



MOUNTAIN HEART
Community Services, Inc.
"Together We Can"

April-June 2021

IMPORTANT TRAINING INFORMATION:

Due to the uncertainty of COVID-19, we are working to our best ability to provide you with training opportunities. However, with recommendations changing from the CDC, State Leadership, as well as our MountainHeart agency, trainings may not be presented in a face-to-face manner. It has been deemed necessary for our trainings to be changed to an online format and we will contact you by the information provided on your WV STARS account and post information on our MountainHeart Facebook page. Please make sure your contact information is correct. If and when face-to-face trainings are held, class sizes will be limited and social distancing guidelines per the CDC will be implemented and must be followed by all participants.

A Message from the Professional Development Team:

We have missed seeing you in our training sessions and are eager to get back to some form of normalcy. We look forward to seeing you whether it be in a face-to-face manner or an online format. We are here for you if you need any assistance.

THE “NEW” NORMAL ONLINE TRAININGS



April 2021

4/07
2021

11:00 pm - 1:00 pm **Expressive Art**

4/07
2021

1:00 pm - 2:00 pm **Sleeping Safe in Child Care**

4/13
2021

3:00 pm - 5:30 pm **ADHD-Supporting Others with Attention Deficient Disorder**

4/13
2021

5:30 pm - 7:30 pm **Lets Talk about Minds in Motion**

4/14
2021

11:00 am - 1:00 pm **Teaching Social Studies, Learning About People**

April 2021

4/15
2021

11:00 am - 12:00 pm

**What's in The
Treasure Basket?**

4/15
2021

5:00 pm - 7:00 pm

**Conquering Staff
Burnout in Early
Childhood**

4/22
2021

3:00 pm - 5:00 pm

**Lesson Planning for
Infants and Toddlers**

4/27
2021

5:30 pm - 7:30 pm

Expressive Art

*“April hath put a spirit of youth in
everything.”*

~William Shakespeare~

May 2021

**5/05
2021**

5:30 am - 7:30 pm All About Playgrounds

**5/05
2021**

3:00 pm - 4:00 pm Sleeping Safe in Child Care

**5/11
2021**

11:00 am - 1:00 pm All About Playgrounds

**5/11
2021**

1:00 pm - 3:30 pm ADHD-Supporting Others with Attention Deficient

**5/11
2021**

6:00 pm - 8:00 pm Lets Talk about Minds in Motion

May 2021

5/12
2021

2:00 pm - 4:00 pm

**Teaching Social Studies,
Learning About People**

5/13
2021

4:00 pm - 6:00 pm

**Lesson Planning for
Infants and Toddlers**

5/20
2021

4:00 pm - 5:00 pm

**What's in The Treasure
Basket?**

5/20
2021

6:00 pm - 7:00 pm

Natural Mathematics

“Dare to live the life you have dreamed for yourself. Go forward and make your dreams come true.”

~Ralph Waldo Emerson~

June 2021

6/03
2021

5:00 pm - 7:00 pm

**Taming the Tantrums of
Toddlers June 3rd, 10th,
17th & 24th (Module Series)**

6/05
2021

10:00 am - 12:00 pm **Teaching Social Studies,
Learning About People**

6/08
2021

5:30 pm - 7:30 pm

The Power of Portfolios

6/09
2021

10:00 am - 12:00 pm

**Lesson Planning for
Infants and Toddlers**

6/14
2021

5:00 pm - 7:30 pm

**ADHD-Supporting
Others with Attention
Deficient Disorder**

June 2021

6/15
2021

11:00 am - 1:00 pm **The Power of Portfolios**

6/17
2021

5:00 pm - 7:00 pm **Conquering Staff
Burnout in Early
Childhood**

6/22
2021

10:00 am - 11:00 am **Sleeping Safe in Child
Care**

6/23
2021

5:00 pm - 6:00 pm **What's in The Treasure
Basket?**

6/24
2021

2:00 pm - 3:00 pm **Natural Mathematics**

Alphabetical List of Training Topics

April-June 2021

Topic: ADHD-Supporting Others with Attention Deficient Disorder

Core Knowledge and Competencies: 1.5 hrs. *Child Growth and Development* and 1 hr. *Child Observation and Assessment*

Target Audience: All Ages **Tier:** Intermediate

Summary: What makes a child with ADHD/ADD's brain think differently? Why do some children not listen? This question can be difficult to answer, but in the case of those with ADHD it can be explained by looking at the way a child with ADHD thinks and what is happening inside their brain that makes them react differently. In this professional development session, we will learn some challenges and strengths that come with ADHD/ADD. We will also explore some strategies that will help the child as well as the teacher.

