

# BTT Bits

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**Parent Corner**



From birth it was known that my daughter had developmental delays. She was born premature and was hospitalized two times in a month for shallow breathing.

When we moved to Bridgeport, WV she was about 6 months old, her pediatrician talked to us about Birth to Three. I wasted no time in getting them to come help her. My daughter, Emaan, was barely making any of her milestones.

Birth to Three was a “God Send. “ Emaan had PT, OT and a Developmental Specialist working with her. They all did a fantastic job. The way Emaan blossomed when they worked with her was amazing. Today she is in Kindergarten with her peers and doing fantastic. If it was not for Birth to Three, I do not think she would have come so far.

I loved having Birth to Three coming into my home. Everyone who worked with her was very professional. I would recommend these service to anyone who has a developmentally delayed child.

Sincerely, Angel Khosa



**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.



## Tolerable Teething submitted by



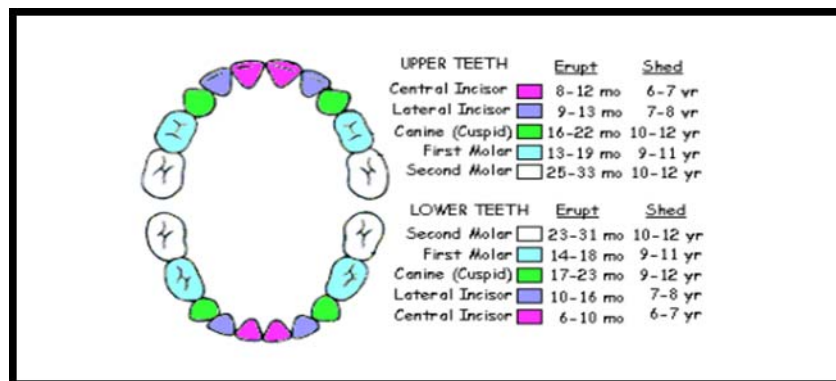
### Community & School Oral Health Team

When a baby starts teething, they can be miserable and late nights filled with drool and crying can stress out the best of parents. Understanding the teething process can help debunk myths and shed some light on what is going on inside that tiny mouth.

Teething can start as early as three months and last through a child's third birthday. The first tooth starts making its appearance in the child's mouth between three and nine months of age but don't panic if your child hits their first birthday without a shiny white tooth to show off.

The chart below serves as a guide for typical teeth eruption. By the time all baby teeth erupt (push through the gums, your child should have a total of 20 teeth-ten on top and ten on the bottom. As teeth erupt, they are generally symmetrical meaning the right and left teeth appear at similar times. There are 5 types of primary teeth; central incisors, lateral incisors, canines, first molars, and second molars.

Knowing that the baby is teething is critical. Most babies are irritable when new teeth break through the gums signaling that the teething process has begun.



### Symptoms that indicate something other than teething, and should be followed up with your doctor

- ◆ Fever over 102 F
- ◆ Decreased appetite for liquids
- ◆ Rash other than facial rash
- ◆ Cough and Congestion
- ◆ Uncontrolled diarrhea
- ◆ Uncontrolled vomiting
- ◆ Constipation that last more than 3 days

## Tolerable Teething Continued...

When teeth begin to erupt, you should notice a change in the gum tissue. The gum tissue will become slightly inflamed and the tooth may be visible under the tissue. Some slight color change is normal along with very slight bleeding around the newly erupted tooth area.

### Signs and symptoms of discomfort possibly due to teething include:

- **Mild low grade fever (less than 102°F)**
    - **Increased drooling (more saliva production)**
    - **Increased biting & chewing on toys, hands, bottle/breast**
      - **Runny nose or mild cold like symptoms**
    - **Decreased appetite for solid foods**
    - **Irritability and general fussiness**
- There are also some less frequent but still common signs & symptoms that may indicate teething and they may include:**
- **Facial Rash**
  - **Ear-rubbing or pulling**
  - **Bowel irritability**

## Do's and Don'ts of Surviving Teething – Tips to Reduce Pain

### The Do's

#### Use Human Touch

Applying light gentle pressure with a clean finger or one covered with a washcloth, and gently rubbing the gums while snuggling and cuddling the infant can ease some of the pain. Watch out for biters!

#### Encourage chewing of teething rings

Teething rings should be one single, solid piece of plastic or silicone-covered plastic to prevent choking. Check often for damage. Teething rings that are filled with a liquid or gel can be chilled in the refrigerator for extra soothing. **BUT NEVER FREEZE!** A cold, wet washcloth is a good alternative for commercially made teething rings. *NOTE: Never dip these in sugary substances to encourage chewing. It may contribute to dental cavities*

#### Offer crunchy and cool foods- think frozen and fresh

For the older infant there are good natural options for teething. You can purchase small mesh bags that are attached to a pacifier like handle to avoid choking, that allow chewing on such foods. Foods like frozen fruit pieces, cucumbers, carrots and sugar free crackers or toasted bread. *NOTE: Make sure baby is ready for these methods. Always supervise your child when giving them food to chew on to ease teething pain*

