

S P R I N G 2 0 1 5

# WV Birth to Three

RAU III & IV



## Meet Our New Parent Partner!

Spring has arrived! Along with the sunshine and warm weather, WV Birth to Three RAU IV has welcomed a new Parent Partner, Katie Davis. Katie grew up in the Huntington area for the majority of her life, however after getting married in 2010 moved to Jacksonville, NC. In 2011, her and her husband welcomed baby Natalie in to the world. After many obstacles and 18 months later, Natalie was diagnosed with Angelman Syndrome, which is a severe neurological disorder characterized by profound developmental delays, problems with motor coordination and balance, and epilepsy. Katie's outlook on life has forever changed, which has brought her to be a Parent Partner. Katie is here to answer questions and connect with families. She can be contacted at: [kdavis@rvcds.org](mailto:kdavis@rvcds.org) or 304-523-5444 ext. 103

## Autism Awareness Month Rally For Autism

The 2015 Rally For Autism will be held on **April 25** at Ritter Park in Huntington, WV! The Bike Ride starts at **8:50 AM** and the 5K Run/Walk starts promptly at **9:00 AM**.

Register Online at [www.rallyforautism.org](http://www.rallyforautism.org).





## MU Dance Marathon

The **THUNDER** Dance Marathon will be a 24-hour no sitting, no sleeping, student-run philanthropic dance marathon. All proceeds go to children affected by chronic medical conditions.

**April 18-19, 2015**

**Cam Henderson Center**



## Dolly Parton's Imagination Library

Dolly Parton's Imagination Library is a non-profit organization that gives hundreds of thousands of books each month to registered children in participating communities all over the United States and Canada. In WV, Cabell, Putnam, Lincoln, Boone, Logan, and Mason families are able to register their children. This is **TOTALLY FREE** to participating children. The child will receive a high quality, age-appropriate book each month until their fifth birthday upon registering for the program. Visit <http://imaginationlibrary.com/> to register.

## Huntington **YMCA** Challenger Sports 5K Run/Walk

**April 19 @ 2:00 PM**  
**YMCA Kennedy Center**

**5800 Ohio River Rd.**

"Special Needs Sprint" Course: This race will begin at 1:30 and will consist of 1 loop around our pond on flat gravel walking track surface. Runners and walkers of all ages will find this course to be an enjoyable experience! Jogger Strollers are welcome! For more information visit [www.tristateracer.com](http://www.tristateracer.com).



# Singing and Music: How to Promote Language in Young Children

Children communicate with others the second they are born. From cries to babbling, parents learn their child's communication without the use of words. Music is a wonderful way to interact and play with his/her child as it can serve many communicative purposes. Here are some tips to promote language and social development.

## 1. Position yourself to sit face to face with your child

- This enables eye contact to occur and allows for the child to watch facial expressions and physical movements to build imitation and social experiences.

## 2. Sing familiar songs that are of high interest to the child

- If it catches the child's interest, keep singing! Songs such as:

- Favorite nursery rhymes
- Made-up lyrics to a familiar tune
- Lyrics to the child's favorite song

## 3. Sing at a slower rate

- The rate at which you sing will help the child to learn the song's words and actions. This provides time for the child to hear each word and attempt imitation of the word or gesture.

## 4. Establish purposeful opportunities for imitation

- Pause, Wait and look expectantly
- Integrate this strategy right before there is a highly familiar word or at a child's favorite part of the song

## 5. Repeat... Repeat... Repeat!

Children learn through repetition.



## DIY Edible Play Dough Recipe with Peeps

To create your own DIY Edible Peeps Play Dough, gather these supplies:

- A package (4 or 5) Peeps
- Powdered Sugar
- Coconut Oil
- Food Coloring (Optional)

*In microwave safe bowl gently pull apart Peeps. Add 3 Tablespoons of powdered sugar and ½ Tablespoon of coconut oil in to the bowl. Microwave Peep mixture on high for 20 seconds, or until the Peeps start to puff up. Mix the Peep mixture up trying to incorporate all of the ingredients. Add food coloring if desired. Continue mixing until the play dough starts to form. Best if used right away. If storing, cover in a thin layer of powdered sugar and store in a tightly sealed plastic bag for up to 48 hours.*



# Tips for New Moms on Mother's Day

Mother's Day is around the corner and while it can be a special time for new moms, it can also be a stressful time. To help relieve that stress, the FDA offers these tips:

- Your Pediatrician is an Important Resource
- Get Expert Advice Before Giving Medicine to Your Baby
- Store Medications Safely
- Give Medications Properly
- If You Take Medication, Seek Breastfeeding Advice
- Take Care of Yourself

Being a new mom is a transition period that can be stressful, but take the time to celebrate you as well as your new baby.



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“Serving children and families since 1971”  
[www.rvcds.org](http://www.rvcds.org)

WV Birth to Three service and supports are provided under Part C of the Individuals with Disabilities Education Acts (IDEA) and administered by the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health. Regional Administrative Units III and IV are coordinated by River Valley Child Development Services.

