



# Kids Quarterly Press

A Newsletter of Choices Child Care Resource and Referral

October, November, and December 2024

## *Behaviors and the Holidays*



As we enter the fall and winter months, you might begin to notice an increase in challenging behaviors from the children in your care. There are many factors that can impact a child's behavior and this time of year seems to be overloaded with them! One of the reasons we might see an increase in undesired behaviors is that as the weather gets colder children are spending less time outdoors. This often leads to a decrease in gross motor activity and less access to areas that allow for running. To combat this, be sure to plan for extra gross motor play and create safe spaces for big body movements. Another reason you may see an increase in challenging behaviors this time of year is that the holidays are stressful—and not just for adults! Class parties, itchy costumes, staying up late, extra sugar, unfamiliar foods and people, major shifts in routines, and a heightened focus on “being good” can all set children up for difficulties. The most effective tools caregivers have during this time is preparation. Stick with a routine the best you can and prepare children for differences. Talk to them about what they will experience and how things will return to normal! If challenging behaviors persist be sure to contact our Behavioral Consultants for assistance.

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### Choices CCR&R

4421 Emerson Ave,  
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 the following providers on their approval for the WV General Child Care Credential:

**Michelle Harbert** of New Beginnings

**Jennifer Nicholas** of Watch Me Grow

**Kim Minter** of Jungle Junction

**Hannah Adkins** of Jungle Junction

Additionally, the following providers have been approved for a Specialization Credential:

**Christie Lanham** of Jungle Junction - Preschool

**Sherry Brown** of The Imagination Station (1 & 2) - Director

**Abby Deitzel** of Jungle Junction - Director

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](https://www.wvdhhr.org/choices/child_care_providers.html)

## Recognitions



### West Virginia Tiered Reimbursement Program

Congratulations to Melissa Nesselrotte of **Tots to Teens** in Wood county on her NAEYC Accreditation and Tier III approval!

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](mailto:Marcy.L.Mueller@wv.gov)



For information  
regarding this  
initiative contact:

Alicia Hundley,  
304-622-6528

[Alicia.M.Hundley@wv.gov](mailto: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

### Who's New(ish) At Choices?



Hi! I am Alicia Hundley and I am the new Infant Toddler Coaching Specialist! I have been employed at River Valley Child Development Services—Choices CCR&R for almost 23 years as an Infant Toddler Specialist. I have conducted trainings for infant and toddler caregivers, including the West Virginia Infant Toddler Professional Development Program (WVIT), as well as provided technical assistance to individual caregivers within child care center classrooms and family child care homes to improve program quality. Before joining Choices, I worked in the social services field serving young children and families and prior to that worked in child care for ten years as both a lead teacher in a mobile infant classroom and as a private nanny. I attended Fairmont State University earning two degrees: An A.A.S. in Early Childhood and a B.S. in Sociology. I completed PITC certification in September 2009 and have presented at several national conferences with a special interest in Safe Sleep for Infants. I am the aunt of 2 nieces and 2 nephews and have one very special dog named Daisy!

Hello! My name is Jodi Fortney. I joined the Choices team as a Behavioral Consultant over a year and a half ago. Around 6 months ago, I changed positions to be the Early Childhood Coaching Specialist. While I enjoyed learning this position, I missed my old role. I am happy to say I am back as the Behavioral Consultant in the Choices Bridgeport office. Prior to my time with Choices, I obtained my Bachelor's degree in Biology from Fairmont State University and my Master's degree in Early Childhood Education from Walden University. I worked for Head Start for 8 years as both an assistant and then lead teacher, but first I was a parent. I found my passion in early childhood education! I loved volunteering and when I returned to the work force after being a stay-at-home Mom for 10 years, preschool felt natural. I am excited to continue my work with providers in our region!



Hello! My name is Chrissy Lafferty. Some of you may know me as the Behavioral Consultant for Choices. However, I'm happy to announce that I've recently taken on a new position with Choices and am now the Infant Toddler Specialist in the Bridgeport office. I was an Infant Toddler Specialist at a different Child Care Resource and Referral Agency for almost 5 ½ years. I'm excited to be back in the Infant Toddler Specialist position. I received my Bachelor's Degree in Child Development and Family Studies from West Virginia University and my Master of Science Degree in Early Childhood Studies from Walden University. I recently got married in April 2024. I have one dog, my fur baby Harper Lou. I have worked with children and families my entire career and am looking forward to continuing my career working with all of you. Please reach out if I can assist you in any way.



