



BTT Bits

Spring Issue

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Parent Corner

Thank You Families, for Your Assistance

As children transition from WV Birth to Three when they reach their third birthday, the state WV Birth to Three office, sends a survey for families to complete. It is important the survey be completed and returned. Your feedback is very important to us. Each survey is carefully reviewed in order to ensure the best quality services are provided for children and their families. Thank you in advance for your time and assistance.

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If you have any questions about your child’s development, contact our office at 304-485-2000 or 1-866-401-8919



Why Tobacco Free Parks?



Submitted by Jamie Jacobsen, Regional Tobacco Prevention Coordinator (Region F), Mid-Ohio Valley Health Department

As a Regional Tobacco Prevention Coordinator (RTPC) part of my job is to encourage tobacco-free policies in my region to protect community members. As a parent it is part of my responsibility to protect my children from danger, including that associated with tobacco use and exposure.

Tobacco related diseases are the most preventable diseases in the world, and you don't have to be a tobacco user to develop tobacco related diseases. Secondhand smoke has been proven to be a danger to everyone, no matter the level of exposure. It has immediate adverse effects on the cardiovascular system and can have immediate adverse effects on your blood and blood vessels, increasing the risk of having a heart attack.

73% of West Virginians do not smoke. That is a majority of people in the Mountain State.

Consider this: parks are designed to encourage people to be physically active and spend time together. Runners and walkers, school athletic teams, children, and families are among the many users of public parks. They enjoy a safe place to exercise, hold family reunions, watch and play ball games, and spend time playing on the playgrounds. Tobacco use is contradictory to promotion of healthy lifestyles. Secondhand smoke affects the performance of athletes. Smoking takes away from the time that can be spent with family. Secondhand smoke affects the health of those being exposed, even for short periods of time.

In addition to the secondhand smoke concern, there is a concern about toxic litter left behind by tobacco users. Cigarette butts are the most littered item IN THE WORLD. Cigarette butts are not biodegradable. Children and pets continue to be exposed to the chemicals when they pick up discarded cigarette butts. In addition to cigarette butts, children may be exposed to bodily fluids through spit from smokeless tobacco users.

Tobacco-free policies allow adults to be positive role models for the children around them. Children who are regularly exposed to smoking are more likely to become smokers than children who are not exposed to smoking. By not allowing smoking in parks we can help break the idea that the majority of West Virginians are smokers. Another positive effect of tobacco-free policies is the decline in smoking. When it is more difficult to find places that allow smoking, smokers are more likely to quit.

Regardless of which side of the issue you are on, the danger of secondhand smoke is not debatable. We have a responsibility as citizens to protect those around us from the dangers of secondhand smoke. Enacting tobacco-free park policies is a great way to protect the health of our citizens and the beauty of our Mountain State. For more information about quitting or how you can help call 304-485-7374.

Friendly Reminder from your Parent Partner, Shannon Hedrick

I will be sending out e-mails with current activities and other relevant information. If you are interested in receiving these e-mails please provide your e-mail address to shannon.hedrick@thearcmov.org. Also, if your family would like to share a short article, craft, poem, or other information that would support other WV Birth to Three families please contact me.

June is National Fresh Fruit and Vegetables Month

Source: <http://www.kidspot.com.au/kitchen/articles/advice/9-sneaky-ways-to-get-more-nutrients-into-your-toddler>



You may be asking: why is eating healthy so important to my child? The answer is simple. Research into the eating habits we develop as children suggest that a healthy diet during the early years means preparing your child for a healthy life. Just like the rest of the family, kids need to eat a wide variety of foods in order to get the nutrients essential to their health. Fruits and vegetables are a fantastic source of vitamins, minerals and fiber - so whether fresh, frozen, dried or canned, try to incorporate them into every meal.

Here are some tips to get your toddler to eat more fruits and vegetables:

- ◆ **Serve Finger Foods.** Toddler's love to be able to pick things up with their fingers.
- ◆ **Make Food Fun.** Come up with different shapes, animals, pictures, etc.... with food.
- ◆ **Have Them Help Grocery Shop**– If it is their idea to have certain fruits or vegetables they are more likely to eat it. Give them a special job of being the produce pickers.
- ◆ **Offer choices.** Rather than asking "Do you want broccoli for dinner?" ask "Which would you like for dinner: broccoli or cauliflower?" From an early age, try to give your child small amounts of various fruits and vegetables so they learn to like the taste.
- ◆ **Outsource**– Often time other people can encourage your child to eat healthy such as grandparents, cousins, friends, peers, etc....

Most of all make food fun and enjoy!

Catholic Charities WV Mobile Outreach & Wellness Food Pantry

The Catholic Charities WV Mobile Outreach and Wellnessworks Food Pantry can help you stretch your food budget. The pantry provides a 3-5 day supply of healthy food, nutrition and health information, as well as tips and recipes for your family. Households may need to be at or below 150% of the poverty guideline (net income) for some of the food available. They can also help you enroll for SNAP benefits and do renewals.

