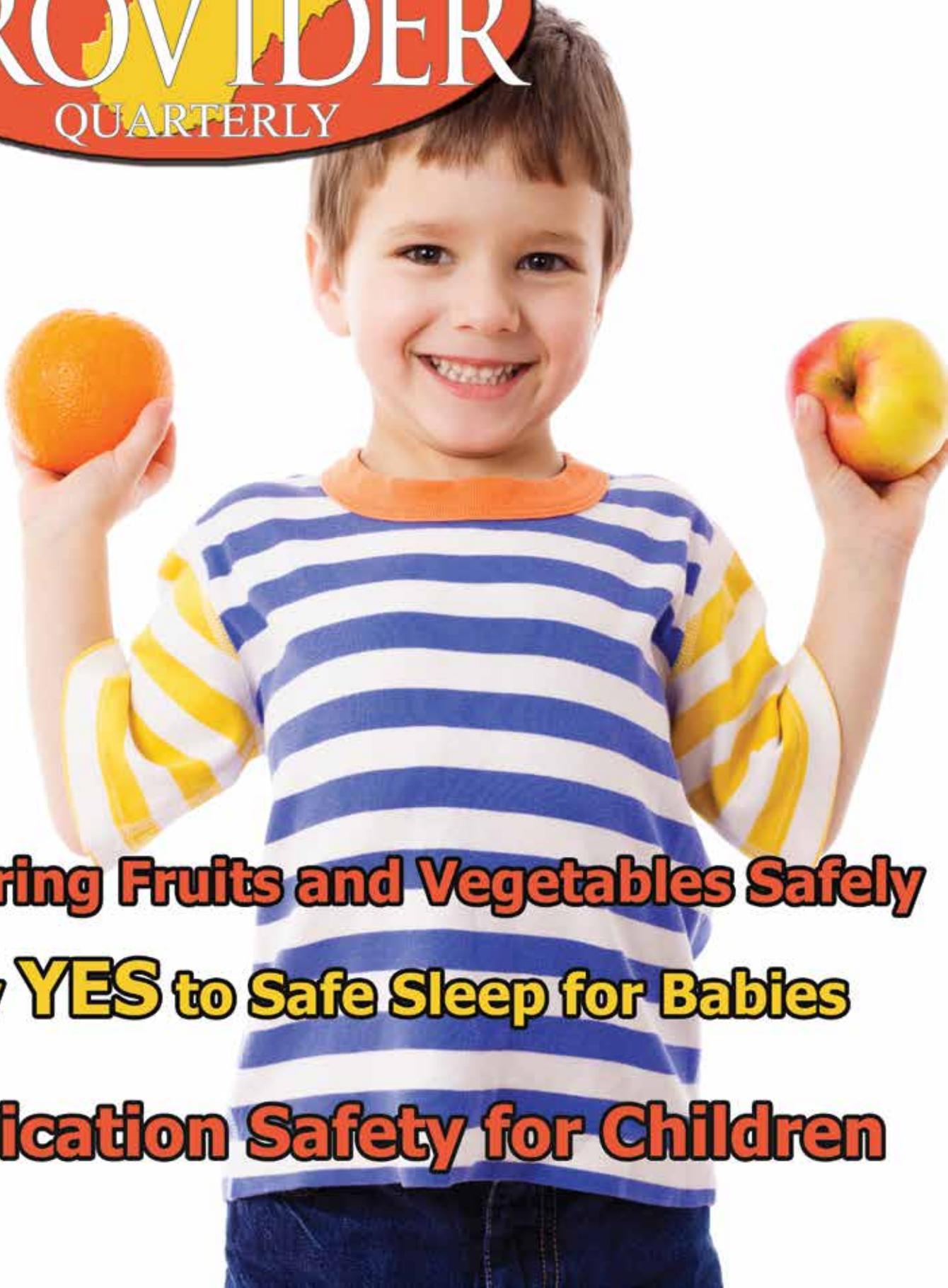


WEST VIRGINIA  
EARLY CHILDHOOD  
**PROVIDER**  
QUARTERLY



**Preparing Fruits and Vegetables Safely**

**Say YES to Safe Sleep for Babies**

**Medication Safety for Children**

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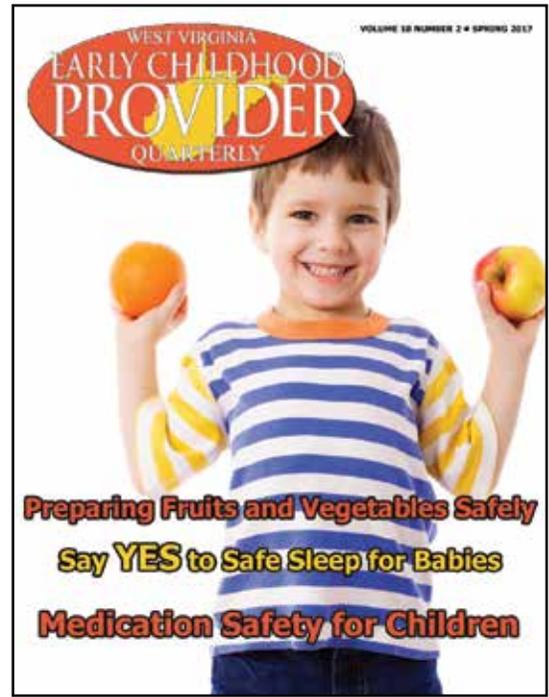
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# Say **YES** to Safe Sleep for Babies

Submitted by Eileen Barker and Becky King, Co-coordinators, Our Babies: Safe and Sound

Every parent wants his or her baby to be safe and healthy. In 2014, a hospital/home visitation program called Say YES To Safe Sleep For Babies was launched in West Virginia to address the number of babies who accidentally die because of unsafe sleep.

Sadly, 34 West Virginia infants died in 2014 because of accidental suffocation, strangulation or hazardous sleep environments (Baker, M., 2017). Sudden unexpected infant death (SUID) cases are preventable and devastating to both our families and communities. Although the rate of infant mortality trends declined in 33 states in 2014 (sudden infant death syndrome had the largest decline of 29 percent, from 54.0 in 2005 to 38.6), West Virginia was one of 17 states that did not see a significant change (Matthew, T.J. and Driscoll, A. 2017).

The Say YES To Safe Sleep for Babies program is one component of the Our Babies: Safe and Sound infant safety campaign sponsored by TEAM for West Virginia Children, which also includes Keep Your Cool When Baby Cries and the Period of PURPLE Crying.

