

WV BIRTH TO THREE REGION III NEWSLETTER

SERVING: KANAWHA, CLAY, JACKSON AND ROANE COUNTIES



THE NEW NORMAL

By: Brittanie Hairston (Parent Partner)

Everyone is looking for the new normal. What we know about little people is that they thrive on predictability and structure. Having structure during the day really helps. Set certain times of the day for virtual learning and family time. Children learn best through play so provide plenty of play time as well.

My tip is for you to give yourself some grace. This pandemic was a big surprise and no one was prepared for it. Do what is best for you and your family. If you can only handle one hour of structured learning at a time, that's fine. Remember, it's about quality not quantity.

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LET'S HAVE A TALK ABOUT SCARY THINGS

BY: BRITTANIE HAIRSTON (PARENT PARTNER)

Children often overhear the news or hear adults talking about scary things: CCJ 8-19, protest against racism, hunger, homelessness, etc. This leaves parents wondering what to tell our children. What is too much? What is not enough. What if we scare them. What if we scare ourselves?

It is important to answer your child's questions as honestly and as simply as you can. Provide a little information at a time. If your child wants more information he/she will ask more questions.

What is really important to remember is that children pay attention to your (adult) behavior. If you portray things in a positive way your child will see the positive also and feel safe. There is a constant balancing act between protecting their innocence and preparing them for the world. I try to teach my children every day to see the best in people.

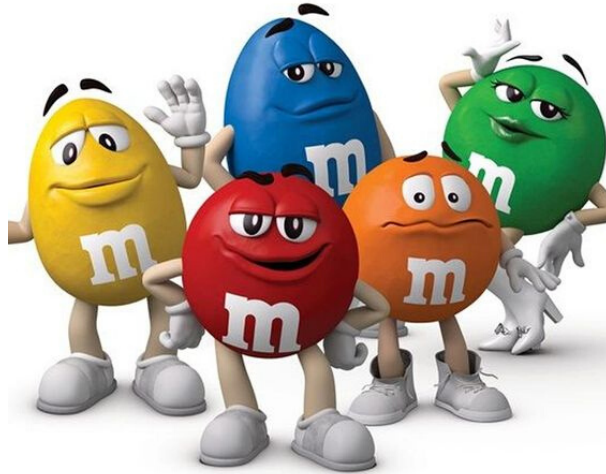
Preparing young children for the world is a challenge. You can help your child accept differences by encouraging them to be an ally with other children at their preschool/school/playgroups. You can start to have conversations about differences in race, culture, and bullying. This can be a step toward children thinking about what they can do as a young child who might not feel like they have a lot of power — but they do.



”
*Heal the world
Make it a better place
For you and for me
And the entire human race*
-Michael Jackson

“

USING M&M'S TO TEACH DIVERSITY AND ABILITY



HERE IS ANOTHER GREAT ACTIVITY YOU MIGHT USE:

Display a bowl of M&M's.

Do not let your child touch the bowl or the candy.

Ask: What do you see? What can you tell me about these M&M's just from looking at them? (e.g. different colors)

Make the following statement:

People are just like this bowl of M&M's. We may appear different on the outside, but we are very much alike on the inside.

Say:

We may like the red ones or the green ones best, but that does not mean the yellow ones aren't as good. This is the same with people. There may be some people we like a lot, but this does not mean other people are not as good. Differences makes life exciting. Highlight differences in ability along with difference in size, shape or color.

Eat the M&M's!!!!!!

Activities to Enjoy at Home With the Family



Go Outdoors

- Play hide & seek
- Go for a bike ride around the neighborhood
- Have a picnic in the backyard, driveway, or in the garage (the garage is especially fun if it is raining)
- Play I Spy
- Camp out in the backyard
- Make art with sidewalk chalk
- Blow Bubbles!

Food Fun

- Bake Cookies
- Freeze your own popsicles
- Make homemade lemonade
- Make indoor s'mores in the oven
- Pick up some icing and store bought cookies and have a cookie decorating contest
- Play restaurant and let the kids make and serve lunch Eat ice cream or popsicles. Daily

Quiet Time –

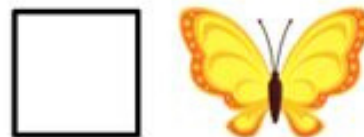
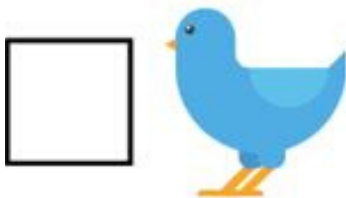
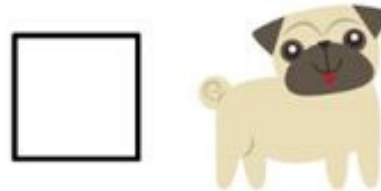
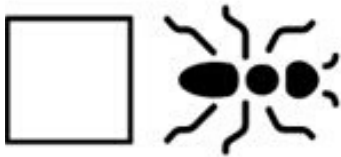
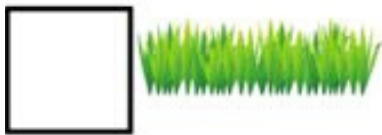
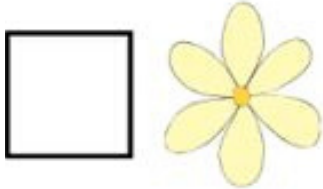
Books and Movies:

- Set aside some quiet time to read each day (mom included!)
- Read aloud to your kids
- Take a NAP! (My Favorite)
- Movie Night
- My boys LOVE to have movie night. We get all the sleeping bags, blankets, & pillows in the whole house and get comfy on the floor, then pop popcorn (and Skittles for my youngest lol), and settle in to watch their movie of choice



OUTDOOR SCAVENGER HUNT

Check off each item when you find it!



what's

FIT *activity* FOR kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

MAIL-A-HUG: THE COVID COMMUNITY KINDNESS PROJECT

Life looks so different right now. If you asked your kids what's the one thing they miss the most right now, what would they say? The park, play dates, family, friends... We all miss our family and friends and can't wait to give them a big squeeze when this need for social distancing softens. Until that time, we'll continue to get creative on how to stay connected and make each other feel loved from a distance.