Topic: All About Playgrounds

Core Knowledge and Competencies: 2 hrs. *Health, Safety, and Nutrition*

WVELFS: Health and Physical Development **Target Audience:** Adults **Tier:** Intermediate

Summary: Children love playgrounds, but there can be hidden hazards. Playgrounds offer children fresh air, risk taking opportunities, friendships, and exercise. It is important for caregivers to make sure that equipment, surfaces, and behaviors are safe. In this professional development session, we will look at safe playground practices and increase awareness to encourage safety.

Topic: Conquering Staff Burnout in Early Childhood

Core Knowledge and Competencies: 1 hr. *Professionalism and Leadership* and 1 hr. *Administration and Management*

Target Audience: Directors of Early Childhood Education **Tier:** Basic

Summary: Burnout has become a normal challenge for early childhood educators, many staff are leaving the field because they are overworked and underpaid in the profession. In this training we will define and discuss burnout, compassion fatigue, and self-care. Participants will learn ways to motivate and inspire themselves and/or their staff to view their work in a positive way that is healthy, intentional, and creates a high-quality early childhood environment.

Topic: Expressive Art

Core Knowledge and Competencies: 2 hrs. *Environment and Curriculum*

WVELFS: The Arts **Target Audience:** Mixed Ages **Tier:** Basic

Summary: Art and children naturally go together! Art is a place for children to learn to trust their ideas, themselves, and to explore what is possible. In this professional development session, participants will explore the many ways to include art in the early childhood curriculum.

Topic: Lesson Planning for Infants and Toddlers

Core Knowledge and Competencies: 1 hr. Child Growth and Development 1 hr. Child Observation and Assessment

WV Infant Toddler Mental Health Competency: Direct Service Skills

Target Audience: Infant/Toddler **Tier:** Basic

Summary: Participants of this professional development session will learn how to create and implement lesson plans for their infant and toddler environments.

Topic: Lets Talk about Minds in Motion

Core Knowledge and Competencies: 2 hrs. Environment and Curriculum

WV ELSF: Physical Health and Development **Target Audience:** Adults **Tier:** Intermediate

Summary: Minds in Motion is a 15 course maze that will enhance children's vestibular system. The vestibular system controls so much in our bodies, but is not usually something we think of when we think of working out. Minds in Motion helps to strengthen the vestibular system in easy ways that anyone can do. Strengthening the vestibular system helps to increase balance, hand eye coordination, and spatial orientation.

Topic: Natural Mathematics

Core Knowledge and Competencies: 1 hr. Environment and Curriculum

WV ELSF: Math **Target Audience:** All age groups **Tier:** Intermediate

Summary: Does the thought of math have you running in the other direction? Participants of this professional development session will learn DAP activities to spark the natural curiosity of the children in their care.

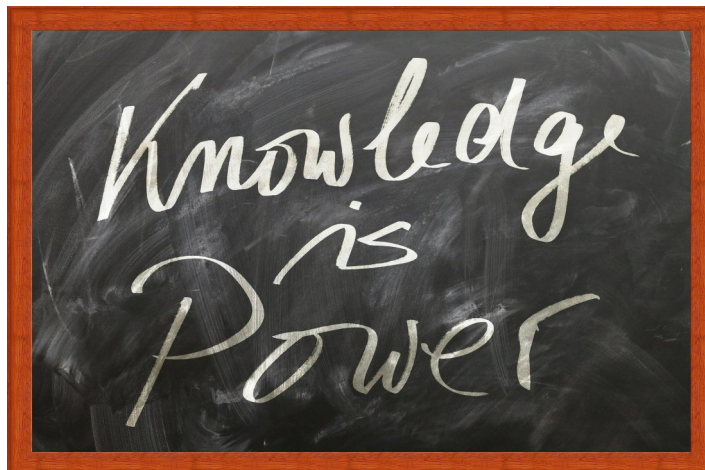
Topic: Sleeping Safe in Child Care

Core Knowledge and Competencies: 1 hr. Health, Safety and Nutrition

ITMH: Safety

Target Audience: Infant/Toddler Caregivers **Tier:** Intermediate

Summary: In this professional development session participants will learn about (SIDS) Sudden Infant Death Syndrome, Sudden Unexpected Infant Death, current safe sleep research, practices and polices pertaining to child care.



