

SPRING 2017

West Virginia Birth to Three
RESA 8 Newsletter

Now you
can find us
on
Facebook.

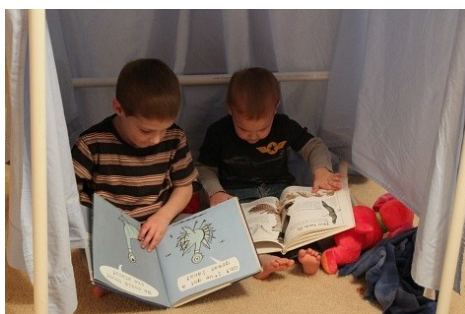


Rainy Day Activities for Little Ones

Volume 4, Issue 1

Pretend to go camping!

Build a tent in your living room out of blankets and chairs. Don't forget to bring the flashlights, snacks, and books. Or, make it an igloo and pretend to track polar bears or go ice fishing.



Recycle, reuse, renew!

Find broken crayons, put them in an oiled muffin tin, and place them in a warm oven to melt. Let them cool and pop them out of the tin. Use your new "rainbow color wheel crayons" to draw pictures for Grandma and Grandpa.

Mix education and fun! Pull out old magazines and catalogs and let your kids find pictures of animals, food, babies, or cars. Give them safety scissors and glue sticks to make collages.

Create an in-home theater!

Set up chairs or pillows in the living room, turn out the lights, grab popcorn and beverages, and put on a classic like *Lady and the Tramp* or *Cinderella*.



Get messy! Can't play in the dirt? Play in the tub with shaving cream, bathtub paints, and bath crayons. Don't want a bath? Paint with finger paints or, for easier cleanup, let your kids paint with chocolate and vanilla pudding cups. Yummy!

Go outside and play! Get your boots, get your raincoat and your umbrella and splash in the puddles!

www.parents.com



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) 267-3595 or 1-866-681-4957.

Inside this issue:

| | |
|--|---|
| The Children's League 1-844-Help 4 WV | 2 |
| Camp Gizmo | 3 |
| Hand Washing Songs Spring Coloring Activities | 4 |
| Carrot Cake Bites Mother's Day Crafts | 5 |
| Letters of Intent Emergency Training | 6 |
| Zampino Family Story | 7 |
| Schedule of Events | 8 |

Easy Outdoor Play Ideas

Blow Bubbles **Take a Walk** **Paint with Water** **Hunt for Bugs**
Draw with Sidewalk Chalk **Dig in the Sand** **Plant Flowers**
Have a Picnic **Hang Up a Bird Feeder** **Visit the Park**



No Cost Services Available to West Virginia Families from The Children's League



Mission...

To provide free, professional evaluations concerning the orthopedic, orofacial, cerebral palsy, brace, speech/language and physical therapy needs of our children and to assist each child in meeting his/her full potential and their ultimate level of independence.



The Children's League is a non-profit organization that offers free services to children, ages birth - 21, in Maryland, Pennsylvania and West Virginia. Physician referrals are not required for a child to be seen.

Free services are offered for Orthopedics, Cerebral Palsy, Orofacial Concerns, Physical Therapy and Speech Therapy. The Children's League also operates and manages the Cumberland Cleft Clinic for children with cleft lip or cleft palate.

Call (301) 759-5200 or visit www.thechildrensleague.com for more information or to make a referral.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
1-844-HELP4WV

Are you or someone you know troubled by emotional issues? Ever wish you could just have your "old self" back again? Are you using drugs or alcohol to cope with stress?

The good news is that depression, anxiety, developmental disorders, addiction, and other mental health issues are very treatable. You can get help today!

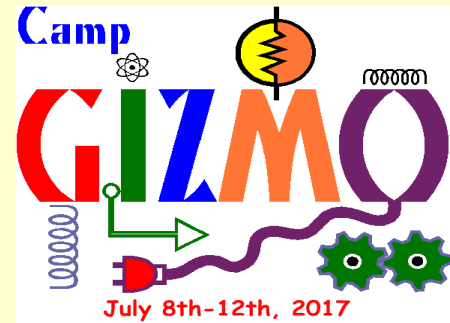
There are many types of treatment available, and we have access to over 1,000 resources. You can use our

searchable database to find resources. You can also talk to one of our helpline agents who can guide you to the right place. We know the treatment options can sometimes seem overwhelming or confusing. You can call or text us at 1-844-HELP4WV or chat online. No matter where you live in the state, or what type of insurance you have (even if you have no insurance), we can find help for you!



● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

What is Camp Gizmo? It's a five-day, hands-on camp where parents, professionals, and students learn how assistive technology can help young children (birth - 8 years) with significant and multiple developmental needs.