The aim of the Say YES program is to provide consistent and repetitive messaging and modeling about infant safe sleep to parents and other caregivers of infants under the age of one, as well as expectant parents, professionals and the

## Say **YES** to Safe Sleep for Babies

.....

**Most (99%) West Virginia parents want to do what's best for their children. What's best for infants is saying **YES** to safe sleep.**

public. Education may occur in a variety of environments such as prenatally or in the hospital prior to discharge, through home visits, post-natal and well-child visits, and community education events such as health fairs and mother-baby showers. Interest in the program has been remarkable and steady, with 23 of our state's 25 birthing hospitals and 31 home visitation programs participating. Early childcare and education professionals, child protective services staff, and other community-based partners are also helping to reinforce consistent infant safe sleep messages.

The philosophy of the Say YES program is to use positive messaging about what to do, instead of what not to do, using nonjudgmental approaches to meet parents where they are. Materials are based upon the latest recommendations of the American Academy of

Pediatrics. Key messages include the ABCs of safe sleep: babies should always sleep Alone, but nearby, be placed on their Back for every sleep and nap-time, and sleep in a safe Crib.

The American Academy of Pediatrics released Updated Recommendations For A Safe Infant Sleeping Environment in 2016 (Moon, R. 2016). Recommendations include:

- Back to sleep for every sleep.
- Always use a firm sleep surface. Car seats and other sitting devices are not recommended for routine sleep. Couches and sofas are extremely dangerous.
- The baby should sleep in the same room as their parents, ideally for at least one year, but at least for the first 6 months.

- Offer a pacifier at naptime and bedtime after breastfeeding is established.
- Avoid smoke exposure and alcohol and illicit drug use during pregnancy and after birth.
- Bumper pads should not be used due to the potential risk for entrapment, strangulation, or suffocation.
- There is no evidence to recommend swaddling as a strategy to reduce risk.
- Breastfeeding and immunizations are also recommended to reduce the risk of sleep related deaths.

Parent educators can have a positive impact through consistent messaging, modeling, policy, and practice. Tools for providers and parent education materials are free and can be found at [www.safesoundbabies.com](http://www.safesoundbabies.com). Say YES skill building materials for parent educators include an online Guide and Toolkit, a new Say YES Training module (WV STARS credit is available), parent education discussion points, and evaluation recommendations and findings.

Educational materials targeted to parents and caregivers include brochures, posters, a new 7 minute parent DVD, a new grandparent brochure, and the

Sleep Baby, Safe and Snug book from Charlie's Kids Foundation. Keep Your Cool When Baby Cries brochures and posters are also available.

A future direction of the Say YES program is continued expansion to include pediatricians, family physicians, and early childhood professionals. Funding partners include the Claude Worthington Benedum Foundation, the Parkersburg Area Community Foundation, the Walmart State Giving Foundation, the West Virginia Children's Trust Fund, and the West Virginia Department of Health and Human Resources.

According to data from the West Virginia Positive Community Norms Parent Survey, 99 percent of West Virginia parents want to do what's best for their children (Otto, J. 2014). What's best for infants is for everyone who is around a baby to practice safe sleep and spread consistent messaging to assure all babies reach their first birthday. You can have a positive impact by telling others such as parents, grandparents, babysitters, siblings, and others to Say YES To Safe Sleep.

For more information, including how to order free materials and training resources, please visit: [www.safesoundbabies.com](http://www.safesoundbabies.com). For additional information, please contact Eileen Barker and Becky King at [ewbarker@suddenlink.net](mailto:ewbarker@suddenlink.net) or [bk0517@gmail.com](mailto:bk0517@gmail.com).

## Resources

Matthew, T.J. MS, and Driscoll, Anne K. Ph.D. March 2017, Trends in Infant Mortality in the United States, 2005–2014, National Center For Health Statistics, Centers for Disease Control and Prevention, US Department of Health and Human Resources.

Moon, Rachel Y. MD, FFAP. November 2016, SIDS and Other Sleep-Related Infant Deaths: Evidence Base for 2016 Updated Recommendations for a Safe Infant Sleep Environment, Task Force on Sudden Infant Death, *American Academy of Pediatrics*, Volume 138, Number 5.

Baker, Melissa. January 2017, West Virginia Sudden Unexplained Infant Deaths, Calendar Year 2014, West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health, Division of Research, Evaluation and Planning.

Otto, Jay, MS. March 2014, West Virginia Positive Community Norms: Parent Survey Key Findings Report, The Center for Health and Safety Culture, Montana State University.

# Say YES To Safe Sleep For Babies

Share the **ABCs**  
that can save a life

**A**

**Alone  
but  
nearby**

**B**

**Place  
baby on  
back**

**C**

**In a  
Crib**

For video + more information visit:

**SafeSoundBabies.com**

West Virginia

**CHIP**

Children's Health  
Insurance Program

West Virginia Department of Health & Human Resources



**Celebrating 20 years  
of progress in children's  
health care coverage  
in West Virginia!**

**West Virginia now ranks  
7th lowest in the nation for  
children's uninsurance!**

**For more information about  
WV CHIP, visit  
[www.chip.wv.gov](http://www.chip.wv.gov)**

# Medication Safety for Children

Submitted by Glenna Bailey, RN, West Virginia Nurse Health Consultant

Children tend to put just about anything they find into their mouth. Keeping children safe from accidental poisoning due to ingestion of medications is an important role of any caregiver.

According to the Centers for Disease Control, over 300 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, as a result of being poisoned. Poisoning from medications is a significant percentage of the overall number.

