

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.

Now you can find us on Facebook.



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## Tips for a Fun July 4 Celebration



The Fourth of July is a great time to celebrate, especially if you love a parade, a marching band, picnics and of course, fireworks! For

children who have sensory issues, the holiday may be more of a challenge than a celebration. Children who are at risk for sensory over-stimulation may suffer from tantrums, crying spells, aggression or just “tune out” of the party.

In addition to explaining what a child can expect, parents can follow some tips listed below to help them deal with over-stimulation.

1. Try to get in a good nap so your child is well rested, and pack his favorite snacks, toys and other items that will occupy and comfort him at the event.
2. Try to identify quiet areas if the environment you will be in is very stimulating. Talk with your child about the quiet area or safe spot and upon arriving show them the space.
3. If your child will tolerate it, provide them with a pair of noise reducing headphones or earplugs. If they have never worn them before, try to test them out the days leading up to the event. Watching videos of fireworks and wearing the

headphones might be one way to prepare them.

4. If your child does become over-stimulated, look for activities to help them calm down:

- ♥ Escape to a quiet, dark room
- ♥ Jump on a trampoline
- ♥ Hug your child tightly, applying deep pressure to them
- ♥ Provide them with a chew toy or crunchy food.



Before the event, parents can seek help from their pediatrician or a qualified occupational therapist trained in sensory integration to provide other helpful tips.



# Less School, More Opportunities to Explore

Summer can be a challenging time for children with special needs and their parents. Many families face a decrease in school and therapeutic hours. This may leave parents with extra time to fill during the day. Parents are also on alert as children with behavioral or social skill challenges encounter bullies and controlling peers at parks. A trip to a recreational center may seem like an easy answer for some families, but they are not always the most accommodating for a child with physical disabilities or special needs. Here is a list of summer activities that don't require weeks of planning, a small loan or traveling further than your backyard.

**Backyard Water Park.** You can quickly create your own water park in the backyard for an afternoon of fun. Water also allows for some "goopy" activities outside that will help your child to integrate their



senses. Spray an outside table with shaving cream and let your child smear it around or fill a bin with rice and dig your fingers in. Lastly, create a mud pit to roll around in. All you need afterwards is a hose!

**Tent Building.** Make "the best tent ever" by pulling out all your blankets and chairs and have

the tent overtake your living room or backyard. Tent play can occupy your children for hours. It may also be a great resource to soothe a child, providing a hide-out or quiet place. Place a bean bag inside along with books or a flashlight.

**Fossil Find.** Take a trip to a sandy beach or to your backyard sandbox and bury some "fossils" (a.k.a. painted rocks). Provide your child with a small shovel and bucket to dig up these archeological finds. You and your child can take turns hiding and discovering these wonderful fossils.

**Firehouse Visit.** Call your local fire department and ask if you can stop by with your children for a quick visit to see the fire trucks and meet the firemen. This is a great way to break up your day, learn about fire safety and introduce your child to rescue workers (especially if your child wanders).

**Soothing Swing.** If nothing else, find a swing with your child this summer. Swings are beneficial for physical, social and cognitive development, and they offer certain therapeutic benefits. They promote movement and perceptual skills, spatial awareness, general fitness, social interaction, mental representation, and sensory integration, including vestibular development. If your child has trouble with crowds, visit the park in the

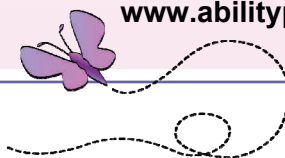
morning during summer camp hours.



**Mall Meandering.** Need to escape the heat? Take advantage of someone else's air conditioning by walking the mall on hot days. Malls are cool and not too crowded on the weekdays. It is a good way to keep your child moving and active as you pace back and forth in a controlled environment; less worries about children darting in front of traffic.

**Movie Madness.** A home cinema experience is a great way to get your children out of the sun for a couple of hours and allow some down time. Instead of just plopping down in front of the TV, make it a production – homemade movie tickets and a bowl of popcorn with pillows and blankets in front of the flat screen. It will seem like a special event in your child's day with these little extras. Just be cautious of 3-D movies since some may cause over stimulation.

