

# Making Connections

Newsletter Winter 2017

Do you know 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



## Inside This Issue

- **Snow Much Fun**
- **When to Call Your Pediatrician**
- **Car Seat Safety**
- **Tips For Building Self-Esteem**
- **Happy Holidays**
- **Save the Date**
- **Winter Songs For Little Ones**

**Deanna Warner**  
Parent Partner  
Region 5

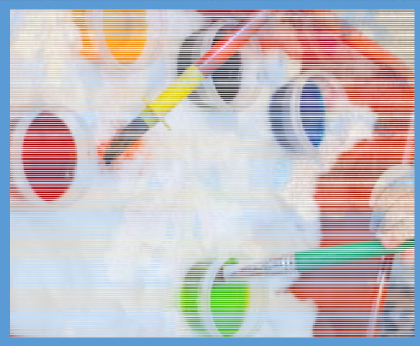
1200 Harrison Ave.  
Elkins, WV 26241  
1-800-449-7790

---

**Kara Ramsey**  
Parent Partner  
Region 6

PO Box 1620  
Lewisburg, WV 24901  
1-866-229-0461

# Snow Much Fun!



## Bringing the Snow Indoors

All you have to do is fill a sensory bin with snow from outside. Once inside there are so many ways kids can play and explore with the snow.

- \* Add scoopers and other kitchen gadgets for a bit of simple exploration.
- \* Paint Brushes and colored water make for a fun way to play.
- \* Give kids spray bottles of colored water to paint the snow.
- \* Add a few sand toys to the bin and kids will have fun digging, scooping, and building snow castles.

## Snow Ice Cream Recipe

- \* 5-6 cups of snow
- \* 1 cup of milk
- \* 1/2 cup of sugar
- \* 1 teaspoon of vanilla

Put 3 cups of snow in a large bowl. Mix in milk, sugar, and vanilla. Add 2-3 more cups of snow and mix. Enjoy!

- \* If it starts to melt, put it in the freezer for 10-15 minutes.



## When to Call Your Pediatrician

Is it ok to call you child's pediatrician even if you aren't sure your child is sick?

**Routine care-You should always feel free to call your pediatrician's office. Keep in mind that your pediatrician may not be able to answer your questions without seeing your child first.**

**Urgent Care– Sometimes it's hard to tell how sick your child is. If your child has any of the following , call to find out if he or she needs to be seen:**

- Vomiting and diarrhea that last for more than a few hours
- Rash, especially if there is also a fever
- Any cough or cold that does not get better in several days, or a cold that gets worse and is accompanied by a fever
- Cuts that might need stitches
- Limping or is not able to move an arm or leg
- Ear pain with fever, is unable to sleep or drink, is vomiting, has diarrhea, or is acting ill
- Drainage from ear
- Severe sore throat or problems swallowing
- Sharp or persistent pains in the abdomen or stomach
- A pain that gets worse or does not go away in several hours
- A rectal temperature 100.4°F (38°C) or higher in a baby younger than 2 months
- Fever and repeated vomiting at the same time
- Blood in urine or stool
- Not drinking for more than 12 hours

**Emergency Care-Call 911 for any severely ill or injured child or if your child has any of the following:**

- Bleeding that does not stop with direct pressure over the wound
- Suspected poisoning (Call the Poison Help line at 1-800-222-1222.)
- Seizures (rhythmic jerking and loss of consciousness)
- Trouble breathing
- Skin or lips that look blue, purple, or gray
- Neck stiffness or rash with fever
- Head injury with loss of consciousness, confusion, vomiting, or poor skin color
- Sudden lack of energy or is not able to move
- Unconscious or lack of response
- Acting strangely or becoming more withdrawn or less alert
- A cut or burn that is large, deep, or involves the head, chest, abdomen, hands, groin, or, face

# Now that the snow has arrived, is your child safe?

## Cold Weather

### CAR SEAT SAFETY: *Infants*

1. **Straps** start at or slightly below shoulder and fit **SNUGLY** (just one adult finger should fit between strap and collar bone).
2. Find trained technician to check installation at [www.seatcheck.org](http://www.seatcheck.org).
3. Dress baby in **hat** and 2-3 thin, tight layers under straps.
4. "Safe swaddle" for warmth by tucking blanket around baby & over straps. (Fleece "sleeping bags" are NOT safe to use in car seats).
5. Properly **RECLINE** seat so that baby's head and back are at approximately a 45 degree angle to the ground. Follow your seat's recline indicator.