Topic: Taming the Tantrums of Toddlers Module Series

Core Knowledge and Competencies: 3 hrs. *Child Growth and Development*, 5 hrs. *Environment and Curriculum*

ITMH: Infant/Very Young Infant Development and Behavior, Observation and Listening, Responding with Empathy, Analyzing Information, Solving Problems, Relationship Based Practice, Ethical Practice, Life Skills, Building and Maintaining Relationships, Empathy and Compassion, Exercising Sound Judgement, Maintaining Perspective, Emotional Response

Target Audience: Infant/Toddler Caregivers **Tier:** Basic

Summary: In this four part module training explores the underlying issues of tantrums of infants and toddlers to the age of 35 months. Topics that will be covered in this series are: social/emotional development, temperament, responding to behaviors, guiding behavior, and supporting positive behaviors.

Dates and Times: June 3rd, 10th, 17th, 24th 5-7pm

Topic: Teaching Social Studies, Learning About People

Core Knowledge and Competencies: 2 hrs. *Environment and Curriculum*

WVELSF: All Domains **Target Audience:** Adults **Tier:** Intermediate

Summary: Participants of this Professional training will learn some hands-on ideas to help teach children about places and geography, people and how they live, people and the past and how to incorporate Social Studies in the children's daily experiences.

Topic: The Power of Portfolios

Core and Knowledge Competencies: 2 hrs. *Child Observation and Assessment*

WVELFS: All Domains **Target Audience:** Adults **Tier:** Intermediate

Summary: Preschoolers vary from moment to moment and day to day in their ability to concentrate on what they are interested in. In this professional development session, we are going to look at how portfolio assessments can bring a variety of benefits.

Topic: What's in The Treasure Basket?

Core Knowledge and Competencies: 1 hr. *Environment and Curriculum*

Target Audience: Infant/Toddler **Tier:** Basic

Summary: Participants of this professional development session will learn about heuristic play and the benefits of heuristic play with infants and toddlers. Participants will also learn how to create their own treasure baskets for their infant and toddler environments.

Behavior Consultant Module

Topic: Early Childhood Positive Behavior Support (ECPBIS)

Core Knowledge and Competencies: 2 hrs. Professionalism and Leadership, 3 hrs. Environment and Curriculum & 3 hrs. in Child Growth and Development

Target Audience: PreK-Afterschool

Tier: Advanced

Summary: The ECPBIS modules consist of four, 2-hour sessions focusing on social and emotional supports in all early childhood settings. The modules are based on the Pyramid model, which follows the public health model of prevention, promotion and intervention. To receive 8hrs. of STARS credit all modules must be completed.

April 8th 10:00 am - 11:00 am (Director's training)

April 12th 5:00 pm - 7:00 pm

April 19th 5:00 pm - 7:00 pm

April 26th 5:00 pm - 7:00 pm

May 3rd 5:00 pm - 7:00 pm

Contact Maxann Weese at 304-872-9200 or email her at Maxann.E.Weese@wv.gov

Administrative Office

P. O. Box 1509 • Oceana, WV 24870 – (Mailing Address)
33 MountainHeart Lane • Matheny, WV 24860 – (Shipping Address)
Phones: 304-682-8271, 1-800-834-7082, Fax: 304-682-8274

Beckley Office

P. O. Box 966 • 228 Ragland Road
Beckley, WV 25801
Phones: 304-253-7654, 1-888-799-9217, Fax: 304-253-7690

Princeton Office

1411 North Walker Street • Princeton, WV 24740
Phones: 304-425-3669, 1-800-738-8531, Fax: 304-425-2301

Summersville Office

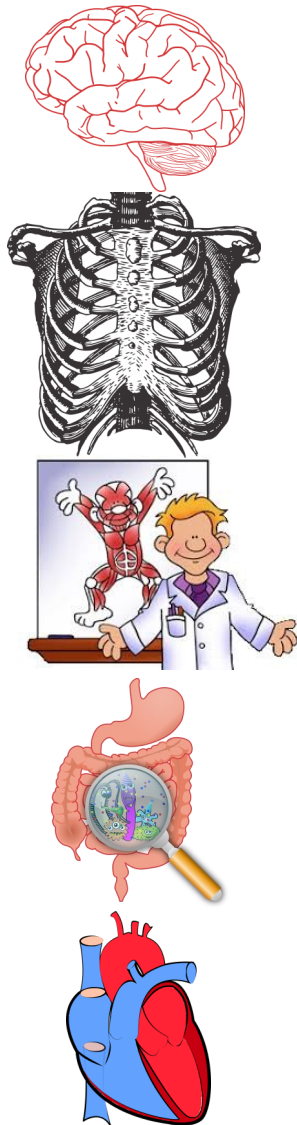
1020 Broad Street • Summersville, WV 26651
Phones: 304-872-9200, 1-866-598-4452, Fax: 304-872-9205