When & Where is Camp Gizmo? Camp will be held **July 8 - 12, 2017** on the campus of the West Virginia Schools for the Deaf and the Blind in Romney, WV.

Who Should Come and What Do We Do? Families, professionals, college students, and others who want to learn more about assistive technology. A limited number of "focus" children will be accepted and assigned a team of professionals who help families identify and apply new strategies for solving their multiple assistive technology needs. (Preference will be given to children who have not previously attended camp.)



Professionals and students attend workshops that meet professional/educational needs or assist the "focus" family. Teams meet daily to observe, discuss and implement strategies for the "focus" child.

Do Children Attend? Kids Camp will be held in conjunction with Camp Gizmo. All children attending Camp Gizmo with focus families or other participants will participate in Kids Camp educational and recreational activities. Kids Camp is a safe, fun camp experience for children with or without disabilities.

How Much Does it Cost? Registration includes meals, sleeping accommodations and Kids Camp. Focus Families: \$50 - child and two parents/\$25 each additional family member. Other Camp participants: \$75 per person/\$25 each additional family member.

http://www.wvearlychildhood.org/Camp_Gizmo.html

Ginger Huffman
WV Department of Education
1 (800) 642-8541

Pam Roush
WV Birth to Three
1 (800) 642-9704

LeAnn Murray
WVECTCR
1 (888) 983-2827 or lmurray@rvcds.org





Children should wash their hands with soap for 20 seconds. Singing a hand washing song is a good way to help them wash long enough.

Good and Clean

(Sing to the tune of "Happy Birthday")
Wash my hands so good and clean
Wash my fingers and in between
Watch the germs all go away
Now they're clean, I'll go and play
(repeat)

Wash, Wash, Wash Your Hands

(Sing to the tune of "Row, Row, Row Your Boat")

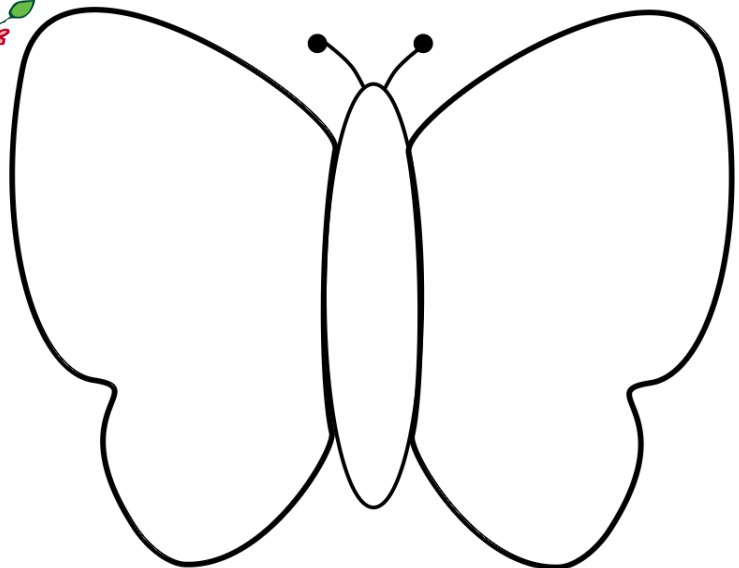
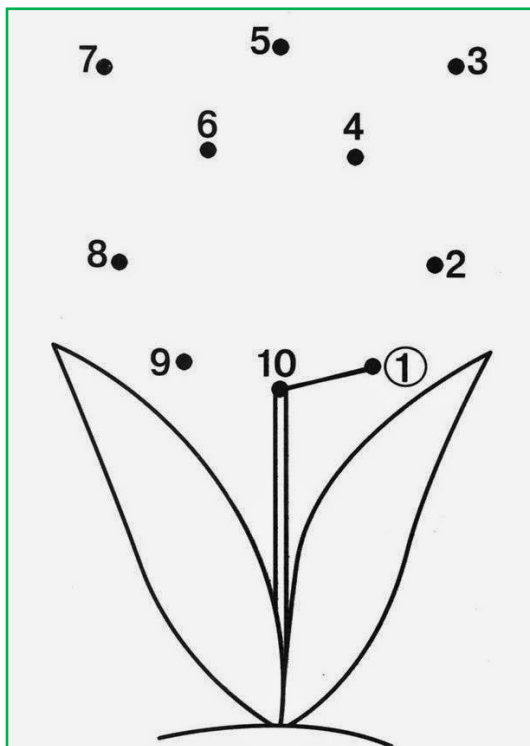
Wash, wash, wash your hands,
Play our handy game.
Rub and scrub and scrub and rub
Germs go down the drain
(repeat)



<http://blog.mybabycart.com/teach-kids-to-maintain-good-hygiene>



Count to 10!



