

Making Connections

Newsletter Winter 2020

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How can the parent partner assist you ?

Provide families with:

- Helpful resources
- Support while receiving Birth to Three services and after the transition process at age 3
- Information needed to make referrals
- Information on child development

Holiday Celebrations with COVID-19 in Mind

The holidays will soon be here and you are probably wondering how to plan for those important and exciting family times and keep one another safe. Please be watching for recommendations from your local and/or state guidance but these are points to consider as you are preparing.

Before you celebrate:

If you are hosting the gathering –

plan for outdoor activities rather than indoor. If outdoor is not possible, avoid crowded, poorly ventilated or fully enclosed indoor spaces. – open the windows and doors if it is possible.

Keep your guest list small and limit it to people you know from your local area.

If you decide to have any rules in place related to COVID-19 precautions during the celebration, share those with your guests prior to the celebration. This would include the wearing of masks, hand sanitizer, tissues, etc. You might even want to ask your guests to avoid contact with people outside of their household for 14 days prior to the gathering.

If you are attending a gathering at another home –

Remember, outdoor activities are safer than indoor

Check with your host for information on any COVID-19 safety guidelines they have in place

Bring supplies you need to stay healthy (i.e., masks, hand sanitizer, tissues)

Consider avoiding contact with people outside of your household for 14 days prior to the gathering.

If you will be traveling –

Check with your method of public transportation (i.e., train, plane) to learn of safety guidelines they have in place

Wear a mask in public settings and during events, gatherings

Social distance – keep yourself in a 6-foot bubble from anyone not in your household

Wash your hands with soap and water for at least 20 seconds or use hand sanitizer

Avoid contact with someone who is sick, and avoid touching your eyes, nose, and mouth.

During the Celebration:

Social distance and limit close contact

Maintain distance of 6-feet from people you don't live with

Avoid using restroom facilities at high traffic times

Avoid busy eating areas during high volume mealtimes

Avoid shaking hands, bumping elbows, or giving hugs. Wave and greet others verbally instead.

Wear masks

At all times when you are around people not in your household

Avoid singing, chanting or shouting, especially when not wearing a mask and within 6-feet of others

Limit contact with commonly touched surfaces or shared items

Clean and disinfect commonly touched surfaces between each use

Use touchless garbage cans. Use gloves when removing garbage bags or handling/disposing of trash. Wash hands after removing gloves.

Wash hands

With soap and water for at least 20 seconds after being in a public place, blowing your nose, coughing or sneezing

Hand sanitizer should be your second choice when cleaning your hands. But be sure to cover all surfaces of your hands and rub until they feel dry.

Keep safe around food and drinks

Be sure everyone washes their hands with soap and water before and after preparing, serving and eating food. Use hand sanitizer if soap and water are not available.

Instead of potluck style gatherings, encourage guests to bring their own food and drinks for members of their household only.

Limit flow of people through areas where food is being prepared.

Wear a mask while preparing food to serve to others not living in your home.

If serving food, have only one person serve food to keep the numbers of individuals handling food to a minimum.

Use only single use options or identify one person to serve sharable items (i.e., salad dressings, food containers, plates, utensils, and condiments).

Avoid any self-serve food or drink options, such as buffets, or buffet-style potlucks, salad bars, and condiment or drink stations.

If you choose to use items that are reusable (i.e., seating covers, table cloths, linen napkins) wash and disinfect them after the event.

After the Celebration:

Stay home as much as possible for at least 14 days

Avoid being around people at increased risk for severe illness

Consider being tested for COVID-19.

For additional information and ideas for specific holiday celebrations, please visit <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

Baby, It's Cold Outside

Regardless of what your mom may say, it's okay to take baby out in the cold as long as it's not uncomfortably chilly or windy and you don't gallivant all afternoon. Kids younger than 2 are more susceptible to hypothermia and frostbite, however, so be cautious. When in doubt, stay in, particularly if your child is under 6 months. "Young babies aren't able to regulate their temperature well and can lose heat quickly," warns pediatrician Jennifer Shu, M.D., co-author of *Heading Home With Your Newborn*.



If you do venture out, dress your munchkin in layers. Tots 12 months and older require the same amount of clothing as you do, and younger babies need one extra layer, says Robert Bonner, M.D., a pediatrician at St. Christopher's Hospital for Children in Philadelphia. A hat is a must, and be sure to protect your snow bunny's fingers and toes. He'll need waterproof boots once he's walking.

