

# connecting the dots

West Virginia Birth to Three RAU-1 Newsletter • Summer 2021

## A Note from Our Parent Partner

Hello! My name is Jade, and I'm the Parent Partner for Region 1 and the "editor in chief" of our quarterly newsletter. I'm also a self-proclaimed Mama Bear to two kids, including my eight year old son, who is a graduate of our Birth to Three program.

Now that the excitement of welcoming the new year is over, it feels like 2021 is speeding by. I feel like I blinked and it was already February! As the world inches closer and closer to "normal," I've spent a lot of time envisioning what our summer will look like. Summer vacation and the time spent with my kids has always been very important to me - I only have 18 summers to enjoy with them before they become adults and begin making their own plans. In the summer of 2020, we definitely spent more time together and to be honest, it was nice. I'm taking that as another lesson learned from 2020 and planning to focus on spending time together again this summer, enjoying our backyard and finding new things that we like to do as a family (like taking long walks). Have you started thinking about your summer plans yet?

**Are you interested in having your family's Birth to Three story appear in a future issue of our newsletter? I'm here to help you write your story! If you are interested, please contact me or let your Service Coordinator know.**

Please do not hesitate to reach out to me at (304) 214-5775 or via e-mail at [jjeffers@ccwva.org](mailto:jjeffers@ccwva.org), and please follow us on Facebook at **West Virginia Birth to Three RAU-1, Catholic Charities** for the latest program updates, new resources, and activities for you and your family.

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## The Five **love languages** of Children

Different kids crave different kinds of attention and affection. Dr. Gary Chapman, author of *The 5 Love Languages* and *The 5 Love Languages of Children*, believes that we all express love, and experience it through physical touch, gifts, words of affirmation, acts of service and quality time, but each of us has one way that matters most to us. Our job as parents is to know how to communicate with each of our children so they genuinely feel loved.

The first step in identifying your child's primary love language is to pay attention to how he shows you love. Why? We all tend to offer affection in the way we wish to receive it. As we get older, we learn that the Golden Rule can backfire in our relationships because we need to give love unto others in the way that works best for them. But since kids generally don't pick up on that, they offer the brand of affection they crave. The other piece of the puzzle is what your child requests.

What do the love languages look like and what can you do to show your kid how much you love them:

Language	What We See	What You Can Do	Common Pitfalls
Physical Touch	When you come home, does your child run to the door, grab your leg and climb all over you? If children are constantly in your space, touching you, or playing with your hair, that is a signal that they need to be touched more.	<ul style="list-style-type: none"> <li>• Snuggle on the couch.</li> <li>• Ask your kid if he or she wants to sit on your lap.</li> <li>• Offer hugs and high fives.</li> <li>• Hold hands.</li> <li>• Rough house play.</li> <li>• Have a secret handshake.</li> <li>• Good morning/night hugs.</li> </ul>	A slap or spanking is hurtful to any child, but it is devastating to one whose primary love language is touch.
Gifts	Someone whose primary love language is gifts tends to care about how a present is wrapped, and he often remembers who gave him what for months or years after the fact. They may have trouble getting rid of things someone gave him, even if he hasn't looked at them in ages.	<p>Your child sees a gift as a symbol of your love. Although it's fine to keep a closet full of wrapped dollar-store toys, you don't need to spend money.</p> <ul style="list-style-type: none"> <li>• Leaving a precious object for the child to find (rock, flower, car, crayon or others).</li> <li>• Stickers.</li> </ul>	Be careful about overdoing gifts. Give kids gifts that are appropriate for their age and that will be helpful to them, rather than just what they want. Resist the temptation to shower children with presents instead of also using the other love languages.