Lewisburg Office

P. O. Box 1610 • Lewisburg, WV 24901
330 Red Oaks Shopping Center, Suite 6 • Ronceverte, WV 24970
Phones: 304-647-3800, 1-855-843-0720, Fax: 304-647-3004

L
O
C
A
T
I
O
N
S

Learn About The Human Body



Topic: Let's Talk about the Human Body

Core Knowledge and Competencies: 2 hrs. *Environment and Curriculum*

WVLSF: Science Target Audience: Adults **Tier:** Basic

Summary: This two part module series will allow you to learn how to implement a human body lesson to school age children. We will also cover why we should be planning lessons for our school aged children. Participants will be given materials and will need to show how they implemented the materials and lesson in their classroom/ home.

This training is available for providers in Raleigh, McDowell, Mercer, and Wyoming Counties **only**

Module 1 6 pm - 7 pm on June 8th

Module 2 6 pm - 7 pm on June 22th

Module 1 10 am - 11 am on June 19th

Module 2 10 am - 11 am on June 26th

For more information or to schedule this training contact Lena Graham at 304-228-9018 or email Lena.D.Graham@wv.gov





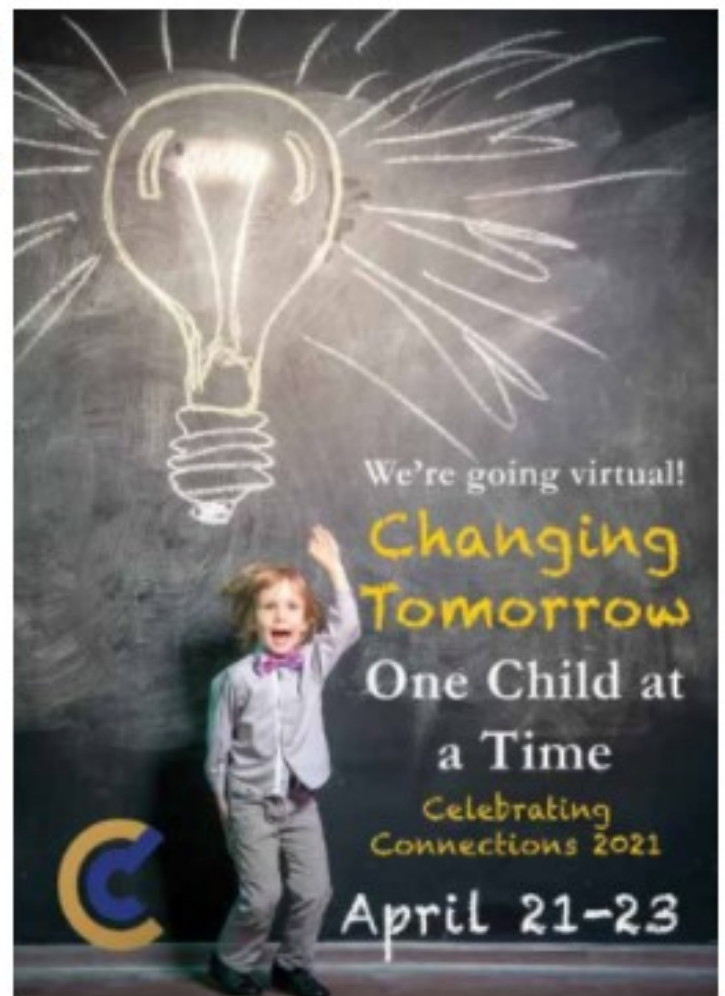
Celebrating Connections 2021

is going

VIRTUAL

Join us for a great lineup of speakers from across the country and right here in West Virginia, right from your home or office. Registration for Celebrating Connections will also be electronic, therefore no programs will be mailed out without a specific request. The conference committee is working to receive approval for graduate credit (must attend 3 days of conference) and CEUs in Social Work, Nursing, WV Birth to Three, WV STARS, Physical Therapy, Occupational Therapy, Speech Language Pathology, Counseling and Professional Development Graduate Hours.

Keep your eyes out for Celebrating Connections 2021 registration, rolling out January, 2021.





