

2015

Spring



West Virginia Birth to Three  
RAU8 Newsletter

Volume 2, Issue 1

## Everyone Benefits from Outdoor Play! Simple Steps Can Accommodate Children with Different Abilities



Here are some simple ideas to make outdoor play fun and accessible for all children.

### Play Catch

A child who uses a wheelchair and who has upper body movement, can throw, bounce and receive a ball in a group activity or a circle game. Match kids with different abilities so all can participate. One child can hit a ball, and the other child can run the bases.

### Visual Stimulation

Provide large balls, hoops, and other oversized equipment on the playground for visually challenged children.

### Sounds of Nature

Provide a tape recording of birdcalls you might hear on a nature walk for children with perceptual or sensory deficit. Adjust the volume control and make available when needed to accommodate these children as they learn to identify different sounds.

### Plant a Garden

Place a 20-pound bag of topsoil on a table to create a tabletop garden. Cut several large "X" shapes in the top of the bag. Insert small plants (marigolds are easy to maintain) into the spaces. Water and watch grow.



### Simon Says

Play a listening and moving game for children with attention deficit disorder with hyperactivity (ADHD). Place objects on the playground or designate points to tag or run around. For example, say, "Hop ten times on one foot," "Run around the flagpole two times," or "Crawl the length of two mats." Listening, moving, and focusing on directions will enable children with ADHD to learn while having fun.

### Sidewalk Art

Provide large sticks of chalk for sidewalk drawing or outdoor easels complete with paint and brushes for children with fine motor difficulties.

### Target Practice

Adapt a beanbag game for children with limited vision by moving the equipment closer to the child.

Encourage all children to participate in physical activity during outdoor playtime. Offer praise and help each child feel successful. Making learning fun will lead to other accomplishments for special needs children.

Find more creative ideas at  
[www.earlychildhoodnews.com](http://www.earlychildhoodnews.com)

Now you can find us on Facebook!  
Like our page WV Birth to Three Region 8.



Do you know of a child who is not moving, hearing, seeing, learning or talking like others his age? WV Birth to Three may be able to help.

Call (304) 267-3593 or  
1-866-681-4957.

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## Curious About Age-Appropriate Milestones? Here's a quick guide.

### I'm 3 months old! I...

- ♥ turn toward bright colors and lights
- ♥ follow moving toys or faces with my eyes
- ♥ recognize or know the bottle or breast
- ♥ respond to loud or new sounds
- ♥ reach for and grasp toys or hair
- ♥ wiggle and kick with legs and arms
- ♥ lift head and shoulders up while on stomach
- ♥ smile back at parents or other family members
- ♥ make sounds, like gurgling, cooing or babbling

### I'm 6 months old! I...

- ♥ turn toward voices
- ♥ reach for toys and pick them up
- ♥ roll over front-to-back and back-to-front
- ♥ play with toes
- ♥ help hold bottle during feedings, if bottle fed
- ♥ know faces of family
- ♥ babble, squeal, and repeat vowel sounds  
like ooh- -ae, -e
- ♥ sit by leaning on hand

### I'm 9 months old! I...

- ♥ copy sounds or gestures
- ♥ reach for crumbs or other small things with my thumb and fingers
- ♥ move toys from one hand to the other hand
- ♥ support myself with my straightened arms while I'm on my stomach
- ♥ understand the word "No"

### I'm 12 months old! I...

- ♥ respond to my name
- ♥ may be scared of strangers
- ♥ look for an object if you hide it from me, even if I can't see it
- ♥ crawl on my hands and knees
- ♥ pull myself to a standing position
- ♥ walk by holding onto furniture
- ♥ can drink from a cup with your help
- ♥ enjoy playing games, like peek-a-boo or patty cake
- ♥ say 1 to 2 words

### I'm 15 months old! I...

- ♥ use gestures
- ♥ like to look at pictures in a book
- ♥ can hold a crayon in a fist
- ♥ hand toys to you when you ask me
- ♥ can point to pictures you name, if the things in the picture are familiar to me
- ♥ walk alone without help

### I'm 18 months old! I...

- ♥ like to pull and push things
- ♥ follow simple directions
- ♥ pull off shoes and socks
- ♥ feed myself sometimes
- ♥ step off low objects and keep balance
- ♥ turn 2 to 3 pages of a book at a time
- ♥ can point to one body part
- ♥ can name one object
- ♥ like to copy your words or actions



### I'm 21 months old! I...

- ♥ can name 2 objects
- ♥ like to pretend-play
- ♥ can put together a simple picture puzzle if it only has 2 to 3 large pieces
- ♥ like to throw balls
- ♥ like to play alone with toys for a short time
- ♥ say "No" a lot

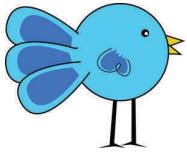
### I'm 24 months old! I...