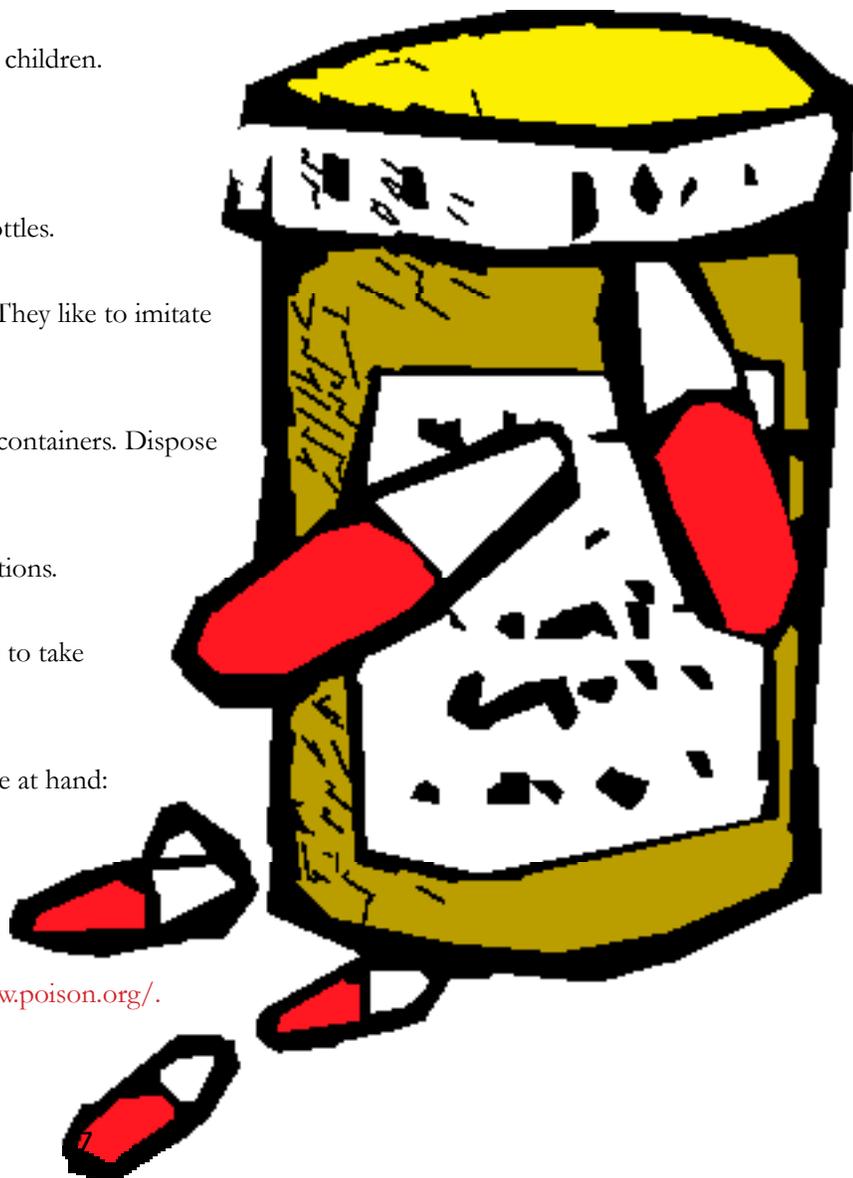
But there are some simple steps that caregivers can take to prevent these medication poisonings at home and in the child care setting.

First and foremost, all medications should be kept out of reach and sight of children. This includes over-the-counter medications and things such as vitamins. Any type of medication can be toxic when used improperly.

## Here are some tips for keeping children safe:

- Always keep medications out of the reach of children.
- Never refer to medications as candy.
- Always store medications in child resistant bottles.
- Avoid taking medicines in front of children. They like to imitate adults.
- Don't throw medications away in open trash containers. Dispose of medications properly.
- Take precautions when traveling with medications.
- Don't forget to advise grandparents or guests to take safety precautions while visiting.
- Keep the Poison Control phone number close at hand:  
1-800-222-1222.

You can find more information and free resources such as posters, videos, and tip sheets from the Poison Control website at: <http://www.poison.org/>.



# Preventing Falls in Child Care Centers

*Submitted by Renee Y. Stonebraker, RS, West Virginia Child Care Health Educator*

According to the Center for Disease Control, falls are the number one reason for nonfatal, unintentional injuries for children ages 0 to 5 years old in the United States. Preventing falls in child care centers becomes very important to reduce the injuries for this age group. There are many ways to ensure a safe environment for children and prevent fall injuries at child care centers:

1. Keep stairwells safe with hand rails and proper lighting. Remove all clutter from the stairs. Install safety gates at the top and bottom of stairwells if children have access to them.
2. Windows should be locked or guards used for openings more than 4 inches. Screens do not prevent children from falling out of the window.
3. Keep electrical cords out of walkways and play areas.
4. Climbing equipment, inside and outside on the playground, should have approved surfacing material below it.
5. Remove ice and snow from walkways and stairwells outside.
6. Beware of heights. Decks, balconies, and porches higher than 3 feet should have childproof railings.
7. Have children wear proper protective equipment for sports. For example, knee pads, elbow pads, and a helmet for roller skating.
8. Clean up spills immediately.
9. Use nonskid rugs.
10. When using high chairs, swings, and other types of equipment, make sure the infant or child is strapped in properly.
11. Place car seats or infants seats on the floor when the child is in it, not on the top of a table or other piece of furniture.
12. Proper supervision helps to prevent injuries. Locate yourself so you can see the children at all times, without other equipment blocking your view.



# West Virginia State Training And Registry System

# ENROLL NOW

## Now Offering Two Enrollment Options

Type of Applicant	Requirements	Benefits
Career Pathway Participant  <i>*Required for Qualified Staff working in a Licensed Child Care Center</i>	<ul style="list-style-type: none"><li>• Complete an Online or Paper Career Pathway Application</li><li>• Attach a Copy of Resume indicating years of experience</li><li>• Attach Education Documentation</li></ul>	<ul style="list-style-type: none"><li>• View Professional Development Record Online</li><li>• View/Print Training Certificate Online</li><li>• Enroll in Training on the Training Calendar online</li><li>• Awarded a Career Pathway Credential</li></ul>
Registry Participant	<ul style="list-style-type: none"><li>• Complete an Online Application</li></ul>	<ul style="list-style-type: none"><li>• View Professional Development Record Online</li><li>• View/Print Training Certificate Online</li><li>• Enroll in Training on the Training Calendar online</li></ul>

**As of August 1, 2016 all Training Certificates will be awarded online through your WV STARS Registry Profile. Please note processing of application may take up to 30 days.**

## Go To [wvstars.org](http://wvstars.org) Today To Enroll

West Virginia State Training and Registry System

611 7th Ave, Suite 322 Huntington, WV 25701

Phone: (304) 522-7827 Fax (304) 529-2535 Email: [wvstars@rvcds.org](mailto:wvstars@rvcds.org)



## **2017 STRENGTHENING FAMILIES WV LEARNING OPPORTUNITIES**

Families gain what they need to be successful when five key protective factors are robust in their lives and communities. The Center for the Study of Social Policy (CSSP) introduced the Strengthening Families Initiative and Protective Factors Framework™ in 2003 as a research informed, strengths-based initiative for promoting optimal child development and reducing the likelihood of child abuse and neglect.