**INSTITUTE FOR
CHILDHOOD PREPAREDNESS**
DON'T BE SCARED. BE PREPARED.™
childhoodpreparedness.org

**PARTNERING
WITH**

MOUNTAINHEART
Community Services, Inc.
"Together We Can"

During the COVID-19 pandemic, MountainHeart Community Services, Inc. has partnered with the Institute for Childhood Preparedness to bring a variety of on-line trainings to our childcare providers. The training topics are relevant to the world around us. The trainings are WV STARS registered. We hope that you will take advantage of this new learning opportunity and will utilize the beneficial information.



**WHAT EARLY CHILDHOOD
PROFESSIONALS NEED TO KNOW
ABOUT COVID-19 (1.5 hours)**



**CLEANING, SANITIZING
AND DISINFECTING**



**COMMUNICATION DURING
EMERGENCIES & DISASTERS**



**FOOD SAFETY CONSIDERATIONS
DURING THE CORONAVIRUS**



BEHAVIORAL & MENTAL HEALTH ISSUES

To find the link for your courses, log into your WV STARS account:

[West Virginia STARS Registry](#)

Follow these steps:

- Click on Course Catalog in the menu
- Click on the drop down menu and choose 'Sponsored' under Online
- Find and register for a course named "Institute for Childhood Preparedness – Sponsored training link"
- On the next page, click the course name and open the link module - Please do NOT share this link

Click here for a tutorial on completing these steps:

[WV STARS Registry Tutorial](#)

Online Health and Safety Trainings are now online. Check the WVSTARS Calendar.

March 2, 2021	Noon– 1 pm	Oral Health in Children
March 9, 2021	Noon-1 pm	Seizure Disorders
March 11, 2021	6-8 pm	Stress Management
March 15, 2021	5-8 pm	Medication Administration
March 16, 2021	Noon-1 pm	Infection Control
March 24, 2021	5-8 pm	Medication Administration
April 7, 2021	5-8 pm	Medication Administration
April 13, 2021	6-8 pm	Let's Move
April 15, 2021	6-8 pm	All About Allergies
April 17, 2021	8-11 am	Medication Administration
April 20, 2021	6-8 pm	Creepy Crawly Creatures
April 27, 2021	Noon-1 pm	Morning Health Checks
May 3, 2021	6-8 pm	Neonatal Abstinence Syndrome
May 4, 2021	6-8 pm	Indoor/Outdoor Safety
May 12, 2021	5-8 pm	Medication Administration
May 18, 2021	6-8 pm	Summertime Safety
May 22, 2021	8-11 am	Medication Administration
May 25, 2021	6-7:30 pm	Medical Action Plans
June 15, 2021	6-8 pm	Picky Eaters
June 19, 2021	8-11 am	Medication Administration
June 24, 2021	5-8 pm	Medication Administration



WEST VIRGINIA EARLY CHILDHOOD
Training
CONNECTIONS
AND RESOURCES

www.wvearlychildhood.org

www.facebook.com/WVECTCR



Apprenticeship for Child Development

Due to the COVID-19 epidemic, ACDS has held all classes virtually since March 2020. ACDS intends to return to in-person instruction as soon as it is safe to do so. A decision on the format for the Fall 2021 decision will be made in May 2021. You may visit the ACDS website, wvacds.org and the ACDS Facebook page in May to learn the details of the fall semester. Please note that the registration process has changed. There is now a deadline to register for classes. Please see below for the steps on registering for ACDS classes.

HOW TO REGISTER FOR CLASSES

1. **All students** must complete an **online orientation** for the semester they are enrolling in. The orientations are available on the WV STARS website, www.wvstars.org. Students can be either on the WV STARS pathway or registry. The orientations can be located on the training calendar by searching online courses.
2. **All students** must complete and submit a **registration form** to ACDS. The registration form is part of the orientation and should be completed and uploaded into the WV STARS system. However, we will accept registrations sent through email, mail and fax.
3. All students must submit the **\$25.00 registration fee** directly to ACDS. ACDS accepts business, personal and bank drafted checks and money orders made payable to River Valley Child Development Services (RVCDS). ACDS now accepts credit card payments. To pay using a credit card visit the ACDS website or contact ACDS for a credit card submission form. We **CANNOT** accept payments over the telephone because the credit card submission form must be signed by the card holder. All forms of payments should be accompanied by the payment submission form also located on the ACDS website. Completing this form helps ensure that your payment will be credited accurately and timely.

Contact Information

611 7th Avenue Huntington, WV 25701

Phone: 304-523-0433

Fax: 304-697-6613

Email: wvacds@rvcds.org



www.wvacds.org



Pathway to Earnings

Increase your Earnings

Available to child care providers and directors working in a licensed child care center, licensed child care facility, or registered family child care home.



