

SUMMER 2021

I SAY, LET'S HAVE A GREAT SUMMER!

In the immortal words of Travis Tritt, "It's great day to be alive. I know the sun's still shining when I close my eyes." Things are looking so much better in the world. We are able to go to concerts, theaters, fairs, etc. and now is the time to live. You need to get out and enjoy life. I say, pack a picnic and go to the park or take a hike. All counties in WV have small local parks or state parks. You can enjoy fishing, swimming, hiking, ATV riding, etc. So many things to do in WV.

Hey, don't have a lot of extra cash. No worries, the simple things in life are just as good. You can take a walk, fish in a creek, catch fireflies, have a picnic in your back yard. The most important thing to remember is spending time with your family builds self-esteem in your children, creates life long memories, releases stress and strengthens family bonds.

I recently read the quote, "I am grateful for being alive today. It is my joy and pleasure to live another wonderful day." by Louise Hay. It made me think of how many days we waste worrying about things we can't change or stressing over the little things. Now is the time to change your attitude and start living life.

Click on the link, Visit Southern West Virginia [West Virginia Vacation Planning and Tourism Information Visit Southern West Virginia \(visitwv.com\)](http://WestVirginiaVacationPlanningandTourismInformationVisitSouthernWestVirginia.visitwv.com) to find an adventure for you family. Remember..."You are not in the mountains. The mountains are in you." ~John Muir



MOUNTAINHEART
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"Together We Can"

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WV Need Foster Care Parents

Have You ever considered making a difference in a child's life? Do you feel you have enough patience and love to give to a child? West Virginia is in dire need of foster parents. Will it be easy? Probably not. But, having a child never is. Children need the basic things in life. They need food, warmth, physical comfort, clothing and a healthy environment.

How Many Children Are in Foster Care? In West Virginia, 7,265 children/youth are in foster care as of May 2020. As this number is increasing, the need for loving foster parents is greater than ever. KVC provides these guidelines for becoming a foster parent.

The requirements for becoming a foster parent vary from state to state; however, to meet general requirements in West Virginia you must:

- Be able to provide a nurturing and supportive home to a child in need
- Be at least 21 years of age
- Be either single or married
- Be able to meet basic income guidelines
- Meet WV Child Placing Regulations regarding a safe and healthy home environment
- Be able to provide adequate bedroom space and a separate bed for each foster child
- Have reliable transportation
- Be willing to complete 30 hours of free training in PRIDE (Parent Resource Information Development and Education), as well as CPR/First Aid, Crisis De-escalation (MANDT) and other similar courses
- Agree to use non-physical discipline for children
- Be willing for everyone in your household to undergo complete background checks.

If this seem overwhelming to you, never fear, you have efficient and compassionate agencies wanting to help guide you through the process. Here are some agencies:

Burlington United Methodist Family Services Office:

304-252-8508
4700 Robert C Byrd Dr., Beckley, WV 25801

NECCO

304-250-1200
50 Brookshire Lane, Beckley, WV 25801

KVC West Virginia

304-929-4130
3872 Robert C. Byrd Dr., Beckley, WV 25801

Children's Home Society of West Virginia Princeton Office

304-431-2424
205 Center Street, Princeton, WV 24740

Braley & Thompson, Inc.

304-255-7676
201 Grey Flats Road, Beckley, WV 25801

Pressley Ridge

304-252-1106
1265 Robert C. Byrd Drive
Beckley, WV 25801



The Grandparent Guide: What's New? What's the Same?

Are you a grandparent providing care for your grandchildren under preschool age? If so, you are not alone, in 2011 there were 4.8 million children under 5 years old being looked after by grandparents while parents worked (Kisner, 2017). There are probably even more now!

If you're a grandparent providing care for your preschool grandchildren, you may find you're more patient and relaxed with your grandchildren than you were the first time around. You may also wonder if you're up on the latest child care strategies. Here are some things to consider about what's new and what has stayed the same when it comes to caring for babies and toddlers.

