

COVID-19 Prevention Tips

There are many steps you can take to prevent your child from getting the virus that causes COVID-19 and, if he or she does become sick, to avoid spreading it to others. The CDC and WHO recommend that you and your family:

Keep your hands clean. Wash your hands often with soap and water for at least 20 seconds. If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol. Cover your mouth and nose with your elbow or a tissue when you cough or sneeze. Throw away the used tissue and wash your hands. Avoid touching your eyes, nose and mouth. Have your kids wash their hands immediately after returning home, as well as after going to the bathroom and before eating or preparing food.

Practice social distancing. Avoid close contact (within about 6 feet, or 2 meters) with anyone who is sick or has symptoms. Minimize trips outside your house. When you do go out, leave your children at home — if possible. Since people without symptoms can spread the virus, don't allow your child to have in-person playdates with children from other households — even if they are all feeling well. If your child plays outside, make sure he or she stays 6 feet away from people outside of your household.

Clean and disinfect your home. Focus on cleaning surfaces every day in common areas that are frequently touched, such as tables, doorknobs, hard-backed chairs, light switches, remotes, electronics, handles, desks, toilets and sinks. Also, clean areas that easily get dirty, such as a baby's changing table, and surfaces that your child often touches, such as his or her bed frame, craft table, toy chest and toys

Wear cloth face masks. The CDC recommends wearing cloth face coverings in public places, such as the grocery store, where it's difficult to avoid close contact with others. It's especially suggested in areas with ongoing community spread. This advice is based on data showing that people with COVID-19 can transmit the virus before realizing that they have it. If your child is age 2 or older, have him or her wear a cloth face mask when out in the community to prevent the spread of COVID-19 to others. Don't place a face mask on a child younger than age 2, a child who has any breathing problems, or a child who has a condition that would prevent him or her from being able to remove the mask without help.



10 Simple Ways to Find Happiness

By: Barton Goldsmith Ph.D.

1. **Be with others who make you smile.** Studies show that we are happiest when we are around those who are also happy. Stick with those who are joyful and let rub it off on you.
2. **Hold on to your values.** What you find true, what you know is fair, and what you believe in are all values. Over time, the more you honor them, the better you will feel about yourself and those you love.
3. **Accept the good.** Look at your life and take stock of what's working, and don't push away something just because it isn't perfect. When good things happen, even the very little ones, let them in.
4. **Imagine the best.** Don't be afraid to look at what you really want and see yourself getting it. Many people avoid this process because they don't want to be disappointed if things don't work out. The truth is that imagining getting what you want is a big part of achieving it.
5. **Do things you love.** Maybe you can't skydive every day or take vacations every season, but as long as you get to do the things you love every once in a while, you will find greater happiness.
6. **Find purpose.** Those who believe they are contributing to the well-being of humanity tend to feel better about their lives. Most people want to be part of something greater than they are, simply because it's fulfilling.
7. **Listen to your heart.** You are the only one who knows what fills you up. Your family and friends may think you'd be great at something that really doesn't float your boat. It can be complicated following your bliss. Just be smart, and keep your day job for the time being.
8. **Push yourself, not others.** It's easy to feel that someone else is responsible for your fulfillment, but the reality is that it is really your charge. Once you realize that, you have the power to get where you want to go. Stop blaming others or the world, and you'll find your answers much sooner.
9. **Be open to change.** Even if it doesn't feel good, change is the one thing you can count on. Change will happen, so make contingency plans and emotionally shore yourself up for the experience.
10. **Bask in the simple pleasures.** Those who love you, treasured memories, silly jokes, warm days, and starry nights—these are the ties that bind and the gifts that keep on giving.



Tips to Help Teach Manners to Your Children

By Alex Onion

Use polite language. Learning to use polite words and phrases is the foundation of good manners. The easiest way to teach kids to say please, thank you, you're welcome and excuse me, is to make sure they hear you using those words every day and in a variety of situations.

Watch your words. Young children don't have the ability to filter what is appropriate to say and what isn't, which can lead to some embarrassing situations. Chances are your child will notice people who look different and want to comment on or ask about those differences. They may also announce that they don't like a meal or a gift they were given—in front of the person who gave it. Luckily, with age and practice, kids will learn to think before speaking. In the meantime, explain to your children that saying something unkind or making a comment about someone's appearance in public can be hurtful.

Teach to greet. One of the most important social skills your child can learn is how to properly greet other people. First, emphasize eye contact. To make it easier for a young child, tell them to look to see what color eyes the person has. Practice simple responses to common questions like, "How are you?" Role-playing can help your child feel more confident answering these questions and your coaching will ensure that they don't give out too much information about themselves.

Practice patience. For a young child, waiting to speak can feel like torture. When a child has a thought, they want to express it immediately regardless of what is happening around them or who they are interrupting. But how do you get your child to learn the habit of waiting his turn to speak? Verbal reminders are important, but often fail to reinforce the lesson. Try a visual cue like special toy or talking stick instead. Say, "When I hand you this toy, it is your turn to talk."

Be a good guest. Being a polite guest is important especially as children get older. Your child should always follow the parent's rules when at a friend's house, clean up after herself, use polite language, and thank the parents and friend for having her over. Talk through these manners before you bring your child to a playdate.