**Thursday, June 15 from 9:30 to 3:30 Charleston, WV**  
**Strong Roots & Good Soil: Your Work with Parents, Children & Protective Factors**  
(Required for In-Home Family Educators - Lunch Provided)  
REGISTRATION NOW OPEN!

WV-STARS professionals must register through Training Calendar at <https://wvregistry.org/ets/login.aspx>  
All others register at: <https://www.surveymonkey.com/r/2HZR75S>

**Friday, June 16 from 9:30 to 1:00 - Beckley, WV**  
**Social-Emotional Competence - "Bringing the Protective Factors Framework to Life in Your Work"**  
SAVE THE DATE - REGISTRATION OPENS MAY 1ST

**Tuesday, August 8 from 9:30 to 1:00 - Charleston, WV**  
**Concrete Support in Times of Need - "Bringing the Protective Factors Framework to Life in Your Work"**  
SAVE THE DATE - REGISTRATION OPENS MAY 1ST

**Wednesday, August 9 from 9:30 to 3:30 - Morgantown, WV**  
**Strong Roots & Good Soil: Your Work with Parents, Children & Protective Factors**  
(Required for In-Home Family Educators - Lunch Provided)  
REGISTRATION NOW OPEN!

WV-STARS professionals must register through Training Calendar at <https://wvregistry.org/ets/login.aspx>  
All others register at: <https://www.surveymonkey.com/r/26B6VPC>

**Tuesday, August 15 from 9:30 to 1:00 - Flatwoods, WV**  
**Social Connections - Bringing the Protective Factors Framework to Life in Your Work"**  
REGISTRATION NOW OPEN!

WV-STARS professionals must register through Training Calendar at <https://wvregistry.org/ets/login.aspx>  
All others register at: <https://www.surveymonkey.com/r/252MWWP>

"Bringing the Protective Factors Framework to Life in Your Work" courses are certified training modules of the National Alliance of Children's Trust and Prevention Funds, for early care and education, prevention, family support and other health/human service professionals.

Open trainings are approved for WV STARS. CEU's pending approval from the Office of Maternal, Child and Family Health for Nursing through the WV Board of Examiners for Registered Nurses, License # WV1999-0297, Social Work through the WV Board of Social Work Examiners, License # 490089.

All courses are offered free of charge with support from the West Virginia Office of Maternal, Child and Family Health through combined funding from federal Project Launch, Home Visitation and Early Childhood Comprehensive Systems grants.

**For more information, email [info@strengtheningfamilieswv.org](mailto:info@strengtheningfamilieswv.org)**

# Preparing Fruits and Vegetables Safely

Submitted by Jennifer Conkle, West Virginia Child Care Health Educator

We know that making fruits and vegetables part of our daily diet is essential to good nutrition. The health benefits of eating fruits and vegetables are numerous. Adding a variety of them to your daily diet can help prevent heart disease, stroke, and some types of cancers. Choosing fruits and vegetables as a snack can also help you maintain a lower weight.

However, not adequately cleaning and preparing produce can be detrimental to your overall health. Sometimes, raw fruits and vegetables contain germs, such as Salmonella, E. coli, and Listeria. Each of these can make you ill with food poisoning.

In the United States, almost half of all food borne illnesses are caused by germs on contaminated fruits and vegetables.

Everyone is at risk of food poisoning but young children, pregnant women, the elderly, and individuals with weakened immune systems are more at risk.

Remember to wash all produce thoroughly before ingesting. Sprouts, in particular, are highly associated with food poisoning when eaten raw because they are grown in warm, humid conditions which are also ideal conditions for germs to grow.

## Here are some tips to reduce food poisoning from produce

1. Look for bruising and damage to the fruit or vegetable.
2. Do not eat any produce that is spoiled or has been recalled ([www.foodsafety.gov/recall](http://www.foodsafety.gov/recall)).
3. Always wash your hands, kitchen utensils, and preparation surfaces before and after preparing fruits and vegetables.
4. Clean produce before eating, cutting, or cooking (unless package indicates it has been pre-washed).
5. All produce should be washed or scrubbed under running water to prevent dirt and germs from being transferred from the surface to the inside.
6. After washing, dry fruits and vegetables with a clean paper towel.
7. Keep produce away from raw meat and seafood to avoid contamination.
8. Refrigerate produce that you have prepared within 2 hours, or as soon as possible.



# Attention Child Care Centers



West Virginia Child Care Health Educators are available to provide free trainings and technical assistance in the areas of health, safety, and nutrition. Trainings are WV STARS registered and are available for individual programs upon request.

For more information, contact Jennifer Conkle ([jconkle@rvcds.org](mailto:jconkle@rvcds.org)) or Renee Stonebraker ([rstonebraker@rvcds.org](mailto:rstonebraker@rvcds.org))