Color Your Own Butterfly!



An Irish Blessing

May the wings of the butterfly kiss the sun.
And find your shoulder to light on.
To bring you luck, happiness and riches.
Today, tomorrow and beyond.



Tasty Healthy No Bake Carrot Cake Bites

Ingredients

- 1 cup rolled oats
- ½ cup shredded carrots
- ¼ cup raisins
- ¼ cup chopped almonds
- ½ tsp cinnamon
- ⅛ tsp cloves
- ⅛ tsp nutmeg
- ⅓ cup almond butter
- ¼ cup maple syrup

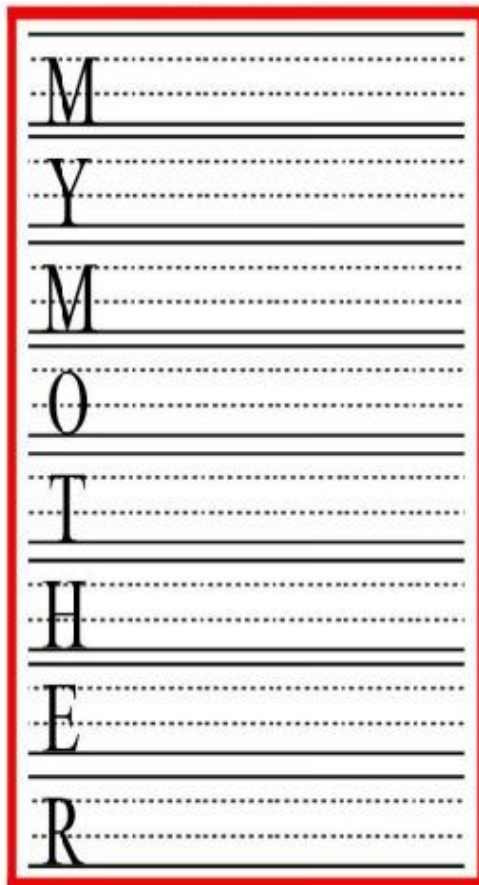


Directions

In a mixing bowl, mix together oats, shredded carrots, almonds, raisins, and cinnamon. Add almond butter and maple syrup and mix together thoroughly.



Refrigerate mixture for one hour. Shape into one-inch bites and enjoy!



Mother's Day is May 14!



Letters of Intent: Very Important & Often Overlooked

A letter of intent, also known as a letter of instruction, is a morally binding document that communicates a family's desires and concerns for their special needs child. In this letter, families can include important information such as vital statistics, the financial situation of the child with special needs, details about the child's behaviors, preferences, what works and what does not work for your child, and a list of all pertinent documents and records. Families can also include a list of individuals that are important in the child's life, as well as daily routines, favorite foods, likes and dislikes.

Letters of intent can also contain information that isn't exactly essential, but can be emotionally rewarding. For example, in this letter you can include information such as family history, the story of the parent's first

meeting, wedding, etc., and a communication of the parent's hopes and dreams for the child.

Essentially, a letter of intent is to help caregivers and guardians effectively step into the shoes of the parent, which will ultimately help the child and the new caregiver cope with the loss, and go forward with their lives in the most positive way possible.

For more information, visit:

- ♥ www.specialneedsalliance.org
- ♥ <http://specialneedsplanning.net>
- ♥ www.wrightslaw.com
- ♥ www.bridges4kids.org

<http://specialneedsplanning.net>

Developmental Disability Life Support Training

MARCH 22, 6 – 8 PM

Adapted for Individuals & Families with Disabilities.

Originally designed for EMS and First Responders, the Developmental Disability Life Support (DDLS) training was first presented in 2011. It was designed to improve the knowledge of developmental disabilities and enhance the skills utilized by EMS providers when caring for developmentally disabled individuals. How will your loved one respond when an ambulance arrives in the event of an emergency? Learn how EMS providers are trained to handle your loved one in the event of an emergency, *so you can be prepared, too.*

This presentation is provided at no cost to participants.

RESA 8 & WV Birth to Three welcome

**Linda McQuaid
RN, EMT-P**

**DDLS Training for
Individuals and Families with
Disabilities**

**Held at: RESA8
Conference Room
109 South College Street
Martinsburg, WV 25401**

For more information or to register, contact:

Laura Turman, Parent Partner
WV Birth to Three
(304) 267-3593
lturman@k12.wv.us

Christina Hollis, Director
Special Connections
(240) 452-0103
Specialconnectionsllc@gmail.com



West Virginia Birth to Three Families Shared Their Stories with the 2017 Legislative Session

Here is the Zampino Family Story!