[www.abilitypath.org](http://www.abilitypath.org)



# Daydream Farm and Saddles & Smiles Offer Kids a Chance to work with Therapy Horses

We all know how good it feels to be greeted by a happy dog or how peaceful it can be to hear a horse munching on some grass in a field. Therapy animals provide so much more than good feelings. Therapeutic riding, for example, can improve balance and muscle strength, improve coordination, improve muscle control, and increase self confidence, self-esteem and self-image. Therapeutic riding can help children and adults with ADD, autism spectrum disorder, cerebral palsy, Down syndrome, brain injury, hearing impairment, speech impairment

as well as other issues.

Daydream Farm in Keyser, WV, offers private and group lessons with PATH (Professional Association of Therapeutic Horsemanship International) certified trainers. Although children under the age of three cannot ride just yet, they can certainly interact with the horses. For more information, contact Genevieve Mallow at [gengene@yahoo.com](mailto:gengene@yahoo.com), 304-813-5767.

4-H offers another great way for kids to connect with animals and each other. Margaret Liskey of Jefferson County's Saddles & Smiles program said they have "a little bit more than horses." The truth is, they have a lot more than horses! Able bodied 4-H volunteers work with special needs kids. Like Daydream Farm, those under the age of three cannot ride, but they can interact with the horses as well as see goats, sheep, rabbits and therapy dogs.

Families meet the third Tuesday of every month at the Jefferson County Fairgrounds from 7:00 – 9:00 p.m. Please contact Margaret Liskey at 304-676-4642 for more information, or visit <http://saddlesandsmiles.com>.

## Libraries are So COOL in the Summer!

**Hampshire County Library in  
Romney: (304)822-3185**

**Berkeley County Library in  
Martinsburg: (304) 267-8933**

**Grant County Library in  
Petersburg: (304) 257-4122**

**Hardy County Library in  
Moorefield: (304) 538-6560**

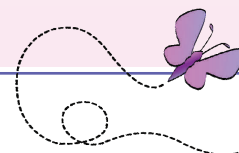
**Mineral County Library in  
Keyser: (304) 788-3222**

**Pendleton County Library  
in Franklin: (304) 358-7038**

**Morgan County Libraries in  
Berkeley Springs: (304) 258-3350**

**Jefferson County Libraries in  
Shepherdstown: (304) 876-2783  
Harpers Ferry: (304) 535-2301  
Charles Town: (304) 725-2208**

**Call to find out about  
Summer Reading  
Programs for Kids!**



# Make Your Own Bubbles!

## What You Need

- Liquid dish soap (Joy or Dawn brands work best. Try to find one that doesn't say 'Ultra')
- Distilled water (tap water is okay, but distilled water makes the best bubbles)
- Clean container with lid
- Glycerin or light corn syrup

## What You Do

Measure 6 cups of water into one container. Then pour 1 cup of dish soap into the water and slowly stir until the soap is mixed in. Try not to let foam or bubbles form while you stir.

Add 1 Tbsp. of glycerin or 1/4 cup of corn syrup to the container. Stir the solution until it is mixed together.

Use the solution right away, but for even better bubbles, put a lid on the container and let the solution sit overnight.

Note: If you used "ultra" dish soap, double the amount of glycerin or corn syrup.

Dip a bubble wand or a straw into the mixture, slowly pull it out, wait a few seconds and then blow. How big of a bubble can you make? How many bubbles can you make in one breath?



## Bubbles

Sung to: "Twinkle, Twinkle"

**Bubbles floating all around**

(pretend to catch bubbles)

**Bubbles fat and bubbles round**

(make a big circle w/ arms)

**Bubbles on my toes and nose**

(point to toes; point to nose)

**Blow a bubble. ...up it goes!**

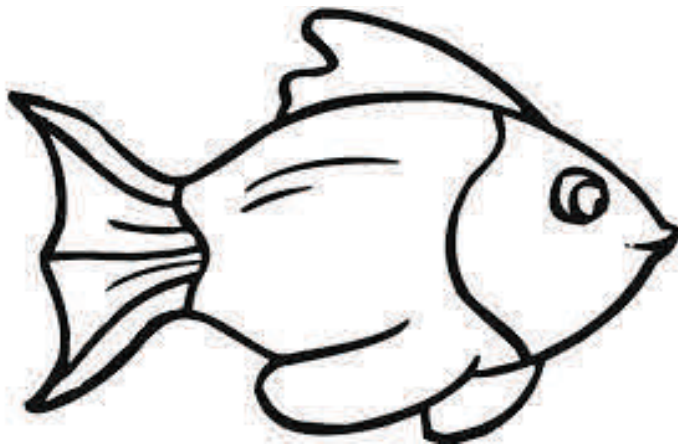
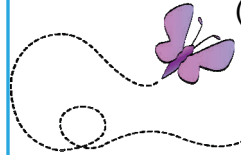
(pretend to blow bubble; point up)