**Oral Health**

**Safe Sleep Practices**

**Let's Make A Menu**

**Let's Move**

**Picky Eaters**

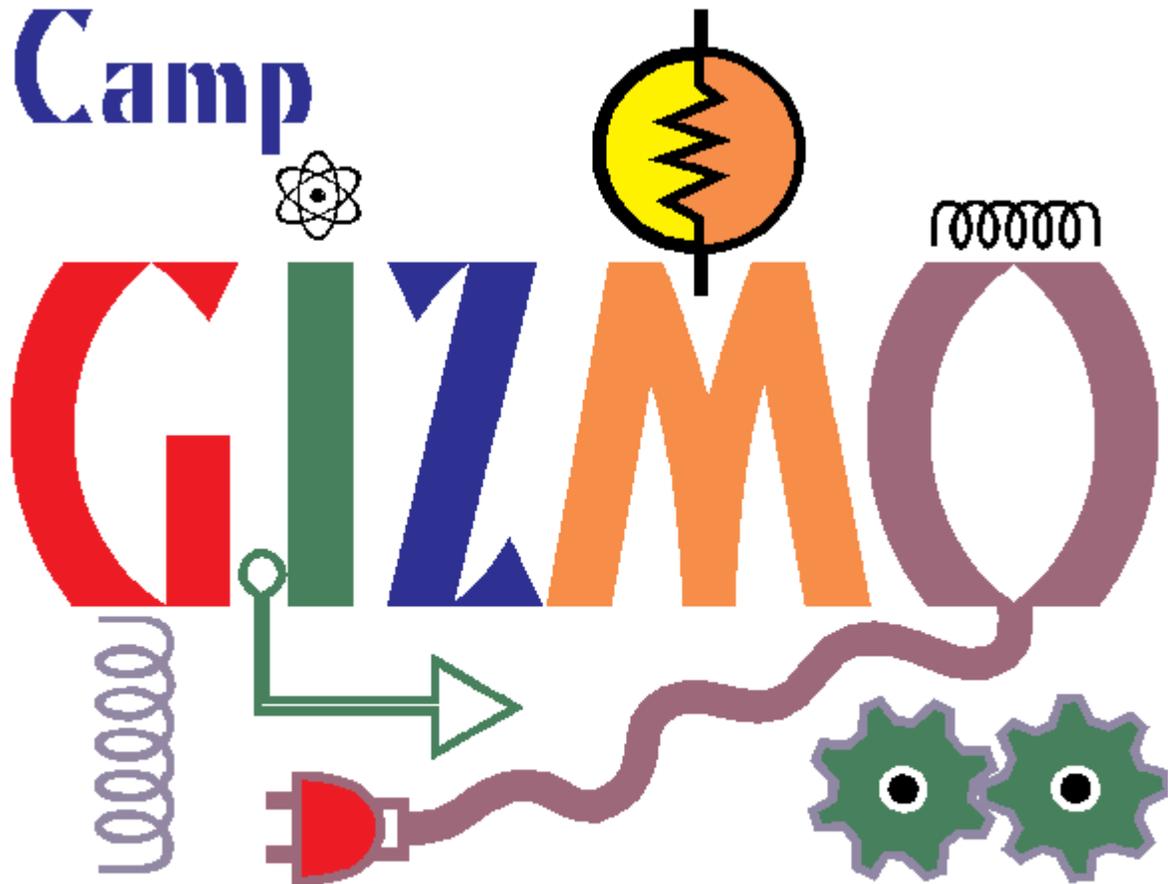
**Breastfeeding Basics**

**Stress Management**

**Being a Good Role Model**

**Bed Bugs and Beyond**

# Camp



## July 8-12, 2017

### **What is Camp Gizmo?**

A five day, hands-on camp where parents, professionals, and students learn how assistive technology can help young children (birth-8 years) with significant and multiple developmental needs.

### **When & Where is Camp Gizmo?**

Typically the camp takes place at the campus of the West Virginia Schools for the Deaf and the Blind in Romney, WV.

### **Who Should Come and What Do We Do?**

Families, professionals, college students, and others who want to learn more about assistive technology. A limited number of "focus" children will be accepted and assigned a team of professionals who help families identify and apply new strategies for solving their multiple assistive technology needs. (Preference will be given to children who have not previously attended camp.) Professionals and other caregivers involved with these children are encouraged to attend the camp. Labs and workshops will be available to camp participants daily. Parents attend workshops on subjects that will help them better meet the needs of their child. Professionals and students attend workshops of interest that meet professional/educational needs or assist the "focus" family. Teams will meet daily to observe, discuss, and implement strategies for the "focus" child.

### **Can I Receive CEU Credit?**

Yes, graduate credit, WV Birth to Three contact hours, WV STARS and more.

## Celebrating Collaboration:

# Project LAUNCH Promotes Well-Being

<http://www.westsideproud.com/>

Project LAUNCH (Linking Actions for Unmet Needs in Children's Health) is a "project to promote the wellness of young children ages birth to 8 by addressing the physical, social, emotional, cognitive, and behavioral aspects of their development." Project LAUNCH West Virginia is being piloted on Charleston's West Side and seeks to improve coordination across child-serving systems, build infrastructure, and increase access to high-quality prevention and wellness promotion services for children and their families while utilizing six strategies:

- Increase developmental screenings (Help Me Grow)
- Increase parent education (Triple P and Parents as Teachers)
- Promote infant mental health
- Increase social and emotional learning environments (e.g. Pyramid Model, Positive Behavioral Supports)
- Implement a Strengthening Families framework for early childhood educators, parents, and local community stakeholders
- Use Positive Community Norms (PCN) to promote child awareness

The following initiatives are being used in coordination across systems:

**Help Me Grow** - Free telephone in-

formation referral service that connects children and their families to developmental services to enhance the development, behavior, and learning of children birth through five years. A single point of access to community-based developmental services for young children. <http://www.dhhr.wv.gov/helpmegrow>

**Triple P** - Positive Parenting Program is one of the world's more effective parenting programs and gives parents the skills they need to raise confident, healthy children; build strong family relationships; and help manage misbehavior and prevent problems from occurring. <http://www.triplep-parenting.net/glo-en/triple-p/>

**Parents as Teachers** - An enhanced evidence-based home visitation program that utilizes the four-part intervention model and accompanying curriculum known as Born to Learn to deliver free services through parent educators to all families with children, prenatal through age five. PAT helps parents understand their role in encouraging their child's development beginning at birth. <http://www.wvdhhr.org/wvhomevisitation>

**West Virginia Pyramid Model** - The goal of the WV Pyramid Model Partnership is to enhance the knowledge and skills of the early childhood workforce and families in meeting the social emotional needs of young children. The WV Pyramid Model Partnership offers opportunities for training and coaching to professionals and builds

capacity within programs by building infrastructures to implement, scale-up and sustain Pyramid Model practices.

**Positive Behavioral Supports** - A process for understanding and resolving the problem behavior of children that is based on values and empirical research. It offers an approach for developing an understanding of why the child engages in problem behavior and strategies for preventing the occurrence, while teaching the child new skills. Positive behavior support offers a holistic approach that considers all factors that impact on a child and the child's behavior. It can be used to address behaviors that range from aggression, tantrums, and property destruction to social withdrawal.

**Strengthening Families** - A research-based, cost-effective strategy to increase family strengths, enhance child development and reduce child abuse and neglect. The initiative focuses on building the following six protective factors within families, which are linked with many positive outcomes including reductions in child abuse and neglect: Parent resilience; Social connections; Knowledge of parenting and child development; Concrete support in times of need; Social and emotional competence in children; and Nurturing and attachment. <http://www.strengthening-familieswv.org/>.