- ♥ use 2 to 3 words together, like "No, Mommy," or "More grapes"
- ♥ say names of toys and people
- ♥ feed myself with a spoon
- ♥ turn one page at a time
- ♥ point to hair, eyes and nose when someone asks me
- ♥ show affection to family members and pets
- ♥ run short distances without falling

### I'm 3 years old! I...

- ♥ answer simple questions
- ♥ walk up steps, alternating feet
- ♥ put my clothes on by myself
- ♥ open simple containers
- ♥ like to play with other children
- ♥ repeat simple rhymes and songs
- ♥ use 3 to 5 word sentences
- ♥ name at least one color correctly
- ♥ jump in place
- ♥ express my emotions





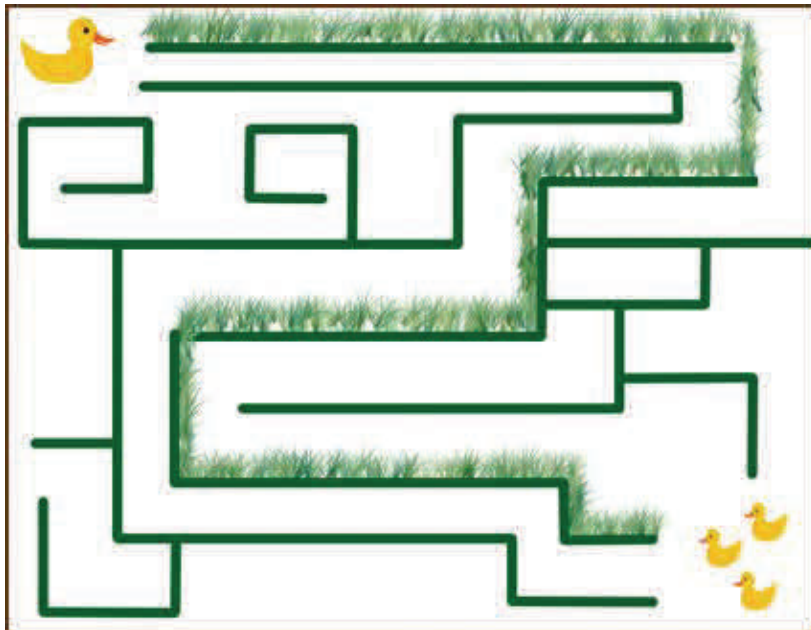
## Spring Songs and Poems Fun for Toddlers & Parents!

**W-I-N-D-Y**  
(to the tune of Bingo)

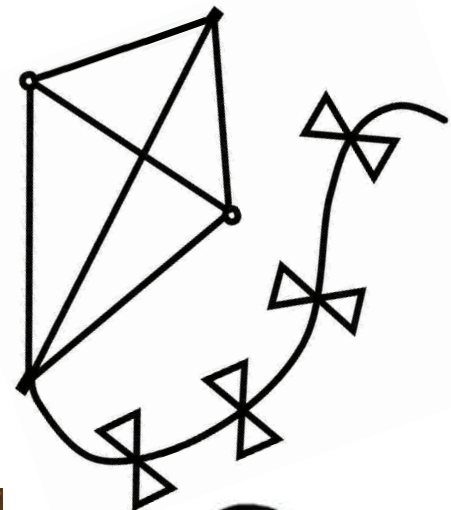
There was a day when we were blown  
And windy was the weather-O,  
W-I-N-D-Y, W-I-N-D-Y, W-I-N-D-Y,  
And windy was the weather!

### Six Silly Spiders

Six Silly Spiders Six silly spiders standing in a row (Hold up three fingers on each hand.)  
They just do not know where to go (Wiggle fingers.)  
But when someone comes to spray (Pretend to spray water.)  
They will be off on their way (Wiggle fingers away.)  
In the sea are seven seals. (Hold up three fingers and four fingers.)  
Swimming and splashing are some of their skills. (Pretend to swim.)  
Soon the seals are surprised (Throw hand up as surprised.)  
By a fish that's twice their size. (Hold arms wide.)  
Swim, little seals, as swiftly as you can (Pretend to swim fast.)  
Or there may be only six in your clan (Hold up three fingers on each hand.)



Here's a cute way to show  
how big your toddler is!  
Makes a great  
Mother's Day gift, too!