WV Elements of Family Child Care Series	\$75
Mind in the Making	\$100
WVIT I	\$100
WVIT II	\$250
CDA	\$500
ACDS Dept. of Labor Certificate	\$500
AA or AAS in ECE* Degree	\$1000
BA or BS or Regents in ECE*	\$1500
MA or MS in ECE* Degree	\$1750
Ph. D. or Ed. D. in ECE* Degree	\$2000

* See reverse for details

Phone: 304-522-7827

Email: scholarship@rvcds.org

www.wvstars.org

Pathway to Earnings Criteria

Please note you must meet **all** of the following criteria to be eligible to receive the Pathway to Earnings Payment:

- Currently working in a WV licensed child care center, licensed child care facility, or family child care home, serving subsidized children as one of the following:
 - Teacher/Assistant Teacher/Teacher's Aide
 - Director/Assistant Director
 - Family Child Care Provider
 - Has worked for 12 consecutive months prior to application within the field of early care and education (WV licensed child care center, licensed child care facility, or registered family child care home) a minimum of one of the following:
 - 20 hours per week if working as a director/assistant director/teacher/assistant teacher/teacher's aide with no more than a 45 day employment lapse
 - 20 hours per week if working as a family child care provider with no more than a 90 day employment lapse
 - Has an active Career Pathway Credential
 - Has earned a qualifying degree or certificate (please note degrees must be earned from a Regionally Accredited Institution):
Degree or Certificate
 - WV Elements of Family Child Care Series
 - Mind in the Making
 - WVIT I (must be working with Infants and Toddlers to claim)
 - WVIT II (must be working with Infants and Toddlers to claim)
 - ACDS Department of Labor Certificate
 - CDA (current)
 - AAS/AA in ECE*
 - BA/BS in ECE* or RBA with ECE emphasis
 - MA/MS/M.ED in ECE*
 - Ph.D. or Ed. D. in ECE*

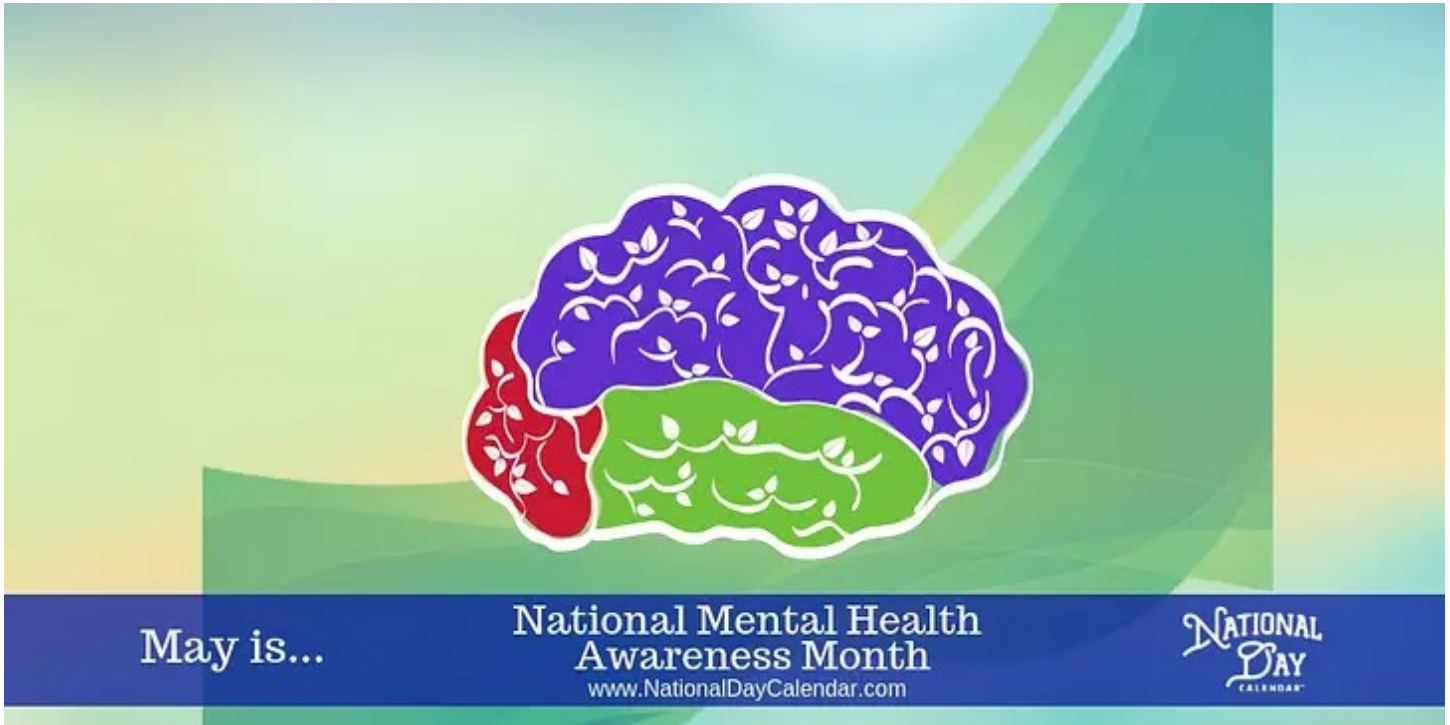
* Accepted ECE Degree Programs include: Child Development; Child Development & Family Studies; Early Childhood; Early Childhood Development; Early Childhood Education; Early Childhood Special Education
- If this is not the first time you have applied for and received the WV STARS Pathway to Earnings payment for this degree or certificate you must also have met one of the following in the past 12 months.
- Has completed 18 hours of WV STARS Training in the last 12 months (for those working in Licensed Child Care)
 - Has completed 11 hours of WV STARS Training in the last 12 months (for those working in/as Family Child Care Home or Family Child Care Facility)
 - Has completed one college credit course toward a higher degree in ECE in the last 12 months (must submit documentation confirming completion)