## Important Updates

Have you visited the  
new TRAILS website?



- View the schedule
- Find useful documents
- Discover upcoming events
- Search our inventory
- Request items
- See check out history

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Visit Today!

### About TRAILS

TRAILS (Traveling Resource and Information Library Service) is a mobile resource program designed to improve the quality and availability of child care services in West Virginia. TRAILS offers developmentally appropriate toys, games, and books for the use of children in family child care homes, centers, and facilities.

Contact Jennifer or Ashley  
for login information

**304-485-2668**

jennifer.s.powell@wv.gov  
ashley.n.jobes@wv.gov

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Click the link or scan QR  
code to visit our website!

<https://choicetrails.soutrnglobal.net/Portal/>



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









[wwacds@rvcds.com](mailto:wwacds@rvcds.com)

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Online Professional Development Calendar</b>			
<b>October 2, 2024</b>	<b>ECPBIS Director's Overview</b>	Jodi Fortney	
1:00pm – 2:00pm	This training is required for any director that has an employee enrolled in the ECPBIS caregiver module series. The training will briefly overview topics discussed in the ECPBIS caregiver module series.	Various	Online
<b>November 18, 2024</b>	<b>West Virginia Elements of Family Childcare Module Series</b> 	Jennifer Powell	
6:00pm – 9:00pm	This 8-week course is for Family Child Care providers. These modules will focus on best practice, child development, organizing your home and your day, as well as developing individual goals for providers. <i>Session dates: Nov. 18, 25, Dec. 2, 9, 16, Jan. 6, 13, &amp; 20</i>	Various	Online
<b>November 19, 2024</b>	<b>WVIT-R Administrator's Course</b>	Alicia Mazariego	
10:00am – 12:30pm	This course is an overview of the West Virginia Infant Toddler-Revised Course. It is intended for Center/Facility directors to help support staff learning and implementation. This class is made up of two live, online sessions and 4 self-paced online sessions. Participants must complete each session. <i>Sessions dates: Nov. 19 &amp; 20</i>	PL	Online
<b>December 5, 2024</b>	<b>RR Spreading HOPE</b> 	Shannon Valles	
6:00pm – 7:30pm	The 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 ACESs	CGD/FCR	Online
<b>December 12, 2024</b>	<b>Daily Schedules: Being Flexible in a Predictable Environment</b>	Shannon Valles	
6:00pm – 8:00pm	This course will cover how to create classroom schedules that incorporate daily routines and substantial free play while remaining flexible to unexpected changes and the interest of the children.	CGD/EC	Online
<b>December 18, 2024</b>	<b>Professionalism in Family Childcare</b>	Ashley Jobes	
6:00pm – 7:30pm	Family childcare providers will learn the importance of professionalism in their program. This training will discuss what it means to be a professional in a family childcare setting and how you can use these skills to improve your program.	Various	Online
<b>December 19, 2024</b>	<b>Biting In Infant Toddler Programs</b>	Chrissy Lafferty	
6:00pm – 7:30pm	Biting is challenging and is a behavior that occurs frequently in infant and toddler classrooms. This training will discuss why biting occurs and provide attendees with strategies for preventing it.	CGD	Online

