

Making Connections

Newsletter Fall 2018

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5 Little Pumpkins

Rhyme

Five little pumpkins sitting on a gate (hold up 5 fingers)
The first one said, "Oh my, it is getting late!" (hands on cheeks)
The second one said, "There's a chill in the air!" (arms around self)
The third one said, "But we don't care!" (swing pointer finger)
The fourth one said, "We are ready for some fun!" (hands in air)
The fifth one said, "Let's run and run and run!"
So whoooooo went the wind, (make a "whoooo" sound)
And out went the lights (clap hands once loudly)
And five little pumpkins rolled out of sight! (roll hands)



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Latest research reveals the more you hug your kids – the smarter they get

Are you the kind of parent that's always hugging your kids? If the answer is yes then don't stop doing what you're doing.

According to new research, physical affection during a baby's developmental period is even more important than we thought. The more you hug a baby, the more their brains grow, according to a recent survey from the Nationwide Children's Hospital in Ohio. 125 babies, both premature and full-term, were included in the study, which looked at how well they responded to being physically touched. The results indicated that premature babies responded to affection less than babies who were not born premature. What was also revealed, however, was that babies that were subjected to more affection by parents or hospital staff showed stronger brain response.

According to researcher Dr. Nathalie Maitre, this last revelation tells us that something as simple as body contact or rocking your baby in your arms will make a big difference in how their brains develop. "Making sure that preterm babies receive positive, supportive touch such as skin-to-skin care by parents is essential to help their brains respond to gentle touch in ways similar to those of babies who experienced an entire pregnancy inside their mother's womb," Maitre tells Science Daily.

Basically, affection is vital for the development of the brain. So, cuddle and hug your babies as much as you can – and don't forget to share this research to show everyone out there how important it is to be loving to our children!



Pumpkin Fun

Check out these safe alternatives to carving pumpkins.



Yarn Wrap



- Glue felt shapes to your pumpkin to make a scary spider or sweet kitten.

- Use your favorite colors of yarn to wrap up your pumpkin.



- Use a blow-dryer to melt old and broken crayons over your pumpkin.

DUCT TAPE Pumpkins



- Add your favorite wacky or spooky duct tape.

Halloween Health and Safety Tips

S

Swords, knives, and similar costume accessories should be short, soft, and flexible.

A

Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

F

Fasten reflective tape to costumes and bags to help drivers see you.

E

Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

H

Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.

A

Always test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

L

Look both ways before crossing the street. Use established crosswalks wherever possible.

L

Lower your risk for serious eye injury by not wearing decorative contact lenses.

O

Only walk on sidewalks whenever possible or on the far edge of the road facing traffic to stay safe.

W

Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

E

Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.

E

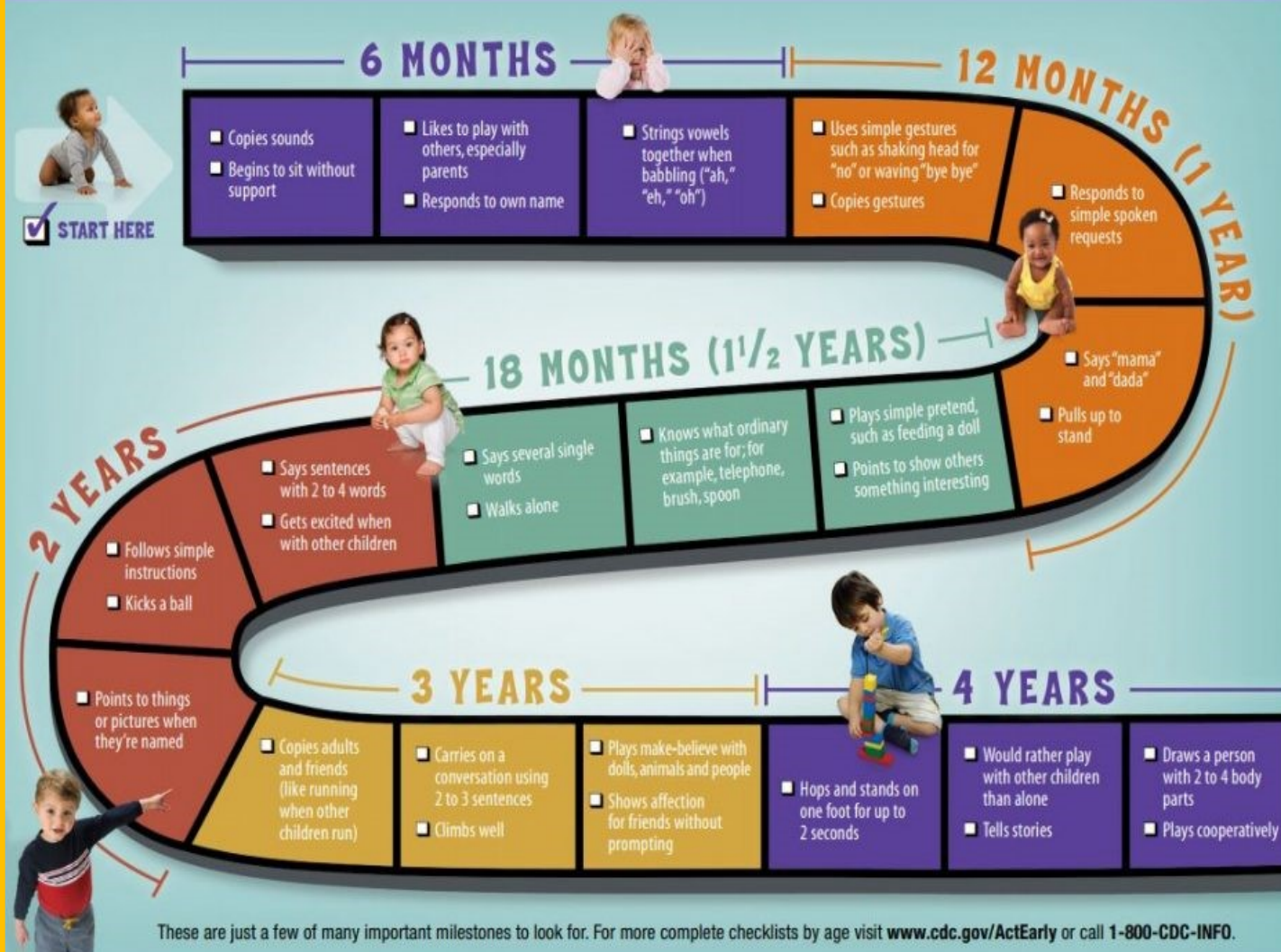
Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.

N

Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.



Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists, get tips from CDC for encouraging your child's development, and find out what to do if you are ever concerned about how your child is developing.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!

CDC's FREE Milestone Tracker App

- Track Milestones
- Share a Summary
- Get Tips & Activities

Available on the App Store GET IT ON Google Play



Do you have a child who is not moving, hearing, seeing, learning, or talking like others their age? Birth to Three may be able to help.
Call 1-866-321-4728.



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