Safety tips  
courtesy of  
Dr. Alisa Baer  
[thecarseatlady.com](http://thecarseatlady.com)

 Jacqueline Burt  
2013

## 5 Common Mistakes Most Parents Make Using Car Seats

- **Right Seat.** Check the label on your car seat to make sure it's appropriate for your child's age, weight and height. Like milk, your car seat has an expiration date. Just double check the label on your car seat to make sure it is still safe.
- **Right Place.** Kids are VIPs, just ask them. We know all VIPs ride in the back seat, so keep all children in the back seat until they are big enough to ride without a booster seat.
- **Right Direction.** You want to keep your child in a rear-facing car seat for as long as possible, usually until around age 2. When he or she outgrows the seat, move your child to a forward-facing car seat. Make sure to attach the top tether after you tighten and lock the seat belt or lower anchors.
- **Inch Test.** Once your car seat is installed, give it a good shake at the base where the seat belt fits. A properly installed seat will not move more than an inch.
- **Pinch Test.** Make sure the harness is tightly buckled and coming from the correct slots (check car seat manual). Now, with the chest clip placed at armpit level, pinch the strap at your child's shoulder. If you are unable to pinch any excess webbing, you're good to go.

## Cold Weather

### CAR SEAT SAFETY: *Toddlers*

1. **Convertible seats** should remain **REAR-facing** until at least age 2 (check your seat's height and weight limit - use to the max).
2. **Coats** can be worn **backwards** over **snug straps** with mittens and hat.
3. **Rear-facing:** Straps start at or slightly below shoulders.  
**Forward-facing:** Straps start at or slightly above shoulders.
4. Find trained technician to check installation at [www.seatcheck.org](http://www.seatcheck.org)
5. **Rear-facing:** Older babies and toddlers can usually sit more upright.  
**Forward-facing:** Kids should ride fully upright.



Safety tips  
courtesy of  
Dr. Alisa Baer  
[thecarseatlady.com](http://thecarseatlady.com)



Jacqueline Burt  
2013

# Four Tips to Building Self Esteem in Children

**Parents want their child to have good self-esteem. However, self-esteem doesn't come naturally to children. It is something that must be fostered, developed, nurtured, and grown. Following these four tips can help.**

## **1. Show them you value them**

Let your children know you love them. This is done through praise and through direct expressions of love, hugs, and kisses. Children need to be told directly by their parents or caregiver that they are loved. Children need to be held, cuddled, and played with. Quality and quantity of time demonstrate value. Few things speak more to being valued, then just being there.

## **2. Teach them and let them learn**

Competency is the next ingredient to healthy self-esteem. As the child grows and begins exploring the house (often the kitchen cupboards), the child gains the opportunity to increase competency with access and control of larger objects over greater spaces. Again the response of the parent is crucial. Some parents structure the child's environment for maximum exploration while other parents localize their child's area of living. Either way, making way for the child to play and explore safely, whatever the limits, is often referred to as "baby proofing". The greater the control and mastery of skills a child develops the greater the sense of competency.

## **3. Participate in doing good deeds**

The third thing parents can do to facilitate healthy self-esteem in their children is to direct and participate with their children in the doing of good deeds. Doing good deeds teaches children to be aware of the life of others beyond themselves. This enables the development of empathy and altruistic behavior. What's important is that children are encouraged or even positioned to be helpful to the extent of their ability. A toddler may carry a plastic cup to the table, an older child a plate and a spoon, while the oldest child can clear the table. Special little projects can be undertaken, visits can be made, and pennies can be put in the charity coin boxes at the check-out counter.

## **4. Make the rules of life clear**

The last thing parents can provide to facilitate self-esteem in their children is structure. Structure is a word that actually implies two separate concepts: routines and limits. Routines provide structure over time and limits provide structure over behavior.

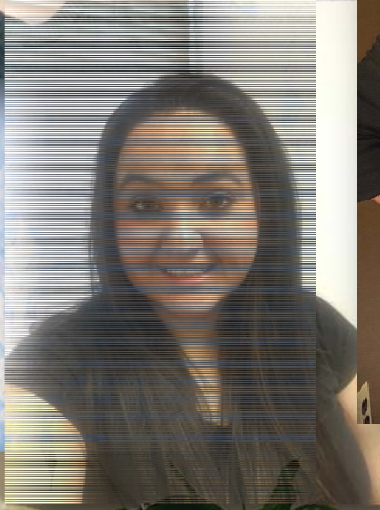
Another way to think of structure is like the rules of a game. How well could you play Monopoly, Hop Scotch, Tag, or Hide and Go Seek, if there weren't rules? Rules include who goes next, under which circumstances, and when. The rules also include what happens when someone goes outside the normal bounds of play--miss a turn, pay a fine, etc.