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Wood County Professional Development Calendar</b>			
<b>October 3, 2024</b>	<b>Creative Curriculum for Family Child Care</b>	Ashley Jobes	
5:00pm – 8:00pm	FOR FAMILY CHILD CARE ONLY. Providers will learn what Creative Curriculum for Family Child Care is and how to implement it into their program. Participants must complete both sessions of this course on 10/03/24 and 10/10/24 to receive full credit.	Various	Choices
<b>October 8, 2024</b>	<b>Circle Time Isn't Required!</b>	Jennifer Powell	
6:00pm – 8:00pm	Providers will learn that circle time can be done in a more developmentally appropriate way that gives children the best learning experience without reading the wall or having expectations that are not appropriate for all children.	EC	Choices
<b>October 15, 2024</b>	<b>Quality Counts</b> 	Marcy Mueller	
6:00pm – 7:00pm	This session takes an in depth look at program supports that are necessary to achieve and maintain quality childcare and the important role Early Childhood educators play within the process.	PL/AM	Choices
<b>November 18, 2024</b>	<b>Building an Observational Practice</b>	Abigail Carter	
6:00pm – 8:00pm	This training focuses on teaching providers the importance of building an observational practice. Learners will discuss the uses of observation and assessment for developing appropriate plans.	COA	Choices
<b>November 19, 2024</b>	<b>Planning Your Professional Development</b> 	Marcy Mueller	
6:00pm – 8:00pm	This training focuses on professional growth of early education providers and how to identify goals for the future.	PL/AM	Choices
<b>December 2, 2024</b>	<b>WVIT-R</b> 	Alicia Mazariego	
5:00pm – 8:30pm	WVIT-R is the updated infant toddler course. It contains 12 in-person sessions, 2 TACIT visits, and 4 self-paced online sessions. This class will meet until March 24, 2025.	Various	Choices
<b>December 12, 2024</b>	<b>Safe and Sound: Health and Safety for Infants and Toddlers in Family Child Care</b>	Alicia Hundley	
6:00pm – 8:00pm	FOR FAMILY CHILD CARE ONLY. This course will cover health and safety issues for infants and toddlers that family child care providers need to be attentive to carrying out.	HSN	Choices
<b>December 17, 2024</b>	<b>Utilizing the Environment Rating Scale to Improve Quality</b> 	Marcy Mueller	
6:00pm – 8:00pm	This session will include an overview of the most recent versions of the ERS and how to use the information from the self-assessment to improve program quality .	PL/AM	Choices



Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Harrison County Professional Development Calendar</b>			
<b>October 3, 2024</b>	<b>Building Strong Foundations: Supporting Infants and Toddlers through the West Virginia Early Learning Standards Framework: Infant and Toddler</b> 	Chrissy Lafferty	
6:00pm – 8:00pm	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 to receive credit. <i>Session dates: Oct. 3, 10, &amp; 24</i>	CGD	Choices
<b>October 7, 2024</b>	<b>ECPBIS Caregiver Module Training</b> 	Jodi Fortney	
6:00pm – 8:00pm	This face-to-face module training is intended for those who work with preschool-aged children. We will review the Pyramid Model and discuss ways to help prevent and manage challenging behaviors. <i>Session dates: Oct. 7, 14, 21, 28, &amp; Nov. 4</i>	Various	Choices
<b>October 12, 2024</b>	<b>Emergency Preparedness</b>  	Shannon Valles	
9:00am – 11:00am	This course provides information on developing and implementing an emergency plan in a childcare setting. Participants will be required to complete a Technical Assistance visit (to be scheduled with the specialist).	HSN	Choices
<b>October 22, 2024</b>	<b>Circle Time Isn't Required!</b>	Jennifer Powell	
6:00pm – 8:00pm	Providers will learn that circle time can be done in a more developmentally appropriate way that gives children the best learning experience without reading the wall or having expectations that are not appropriate for all children.	EC	Choices
<b>October 23, 2024</b>	<b>Quality Counts</b> 	Marcy Mueller	
6:00pm – 7:00pm	This session takes an in depth look at program supports that are necessary to achieve and maintain quality childcare and the important role Early Childhood educators play within the process.	PL/AM	Choices
<b>November 6, 2024</b>	<b>Playful Engagement: Nurturing Daily Interactions with Children</b>	Jennifer Powell	
6:00pm – 7:30pm	Discover the importance of daily interactions with children by nurturing positive relationships that foster development and growth. Equip yourself with essential strategies for engaging effectively with the children in your care.	EC	Choices
<b>November 7, 2024</b>	<b>WV Early Learning Standards Framework for Pre-K Modules</b> 	Shannon Valles	
6:00pm – 8:00pm	This 3-part module series provides an in-depth look at the WV Early Learning Standard Framework. Participants will also become more intentional by creating a lesson plan using the framework. Participants must attend all sessions to receive credit. <i>Session dates: Nov. 7, 14, &amp; 21.</i>	Various	Choices

