



Connecting the Dots

Birth to Three RAU-1 Newsletter - Winter 2018 Edition

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Parent Partner Corner

Hello! I'm Jade Jeffers, the RAU-1 Parent Partner.

As the parent of child with developmental delays who saw significant improvement because of WV Birth to Three, I understand the program from a parent's point of view. I can relate to your concerns and questions every step of the way - from the moment your child is referred to our program through turning three years old and transitioning to the school system. I'm always available to provide support, answer questions, provide resources, or simply talk.

- **Support!** I'm always available to listen to your concerns or link you to families who are experiencing a similar situation.
- **Resources!** Do you need resources for medical, financial or community support? Ask me!
- **Fun!** Ask me about events in your community that you may be interested in.
- **Information!** What questions can I answer for you?
- **Training!** Are you interested in training opportunities? Let's talk!
- **Car seats!** Do you need assistance installing a car seat or would like to have your car seat checked? I'm a certified Child Passenger Safety Technician.

Please feel free to contact me at (304) 214-5775.

The Importance of Play

You may sometimes wonder "What is my child really learning? Aren't they just playing all day?" You are right they are playing all day, but that play is the work of children learning about the world around them.

Watch your child as the play, even infants and toddlers are using math, science, language, reading and problem solving skills as they discover how their toys and object work, as well as how to play with adults and other children.

How can you support your child's play skills and encourage their concentration, passion, creativity and excitement? Let's explore a few tips:

1. There are no rules for play - explore the many games that you can come up with a simple toy or household object. Make a drum from a bowl and wooden spoon, make up dances to commercials and cartoon songs.
2. You don't need fancy toys - you are the most important "toy" a child can ever have. Sing, laugh, talk, be silly - your child will fall more in love with you every day!
3. Use all Baby's senses - think about how movement, communication, self-esteem, imitation, cause and effect, eye-hand coordination and exploration all go together to help make sense of the world.
4. Ask questions - expand on what your baby or toddler already know by asking them simple questions. If they are showing you their favorite car, ask them about it - what color is it, is it big/little, does it go fast/slow - and then play together talking about your game.
5. Pretend - use your imagination to follow your child's lead in the games they choose and help them to explore different situations and daily challenges.

For additional ideas to try, please visit:

Council for professional recognition (2017). Play all day: Explaining the Importance of Play to Parents. Retrieved from <https://www.cdacouncil.org/media-room/councilink-newsletter/182-play-all-day-explaining-the-importance-of-play-to-parents>.

Zero to Three (2010). The power of play. Retrieved from <https://www.zerotothree.org/resources/311-the-power-of-play>.

You're invited!

Santa's Silent Night

a special needs and sensory friendly Santa Claus event hosted by WV Birth to Three for current Region One children and their immediate families.

Santa will be arriving in our Wheeling office on Saturday, December 8th from 10:00 AM to 4:00 PM.

An RSVP is required to participate and space is limited. Time slots will be filled on a first come, first serve basis.

Please call Jade at (304) 214-5775 no later than 12:00 PM on Friday, November 9th to register.

Fine Motor Skills - Build a Snowman!

Supplies needed - creamer bottle, colored markers, cotton balls, tray (optional) and ribbon (optional).

I cut the paper off the creamer bottle after washing it out. I let it dry. I grabbed the colored markers and added a face, nose, mouth, and buttons. I then got a tray out (from the dollar tree) and added cotton balls and a piece of ribbon. Now the kids took over and started adding the cotton balls to the container. This is great for fine motor skills! Easy for my toddler and still fun for my five year old. As they added the cotton balls they were building their snowman. Once they filled the bottles we added the caps. These worked great as the snowman hat! -www.frogsandsnailsandpuppydogtail.com





American Academy of Pediatrics Car Seat Update

The most dangerous thing that U.S. children do as part of daily life is ride in a car, but using the correct car safety seat or booster seat can help decrease the risk of death or serious injury by over 70%.

A significant change to the American Academy of Pediatrics' guidelines is the removal of a specific age, two years old, as a criterion for when a child changes from a rear-to a forward-facing car safety seat. The AAP Committee on Injury, Violence and Poison Prevention reviewed the four stages of child passenger safety: rear-facing, forward-facing, booster seats, and seat belts. For each stage, the **best available evidence was to delay transitions as long as possible, up to the manufacturer's recommended limits for weight and length.**

- Children should ride in a **rear-facing car safety seat** as long as possible, up to the limits of their car safety seat. This will include virtually all children under two years of age and most children up to age four.
- Once they have been turned around, children should remain in a **forward-facing car safety seat** up to that seat's weight and height limits. Most seats can accommodate up to 60 pounds or more.
- When they exceed these limits, child passengers should ride in a **belt-positioning booster seat** until they can use a seat belt that fits correctly.
- Once they exceed the booster limits and are large enough to use the vehicle seat belt alone, they should always use a **lap and shoulder belt**.
- All children younger than 13 should be restrained in the **rear seats** of vehicles for optimal protection.

The current West Virginia Child Passenger Safety Law states that all children up to the age of eight must be properly secured in a federally approved child safety seat, which does include a booster seat. The only size provision to the law is that if the child reaches the height of four feet and nine inches tall (4' 9") before their eighth birthday, a seat belt becomes legally sufficient. The CPS law is a primary enforcement law, meaning law enforcement can pull you over if they suspect your child is not properly restrained in a child safety seat.

Many certified instructors and technicians all across the state are trained to install car seats properly - including our Parent Partner. **You can have your child safety seat inspected for defects, recalls, proper use, and proper installation at any of our Birth to Three office locations by appointment.**

- www.aapublications.org



Home Fire Preparedness Campaign

Home fires are the greatest disaster threat to American families. A fire-related injury is reported every 40 minutes and home fires cause 2,500 deaths and roughly \$7 billion dollars in property damage annually.

The American Red Cross' Home Fire Preparedness Campaign aims to save lives and reduce injuries by providing and installing **free smoke alarms** in homes across our nation.

To schedule an appointment for your free smoke alarms and installation, please call 1-844-216-8286.

Frozen Winter Sensory Bag

Supplies needed - plastic bag, cheap hair gel, "winter" themed items (cotton balls, glitter, snowflakes, beads - use your imagination!) and tray (optional).

Put half a bottle of hair gel in a bag with all the ingredients, seal tight, and let kids play. If you are extra cautious, you may want to tape the bag closed to make sure the activity really stays mess free. Our bags stayed closed, but one of them did spring a leak and I had to patch it with duct tape. Don't forget you can also pop the sensory bag in the fridge for a "cool" hands on experience! -www.alittlepinchofperfect.com



Region 1 RAU

Is your child moving, hearing, seeing, learning and talking like other children their age?

Wheeling Office

2000 Main Street
Suite 222
Wheeling, WV 26003
(304) 214-5775

Morgantown Office

965 Hartman Run Road
Suite 1103
Morgantown, WV 26508
(304) 296-3660

New Martinsville Office

1236 N. State Route 2
New Martinsville, WV 26155
(304) 455-0920, ext. 251

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