		<ul style="list-style-type: none"> <li>• Hanging their artwork.</li> <li>• Have a “precious things” table for their creations.</li> </ul>	
Words of Affirmation	For kids who listen intently and speak sweetly, your loving words matter most. If your child beams whenever you praise her or offers you lots of sweet feedback she probably relishes words of affirmation.	<p>Babies and toddlers – at eye level:</p> <ul style="list-style-type: none"> <li>• Tell them “You are the best thing in my life. You are so important to me.”</li> <li>• Gossip with a favorite stuffed animal about how wonderful your kid is.</li> </ul> <p>Older children:</p> <ul style="list-style-type: none"> <li>• Little notes in their lunch box.</li> <li>• Texts.</li> <li>• Even a bracelet with something like “my hero” printed on it.</li> </ul>	Insults cut deep, and it is particularly important for these kids to hear the words “I love you” standing alone, rather than, “I love you, but ...” that can imply that your love is conditional.
Acts of Service	Acts of service is the most peculiar-sounding love language, but kids who speak it appreciate thoughtful gestures. He may beg you to tie his shoes for him, fix a broken toy, or fluff his pillow. As a result, parents of these kids often end up feeling like servants.	<ul style="list-style-type: none"> <li>• Make exceptions to a general rule (helping the child to pick up toys).</li> <li>• Going above and beyond (such as warming clothes in the dryer on a cold morning.)</li> <li>• Encourage self-reliance and expect them to do what they can for themselves, the best act of service you can provide is teaching him, step-by-step, how to be more capable.</li> </ul>	Do not jump at every request, sometimes a thoughtful response will do, even if it’s to deny a request. And watch out for how those exceptions to rules pile up – how many times have you picked up the toys alone, stop and rethink it!
Quality Time	These children feel most valued when you choose to spend time with them.	<ul style="list-style-type: none"> <li>• Just being together.</li> <li>• Offer your undivided attention.</li> </ul>	For the child craving quality time, isolating them in time out away from you, that’s a severe

A child who often says, "Watch this!" or "Play with me," is begging for quality time.

- Create "special time" - it can be short, but let your child choose the activity.
- One-on-one time or chat.

punishment to her. Also, don't assume that spending extra time together means that you need to abandon your to-do list. Have them help with it, or even read beside you. Your child, even when she's absorbed in her own play, will let her feel your warm presence.

Though Dr. Chapman believes that love languages are like personality traits that stay with us for life, your child's preference might seem to change from moment to moment and stage to stage. A toddler who craves snuggles may grow into a 7-year-old who likes to roughhouse. A kid who basks in praise might become skeptical of your reassurance at some point and instead just need a little quality time. Stay tuned in to what your child's reactions and behaviors say about the type of love she needs in any given moment and there's no doubt that you'll continue to connect—and reconnect—as he or she grows.

Article Adapted from – Cornwall, G. (April 2, 2019). The 5 love languages of children. Retrieved from <https://www.parents.com/parenting/better-parenting/advice/love-languages-of-children/>.

## Look Before You Lock

Heatstroke is one of the leading causes of non-crash-related fatalities among children and it can happen in minutes. A child is accidentally left alone in a vehicle, or gets in on his or her own, and the temperature inside the car or truck starts to rise. It doesn't need to be a hot day; when the temperature outside is as low as 60 degrees, the temperature inside a vehicle can reach 110 degrees. If a child's body temperature reaches 107 degrees, that child will die. Unfortunately, even great parents can forget a child in the back seat.

- **Look Before You Lock.** Get into the routine of always checking the back seat of your vehicle before you lock it and walk away.
- **A Gentle Reminder.** Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place your phone, briefcase, or purse in the backseat when traveling with your child.
- **A Routine Check.** If someone else is driving your child, or your daily routine has been altered, always check to make sure your child has arrived safely.
- **A Key to Safety.** Keep your vehicle locked and keep your keys out of reach; nearly 3 in 10 heatstroke deaths happen when an unattended child gains access to a vehicle.
- **Act Fast to Save a Life.** If you see a child alone in a vehicle, call 911. - <https://www.nhtsa.gov>

## Ice Cube Scoop and Transfer

Materials needed:

- Two plastic containers – these are 28 quart and 17 quart containers, but you can use whatever you have on hand. Plastic bowls work great too!
- Water.
- Ice.
- A ladle or large spoon.
- Food coloring (optional).

This activity is simple, but so much fun! Fill one container with ice and one container with water (you can add food coloring if you'd like). The job for your child is easy – just use the ladle or spoon to scoop the ice from one container to the other (and back again)!