Date and Time	Title and Presenter/Description	Core Competency	Location
<b>Harrison County Professional Development Calendar Continued</b>			
<b>November 12, 2024</b>	<b>Planning Your Professional Development</b> 	Marcy Mueller	
6:00pm – 8:00pm	This training focuses on professional growth of early education providers and how to identify goals for the future.	PL/AM	Choices
<b>November 13, 2024</b>	<b>Creative Curriculum for Family Child Care</b>	Ashley Jobes	
5:00pm – 8:00pm	FOR FAMILY CHILD CARE ONLY. Providers will learn what Creative Curriculum for Family Child Care is and how to implement it into their program. Participants must complete both sessions for this course on 11/13/24 and 11/20/24 to receive full credit.	Various	Choices
<b>December 10, 2024</b>	<b>Utilizing the Environment Rating Scale to Improve Quality</b> 	Marcy Mueller	
6:00pm – 8:00pm	This session will include an overview of the most recent versions of the ERS and how to use the information from the self-assessment to improve program quality.	PL/AM	Choices

## 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](http://www.wvstars.org) at least 24 hours in advance.
- Children are not permitted to attend training sessions.
- Participants who arrive more than 15 minutes late will not receive WV STARS credit.
- 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
10/1/24 5:30-8:30 PM	Medication Administration	Lisa Galford
10/4/24 6:00-7:30 PM	All About Seizures	Kelly Amos
10/9/24 6:30-7:30 PM	Rashes & Scratches	Candace Morgan
10/10/24 5:30-8:30PM	Medication Administration	Kelly Amos
10/11/24 12:00-1:00 PM *	Respiratory Infections in Children	Brittany Parsons
10/15/24 6:00-7:00PM	Infection Control	Lisa Galford
10/21/24 6:00-7:00 PM	Oral Health	Karen Gilbert
10/23/24 5:30-8:30 PM	Medication Administration	Karen Gilbert
10/24/24 6:00-8:00 PM	Communicable Diseases	Candace Morgan
10/28/24 5:30-8:30 PM	Medication Administration	Candace Morgan
11/4/24 6:00-7:30 PM	All About Seizures	Kelly Amos
11/7/24 5:30-8:30 PM	Medication Administration	Brittany Parsons
11/11/24 5:30-8:30 PM	Medication Administration	Karen Gilbert
11/13/24 6:00-7:00 PM	Rashes & Scratches	Candace Morgan
11/14/24 5:030-8:30 PM	Medication Administration	Kelly Amos
11/18/24 6:00-7:00 PM	Oral Health	Karen Gilbert
11/20/24 5:30-8:30 PM	Medication Administration	Candace Morgan
11/21/24 12:00-1:00 PM *	Infection Control	Lisa Galford
11/25/24 6:00-7:00 PM	Respiratory Infections	Brittany Parsons
12/2/24 5:30-8:30 PM	Medication Administration	Lisa Galford
12/4/24 6:00-8:00 PM	Communicable Diseases	Candace Morgan
12/7/24 8:00-11:00 AM **	Medication Administration	Kelly Amos
12/9/24 11:00 AM-12:00 PM *	Oral Health	Karen Gilbert
12/11/24 5:30-8:30 PM	Medication Administration	Candace Morgan
12/14/24 8:00-9:30 AM **	All About Seizures	Kelly Amos
12/17/24 5:30-8:30 PM	Medication Administration	Karen Gilbert
12/18/24 6:00-7:00 PM	Rashes & Scratches	Candace Morgan
12/19/24 6:00-7:00 PM	Infection Control	Lisa Galford
12/23/24 5:30-8:30 PM	Medication Administration	Kelly Amos

\* Lunchtime Learning

\*\* Saturday Morning

## Child Care Health Educators Online Trainings

### CHILD CARE HEALTH EDUCATOR ONLINE TRAININGS

OCTOBER 7, 2024  
6:30PM-8:30PM

Breastfeeding Basics

OCTOBER 17, 2024  
6:30PM-8:30PM

Indoor and Outdoor Safety

OCTOBER 29, 2024  
6:30PM-8:30PM

Stress Management

NOVEMBER 15, 2024  
12:00PM-1:00PM

Fun and Healthy Snacks

NOVEMBER 18, 2024  
12:30PM-1:30PM

What Can Child Care Nurse Health Consultants  
and Child Health Educators Do for You?

DECEMBER 3, 2024  
6:30PM-8:30PM

Bed Bugs and Beyond

DECEMBER 10, 2024  
6:30PM-8:30PM

Understanding Special Dietary Needs

### WV Child Care Health Educators

Face-to-face and online trainings are available. Please contact Renee or check the WV STARS calendar for more information.