# Learning the Signs of Autism

**E.P.I.C. (Eastern Panhandle Indigo Children) is a Great Source of Support and Information**

Autism Speaks' multi-year Ad Council public service advertising campaign stresses the importance of recognizing the early signs of autism and seeking early intervention services. Recent research confirms that appropriate screening can determine whether a child is at risk for autism as young as one year.

While every child develops differently, we also know that early treatment improves outcomes, often dramatically. Studies show, for example, that early intensive behavioral intervention improves learning, communication and social skills in young children with autism spectrum disorders (ASD).

One of the most important things you can do as a parent or caregiver is to learn the early signs of autism and become familiar with the typical developmental milestones that your child should be reaching.

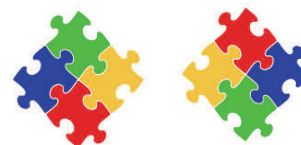
The following "red flags" may indicate your child is at risk for an autism spectrum disorder. If your child exhibits any of the following, please don't delay in asking your pediatrician or family doctor for an evaluation:

- \* No big smiles or other warm, joyful expressions by six months or thereafter
- \* No back-and-forth sharing of sounds, smiles or other facial expressions by nine months
- \* No babbling by 12 months
- \* No back-and-forth gestures such as pointing, showing, reaching or waving by 12 months
- \* No words by 16 months
- \* No meaningful, two-word phrases (not including imitating or repeating) by 24 months

\* Any loss of speech, babbling or social skills at any age

The M-CHAT (Modified Checklist for Autism in Toddlers) can help you determine if a professional should evaluate your child. This simple online autism screen, available on our website, takes only a few minutes. If the answers suggest your child is at risk for autism, please consult with your child's doctor. Likewise, if you have any other concerns about your child's development, don't wait. Speak to your doctor now about screening your child for autism.

**For more information about Eastern Panhandle Indigo Children, visit [www.epic-wv-autism.org](http://www.epic-wv-autism.org)**



## 50 Ways to Praise a Child

Wow Way to go Super You're special Outstanding Excellent Great  
Good Neat Well done Remarkable I knew you could do it  
That is something to be proud of Fantastic Super star Nice work  
Looking good You're on top of it Beautiful Now you're flying  
You're catching on Now you've got it You're incredible Bravo  
You're on target You're on your way How nice How smart Good job  
That's incredible Hot dog Dynamite You're beautiful You're unique  
Nothing can stop you now Good for you  
I like you You're a winner You're spectacular You're darling  
You're precious Great discovery You figured it out  
You discovered the secret Fantastic job

# Overwhelmed to Optimistic

To speak with Stephanie Malatt after she drops off her 3-year old son, Jaxon, for pre-school, you might think their family life is anything but exceptional. The proud mother watches her son put his things into his cubby and join his classmates.

In truth, she and the other members of Jaxon's family have been hands-on, dedicated participants in Jaxon's Birth to Three team. In addition to a service coordinator, the team grew to include a speech therapist, an occupational therapist, a developmental specialist, an ABA therapist and a nutritionist.

"The year has been hard but amazing," said Stephanie Malatt speaking of Jaxon's experiences. Stephanie said that something was "off" during her pregnancy (Jaxon has three older sisters). As an infant, Jaxon did not sleep, he cried all the time and Stephanie suspected "something was up." As Jaxon got older, Stephanie noted "triggers" for autism: nonstop crying, interrupted sleep, engaging for self-stimulated behaviors with one particular toy and head banging. Jaxon was also non-verbal.

Her pediatrician made a referral to WV Birth to Three when Jaxon turned two. Stephanie admits she had not heard about the program. Eager for the help, Stephanie took her team's advice and followed their instructions. "I didn't know which direction to turn in," Stephanie said. She said people gave in to Jaxon's tantrums because they didn't want to listen to him screaming.

How far they have come in just one year!

The team worked with the Malatt family to address Jaxon's challenges. Picture boards now sit in each room of the family's room so that

Jaxon can point to the thing he wants. "This has helped me... Oh, my gosh....." Stephanie said. If Jaxon needs some quiet time, the team's Occupational Therapist suggested a "cozy corner." Jaxon's diet was modified to include pro-biotics and extra vitamins, and now Jaxon's tummy is much less gassy. Also, Jaxon's bedroom was rearranged to look like his parents' room.



Beyond their daily work with Jaxon and coping with his behaviors, the family pursued medical advice. At the suggestion of their service coordinator, Stephanie took Jaxon to the Klingberg Institute in Morgantown, WV, where he was diagnosed with Level 2 Autism. At the

suggestion of their occupational therapist, Jaxon took part in a sleep study which found that Jaxon stopped breathing seven times each hour. Breathing obstructions were subsequently removed.