**As always, these activities require adult supervision and participation. Please be aware that small objects can present a choking hazard and supervise your child appropriately.**

Adapted from [www.busytoddler.com](http://www.busytoddler.com).

## Virtual Tours for Kids

Virtual tours allow you and your child to visit amazing locations across the globe from the comfort and safety of your home. Below, we've listed some of our favorite places to "visit!"

Yosemite National Park - <https://www.virtuallyosemite.org/>

The International Space Station -  
[https://www.nasa.gov/mission\\_pages/station/main/suni\\_iss\\_tour.html](https://www.nasa.gov/mission_pages/station/main/suni_iss_tour.html)

The Smithsonian Museum - <https://naturalhistory.si.edu/visit/virtual-tour>

Disney World & Disney Land Theme Park Rides - <https://orlandoonthecheap.com/free-virtual-rides-disney/>

National Geographic Kids Virtual Field Trips - <https://kids.nationalgeographic.com/>

Boston Children's Museum - <https://www.bostonchildrensmuseum.org/museum-virtual-tour>

The Metropolitan Museum of Art - <https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

Smithsonian's National Zoo - <https://nationalzoo.si.edu/>

Atlanta Zoo's Panda Cam - <https://zooatlanta.org/panda-cam/>

Tembe Elephant Park, South Africa - <https://explore.org/livecams/african-wildlife/tembe-elephant-park>

The National Aquarium - <https://aqua.org/explore/livestreams>

Clearwater Marine Aquarium - <https://www.cmaqarium.org/webcams/>

The Georgia Aquarium - <https://www.georgiaaquarium.org/>

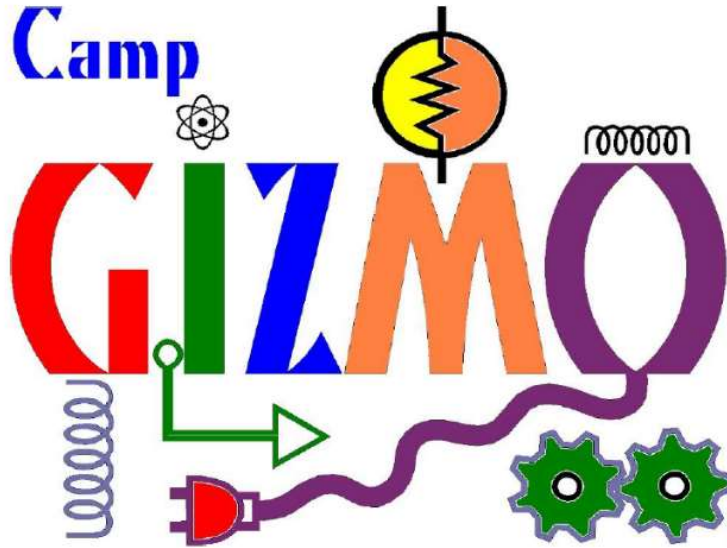
The Great Wall of China - <https://www.thechinaguide.com/destination/great-wall-of-china>

Google Art & Cultures Tours - <https://artsandculture.withgoogle.com/en-us/national-parks-service>

San Diego Zoo and Safari Park - <https://zoo.sandiegozoo.org/live-cams>

Story Time from Space - <https://storytimefromspace.com/library/>

Mount Rushmore - <https://www.cyark.org/projects/mount-rushmore-national-memorial/virtual-tour>



July 10<sup>th</sup>- 14<sup>th</sup>, 2021

Due to COVID-19, Camp GIZMO 2021 is TENTATIVE. Please stay tuned to our website for any updates.

[http://www.wvearlychildhood.org/Camp\\_Gizmo.html](http://www.wvearlychildhood.org/Camp_Gizmo.html)

## Region One RAU **i n f o r m a t i o n**

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Wheeling, WV 26003  
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Is your child moving, hearing, seeing, learning and talking like other children their age?  
If you have any questions, please give us a call!

West Virginia Birth to Three Region 1 RAU is a program of Catholic Charities WV. West Virginia Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA). It is administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.

1-800-619-5697 • [www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)

Find more COVID-19 resources on our website!

[http://www.wvdhhr.org/birth23/covid19\\_resources.asp](http://www.wvdhhr.org/birth23/covid19_resources.asp)