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.

April is...



May is...



May is...

National Mental Health
Awareness Month
www.NationalDayCalendar.com

NATIONAL
DAY
CALENDAR

June is...



National Safety Month
www.NationalDayCalendar.com

June
#NationalSafetyMonth

NATIONAL
DAY
CALENDAR

Care for yourself one small way each day

Find new ways to safely connect with family and friends, get support, and share feelings



Take breaks to relax and unwind through yoga, music, gardening, or new hobbies



Treat yourself to healthy foods and get enough sleep



Take care of your body and get moving to lessen fatigue, anxiety, or sadness



Substance Abuse and Mental Health Services Administration
Disaster Distress Hotline: call or text 1-800-985-5990

cdc.gov/coronavirus

About Vroom

Research shows there is no better time to create a strong foundation for lifelong learning than the first five years of life. It's during this period that the brain develops most rapidly. And the things that matter most for healthy brain development, like talking and playing, don't require more time, money, or stuff. That's why Vroom is here.

Vroom believes all parents want what's best for their children. So we joined with scientists, researchers, and parents to take the science out of the lab and put it in the hands of caregivers. Vroom provides science-based tips and tools to inspire families to turn shared, everyday moments into Brain Building Moments®.

The Bezos Family Foundation provided funding, and a lot of passion, because we believe that all parents have the potential to create a bright future for their children. Our goal is to share the science of early brain development in creative ways so all children have the chance to become thriving adults.



Empowering Parents

A global program of the Bezos Family Foundation, Vroom helps parents boost their child's learning during the time they already spend together. Vroom meets parents where they are, through the people they already trust and the places they already go.



For Everyone

Like-minded communities, organizations, brands, and media help share Vroom Brain Building Moments™. Together we are reaching parents where they are – whether that's community-based health clinics, children's museums, or refugee camps.



For Every Setting

Communities and organizations of all types share Vroom. With more than 1,000 Vroom Tips™ and Brainy Backgrounds™ in English and Spanish, Vroom is free, easy to use, and shows how little changes can make a big impact on growing brains.



Right at Your Fingertips

Vroom tools are there to help boost early learning wherever caregivers are. Our app, Vroom by Text™ and Alexa skill harness the power of technology. And print at home resources are only a click away.

Vroom Tips™



These print-at-home tip sheets include a mix of Vroom Brain Building Activities™ for children ages 0-5. Share them, put them up on your fridge, or carry them around—whatever helps remind you that brain-building moments are all around you.

Brain Building Basics™

We've made the science of early learning simple! Remember these 5 actions to help build your child's brain anytime. They're color coded for easy finding.

Look

Children use their eyes to learn. See what catches your child's attention and talk about it. Or connect eye-to-eye, then smile, chat, hug, or make funny faces!

Follow

Young children learn best when you follow their lead. Tune into your child's words, sounds, movements and ideas! Then respond with your own words and actions.