Watch out: If his lips have turned blue, or he has a pale nose, fingertips, or ears, he might be too cold. He might be too hot if the back of his neck feels warm or sweaty, his cheeks are flushed, or he has a bumpy rash on his chest or tummy. Also beware if he starts acting fussy or lethargic.

Screen Time: Babies and Toddlers

Key points

- It's best for children under two years to have no screen time other than video-chatting.
- You can help your baby or toddler learn healthy screen habits by role-modelling healthy screen habits.
- Be aware of what your child might be seeing on screens in your home. Some media and other images can be distressing.

Screen time for babies and toddlers

Current national and international guidelines recommend that children under two years don't have screen time other than video-chatting.

Very young children learn best from real-world experiences like physical play, playing outside, reading, creative play and social time with family and friends.

Video-chatting is OK because your child is interacting with another person. Video-chatting can support your child's social and language development. It can also help to create bonds with family and friends.

Role-modelling healthy screen time habits

Developing healthy screen time habits is an important part of digital media use for children.

Even if your baby or toddler isn't using screens, he sees how you use screens and learns screen time habits from you. This means you can help your child develop healthy screen habits by using screens in the way you want your child to use them in the future.

Even when your child is very young you can start modelling healthy screen use. For example, you can:

- switch your phone off during dinner
 - turn the TV off when you've finished watching a program
 - balance your screen use with activities like being outdoors, reading and doing physical activity
- give your child your full attention and avoid checking your phone when you're playing with her or feeding her.

Exposure to screens

Your family is likely to have a range of screens like televisions, computers, tablets and smartphones. This means that your baby or toddler might see images on these screens, even if he isn't yet using them himself.

It's good to be aware of what your child might be seeing. For example, some images on the news or in video games can be quite violent and distressing, even for very young children who might not fully understand what they're seeing.

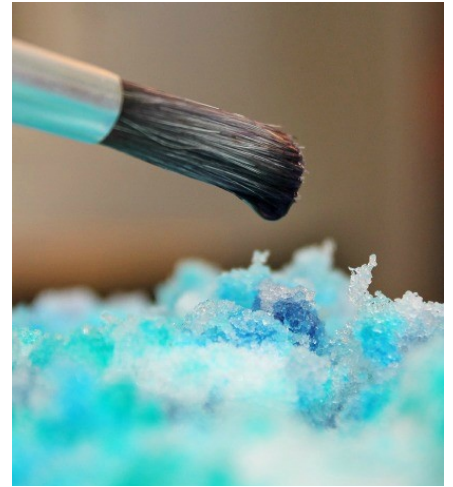
You can find this article and more information at:

<https://raisingchildren.net.au/babies/play-learning/media-technology/healthy-screen-time-0-2-years>

SNOW MUCH FUN

Color The snow

Bringing a container of snow inside is such a great way to entertain kids in winter when the temperatures are too cold to get outdoors. Cover a cookie sheet with snow, mix food coloring with water, and use paint brushes to make a frozen masterpiece.



Ice Maker

When the temperature drops below 32 degrees, blow bubbles and watch them freeze on the wand.



Fine Motor Snowball Activity



Here's a fun fine motor snowball activity that will keep them warm and dry while working on some important skills.

Fill a container with cotton balls, add a few smaller containers and fine motor tools (kitchen tongs and utensils) to the container. Instruct the kids to use the tools to clean up the snowballs by placing them in the designated containers.

Hello, Santa

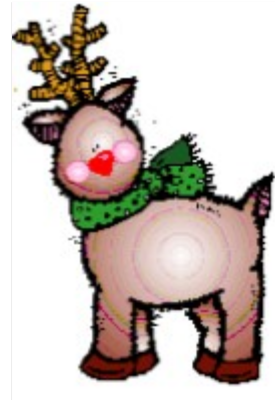
Hello Santa, Hello Santa,
How are you? How are you?
Busy making games,
Checking children's names.
How are you? How are you?



Hello elves, Hello elves,
How are you? How are you?
Busy wrapping toys,
For the girls and boys,
How are you? How are you?



Hello Rudolph, Hello Rudolph,
How are you? How are you?
Landing on your toes,
Lighting up your nose,
How are you? How are you?



*Happy Holidays
from
West Virginia Birth to Three!*