"God brought this team to me, they are my blessing and my gift from God, and I believe this with all my heart," Stephanie said. Although the team had certainly made a significant and positive impact on Jaxon's life, Jaxon's whole family is responsible for much of his success. For example, the family adjusted aspects of Applied Behavior Analysis therapy to suit Jaxon.

Stephanie does "feel good" about Jaxon's transition out of Birth to Three to pre-school. "They had to wean me," Stephanie said, showing her attachment to the team. It has not felt like good-bye.



## Spring is Everywhere You Look! Here's a recipe for Yummy Carrot Cookies

3/4 cup butter	2 cups flour, sifted
1/2 cup honey	2 tsp. baking powder
1 egg	1/2 tsp. salt
1 tsp. vanilla	1 1/4 cup grated carrots

Cream butter and honey together. Add eggs & beat well.  
Combine dry ingredients & mix. Stir in carrots.  
Bake at 375 for 10 - 15 minutes.



More carrot recipes at [www.allrecipes.com](http://www.allrecipes.com)

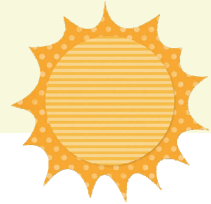


## Books! Books! Books! Check this out!

In 1995, Dolly Parton launched Dolly Parton's Imagination Library to benefit the children of her home county in East Tennessee. Dolly's vision was to foster a love of reading among her county's preschool children and their families by providing them with the gift of a specially selected book each month.

The Imagination Library became so popular that in the year 2000 she announced that she would make the program available for replication to any community that was willing to partner with her to support it locally. Since the initial program launch in the United States, Dolly Parton's Imagination Library has gone from just a few dozen books to over 60,000,000 books mailed to children in the United States, into Canada and across the proverbial pond into the United Kingdom! Currently over 1600 local communities provide the Imagination Library to over 750,000 children each and every month.

To find out more about this great program, visit their website at [www.imaginationlibrary.com](http://www.imaginationlibrary.com)



## What is a Family?

We all come from families. Families are big, small, extended, nuclear, multi-generational, with one parent, two parents, and grandparents.

We live under one roof or many. A family can be as temporary as a few weeks, or as permanent as forever.

We become part of a family by birth, adoption, marriage, or from a desire for mutual support. As family members, we nurture, protect, and influence each other. Families are dynamic and are cultures unto themselves, with different values and unique ways of realizing dreams. Together, our families become the source of our rich cultural heritage and spiritual diversity.

Each family has strengths that flow from individual members and from the family as a unit. Our families create neighborhoods, communities, states and nations.



**Mother's Day is  
Sunday, May 10**



House Memorial Task Force on Young Children and Families, 1990. First steps to a community-based, coordinated continuum of care of New Mexico children and families.

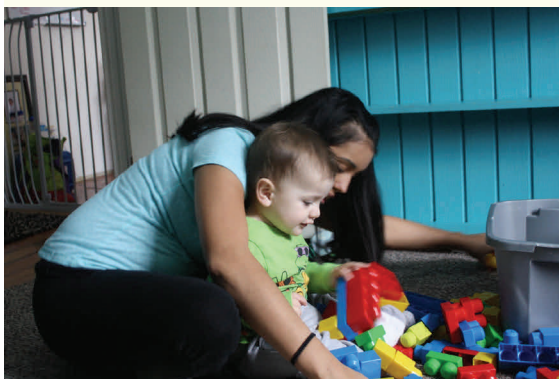
## Meet Dr. Joseph Scotti Applied Behavior Analyst

Although the issues of living with developmental disabilities or autism are not new to West Virginia Birth to Three, board certified Applied Behavior Analyst Joseph Scotti is. Since May of 2014, Dr. Scotti has widened his services to include early intervention with Birth to Three.



Dr. Scotti retired from clinical psychology in Morgantown and now has his own private practice and business called WHOLE Families (Welcome Home, Overcoming, Living and Engaging). For WV Birth to Three, he works primarily with families who have children at risk for an autism spectrum disorder or who are already diagnosed with autism.

Dr. Scotti said that people expect that Applied Behavior Analysis involves many repetitions of the same behavior, but Dr. Scotti uses a less traditional manner, working with families to encourage positive skills and behavior management and enforcement plans to teach parents how to work with their children. He said he spends “lots of time modeling with families, on the floor playing... showing parents how to model discipline behavior management.”