Chat

Children's brains light up when you talk, sing, or make sounds back and forth with them. Chat about your day, food, and what's around you, or string sounds together for a fun conversation!

Stretch

Children's brains grow strong when you help them stretch their learning further. Keep a moment going: ask your child a question that starts with what, when, where, how or why!

Take Turns

Children learn from taking turns when you play, talk, or explore. After they go, take your turn. Then repeat: they go, you go, they go, you go!

© 2019 Vroom is a program of the Bezos Family Foundation



We encourage you to find new ways to share Vroom Tips™.

For more information visit [Vroom.org](https://www.vroom.org) for our Content and Attribution Guidelines.

Do It Yourself Dress Up

Ask your child to make choices about what they want to wear. Give options like, "Do you want to wear the white socks or the black socks?" Be silly and ask, "Will you wear them on your head? No!" Encourage them to try getting dressed on their own and praise how hard they're working.

Suggested Age

12 months - 3 years

Brainy Background



Your child feels supported in trying things that are challenging when you encourage them to have choices and control over decisions about what to wear. They're also using critical thinking skills when they decide where the clothes go on their body.

#480

Learn more at vroom.org

Today's Feelings

Ask your child to talk about their day using feeling words like happy, excited, and sad. Try questions like, "Was there a time when you felt frustrated today?" Ask them to make faces that express these feelings. Share your day as well.

Suggested Age

3 years - 5 years

Brainy Background



When you take time to talk about feelings with your child in fun ways every day, you make your relationship stronger. You're helping them connect feelings and actions, too. Once your child understands their emotions, they can better relate to others.

#67

Learn more at vroom.org

Practice Positivity

Practice saying things in new ways with your child. Take turns saying something negative, then try to talk about the same thing positively. For example, "I don't like loud noises" can become "I like quiet sounds."

Suggested Age

4 years - 5 years

Brainy Background



This game is a good way to practice describing things and people in different ways. They're practicing language skills and how to see things from someone else's point of view. These skills are helpful in having good relationships now and in the future.

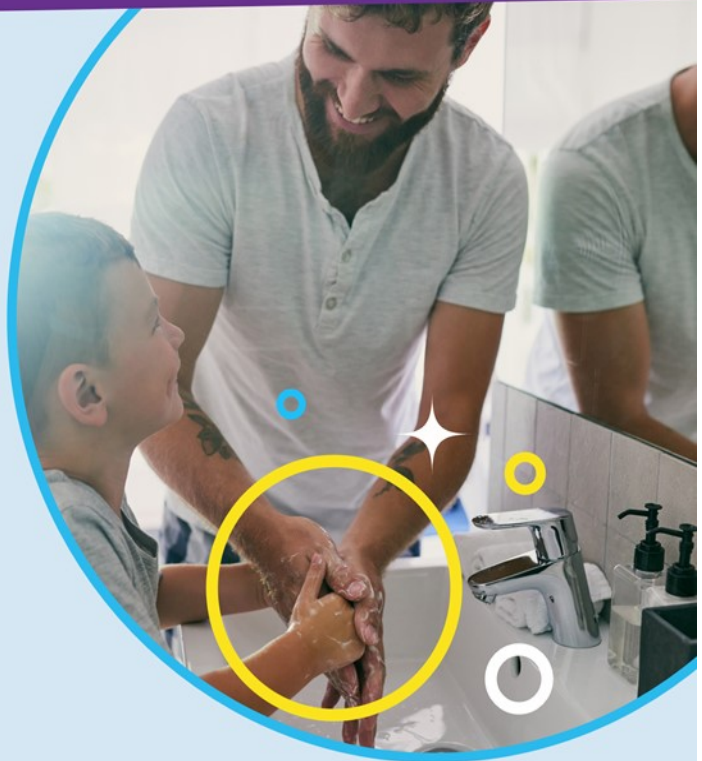
#40

Learn more at vroom.org

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A



Margaret Younce
Program Director



Betty Hamrick
Assistant Program Director



Sara Mathes
*Professional Development
Team Supervisor*



Samantha Pauley
Early Childhood Specialist



Hillary Wills
Infant/Toddler Specialist



Bethany Houchins
Infant/Toddler Specialist



Evelyn Davis
*TRAILS Early
Childhood Specialist*



Lena Shepherd
*TRAILS Early
Childhood Specialist*



Samantha McClure
*TRAILS Early
Childhood Specialist*



Sandra Cox
TRAILS Associate



**Professional
Development
Team (South)**



Maxann Weese
Behavior Consultant



Linda Prutsok
Quality Improvement Specialist