For more information call (304) 989-4511.

You can visit on any of the food pantries at the following locations and times.

- ~ **Calhoun County** West Fork Community Center 1st Tuesday from 1:00-3:30 p.m.
- ~ **Doddridge County** Greenwood Fire Department 4th Tuesday from 9:00 a.m.– 12:00 p.m.
- ~ **Ritchie County** Smithville Community Center 2nd Wednesday from 9:00 a.m.– 12:00 p.m.
- ~ **Wirt County** Newark Baptist Church 3rd Wednesday from 9:00 a.m.-12:00 p.m.



Developmental Milestones

- By 3 months a baby can imitate sounds, loves your voice, recognizes facial expressions, and will start swiping at that book.
- By 6 months, a baby begins to know his or her name, the baby will turn and look when they hear it.
- By 18 months your baby should be pointing out body parts. To help them learn sing "Head, Shoulders, Knees And Toes."

What Can the Library Offer?

Source: <http://www.peps.org/ParentResources/by-topic/early-learning/why-story-time-rocks>



It's important for you to have books at home, read books out loud to your child, and let your child explore books on her own. Children also benefit from hearing another adult read to them, from watching other children get engaged in a story, and from being exposed to a wide variety of authors and writing styles. Your child will also learn some essential school readiness skills, like how to sit still for an extended period of time, how to pay attention to an adult other than his parents, how to take turns, and how to be (reasonably) quiet in a public place. They also may learn that although at home, it's totally fine to flip pages in the book, ask to have the same book read over and over, or ask to quit reading one book halfway through and switch to another one, when they are in a group setting, they need to sit still and listen to the book that someone else has chosen.

Many libraries offer a program called the Imagination Library. If you live in Calhoun, Doddridge, Gilmer, Pleasants, or Wirt counties make sure your child is signed up for Imagination Library. Each child 0-5 years of age will receive, through the mail, a free book each month until their 5th birthday. Parents will need their child's name, current address, and age. To sign up for the program you may contact your local library at:

~ **Calhoun County** (304) 354-6300

~ **Doddridge County** (304) 873-1941 ~ **Gilmer County** (304) 462-5620

~ **Pleasants County** (304) 684-7494 ~ **Wirt County** (304) 275-4295

For more information go to: www.imaginationlibrary.wv.gov

Story-times help to turn a trip to the library into "an event." If you treat story-time as a special family time that you look forward to, your child will be just as excited about it as they are about your other special family outings. They will think of reading as an exciting social activity. One of the key literacy skills is "print motivation" – if kids believe that they will find fun and excitement in stories, they will want to read books.

While you're at the library, you can choose some books to take home as a "treat" to get excited about.

Local libraries offer story-times for children of all ages. Check out your local libraries or the "WV Birth to Three Community Events" to learn more about the times they are offered. Most of the libraries also have a Summer Reading program that will be fun for all ages. Learn how children of all ages can achieve reading goals this summer. In some instances, you can receive awards for keeping a reading log this summer. Enjoy your summer with one of your local libraries!



Why Should We Read To Our Children?

- * 90% of brain development occurs in the first 3 years of life.
- * Reading to children from birth is the most important predictor of success in school.
- * Snuggle time increases the bond between parent and child.
- * Becoming a reader is a multi-step, multi-function process that develops over time.

FOOD AND FUN

Making Food Fun



Easy Puppy Pear Snack Place one pear half on a plate. Add blueberries for the eyes, banana strips for the ears and a grape for a nose.

Apple and Grape Cars

Cut apples into 1/2-inch slices. Insert toothpicks horizontally into both ends of the apple slice. Slide grapes onto the toothpicks to make wheels.



Banana Caterpillar— Slice one banana. Take 5 banana slices and put peanut butter between them to make them stick together. Place one seedless grape on top and two pretzels out from the grape to make antennas.



Save the Date!

Early Childhood Professionals Summit

August 5, 2016

WVU-Parkersburg
9:00 AM-3:30 PM

Keynote Speaker
Brandon Williams, MA



Registration information will be coming soon!

Contact Angela Davis if you have any questions. You may email her at Angela.Davis@wvup.edu

Check our Facebook Page Out

WV Birth to Three has created a Facebook page for friends and families. This Facebook page keeps you posted on events going on, pictures, and other important information to your child's development. If you have a Facebook account, you can look up WV Birth to Three, Region 2 or <https://www.facebook.com/WVBirthToThreeRegion2>.

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Call- 1-304-485-2000 or
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www.wvdhhr.org/birth23



[Parent Reminder: Lending Library](#)

We have a variety of books for adults and children, and DVDs. DVD's include "Making Everyday Moments Count" and "What Can I Do To Improve My Child's Feeding Skills and Speech Clarity." Topics include child development, behavior, discipline, autism, down syndrome, hearing, Epilepsy, and other subjects. Please stop in to see what is available or call the WV Birth to Three RAU 2 at (304) 485-2000.