Renee Y. Stonebraker, RS  
Bruceton Mills, WV 26525  
Call/Text: 304-710-9695  
rstonebraker@rvcds.org  
www.wvearlychildhood.org



*West Virginia*  
**Child Care Health  
Educators**



## CPR & First Aid Training



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

Saturday  
October 19, 2024  
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  
November 16, 2024  
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

7.5 hours of WV STARS Credit  
Approved for Tier 2



## FAMILY CHILDCARE CONFERENCE

SOUTH- October 5, 2024

Tamarack Beckley, WV

NORTH- November 2, 2024

Bridgeport Conference Center Bridgeport, WV



- Container Baby Syndrome
- Diapering & Handwashing
- Family Style Dining
- Safe Sleep
- Teachable Moments
- Dangers of Screen Time



**SAVE  
THE  
DATE**



Contact your TRAILS team for more information



## Save the Date



**SAVE THE DATE**

**Annual Directors' Retreat**

November 7-8, 2024  
 Thursday: 10:00am-5:00pm  
 Friday: 9:00am-2:00pm

Stonewall Resort  
 940 Resort Drive  
 Roanoke, WV 26447

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

## Complete our Professional Development Needs Assessment

In an effort to create Professional Development opportunities that meet the needs of the providers in our community, we are asking that you take time to complete our Professional Development needs assessment. This will guide our Professional Development Team in creating trainings and webinars that are of interest to you. The survey also asks about additional resources available through our Resource and Referral. We would love to hear from you about the needs you are seeing in your program and community!

Providers who complete the needs assessment by October 31, 2024 will be entered to win program resources!

**CLICK THE LINK BELOW TO  
COMPLETE THE SURVEY**

<https://forms.gle/HtbxjNKSHgknpSYb6>

For the latest updates, "Like" and "Follow" our Facebook page Choices Child Care Resource and Referral.

<https://www.facebook.com/profile.php?id=100088156617478&mibextid=ZbWKwL>



## Food and Fun

### Jack-O-Lantern Cheese Quesadillas

*Materials:* Flour tortillas, shredded cheese, knife.

*Instructions:* Preheat the oven to 400F. Stack 2 flour tortillas on top of each other. Use a kitchen knife to cut out a pumpkin "stem" from them. Set one of the flour tortillas aside. Cut a face out from the middle of one of the tortillas. You can plan your face by scratching out the shapes with a toothpick before you cut. Place the tortilla without a face on a baking sheet. Cover it with cheese. Add the other tortilla on top of the cheese, making sure the stems line up. Bake in the oven at 400F for about 10 minutes, or until the cheese is melted and the edges start to turn golden. To spice it up serve with sour cream and salsa of your choice.



### Outdoor Fall Soup Sensory Bin

*Materials:* Sensory bin with water, white washable paint, bowls, whisks, ladles, spoons, and loose natural materials such as pinecones, seeds, leaves, twigs, moss, or bark.

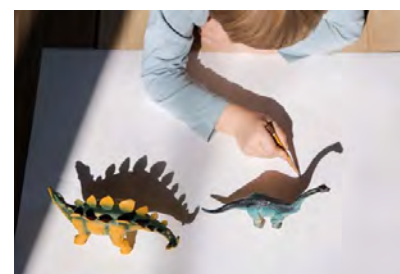
*Instructions:* Fill the sensory bin with water. Add a few drops of white washable paint and mix it in to make the soup broth. The white color will allow children to see the materials in the water better. To gather supplies for the soup you can take a nature walk or have the items gathered prior. Allow children to add items to the broth and create their sensory Fall soup. Add ladles and bowls so children can dip out their soup.



### Shadow Tracing

*Materials:* Paper, standing toys, markers, crayons, pencils, and/or chalk.

*Instructions:* Shadow tracing can be done outside on a sunny day, or inside with natural or directional light (such as a flashlight). To begin, place an object at the end of the paper. You will need to find the correct position for the object based on your light source to create the shadow. With your writing utensil, trace shadows on the paper. Children can find their own unique items to trace on their paper. You can enhance this activity by creating stories about



the objects children choose.

### Child Care Food Program

Wood County: 304-485-9238 ext 18

Harrison County: 304-905-9867

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

Benefits to child care providers include:

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



**West Virginia WIC** provides nutrition & health education as well as other services free of charge to pregnant women, 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](http://www.wvchip.org)



Health care for children & expectant moms

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



**Choices Child Care Resource and Referral**

**4421 Emerson Ave, Ste 102**

**Parkersburg, WV 26104**

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

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



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

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

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