



Resource & Referral Center

a publication of the Quality Child Care Initiative

Children Count

October/November 2008

The Resource Center is Moving!

After almost ten years in our current location, our office will be moving in October to 1600 North Coalter Street, Suites 11 & 12B. We will be in the back of the Greenbriar office complex across from the main Rescue Squad station in Staunton. At this time, phone/fax numbers and email addresses will remain the same.

For those of you who are not familiar with the Family Resource & Referral Center, we are home to several family-oriented programs, including Project STAR, 2-1-1-Virginia and the Quality Child Care Initiative (QCCI). Additional information on all of these services can be found on our website at www.FRCenter.org.



Thank You, Memorial Baptist Church

We feel very fortunate to have such a wonderful facility in which to hold our Fall Training Series, and we would like to thank Memorial Baptist Church in Staunton for the kind hospitality.

Quality Child Care Initiative

(540) 245-5437

Family Resource & Referral Center

(540) 245-5899

1600 North Coalter Street, Suites 11 & 12B

Staunton, Virginia 24401

www.FRCenter.org



Professional Development Workshop

Focus on the Child, Celebrating Teaching

Saturday, October 25, 2008 7:30 am—3:00 pm

RMH Outpatient Center, Harrisonburg

Information & registration —1.800.433.4580

\$30.00 per person includes lunch

A day devoted to the professional development and education of child care providers, pre-K teachers, kindergarten teachers offered by ChildCare Connection, Harrisonburg City Schools, Skyline CAP Head Start, Rockingham County Schools & Success by Six.

There are workshops available on child development, classroom environment, literacy, emotions, special needs, music and assessments. Participants can earn up to 5 training hours towards minimum standards.

If you would like a brochure and registration form, please send an email to SarahFoster@ntelos.net. *We only have electronic copies of the brochure.

VDSS Fall Training Continues

Workshops provided by the Dept of Social Services will continue through December 6th at Blue Ridge Community College. For an electronic version of the Training catalog, email SarahFoster@ntelos.net.

QCCI Fall Training Series Update

We still have openings on October 9th “Cooking with Kids” and on November 6th “Recoverables & Recyclables”. These free workshops are held in Staunton from 6:30—8:30 pm. To register please call 245-5437 or email SarahFoster@ntelos.net. ****Please note: the October 23rd “Difficult Parents” workshop has a waitlist.**

Monthly QCCI Trainings

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

CPR/First Aid

October 20 **waitlist* 5:00 pm—10:00 pm Monday
November 8 8:00 am—1:00 pm Saturday
November 17 6:00 pm—11:00 pm Monday
December 15 5:00 pm—10:00 pm Monday

**Location is the CSEMS Council Training Center at
2312 W. Beverley St. Staunton)*

Daily Health Observation

**waitlist* Tuesday, October 14 — Staunton
6:30—8:30 pm

**Location for October class is the Staunton Health
Dept at 1414 North Augusta St.*

Tuesday, November 18— Waynesboro
6:30—8:30 pm

**Location for November class is the
Waynesboro Health Dept at 211 West 12th St.*

➡ For security purposes, the
Health Department doors will be
locked promptly at 6:30. ⚡

Please plan to arrive a few minutes early.

Training Video Collection

We have received several requests for an updated listing of the early childhood training series we have in the QCCI Lending Library. These videos are in DVD format and available for a 2-week loan. Each video counts as one credit hour for training purposes. Please contact Sarah Foster at 540-245-5437 or by email SarahFoster@ntelos.net to check availability or to reserve a video.

- Acquiring Self-Regulation (infants/toddlers)
- Communication & Learning (infants/toddlers)
- Making Friends (infants/toddlers)
- Developmental Infant Care
- Creative Outdoor Environments
- Structured Play: Gross Motor Plan
- Designing Developmentally Appropriate Days
- Painting a Positive Picture: Proactive Behavior
- Daily Dilemmas: Coping with Challenges
- Child Care Administration: Tying it Together
- B.U.S.I.N.E.S.S. of Family Child Care
- Dramatic Play: More than Playing House
- Exploring Science & Nature
- Basics of Dev Approp. Practice (book & DVD)
- Infant Curriculum: Great Explorations
- Toddler Curriculum: Making Connections
- Partnerships with Parents

Apple Butter Made Easy

- 1 stick of butter (unsalted)
- 1 medium sized apple, peeled, seeded, chopped into small pieces
- ¼ Tbsp. Lemon juice
- 1 Tbsp. Honey
- ¼ tsp. Cinnamon



This is a very simple, no-cook, one-child portion recipe! Combine all ingredients in a mixing bowl, stirring until butter softens and becomes evenly mixed. Best served with warm bread or toast.

Provider Profile

Pamela Johnson, owner of Littlest Lamb Child Care Center in Weyers Cave, is getting ready to celebrate 20 years of caring for the Valley's children. Pamela started Littlest Lamb when her daughter Alex was six months old. Twenty years later, Pam's two daughters Shayna & Alex work for her at the center.

Over the years she has owned three different locations, Littlest Lamb Early Learning Center & The Littlest Lamb Infant & Toddler Center in Dayton & Kid's Under Construction in Stuarts Draft which she sold in 2006. Pamela currently runs Freedom Baptist Day School in Harrisonburg in addition to helping her new Director, Diane McDonaldson, at Littlest Lamb whenever she's needed.

Pamela lives in Verona with her 2 daughters & her mother. She loves spending time with her family, German Schnauzer, Heidi & Yorkie, Diesel. Pamela is active in her church & with Valley Young Life. Thanks, Pam!