



Fall 2021

Healthy Kids West Virginia

West Virginia Child Care Nurse Health Consultants and Child Care Health Educators
Newsletter



Breastfeeding Friendly Child Care Initiative

The West Virginia Department of Health and Human Resources, Division of Early Care and Education now offers a Breastfeeding Friendly Child Care Designation. As child care providers participate in this program, they will have the opportunity to increase their knowledge and understanding of breastfeeding. After achieving the Breastfeeding Friendly Child Care Designation your child care program will be better equipped to meet the needs of families that choose to breastfeed their infants.

As employed mothers return to work during their baby's first year of life, child care providers can play an important role in providing breastfeeding support. Offering a clean private area where moms can breastfeed or express, along with other supports are all part of this initiative. Most of all your participation in this designation shows a commitment to the families and the well-being of the child.

There are ten steps which must be completed; guidance is available from the Infant Toddler Specialists, Child Care Nurse Health Consultants and Child Care Health Educators. Training, educational materials, and resources will be offered along with a bonus stipend upon completion.

This voluntary program is open to all licensed child care centers, registered facilities and family child care providers who choose to participate. If interested in knowing more about the Breastfeeding Friendly Child Care Designation, all providers are encouraged to reach out to their Infant Toddler Specialist or go to WVIT.org.

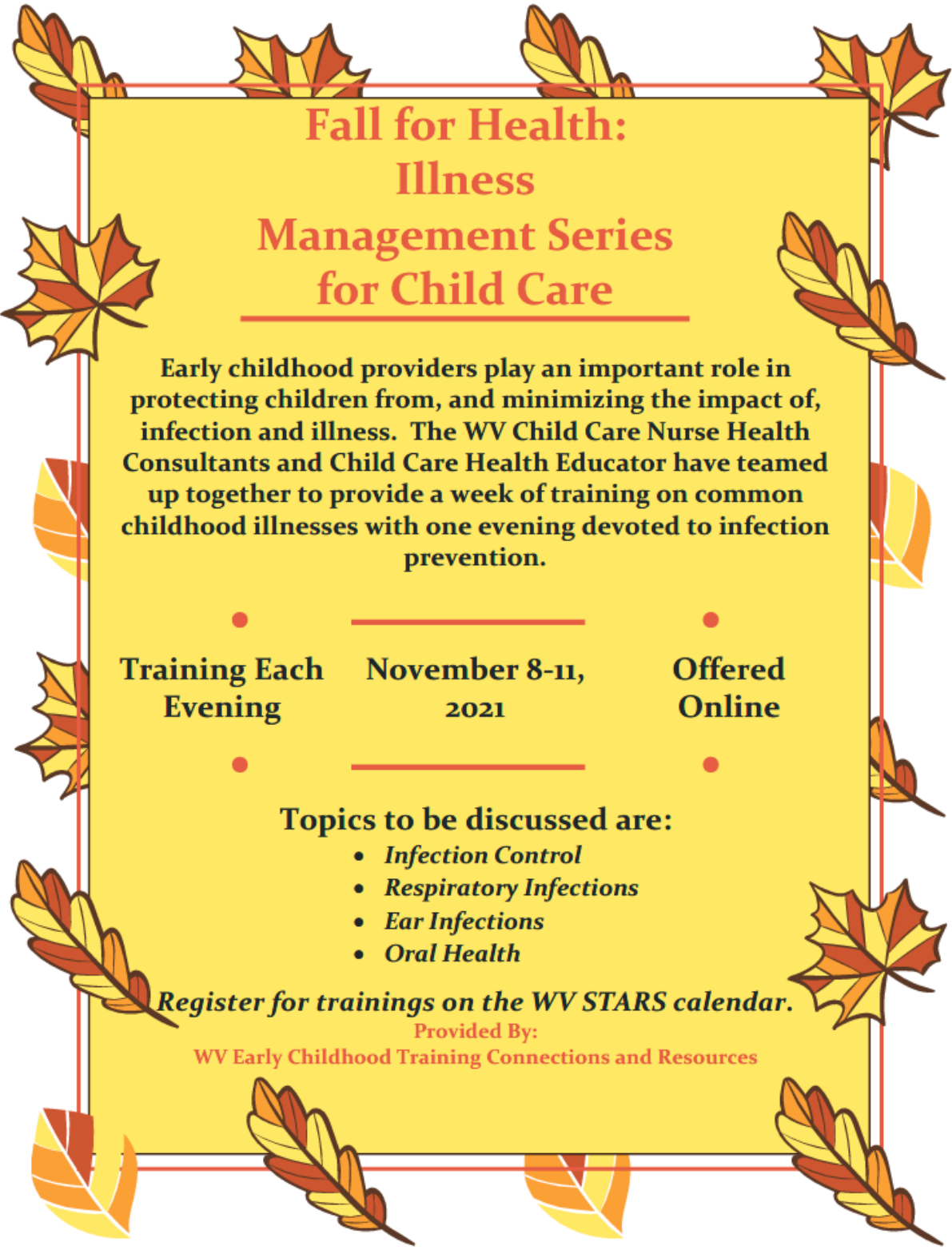
[Breastfeeding Friendly Child Care Designation – West Virginia Infant/Toddler Professional Development Program \(wvit.org\)](http://WVIT.org)



