



Resource & Referral Center

a publication of the Quality Child Care Initiative

Children Count

August/September 2008

Staff Member Profiles

The Resource & Referral Center has two highly-qualified Parent Educators who have joined the Project STAR team in the past few months.

Pat Hughes, M.Ed., spent more than 30 years as a classroom teacher, a Home Economics instructor and a Family Life educator. She worked in both the Staunton City and Augusta County public school systems.

In addition to helping out on the family farm, Pat loves the beach and spending time with her family. Her three children keep her quite occupied and she especially enjoys her 15-month old granddaughter.

Linda Mohler, B.S., has a strong background in working with families. She spent a number of years with ARC of Augusta, HeartHaven and Creative Family Solutions, with much of the experience related to individuals with developmental delays.

In her free time, Linda volunteers with the Shenandoah Presbyterian Pilgrims (SPP) and enjoys her family, especially her four beautiful grandchildren.

Quality Child Care Initiative

(540) 245-5437

Family Resource & Referral Center

(540) 245-5899

934 North Augusta Street

Staunton, Virginia 24401

www.FRCenter.org



What is Project STAR?

The Family Resource & Referral Center is home to several grant-funded programs, including Project STAR, which stands for Supportive Training to Assist Parent-Child Relationships. It is a free Parent Education service to families with children birth to age 3 in Staunton, Waynesboro and Augusta County.

The primary goal of Project STAR is to instill in parents the belief that they are their child's first and most influ-



ential teachers. Our two Parent Educators, Pat Hughes & Linda Mohler, work closely with families to provide support pertinent to the child's physical, emotional and cognitive develop-

ment. This support may range from nutrition and health education to assistance finding appropriate child care or even employment.

Developmental screenings, home visits, group meetings and resource networking are all components of the program. The Parent Educators work with other agencies with whom a family may already be involved in addition to making referrals when necessary.

If you are aware of any families in your program who may be in need of Project STAR services, please contact us or ask the family to call the Resource Center directly at 540-245-5899.

Literacy Course

1-2-3 READ! is a research-based, storybook curriculum designed to build emergent literacy in children birth to age three. Training in Staunton will be on two Saturdays — October 4th and 11th. The cost is \$25.00 for this 12-hour-credit course. Please see enclosed brochure for additional information on the training.

Fall Training Series

The Quality Child Care Initiative is offering a series of five training sessions this fall. Julie Kiracofe, RN, M.Ed., aka "Miss Julie" will be the instructor for the trainings. There will be no charge for day care providers from the Staunton, Waynesboro, Highland County and Augusta County areas.

The workshops are geared for both family day home providers and child care center staff. The "Right Staff" workshop is designed primarily for center directors; however it is open to any provider. Each session will count as 2 hours of training credit.

All workshops will be held at Memorial Baptist Church in Staunton from 6:30-8:30 pm on Thursdays. A flyer describing each session is enclosed with this newsletter. The classes are free, but pre-registration is required through our office. Please call 540-245-5437 for more information.

September 11— *Slips, Trips & Falls*

September 25— *The Right Staff*

October 9— *Cooking with Kids*

October 23— *Dealing with Difficult Parents*

November 6— *Recoverables and Recyclables*

More Fall Trainings

The Quality Child Care Initiative will continue the coordination of CPR/First Aid and Daily Health Observation courses. Please see the enclosed flyer for dates and locations. Pre-registration is required through our office and the cost is \$10.00 per course.

Provider Profile

Debbie Mears and her family moved to Virginia about 6 years ago and she's been doing home daycare ever since. She and her husband are blessed with 2 beautiful daughters, ages 14 and 16, and they currently have 2 wonderful foster children. Debbie decided to do home daycare and it has given her the opportunity to be an "at home" mom and also a chance to help raise so many wonderful children.

She says, "It is so rewarding to teach children and see them learn and grow. It is amazing to me the amount of love that children have to share. I think the most important thing to remember is that it is not the gifts you give a child that matter but the time and attention."

In her free time, Debbie enjoys scrapbooking, reading, being a Girl Scout leader, growing her Advocare business, and volunteering at both her church and the kids' schools. She claims that she may never have a perfectly neat home- toys are always everywhere, but they have a fun, loving home and she is truly thankful for all of the blessings God has given her family and for the chance to give back to a child! Thank you, Debbie, for all you do.

VDSS Fall Training at BRCC

The Fall 2008 Training Catalog will be mailed out the week of August 4th. Once again, classes will be held on Saturdays at BRCC in Weyers Cave. There will be a \$10.00 charge per course. Online registration is new this year.

Some of the topics will include:

Infants and Toddlers

Brain Development – Part 1

Nurturing Productive Partnerships with Parents

Observation and Recording: It's Not Always Obvious

Reframing Discipline Part 1

If you would like an electronic version of the Training Catalog, please email SarahFoster@ntelos.net.

Rainbow Squishes (teacher made)

2 cups water

1/2 cup cornstarch

1/2 cup sugar



Combine ingredients in pan. Stir, heating slowly until mixture becomes harder to stir. Cool, then add spoonfuls to different plastic Ziploc bags. Add food coloring. Tape securely, particularly for younger children.

This is a wonderful visual activity. Even for infants, if you tape the bag up tightly, they enjoy squishing around the mixture and feeling the texture through the bag! (A great alternative that doesn't require cooking is shaving cream.)