#### OCCASIONAL use of oral pain relievers

Pain relievers can help reduce pain and fevers; use of Acetaminophen for babies of any age, and Ibuprofen for babies over 6 months. *NOTE: Ask your doctor for specific dosing instructions based on your child's age and weight.*

### The Don'ts

- ⇒ Don't use over-the-counter medicine labeled for teething pain relief until age 2 and even then use sparingly, as they are rapidly absorbed into the gum tissue
- ⇒ Don't add sugar, honey or sweetener to bottles
- ⇒ Don't add any medication to bottle
- ⇒ Don't dip pacifier or teething ring into any sugary substance
- ⇒ Don't use alcohol or any herbal medicine for teething symptoms

## COMMUNITY EVENTS

**Children and Families Day at the Capitol January 28**

**Disability Advocacy Day at the Capitol February 10**

### 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](http://www.imaginationlibrary.wv.gov)

### Harrison

**Tuesday is for Toddlers** at

Meadowbrook Mall every Tuesday morning from 11am until Noon for free activities for your toddler! Please visit the Mall Guest Service Desk for details.

### Social Skills Group

### Bridgeport Public Library

Story time Fridays at 10:30 am for children under the age of three.

### Clarksburg/ Harrison

#### Public Library

Reading Buddies Story Time ages 2-5 Wednesdays at 10:30 a.m.

Sensory Story Time Wednesdays at 10 a.m.

Mother Goose Story Time  
Wednesdays at 2 p.m

### Wood

### Parkersburg & Wood County

#### Public Library

#### Toddler Time

Ages Birth -5, 10-11 am,  
2<sup>nd</sup> & 3<sup>rd</sup> Friday of the Month.

#### Arty Parties

are held at the Parkersburg Art Center. The free Saturday Arty Parties start on January 2-March 12 Activities are open from 10-noon

#### Toddler Time Art and Play

Mondays starting January 4<sup>th</sup> thru January 25 at the Parkersburg Art Center for ages 4 and under. The cost is \$10 per session Parents and toddlers play and create in classroom

### FACES

Disability Networking and Support Group

Judge Black Annex, 11:00-1

Every 2nd Wednesday

Must RSVP to Shannon Hedrick at [shannon.hedrick@thearcmov.org](mailto:shannon.hedrick@thearcmov.org) or (304) 485-2000

January 13 Topic: Rethinking Guardianship Training via video with Dohn Hoyle, executive director of The Arc of Michigan.

February 10 Topic: Relationship Issues with Frances P. Allen. Fran Allen is a trained mediator and licensed social worker with a Masters degree in corporate and organizational communication.

**Parents, siblings, guardians, caregivers, and other community members are invited to join this group**, which will be held in a welcoming, supportive environment, and will provide information and resource awareness, program updates, educational components, and much-needed socialization on issues that impact the lives of those with disabilities and their unique needs and challenges.

**All are welcome**

## 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](mailto: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.

## Baby Teeth Do Matter– February is National Children’s Dental Health Month

Have you ever heard that baby teeth don’t matter because they will be replaced by permanent teeth? That statement is simply not true! All twenty of these new teeth that your baby has worked so hard to grow are important for:



- \* **Holding space for permanent teeth**
- \* **Chewing**
- \* **Looks**
- \* **Speaking**
- \* **Overall Health**

*Remember, the healthier the baby teeth, the better chance of having healthy adult teeth!*  
The Mid-Ohio Valley Health Department has a dental clinic called the Early Smiles Program designed for ages

### 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>.

## FOOD AND FUN

### Groundhog Day

- ◆ **Food with HOLES snack**  
Provide snacks that have holes in them to remind the children of the ground hog's burrows! Some examples are: pineapple rings, swiss cheese, bagels, or make toast and have the children cut out holes using a cookie cutter!
- ◆ **Shadow Time** Help your child find their shadows. When they do, what happens when they back up, or move their arms or move their legs.
- ◆ **Wall Shadows** Shine a flashlight on various objects to see shadows on the wall. Have your child see which one makes the biggest shadow.

### President’s Day



In Honor of President’s Day and George Washington. Have your child make a cherry tree using their arm, hand, and fingerprints. Paint your child's arm brown. Paint their hand and fingers green. Have them put their arm and hand on the construction paper to make a tree. Placing the green hand a few times on the paper--makes a nice tree. Afterwards, dip fingers in red paint to make the cherries

### Valentine’s Day

- \* **Make a heart shaped sandwich using a cookie cutter for lunch.**
- \* **HEART HOP** cut large heart shapes out of red paper. Tape the hearts to the floor and put on some lively music. Hop from heart to heart with your child.





THE ARC OF THE MID OHIO VALLEY  
WVBTT REGION II RAU  
912 MARKET STREET  
PARKERSBURG, WV 26101

Non-Profit  
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Parkersburg, WV



Call- 1-304-485-2000 or  
1-866-401-8919  
[www.wvdhhr.org/birth23](http://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.