For more information on Project LAUNCH West Virginia, please visit <http://www.westsideproud.com/>

## Do You Qualify For WVCHIP?

WVCHIP is a low-cost health care plan for children and teenagers of working families. There is no cost to apply. WVCHIP covers services important to growing children, such as check-ups, vision and dental services, immunizations, hospital visits, prescription drugs, and more.

### Who Qualifies?

- 😊 Age - Children under 19.
- 😊 Income - Qualifying income is based on your Modified Adjusted Gross Income (MAGI) shown on line #37 on the 1040 Income Tax Form.
- 😊 Co-Payments - WVCHIP Gold and Blue groups do not have co-pays on preventative care, dental, vision, or generic prescriptions.

Family Size	WVCHIP Gold Maximum Yearly Income	WVCHIP Blue Maximum Yearly Income	Premium Plan Maximum Yearly Income
2	\$24,360	\$34,267	\$48,720
3	\$30,630	\$43,087	\$61,260
4	\$36,900	\$51,906	\$73,800
5	\$43,170	\$60,726	\$86,340



*Visit [www.chip.wv.gov](http://www.chip.wv.gov) for more information.*

**For more information  
about  
WV CHIP, visit  
[www.chip.wv.gov](http://www.chip.wv.gov)**



## Concerned about your CHILD'S DEVELOPMENT?

**Help Me Grow**, a free developmental referral service, provides vital support for children from birth to age five including:

- Information and community resources to aid development
- Free developmental screening questionnaire
- Coordination with your child's doctor

Talk to a care coordinator and schedule a developmental screening for your child today.

**Help Me Grow: 1-800-642-8522**  
**[www.dhhr.wv.gov/helpmegrow](http://www.dhhr.wv.gov/helpmegrow)**



**Help Me Grow**  
West Virginia

# West Virginia Birth to Three Supporting Young Children and Families



West Virginia Birth to Three is a statewide system of services and supports for children under age three who have a delay in their development, or may be at risk of having a delay, and their family. The Department of Health and Human Resources is the lead agency with the program administered through the Bureau for Public Health and the Office of Maternal, Child and Family Health. West Virginia Birth to Three, in partnership with the WV Early Intervention Interagency Coordinating Council, assures that family centered, and community based early intervention services are available to all eligible children and families.

## Why Are the First Three Years So Important?

Decades of research show that children's earliest experiences play a critical role in brain development.

- The brain's circuits, which create the foundation for learning, behavior and health, are most flexible during the first three years of life.
- Persistent exposure to extreme poverty, abuse/neglect, or severe maternal depression can damage the developing brain, leading to lifelong problems in learning, behavior, and physical and mental health.
- The brain is strengthened by positive early experiences, especially stable relationships with caring and responsive adults, safe and supportive environments, and appropriate nutrition.
- Early positive relationships and physical health provide the foundation upon which all other skills develop.
- A high quality WV Birth to Three system can change a child's developmental trajectory and improve the outcomes for children, families, and communities. Intervention is likely to be more effective and less costly when it is provided earlier in life rather than later.
- Positive early experiences are essential prerequisites for later success in school.

### Who is Eligible?

An infant or toddler under the age of three can be experiencing:

- Medical or developmental diagnosis (i.e. Down Syndrome); and/or,
- Developmental Delays:
  - Cognitive - thinking and learning
  - Physical - moving, seeing and hearing
  - Social/emotional - feeling, coping, getting along with others
  - Adaptive - doing things for him/herself
  - Communication - understanding and communicating with others; and/or
- Be at risk of possible delays due to biological and/or family stressors

There are no financial requirements for eligibility.

### Who Do We Serve?

More than 6000 infants, toddlers, and their families receive services and supports in their home or community locations where they are currently spending time with their families. Children and families receiving supports from WV Birth to Three come from all walks of life and all socio-economic groups.

### Benefits of WVBTT Services

Decades of research show that children's earliest experiences play a critical role in brain development. High quality supports and services provided through the WVBTT system benefits all children, families, and society as well.

### Cost Benefit of WVBTT Services and Supports

Intervention is likely to be more effective and less costly when it is provided earlier in life rather than later. Research has estimated that for every dollar spent on early intervention, there is:

- a \$7 savings for public education, and
- a \$13 savings for the juvenile justice system; which,
- translates to an approximate 10% return on investment, per child, in the first year of life.

For more information about West Virginia Birth to Three, please call 304-558-5388 or visit [www.wvdhhr.org/birth23/](http://www.wvdhhr.org/birth23/)

# ACDS Instructor's Academy

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**For more information:**

**Please see attached information  
or contact:**

**Sherrie Myers**

**ACDS State Coordinator**

**304-523-0433**

**[smyers@rvcds.org](mailto:smyers@rvcds.org)**





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Fax: 304-529-2535 attn: scholarship  
E-mail: bhunter@rvcds.org

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



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Earn an \*Associate Degree  
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up to \$1400/semester  
tuition payment and book stipend

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tuition payment and book stipend

\* Associate or bachelor's degree college credit hours must be taken from a participating WV college or university. Supported AA/AAS/BA/BS/RBA degrees include: Child Development; Child Development & Family Studies; Early Childhood; Early Childhood Development; Early Childhood Education; Early Childhood Special Education. This program is being presented with financial assistance as a grant from the WV Department of Health and Human Resources.