Knowing the rules of the game of life is sometimes referred to as internalizing structure. This too is also a form of competency-- when the child knows the how's, what's, when's, and where's of life.

Unfortunately this information doesn't come automatically. Children may pick some of the rules up incidentally as they go along, but this leaves much to chance. Parents can help their children internalize structure by commenting on daily routines, specifying appropriate behavior, providing feedback, and by providing consequences for undesirable behavior.

These four ingredients--value, competency, good deeds, and structure--form the basic building blocks for the development of self-esteem. And why develop self-esteem in children? Children with healthy self-esteem feel good about themselves, relate well to others, behave more appropriately, and are more aware of the world around them.

*Happy Holidays*  
*From Your WV Birth to Three Staff*



# Save The Date!

## November 24, 2017

- Christmas Parade-Weston 5:30PM
- Light Up Night-Stonewall Resort

## November 26, 2017

- Christmas Parade-Jane Lew 2:00PM
- Christmas Parade-Preston County 6:00PM

## December 1, 2017

- Christmas Parade-Philippi 7:00PM
- Light Up Night-Grafton
- Christmas House Tours-Parsons 5:30PM-9:30PM
- Christmas Parade-Buckhannon 6:30PM

## December 2, 2017

- Christmas Parade-Elkins
- Christmas Parade-Grafton Main St 5:00PM
- Christmas Parade-Rock Cave 1:00PM

## December 4, 2017

- Upshur Family Social 11:00AM-1:00PM

## December 6, 2017

- Old Fashioned Christmas-Beverly 6:30PM

## December 9, 2017

- Christmas Parade-Parsons 5:00PM

## December 1, 2017

- Christmas Parade and Tree Lighting-Summersville 6:00PM
- Christmas Parade-Union 6:00PM
- Pancake Dinner with Santa-Marlinton Elementary School 5:00PM
- Christmas Parade-Marlinton 6:00PM
- Christmas Parade-Gassaway 7:00PM
- Magic On Main Street-Webster Springs 6:00PM-8:00PM

## December 2, 2017

- Christmas Parade-Hinton
- Breakfast with Santa-Braxton County Senior Center 8:30AM
- Christmas Parade-Sutton 1:00PM
- Drive Thru Living Nativity-Holly Gray Park 6:00PM-8:00PM

## December 3, 2017

- Drive Thru Living Nativity-Holly Gray Park 6:00PM-8:00PM

## December 5, 2017

- Christmas Parade-Peterstown 7:00PM

## December 9, 2017

- Christmas Parade-Burnsville at 11:00AM
- Christmas Parade-Glade

## December 14, 2017

- Holiday Movie Night-Summersville Armory 5:00PM

## December 16, 2017

- Christmas Parade-Flatwoods at 2:00

**A small fee may apply to attend and participate in some events.**

# Winter Songs For Little Ones

## 10 Little Snowflakes

Tune: 10 Little Indians

One little, two little, three little snowflakes,  
Four little, five little, six little snowflakes,  
Seven little, eight little, nine little snowflakes,  
Ten little snowflakes on my tongue! (stick tongue out)

One little, two little, three little snowflakes,  
Four little, five little, six little snowflakes,  
Seven little, eight little, nine little snowflakes,  
Ten little snowflakes on my hat! (pat head)

One little, two little, three little snowflakes,  
Four little, five little, six little snowflakes,  
Seven little, eight little, nine little snowflakes,  
Ten little snowflakes on my mittens! (wiggle hands)

One little, two little, three little snowflakes,  
Four little, five little, six little snowflakes,  
Seven little, eight little, nine little snowflakes,  
Ten little snowflakes on my boots! (point to feet)



© 2014 teachingmama.org

## Snowkey Pokey

Tune: Hokey Pokey

You put your right mitten in, You take your right mitten out,  
You put your right mitten in and you shake it all about.  
You do the Snowkey pokey and you turn yourself around.  
That's what it's all about.

Additional verses:  
You put your left mitten in  
You put your scarf in  
You put your right boot in  
You put your left boot in  
You put your hat in



© 2014 teachingmama.org



Lewisburg, WV 24901

PO Box 1610

WVBT RAU 6