**Bubbles floating all around.**

(pretend to catch bubbles)

**Bub. . .bles fall. . .ing to...the...ground.**

(sing slowly & sink to ground)



## I'm a Little Fishy

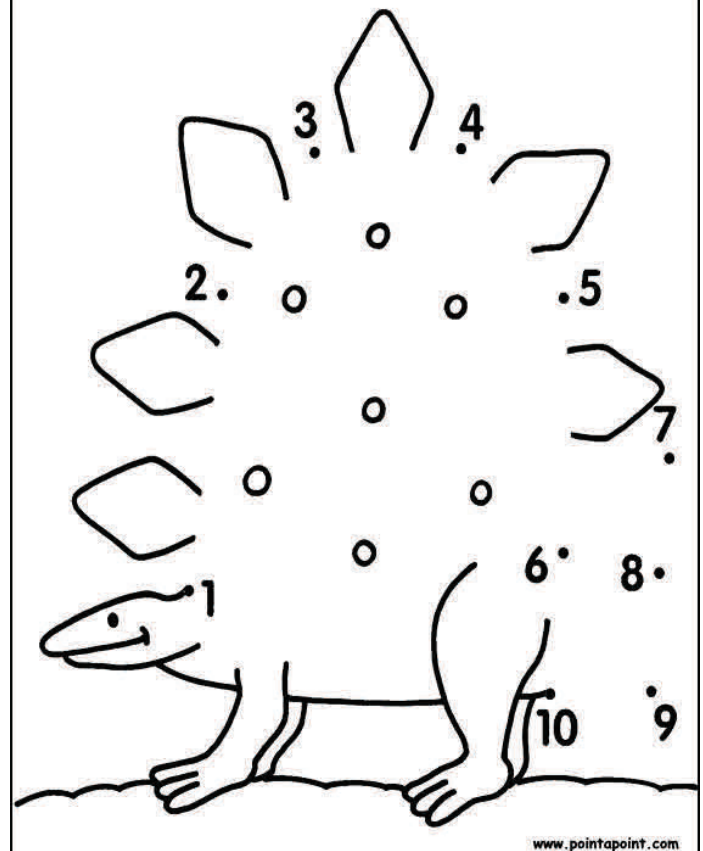
Sung to: "I'm a little Teapot"

I'm a little fishy, I can swim. Here is my tail, here is my fin.

When I want to have fun with my friends,

I wiggle my tail and dive right in.

## Help Dino Count to Ten!



www.pointapoint.com

# Go Green..... Go Green Ice Cream!



Kale and other leafy greens are super foods and should be a regular part of a child's diet. One cup of chopped kale contains 33 calories and 9% of the daily value of calcium, 206% of vitamin A, 134% of vitamin C, and a whopping 684% of vitamin K. It is also a good source of the minerals copper, potassium, iron, magnesium, and phosphorus.

Kale and spinach are great in smoothies and ice cream -- just freeze it! It gets crumbly, but that's okay. Try these or make up your own yummy combination!

## Tropical Coconut Green Ice Cream

- 1 cup coconut milk
- 1 cup frozen spinach or kale
- 1 tablespoon honey
- 1 cup frozen pineapple
- 1 frozen banana
- Flaked coconut for garnish

Blend all ingredients in a high-powered blender. Pour into a container and freeze at least 4 hours. After frozen, remove from freezer and wait about 10 minutes to make scooping easier.

## Mint Chocolate Chip Green Ice Cream

- 1 cup milk
- 1 cup frozen spinach or kale
- 1 teaspoon vanilla
- 1 tablespoon honey
- 1/2 cup mint leaves
- 1 frozen banana
- 1/4 cup mini chocolate chips

Blend milk, greens, vanilla, honey, mint, and banana in a high powered blender. Fold in chocolate chips. Scoop into bowl and freeze for 2-4 hours.

## Creamy Avocado Green Ice Cream

- 1 cup coconut milk
- 1 tablespoon lemon juice
- 1 avocado
- 1 cup frozen kale or spinach
- 1 tablespoon maple syrup
- 1/2 cup plain yogurt

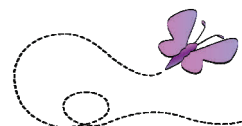
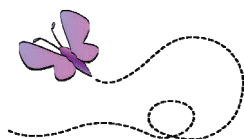


This one is super creamy! It almost didn't need to be frozen. It's kind of like soft serve. Freeze it for about 2 hours anyway and it'll be even better!