We have three boys ages 6, 4, and 2, who are Hard of Hearing (HOH). All three have been through, or are currently enrolled in the West Virginia Birth to Three program, and all three have drastically different needs even though they have the same diagnosis!

Our ongoing service coordinator has been our lifeline to linking us to different resources including ENT services, Head Start, Early Head Start, Kid's 1st, family financial aid, and Sky High. Through WV Birth to Three, my children have received services from an Occupation Therapist, Developmental Specialist, Speech Therapist, Dietician, and a Deaf Educator. Everyone has worked with our family as our needs have changed. Kenny, age 6, has very advanced expressive language and is doing well learning to read and write. He has hearing aids and now has an FM System at school that helps in the classroom. Michael, age 4, has continued with Speech Therapy at school and privately for a fairly significant speech delay. His first language is American Sign Language, and he has an ASL Interpreter at school with him. His language is thriving both receptively and expressively through ASL. We are still working on speech with him, but he wouldn't even have the words he has now, or any signs, without the help of Birth to Three. Aaron, age 2, is still in the Birth to Three program. He is doing very well and will go to school when he turns three. WV Birth to Three helped us tremendously early on to determine Aaron had silent reflux. My developmental specialist helped me look for signs to confirm what was going on with him and how to help him so he would eat!

With help from WV Birth to Three, all three of our children received the intervention that they needed, and I have gotten so much more help than I ever thought was possible! In many ways, we consider our Birth to Three practitioners to be part of our family. We are so grateful for all of the help we have received through this program! We would not have been able to afford all the therapies that our children required or the three sets of hearing aids for our children, or even that initial two-hour test to get a diagnosis.

I am so grateful for all their help, and we will be very sad to say good-bye to some of the best friends we have had the pleasure of meeting and getting to know over the years. I think this is one of the best early intervention programs, and I hope that it will continue for many years so that families like mine can get the help they need.





Mark Your Calendars!

George Washington's Bathtub Celebration, March 17 - 19, Berkeley Springs. Visit <http://Berkeleysprings.com> or call 1-800-447-8797.

Hello, My Baby! March 17 - 26 at the Harr Theater in Moorefield and the Landes Theater in Petersburg, presented by West Virginia Theatre East. More information on Facebook at www.facebook.com/WVTEPetersburg.

Library Book Sale, March 31 - April 8, Friends of Fort Ashby Library. For more information, visit <http://fortashby.lib.wv.us>

Hippity Hoppity Easter Fair, April 1, 11:00 - 5:00, Daisy's Dance Studio, Keyser. Free Easter Bunny Pictures, For more information, call 304-663-3357.

Race for the Birds, April 8, One-mile kids fun run begins at 10:30 a.m., Wild Goose Farm, Shepherdstown, www.raceforthebirds.org

Primitive to Prepper, April 1 - 2, 1435 Providence Church Rd., Hedgesville. Fire making, edible plants, sustainable gardening, archery, gourd craft & more. For more information, call 202-649-0017.

Easter Pet Parade & Egg Roll, April 15, 11:45 - 5:00 p.m., Downtown Martinsburg. Best Bonnet and Best Dressed Pet prizes. For more information, call 304-262-4200.

Eastern Panhandle Parents of Special Needs Support Group, Meets the last Wednesday of each month at The Orchard House on Rt. 45, from Noon - 1:00. Please bring your lunch and join us. Call 304-267-3593 for more information.

Truffle Shuffle, April 29, 8:00 a.m., 5K and Kids Fun Run. To register or for more information, contact The Wellness Center at Berkeley Medical Center, 304-264-1287, or ddejarnett@wvumedicine.org

Morgan County Community Baby Shower at Morgan County Starting Points, April 27, 5:00 - 8:00 p.m. at 187 S. Green Street, 304-258-5600 for information or to reserve a spot. Event is for new and expecting mothers. Dads welcome, child care available.

Colonial Feast, Fort Edwards of Capon Bridge, April 22, 5:30 - 8:30 p.m. Pot-luck dinner. Visit www.fortedwards.org or call 304-874-4291 for more information.

Earth Day, April 22, all day event, Morgan's Grove Park, Shepherdstown, WV

Spring Fest in Franklin, WV, May 5 - 7, Trout rodeo, box car derby, baby show, music, craft vendors, flea market, square dance, rock wall & more. Visit www.pendletoncounty.net



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 St.
Martinsburg, WV 25401