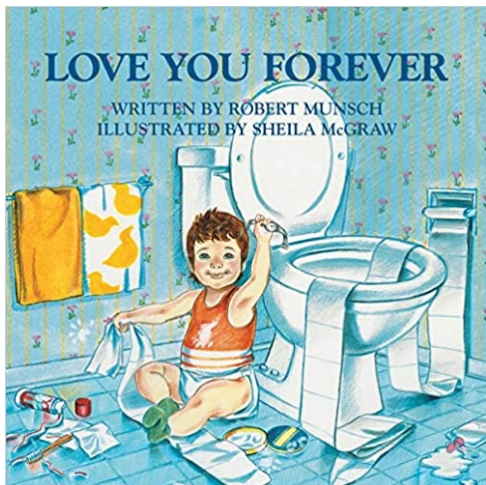
Teach table manners. Mealtime with young children often feels overwhelming, which means etiquette is the last thing on a parent's mind. But table manners are a critical social skill. Kids as young as three and four can begin to learn proper behavior during meals. Start with the basics and eventually they will become habit: Wash your hands before meals; put your napkin in your lap; do not talk with your mouth full of food; say please and thank you; and clear your dishes from the table.

Be consistent and patient. Learning manners can take time. Remember to praise kids when they use good manners. When they don't, simply point out that they need to use the appropriate word or behavior and move on. Continue teaching by example.



"If I could give my child three things, it would be the confidence to always know their self-worth, the strength to follow their dreams, and the ability to know how truly, deeply loved they are."





Love you Forever

By Robert Munsch

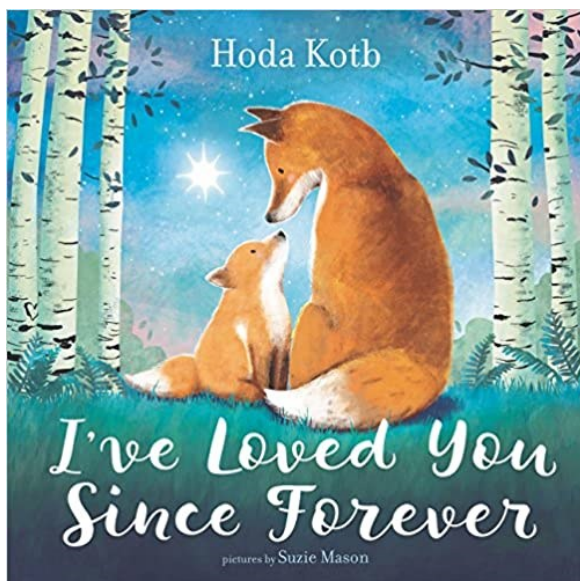
A young woman holds her newborn son
And looks at him lovingly.

Softly she sings to him:
"I'll love you forever
I'll like you for always
As long as I'm living
My baby you'll be."

So begins the story that has touched
the hearts of millions worldwide.



"Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance." 1 Corinthians 13:4-7



I've Loved You Since Forever By Koda Kotb

I've Loved You Since Forever is a celebratory and poetic testament to the timeless love felt between parent and child. This beautiful picture book is inspired by *Today* show co-anchor Hoda Kotb's heartwarming adoption of her baby girl, Haley Joy.

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Somewhere for West Virginians to turn with Covid related stress

Operators of several 24-hour help lines in West Virginia have now created a specific line to help West Virginians who are dealing with increased anxiety brought on by all of the factors involving COVID-19. First Choice Services has unveiled what it calls “Help 304, West Virginia’s Emotional Strength Line.”

“A lot of people who frankly don’t need a referral, they need to talk to someone and sit down, process their emotions, and get some stress management strategies in place,” said Sheila Moran with First Choice Services.

According to a recent poll conducted by the American Psychiatric Association, 36 percent of Americans say COVID-19 is having a serious impact on their mental health and 59 percent says it is having a serious impact on their day-to-day lives.

“There’s a real big need for this in West Virginia. Studies have shown anxiety has gone up tremendously in the United States and West Virginia already was ranked as one of the least mentally healthy states where people were suffering from a lot of anxiety and depression. This pandemic has certainly worsened that,” she said.

First Choice Services already operates the Help4WV addiction and mental health line, the Problem Gamblers Help Network of WV, the Suicide Lifeline, the Tobacco Quitline, the Jobs and Hope program which helps those in recovery find employment, the ACA Navigator program which assists with enrollment in free and reduced-cost health insurance, and 211, which helps locate resources such as food banks and housing assistance.

According to Moran their impact on West Virginians suffering anxiety will be two-fold. They can obviously be a sympathetic ear but moreover also offer professional counseling services on the phone. The conversation alone can help people work through whatever their stressful situation might be. She added because of the other services First Choice provides, they could also direct people to additional resources to get added help.

“If somebody calls and says, ‘I think my husband is an alcoholic.’ We can direct them to resources. If they call and have lost their job and have no money for food or rent, we have a partnership with the United Way to operate the 2-1-1 line to get them to feeding centers and food pantries in their area,” Moran said.

Those suffering added stress and anxiety brought on by the pandemic or any other reason can call the helpline at 1-877-HELP-304 or go to help304.com to chat with somebody online.

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