## Celebrating the Child: Infant Mental Health Week Webinars

Hosted by the West Virginia Infant/Toddler Mental Health Association

**All webinars will be from 12 noon – 1 p.m.  
1 Contact Hour of WV STARS available**

<p><b>Monday, May 15, 2017</b></p>	<p><b>Trauma and Families with Infants</b>                  Traumatic events occur in the lives of nearly every person, regardless of race/ethnicity, socio-economic status, age, gender, and disability. Trauma is not limited to abuse, neglect, and domestic violence, but also crime, disasters, accidents, severe illness, and combat. The effects can be minimal to wide-ranging, and can impact persons from an individual level to a systems-wide/societal level. The presenters will provide data to illustrate the extent of trauma exposure to children and adults in West Virginia, including children with disabilities. A model for recognizing and working with children and parents exposed to trauma will be presented, as will the importance of recognizing one’s own limits—both personally and professionally—when addressing trauma. The importance of ensuring safety, non-judgmental advocacy, and making appropriate referrals will be stressed.</p> <p><i>Presenters: Dr. Joseph R. Scotti and Claudia S. Neely, MDiv, MA, WHOLE Families</i></p>		
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<p><b>Tuesday, May 16, 2017</b></p>	<p><b>Infant Mental Health is a Game Changer!</b>                  In this workshop, participants will learn how infant mental health is a game changer for a healthy successful life. Learn how infant mental health impacts how well we successfully adapt to play or struggle to survive the game of life. We will review what has been learned from the ACES Study, trauma and brain development as well as emotional and behavioral patterns developed at infancy that impact a person throughout the life span and even her/his life expectancy. To level the playing field, you will also learn strategies that are game changers for promoting healthy brain development and reducing the impact of trauma. We will review what is important to support the infant's optimal growth and development, reduce physical and mental health problems throughout the life span, and increase the opportunities to support a healthy successful lifestyle to be a winner in the game of life!</p> <p><i>Presenter: Katrina Jefferson, Peacetree Center for Wellness/TLC Services</i></p>		
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<p><b>Wednesday, May 17, 2017</b></p>	<p><b>Attachment in Substance Use</b>                  This session will review the basic theory of mother-infant attachment and the underlying neurobiology. It will discuss how substance abuse interferes and interacts with the neural circuitry of normal parenting and possible avenues for intervention.</p> <p><i>Presenter: Dr. Kalpana Miriyala, Marshall University School of Medicine</i></p>		
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<p><b>Thursday, May 18, 2017</b></p>	<p><b>Happy, Sad, Ugh! I Don't Know How I Feel</b> Humans are programmed to feel lots of emotions. But for children with limited vocabulary and an even more limited understanding of the world around them, emotions can become overwhelming. This workshop will explain what the basic emotions are, where and how emotions are regulated in the brain, and how to utilize attachment and temperament to help children of all ages manage their emotions.</p> <p><i>Presenter: Kerri Wade, WVU Extension Service</i></p> <table border="1" data-bbox="342 373 1511 527"> <tr> <td data-bbox="342 373 959 527"> <p>WV STARS participants please visit <a href="https://wvregistry.org">https://wvregistry.org</a> and search the training calendar for the title of the session. **Also check the <b>Agenda</b> section for additional registration information.</p> </td> <td data-bbox="959 373 1511 527"> <p>Other participants copy and paste the link below into your internet browser. <a href="https://attendeegototraining.com/r/2629282328463444738">https://attendeegototraining.com/r/2629282328463444738</a></p> </td> </tr> </table>	<p>WV STARS participants please visit <a href="https://wvregistry.org">https://wvregistry.org</a> and search the training calendar for the title of the session. **Also check the <b>Agenda</b> section for additional registration information.</p>	<p>Other participants copy and paste the link below into your internet browser. <a href="https://attendeegototraining.com/r/2629282328463444738">https://attendeegototraining.com/r/2629282328463444738</a></p>
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<p><b>Friday, May 19, 2017</b></p>	<p><b>Healthy Grandfamilies</b> West Virginia ranks fourth among all states in the percentage of grandparents responsible for their grandchildren. This session will look at The Healthy Grandfamilies Project. This project is connecting with up to 120 Grandfamilies through a series of 9 workshops delivered in Kanawha and surrounding counties in WV. An important component of the project is the social work case management services that continue over a 6-month period.</p> <p><i>Presenters: Bonnie Dunn, West Virginia State University and West Virginia University Extension Service and Dr. Brenda Wamsley, Professor and Chair, Department of Social Work, West Virginia State University</i></p> <table border="1" data-bbox="342 879 1511 1024"> <tr> <td data-bbox="342 879 959 1024"> <p>WV STARS participants please visit <a href="https://wvregistry.org">https://wvregistry.org</a> and search the training calendar for the title of the session. **Also check the <b>Agenda</b> section for additional registration information.</p> </td> <td data-bbox="959 879 1511 1024"> <p>Other participants copy and paste the link below into your internet browser. <a href="https://attendeegototraining.com/r/2045617575974892034">https://attendeegototraining.com/r/2045617575974892034</a></p> </td> </tr> </table>	<p>WV STARS participants please visit <a href="https://wvregistry.org">https://wvregistry.org</a> and search the training calendar for the title of the session. **Also check the <b>Agenda</b> section for additional registration information.</p>	<p>Other participants copy and paste the link below into your internet browser. <a href="https://attendeegototraining.com/r/2045617575974892034">https://attendeegototraining.com/r/2045617575974892034</a></p>
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**Please download all materials prior to the training.**

**All session handouts/materials will be available through the GoToTraining webinar platform.**

**After registering on the GoToTraining webinar platform,  
you will receive a confirmation email containing information about joining the training  
and how to access training materials.**

**October 5, 6, & 7, 2017**  
**Waterfront Place Hotel**  
**Morgantown**



**Great Beginnings**  
**Infant/Toddler**  
**Conference**

For more information,  
please visit  
[www.wvit.org](http://www.wvit.org)

**Look who's coming to**  
**Great Beginnings**

This conference is open to  
Child Care Providers,  
WV BTT Practitioners,  
Home Visitation, and  
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*Betty Blaize*

The 1st Years/Excellence for Children  
National Faculty for PITC



*Linda Brault*

WestEd, Center for Child and  
Family Studies  
Beginning Together Director

*Gigi Schweikert*

Author of *Prime Times: A Hand-  
book for Excellence in Infant and  
Toddlers Programs*



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# West Virginia Association for Young Children

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## An Affiliate of the Southern Early Childhood Association

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### *You Are a Professional – The Value of Association Membership*

Your membership in WVAYC is *an investment in your professional future* and the future of the children in West Virginia. Your membership dues provide the following resources:

- Discount rates at SECA Conferences and WVAYC Workshops
- 3 issues of *Dimensions of Early Childhood*, the SECA journal, and 3 *Dimensions Extras*
- 4 issues of the WVAYC Newsletter with information from our state  
*The SECA Reporter Blog, Our Networking Connection*
- 12 issues of the SECA *Public Policy Notes*
- 6 issues of the *SECA Leadership Letter*
- Monthly Member E-Mail articles from SECA on early childhood topics

Membership Dues are extremely reasonable and provide great value to you.

Regular Members	\$40 per year
Student Members	\$25 per year
CDA Members and ACDS Students	\$25 per year

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\_\_\_\_\_ Regular Member      \_\_\_\_\_ Student Member (Provide name of school and ID# below.)