## Fresh Creamy Lime Ice Ice Cream

- 1 cup milk
- 1 lime, juiced (just squeeze the lime juice into the blender)
- 2 dates, pitted
- 1 teaspoon vanilla extract
- 1 cup frozen spinach or kale

Blend all ingredients in a high-powered blender. It will be super runny, but pour it into a bowl and put in the freezer. It will take at least 5-6 hours to freeze to your desired consistency.



# Babies and Sunscreen -- What is Recommended?



Sunscreen is OK to use on babies 6 months or older. Younger babies should use other forms of sun protection. Consider these guidelines from the American Academy of Pediatrics, the Food and Drug Administration and the American Cancer Society:

- **For babies 6 months or older.** If your baby is 6 months or older, liberally use sunscreen. Also, avoid exposing your baby to the sun during peak hours — generally 10 a.m. to 2 p.m. — and dress your baby in protective clothing, a hat with a brim and sunglasses.
- **For babies younger than 6 months.** If your baby is younger than 6 months, keep him or her out of direct sunlight. Protect your baby from sun exposure by dressing him or her in protective clothing, a hat with a brim and sunglasses.



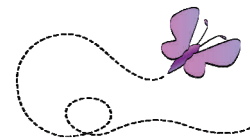
The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or more. Apply sunscreen generously, and reapply every two hours — or more often if your baby is spending time in the water or perspiring.

To avoid irritating your baby's skin and eyes, consider using a sunscreen that contains only inorganic filters, such as zinc oxide and titanium dioxide. Avoid using products that combine sunscreen and the insect repellent DEET, since sunscreen must be regularly reapplied and insect repellent typically doesn't need to be

reapplied.

Remember, just a few serious sunburns can increase your baby's risk of skin cancer later in life. Taking simple steps now can go a long way toward protecting your baby from the risks of sun exposure.

Jay L. Hoecker, M.D.



When choosing baby sunscreen, pick a broad-spectrum sunscreen with an SPF of at least 15.



**It is important know how to correctly install and use your child's car seat. Find a car seat inspection station with this handy locator:**  
[www.safercar.gov](http://www.safercar.gov)



## Empowering Parents

**West Virginia Advocates, Inc. (WVA) is a private non-profit agency dedicated to protecting and advocating for the legal rights of West Virginians with disabilities.**

**They aim to “empower families,” and for children under three, that often means providing information about the transition to school.**

**They have just updated their “*Parents Advocacy Guide to Special Education*,” which can be downloaded at no cost from their website:**

**<http://wvadvocates.org/resources/publications/guides/parents-advocacy-guide/>**

**If families would like a paper version of this important document, they can simply call 1-800-950-5250, and it will be mailed free of charge.**

# MARK YOUR CALENDARS

Saturdays, 10:00 - 5:00, For The Kids By George, 229 E. Martin Street, Martinsburg train station.

304-264-9977 or [www.forthekidsbygeorge.org](http://www.forthekidsbygeorge.org) and Facebook

Saturdays & Sundays, 1:00, Wonderment Puppet Theater, 412 W. King Street, Martinsburg,

304-258-4074 or [www.wondermentpuppets.com](http://www.wondermentpuppets.com)

Daily, 9:00 - 5:00, Smoke Hole Caverns, free for children under 5, 13 miles north of Seneca Rocks.

1-800-828-8478

Daily, 9:00 - 4:30, Seneca Rocks Discovery Center, 304-567-2827

Daily, Jennings Randolph Lake near Elk Garden, 40 picnic sites, 13 miles of shoreline, 87 campsites,

[www.mineralcountywv.com](http://www.mineralcountywv.com)

June 16 - 20, Mineral County Fair (6 weeks early!), Ft. Ashby, 304-298-3712

June 20, 10:00 - 5:00, 14th Annual Jefferson County Farm Day, free self-guided tour showcasing

local farms. 304-725-4325 or e-mail [Vinemont@frontiernet.net](mailto:Vinemont@frontiernet.net)

June 21, Father's Day Car Show, Berkeley Springs State Park

June 27, 12:00 - 6:00, Kidz Power Pac Community Day in the Park, War Memorial Park in Martins-

burg. Free event! To be a sponsor or a volunteer, call 304-268-8778 or visit

[www.communitycombined.org](http://www.communitycombined.org)

