madison Lib.	2:00—4:00
Sat. March 11	Challenging Behaviors—Part I	CGD	III	Kiddie Kollege	10:00—2:00
Sat. March 11	Challenging Behaviors—Part II	PIR	III	Kiddie Kollege	
Thurs. March 30	Fire Safety	HSN	II	Living Waters— Williamson	6:00—8:00

Lincoln County

Sat. Jan. 14	Humor in Child Care	C	II	Hamlin Library	10:00—12:00
Sat. Feb. 11	Infant Toddler Environments	CGD	II	Hamlin Library	11:00—1:00
Mon. March 27	Creating Smooth Transitions for Children	PIR	I	Hamlin Library	3:00—5:00

Mason County

Fri. Jan. 6	Helping Children Cope with Stress	PIR	II	Mason County Lib.	11:00-1:00
Thurs. Feb. 9	School Age Survival	CGD	II	Mason County Lib.	2:00—4:00
Thurs. March 23	Fire Safety	HSN	II	Mason County Lib.	2:00—4:00

Putnam County

Mon. Jan. 16	Building Positive Self Concepts	C	I	Putnam County Lib.	12:00—2:00
Mon. Feb. 27	Home Safety	HSN	III	Putnam County Lib.	12:00—2:00
Mon. March 13	School Age Survival	CGD	II	Forrest Burdette	6:00—8:00

You can download the training calendar on the web at www.wvdhhr.org/Link

We are no longer offering **First Aid and CPR** . This list below 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 above) or by request at **Charleston** 340-3650

Cabell County

First Aid and CPR available at **Triad Tech** 431 5th Ave. Huntington—529-7020. Cost is \$20 each.

CPR with First Aid available at **American Red Cross**. 1111 Veteran's Memorial Blvd. 526-2999.

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.

Mason County

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

Mingo County

Williamson Memorial Hospital—235-2014, Ext. 147.

Putnam County

First Aid and CPR available at **Red Cross Building in Kanawha Co.**—1605 Virginia St. E. 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

CPR and First Aid offered in So. Charleston by **Duff Ambulance Services** in Poca. 755-3355. Instructor—Fred Tillis.

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

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.**

ACDS - Most Commonly Asked Questions

The most commonly asked questions I am asked as I travel around the state visiting ACDS classes concern going to college after ACDS. Apprentices are interested in knowing what colleges will give them credit from ACDS, what jobs they will be eligible for if they go on to college and is there money available to help them go to college when they finish ACDS.

ACDS is working on some very exciting next steps to help students further their education after they complete ACDS. Right now, there is a scholarship that was previously only available for ACDS graduates. Now, apprentices who are currently in 3rd or 4th semester can apply for this scholarship money as long as they remain in the ACDS program and there is money available. There is not a financial need requirement for this scholarship. Apprentices must be employed in a child care, pre-school or as a family provider to be eligible for this scholarship. Preference will be given to students who are working toward the Associate degree. For more information on this scholarship, please contact Marilyn Bowe at 558 -0530.

New articulation agreements have been signed with the Community and Technical College at West Virginia University Institute of Technology, Eastern Community College, Shepherd Community College and between Fairmont State Community College and WVU. Consultant, Dick Clendenin is working on more agreements for ACDS in the future.

Contact me if you have any other questions at 866 WVA ACDS ext. 406 or e-mail sbrodof@rvcds.org.

Submitted by Suzi Brodof



Vision Screenings for 3 & 4 year old Children

Link Staff can provide vision screening for 3 and 4 year old children.

For more information or to schedule a screening contact Link at 523-9540 or 1-800-894-9540.

T.R.A.I.L.S. Van News

If you need any developmentally appropriate materials for your child care service, we would be glad to assist you. We have many resources, and gladly share creative ideas for any thing you may need. We also give away crayons, paint and paper! When returning the T.R.A.I.L.S. items, please remember to clean them properly. We can be contacted by phone through the Huntington LINK office at (304) 523-9540 or 1-800-894-9540. The TRAILS Van will be available the first day of each month from 8:30 to 4:00 at the Link Office. We look forward to serving you!
Sue Knisely and Virena Elkins

Cabell-Wayne Family Child Care Association News

Congratulations to our new officers!
Kathy Baker-President
Linda Pratt-Vice President
Pam Taylor-Secretary
Melissa Dennison-Treasurer



Our next meetings are:
January 14th 10:00-12:00 at Guyandotte Library
February 11th 10:00-12:00 at Guyandotte Library
Rene Childers will be doing training

March 11th 10:00-12:00 at Guyandotte Library
We would like to see some new providers come out and see if they would like to join the association. We offer support, trainings, a chance to share your concerns or needs, finding clients, and ideas to make your business profitable and fulfilling. If you are interest please contact Kathy Baker at 529-6246.

Submitted by Kathy Baker

We're Looking for New Family Child Care Providers

If you know anyone who may be interested in becoming a Provider, please ask them to call Link at 523-9540 or 1-800-894-9540 for more information!

**Attention Link Child Care Providers!!
Child Care Payment Redesign Forum:
Stretching Our Dollars**

The WV Department of Health and Human Resources Division of Early Care and Education wants to hear what you have to say! West Virginia has not received an increase in funding for child care in several years, so we need to look at better ways of using the money that we do have.

Let's talk about current payment structures:

Should a full day equal 4 hours? How about 5 hours? Or 8?

Should all areas of the state receive the same daily rate regardless of the area's cost of living?

Should there only be two age categories for payment, under two and two and over? Or should we add more age categories, like toddlers, preschool and school-age?

How well does the payment for 15-20 days policy work?
Is there a better way to do it?

If you want to share your opinion on these topics, please join us!

**Tuesday, January 24
12:30 p.m. to 2:30 p.m.**

WVDHHR

2699 Park Avenue Suite 100, Huntington

**Attention Boone, Logan and Mingo
Family Child Care Providers**

Would you like to be a part of a new Family Child Care Association being developed in your area? Please come to our first meeting at Kiddie Kollege in Logan on Saturday January 21, 2006 at 11:00am. The purpose of this Child Care Association is to educate and support registered providers and the families they serve, create public awareness of the formation of the Association through the newspaper and other media, create a network of providers that could serve as role models for new providers and share professional knowledge and expertise in the area of child development by providing guest speakers and addressing specific topics.

Please come and enjoy yourself by supporting other providers who support children through love and commitment of quality child care. We want to bring professional standards to all providers caring for our children. If you would like to attend this meeting, please call Kathy Meadows at 1-800-894-9540.

Link Child Care Resource and Referral
c/o River Valley Child Development Services
611 7th Ave., Suite 200
Huntington, WV 25701
523-9540 or 1-800-894-9540



NON PROFIT ORGANIZATION
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HUNTINGTON, WV

Family Child Care

Provider Grants

of up to \$250 are
now available.

Contact Dante Jeter
at Link for more
information. The
money can be used
for resources
required in the
regulations or
curriculum
materials.



Link Child Care Resource & Referral
Child Care Providers' Newsletter and Training Information

A Program of River Valley Child Development Services.
Visit us on the web at or www.wvdhhr.org/Link