Student Information \_\_\_\_\_

\_\_\_\_\_ CDA      \_\_\_\_\_ ACDS Student (County \_\_\_\_\_)

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Type of Credit Card \_\_\_\_\_ Card # \_\_\_\_\_

Your Phone # \_\_\_\_\_ Card Expiration Date \_\_\_\_\_



# Parent Blocks

NEWSLETTER



"Providing resources to parents throughout West Virginia"

Volume 14, Issue 2, Spring 2017

## Health and nutrition not just for children

We all understand the importance of health and nutrition for children. Children need lots of structured and unstructured activity and good nutri-

tion to not only grow and thrive, but to also have healthy social and emotional development.

However, good health practices and nutrition are also good for parents and

professionals caring for children. This is sometimes overlooked by adults in the hustle and bustle of everyday life. By the time we care for others, we sometimes have very little energy left to take care of ourselves. But caring for ourselves is critical. We can also model the importance of taking care of ourselves for children. And just like for children, good nutrition and health practices leads to improved mental health in adults.

Exercise, healthy nutrition, stress management, and good sleep will all have a positive impact in your overall health.

WV Parent Blocks Newsletter is a project of West Virginia Early Childhood Training Connections and Resources, a collaborative project of West Virginia Department of Health and Human Resources/Bureau for Children and Families/Division of Early Care and Education; WV Head Start State Collaboration Office; Office of Maternal, Child and Family Health/West Virginia Birth to Three; West Virginia Department of Education/Office of Special Education; and West Virginia Home Visitation Program and is supported and administered by River Valley Child Development Services.

Permission to photocopy

# Say **YES** to Safe Sleep

**MOST** (99%) of West Virginia parents agree the safety of their babies is most important when thinking about where their babies sleep.

**YES**

Baby always sleeps alone, on her back and in her crib

**YES**

Crib is clear of toys, heavy or loose blankets, bumper pads & pillows

**YES**

Dress your baby in light sleep clothing and keep the room at a comfortable temperature

**YES**

It's safest for baby to sleep in the room where you sleep, but not in your bed.

**YES**

Mattress is firm & fits close to the sides

**YES**

Baby sleeps in a smoke-free room

Data from West Virginia Positive Community Norms Parent Survey Key Findings Report, March 2014.

## Did you know?

One baby dies every 10 days in West Virginia as a result of unsafe sleeping.

**MOST** (99%) of West Virginia parents agree they want to do what's best for their children.

What's best for infants is saying **YES** to safe sleep.

For video + more information visit:

[SafeSoundBabies.com](http://SafeSoundBabies.com)

Our Babies: safe&sound

The West Virginia Children's Trust Fund

Claude Worthington Benedum Foundation

**TEAM**  
for West Virginia Children

This program is being presented with financial assistance as a grant to the TEAM for West Virginia Children from the WV Department of Health and Human Resources.

# Vaccination Tips

Submitted by Jennifer Conkle, West Virginia Child Care Health Educator

Preparing for children to receive vaccinations can cause anxiety and stress for parents and children alike. The Centers for Disease Control and Prevention (CDC) offers recommendations to reduce the uneasiness before, during, and after a doctor visit for immunizations.

## Here are some ways to prepare before the vaccinations:

- Write down any questions you have after reading any vaccination materials that you may have received from your child's physician.
- Visit [www.cdc.gov](http://www.cdc.gov) and review the immunization schedule for the ones recommended for your child's age.
- You may learn more about the benefits and risks of vaccines by reviewing the Vaccine Information Statements available on the Center for Disease Control and Prevention website ([www.cdc.gov](http://www.cdc.gov)).
- Bring your child's personal immunization record to your appointment.
- Bring an item that your child finds soothing and comforting.
- If your child seems to not be feeling well consult your physician before postponing the vaccinations. It may not be necessary to postpone.



## During the vaccinations:

- Distract and comfort your child. Provide them with the comfort item you brought.
- Smile and remain calm. This will help your child know everything is ok.
- Read, tell stories, and discuss interesting things to provide a distraction.
- Older children can practice taking deep breaths to help with relaxation.
- When possible, hold your child in your lap during the administration of the vaccine.
- Support your child if he or she cries or becomes upset. Avoid scolding.

## After the vaccinations:

- Review any information your physician gives you about the vaccinations your child received.
- Use a cool, damp cloth to reduce redness, soreness, and swelling at the injection site.
- A cool sponge bath may help with a slight fever. The physician may also recommend a non-aspirin pain/fever reducer.
- Provide plenty of liquids to your child.
- Pay extra attention to your child for a few days. If anything causes you concern, contact your physician.

# Growing Together Through WV Birth to Three A Family Guide

*These are the steps your family will go through in the early intervention process.*



## 1. Referral

- You, your physician, or others with a concern about your infant/toddler's development (age birth to 35 months) can make a referral to WV Birth to Three (WVBTT).
- The first step to getting help is to make a referral by calling **1-866-321-4728**.

## 2. First Visit

- When a referral is received, an Interim Service Coordinator (ISC) will call you to schedule a home visit, at a time that's good for you, to explain the WVBTT process and begin planning for the next steps.

## 3. The Evaluation

- If your child has a substantial delay in an area of development\* or has certain risk factors, he/she may be eligible for WVBTT services.
- You will select 2 WVBTT professionals who will work with you and gather information to determine if your child is eligible to receive services.
  - Eligibility is not based on income.

### \*Areas of Development

- thinking and learning
- motor (including vision and hearing)
- speech
- social/emotional
- self-help skills

*\*\* You, as a family, may choose to proceed at your own pace, stop eligibility determination, or withdraw from the program at any time. \*\**



## 4. The Individualized Family Service Plan (IFSP) Meeting

- If your child is eligible, with your consent, you will help develop an IFSP within 45 days of the referral.
- Your IFSP team will help you decide which services you need to help you help your child learn and grow.

## 5. Delivery of Services

- Your IFSP services will be provided in your home or community.
- IFSP services should begin no later than 30 days after you signed the consent.
- The IFSP will be reviewed at least every 6 months, or sooner, if you request.
- WVBTT supports and services are provided at no charge to the families.

## 6. Service Coordination

- At the initial IFSP meeting, you met your ongoing service coordinator who will work with you to make sure your IFSP services are meeting your needs.
- The ongoing service coordinator will also link your family to other available community services, as needed.

## 7. Transition

- Your child will leave the WVBTT system when he/she turns three years of age.
- Your service coordinator and IFSP team will help you with the transition process, including exploring other possible services.



For more information about WV Birth to Three, please visit [www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23).

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the WV Department of Health and Human Resources, Office of Maternal, Child and Family Health.