July 3 - 4, Fourth of July Petersburg Celebration, 304-257-1725 or <http://visitgrantcounty.com>

July 4, 11:00, Independence Day Parade, Shepherdstown, <http://shepherdstown.info>

July 11, 9:00 - 5:00, Bloomin' Bash at Hillbilly Daylilies in Bunker Hill, a fun-filled day of activities,

bluegrass music, food, vendors, display of antique tractors and steam engines, and thousands of

beautiful daylilies in bloom. 304-229-6698 or [www.hillbillydaylilies.com](http://www.hillbillydaylilies.com)

July 18, 11:00, Irish Road Bowling, Morgan County Fair, Cacapon State Park, 304-258-4958 or

[www.irishroadbowling.com](http://www.irishroadbowling.com)

July 18, 4:30, Good Shepherd Care Givers 5th Annual Rubber Ducky Classic, Town Run Shepherds-

town, 304-876-3325 or [www.gsivc.org](http://www.gsivc.org)

July 25 - August 1, Tri-County Fair in Petersburg, WV, [www.tri-countyfair.com](http://www.tri-countyfair.com)

August 1, 5:30 Matthew Tembo and the Afro Routes, Berkeley Springs State Park

August 1 - 8, 68th Annual Berkeley County Youth Fair, <http://berkeleycountyyouthfair.org>

August 14-16, Annual Jefferson County African American Culture & Heritage Festival, Martin Delany

Opportunity Learning Center in Charles Town, 304-229-7248 or [www.jcblackhistory.org](http://www.jcblackhistory.org)

August 15, 8:00 - 8:00, Fort Mulligan Day, Petersburg, 304-2579266 or <http://visitgrantcounty.com>

August 16 - 22, Jefferson County Fair, [www.jeffersoncountyfairwv.org](http://www.jeffersoncountyfairwv.org)

Try  
This!



June 21 is Father's Day

# Morgan County Starting Points is a Great Place to Start!

Sharol Abdelaal, Program Coordinator for Morgan County Starting Points, describes the resource center's function as "anything we can do to help build a stronger family." Starting Points offers services state-wide, and residents of Morgan County, WV are encouraged to take advantage of this so-called one-stop shop. Services are all free and available to any resident in Morgan County, not only families who may be in financial need. Starting Points offers classes in budgeting, there's a community kitchen, a play group and case management. They also offer parenting classes for expecting mothers to those raising adolescents. Ms. Abdelaal said that grandparents "are really stepping in," and she has been happy to personally witness "great strides" from both sides.

The biggest obstacle, Abdelaal said, is helping residents understand that the services are available to everyone, not just families in need. Clearly, Starting Points has a lot to offer, and families are encouraged to contact them at 304-258-5600, or online at [www.starting-points.org](http://www.starting-points.org) or on Facebook.



## Keep Camp GIZMO in Mind! They Have So Much to Offer the Entire Family!

**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 18 - 22, 2015 on the campus of the West Virginia Schools for the Deaf and the Blind in Romney, WV.

### Who Should Come & What Do We Do?

Families, professionals, college students, and others who want to learn more about assistive technology. "Focus" children are assigned a team of professionals to help families identify and apply new strategies for solving their multiple assistive technology needs.

Professionals and other caregivers involved with these children are encouraged to attend the camp. Labs and workshops will be available to Camp participants daily. Professionals and students attend workshops that meet professional/educational needs or assist the "focus" family.



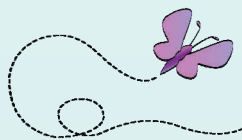
**Do Children Attend?** Kids Camp will be held in conjunction with Camp Gizmo. All children attending the camp with focus families or other participants participate in Kids Camp's educational and recreational activities. Kids Camp is a safe, fun camp experience for children with or without disabilities.

**Can I Receive CEU Credit?** Yes, graduate credit, WV Birth to Three contact hours, WV STARS and others.

**How Much Does it Cost?** Camp Gizmo is an inter-agency funded learning week. Registration includes meals, sleeping accommodations, and Kids Camp. Participant costs:

Focus Families: \$50 for child and two parents/\$25 each additional family member  
Other Camp Participants: \$75 per person/\$25 each additional family member

For more information, visit [http://www.wvearlychildhood.org/Camp\\_Gizmo.html](http://www.wvearlychildhood.org/Camp_Gizmo.html)



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

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).