Dr. Scotti also said he emphasizes the importance of a bedtime routine, having quiet time with parents, and turning the television off because this can be “very distracting for children or toddlers with autism.”

Dr. Scotti brings a range of experiences working with behavioral issues, including work with school districts, residential facilities, RESA’s and giving workshops. Now he takes a whole family approach.

For example, Dr. Scotti tries to shift parents’ focus from a constant “no... no... no” to turning what they hope to teach their children into a game. He says he teaches parents to encourage children to have fun doing the things they need to do. This might include seeing a trip to Walmart as an opportunity for modeling and coaching, which, in turn, might help get language out of kids. He often works with children who have severe language delays, teaching parents how to elicit sounds.



Dr. Scotti says that 70% of his time is now dedicated to West Virginia Birth to Three, and he serves the entire state. He says that the travel can be hard, sometimes involving a 3 ½ hour drive or a planned overnight to see families. “Services are just so needed,” he says. “It’s hard, it’s wear and tear on ourselves and the vehicle, but it’s so worth it.”



**Are You Uncertain Where  
To Turn for Help?  
West Virginia 2-1-1, Family  
Resource Network  
of the Panhandle, can  
provide answers.**

2-1-1 gives information about organizations and programs that may help you if you're looking for utility assistance, behavioral health services, housing and shelter, child care needs or other needs. All calls are confidential.



To contact the information and referral specialist Directly, call the local office at 304-262-0048 during regular business hours. Messages left after hours will be returned as quickly as possible.

## Mark Your Calendars!

**Dino-Roar, Martinsburg Mall, Saturday, March 28, 10:00 a.m. – 3:00 p.m.** Pre-K registration for Berkeley and Jefferson County Schools plus lots of free fun for all ages. Face painting, mask making, art activities, games for children, moon bounces, pony rides, entertainment and more!

**Romney Egg Hunt, April 4, 1:00 p.m.** behind the Bank of Romney (Capon Bridge branch) Jefferson County

**Shepherdstown Easter Parade, Downtown Shepherdstown, April 4, 11:00 a.m.**

**Jefferson City Jaycees and Jefferson County Parks & Rec Easter Egg Hunt, Saturday, April 4, at Memorial Park.** This special event will be open to children ages 2 to 7 years old, with different start times for different ages. Registration \$1. Learn more at [www.jcprc.org](http://www.jcprc.org)

**Easter Egg Hunt at Craftworks at Cool Spring, April 4, 2:00 - 4:00 p.m.** at 1469 Lloyd Road, Charles Town. 304-728-6233

**Family Nature Tales, Nature-themed story time and activity, March 28 & April 25, Yankauer Nature Preserve between Martinsburg and Shepherdstown, 10 - Noon, 304-676-8739**

**Easter "EGG"stravaganza, April 4-5, beginning at 1:00 at Cacapon Resort State Park.** Enjoy the holiday with a weekend full of activities. Saturday enjoy the annual Easter egg hunt, a special visit with the Easter Bunny, egg ornament crafts, and egg coloring. 304-258-1022 ext. 5209

**Easter Egg Hunt, Frostburg Armory, April 4, Frostburg, MD, Free for children under 12. 301-689-6000 ext. 18**

**Race for the Birds, April 25, 9:00 a.m., National Conservation Training Center north of Shepherdstown, free Fun Run. [www.raceforthebirds.org](http://www.raceforthebirds.org)**

**Spring Fest, Franklin, WV, first full weekend in May, highlights include a trout rodeo, box car derby, special demonstrations, baby show, music, corn hole tournament, craft vendors, flea market, rock wall, bounce houses, slides and square dance. Find out more at [www.pendletoncounty.net](http://www.pendletoncounty.net)**

**Community Baby Shower, May 16, 10 - 1:00 p.m. Jefferson Medical Center, Ranson, WV**

**Autism Speaks, Heroes Among Us event, April 18, 11:00 - 3:00, Petersburg Town Park. Facebook for more information.**

**Community Baby Safety Shower, April 23, 6:00 - 8:00 p.m., for Morgan County Residents at Morgan County Starting Points, 187 S. Green Street, 304-258-5600 to reserve a spot (and a free gift!). For new & expecting mothers. Dad's class & child care available.**



WV Birth to Three is administered by the Department of Health and Human Resources, Bureau for Public Health, Office of Maternal, Child and Family Health in cooperation with the Early Intervention Interagency Coordinating Council (ICC).



*Regional Education  
Service Agencies*

**RESA**  
• eight •

*A powerful engine for education*

**Region 8 Regional  
Administrative Unit  
109 South College Street  
Martinsburg, WV 25401**