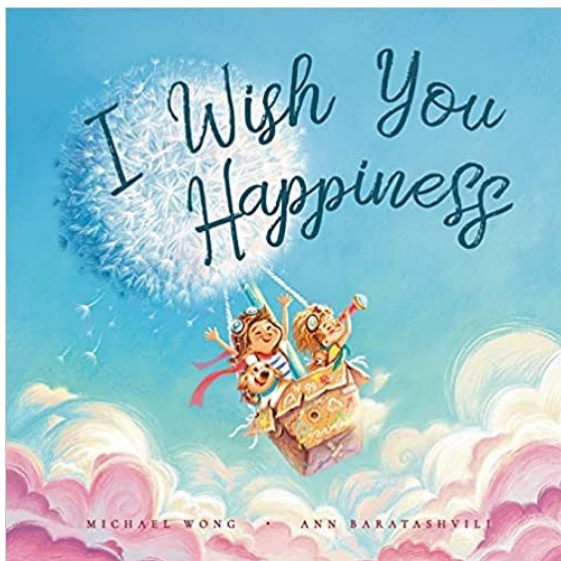
Eating	You might remember battles with your own kids over finishing everything on their plates. Turns out even babies and toddlers can tell when they're full and it's OK to let them decide what and how much to eat, from a selection of healthy options.
Sleeping	The latest research says putting babies on their backs to sleep helps to prevent Sudden Infant Death Syndrome (SIDS). And when they are awake, tummy time (playing while babies are on their bellies) is really important for developing physical skills.
Spanking	The debate about whether spanking is helpful or harmful has been going on for a long time. But now experts agree: spanking does not work. Spanking may appear to work in the moment. It can get the child's attention and get him to stop doing what he's doing. But, in the long term, spanking has been found to increase a child's aggression, and it doesn't teach them how to manage behavior and feelings in positive ways.
Early Brain Development	We know a lot more than we used to about how brains develop. There's a lot going on in there, even in baby's first year! Babies and young children are building more than 1 million new brain connections every second. With loving care, they learn what it means to feel safe, secure, and loved by their first birthday.
Playing	Play is how kids learn about the world. Grandparents are the perfect partners for pretending and exploring. The best toys have been around for a long time: blocks, shape-sorters, and pots and pans perfect for making lots of noise!
Talking	Talking and listening are great gifts to give your grandchildren. The more words that babies and toddlers hear, the more they learn. Sharing songs and stories, and answering endless "Why" questions, are great ways to build language skills and the bond between you.
Reading	Every time you snuggle up to read to your grandchild, you're creating two relationships - the one with you and the one with books. Reading aloud builds vocabulary and language, and it helps your little one develop literacy skills needed later on in school. But to her it's just plain fun!
Unconditional Love	Kids need to know there's someone in their corner, no matter what. That's the role most grandparents are happy to fill.

To learn more about any of these topics, please visit <https://www.zerotothree.org/resources/1985-the-grandparent-guide-what-s-new-what-s-the-same>.

Adapted from: Kisner, K (2017). The grandparent guide: What's new? What's the same?. Retrieved from <https://www.zerotothree.org/resources/1985-the-grandparent-guide-what-s-new-what-s-the-same>.

I ♥
you





I Wish You Happiness by Michael Wong

"Beautiful," "charming," and "Wow!" is how critics describe *I Wish You Happiness*, an **empowering and inclusive children's book** for parents, grandparents, aunts, uncles, and teachers to **give all the wonderful wishes children deserve**, for a happy, fulfilled, and meaningful life.



Be Kind by Pat Zietlow

When Tanisha spills grape juice all over her new dress, her classmate wants to make her feel better, wondering: *What does it mean to be kind?*

From asking the new girl to play to standing up for someone being bullied, this moving story explores what kindness is, and how any act, big or small, can make a difference—or at least help a friend.



It's OK to be Different



It's OK to be Different by Sharon Purtill

Every Child is Unique! Whether they are big or small, short or tall, like to swim, dance, sing or bike. Perhaps they have a special need or are from a different ethnic background. Maybe they wear glasses or talk differently. The truth is that all children are different and their individuality should be celebrated, not shunned. And this inspiring and brightly illustrated rhyming picture book does just that.



WV Birth to Three/RAU 7
1411 North Walker Street
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1-866-207-6198



Tammy Fleshman has been with MountainHeart Community Services/WV Birth to Three for 15 Years and counting... Great friends and great times representing WV Birth to Three