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Fall for Health: Illness Management Series for Child Care

Early childhood providers play an important role in protecting children from, and minimizing the impact of, infection and illness. The WV Child Care Nurse Health Consultants and Child Care Health Educator have teamed up together to provide a week of training on common childhood illnesses with one evening devoted to infection prevention.

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**Training Each
Evening**

**November 8-11,
2021**

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**Offered
Online**

Topics to be discussed are:

- *Infection Control*
- *Respiratory Infections*
- *Ear Infections*
- *Oral Health*

Register for trainings on the WV STARS calendar.

Provided By:

WV Early Childhood Training Connections and Resources

Online Training Calendar



October 6 th	Seizures	6:30-7:30pm
October 7 th	Medication Administration	5:00-8:00pm
October 14 th	Ear Infections	6:30-7:30pm
October 19 th	Medication Administration	5:00-8:00pm
October 26 th	Medical Action Plans	6:30-8:00pm
October 28 th	Oral Health	6:00-8:00pm
Nov. 2 nd	Medication Administration	5:00-8:00pm
Nov. 8 th	Infection Control	6:30-7:30pm
Nov.9 th	Respiratory Infections	6:30-7:30pm
Nov. 10 th	Ear Infections	6:30-7:30pm
Nov. 11 th	Oral Health	6:00-8:00pm
Nov.13 th	Medication Administration	8:00-11:00am
Nov. 16 th	Beans...More Than Just Cute Songs	6:00-8:00pm
Dec. 2 nd	NAS	6:00-8:00pm
Dec. 8 th	Morning Health Checks	6:30-7:30pm
Dec. 14 th	Bed Bugs and Beyond	6:00-8:00pm
Dec. 16 th	Communicable Diseases	6:00-8:00pm

Fall Apple Recipes Submitted by Renee Y. Stonebraker, RS

Peanut Butter Apple Nachos from Delish

2 apples, any type, cored and cut into wedges

¼ cup peanut butter, warmed

2 tablespoons granola

1 tablespoon dried cranberries

1. On a serving plate, drizzle apples with peanut butter and top with granola and cranberries.



Breakfast Baked Apples from Delish

2 cups old-fashioned rolled oats

3 cups water

2 tablespoons maple syrup

1 tablespoon ground cinnamon

4 large baking apples, tops sliced and insides hollowed

2 tablespoons dried cranberries

2 tablespoons chopped pecans

1. Preheat oven to 400 degrees F.
2. In a medium saucepan over medium-low heat, combine oatmeal and water and stir occasionally until creamy. Stir in maple syrup and ground cinnamon and let cool slightly.
3. Transfer apples to a glass baking dish and spoon in oatmeal. Bake until apples are soft and bubbly, about 35 minutes.
4. Top oatmeal with cranberries and pecans and serve.

Apple Picking Gross Motor Activity Submitted by Renee Y. Stonebraker, RS

Place tape on the floor in the shape of a tree. Place an apple at the end of each branch. Have children start at the bottom of the trunk and do a certain movement to each apple, like bunny hopping. Place apples in a basket. Have children do different movements each time to pick the apples.



Reference: <https://handsonaswegrow.com/gross-motor-painters-tape-apple-tree-picking/>

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Open Position

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Open Position

Please contact your nearest
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Covers Choices

Open Position

Please contact your nearest
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Covers Child Care Resource
Center

Open Position

Please contact your nearest
Nurse Health Consultant for
assistance.

Covers MountainHeart South



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



WEST VIRGINIA EARLY CHILDHOOD
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