

WV Birth to Three

Region 1 Newsletter by Parent Partner: Laura White

Fall 2008



"WV Birth to Three"

Parent Partner Position Needed Part-Time
21 Hours per week

A Part-Time Parent Partner Position is available at the Wheeling office. This position covers the four upper counties of Brooke, Hancock, Ohio and Marshall. The applicant needs to be a parent of a child who received WV Birth to Three services. They must possess a high school diploma and be eligible and maintain the WV BTT credentialing system. The responsibilities include family to family support, participation in early childhood monthly meetings, public awareness and support group involvement. Planning, organization, and good communication skills is highly recommended.

Contact

WV Birth to Three

Regional Director—Judy Bischof

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Contact your Parent Partners for more information.

Wheeling

Vacant

304-214-5775

1-800-619-5697

Morgantown

Laura White

304-296-3660

laurawhite@wvdhhr.org



Family Activities and Recent News



Ants in the Sand

Ingredients: 2 Graham Crackers & Chocolate Sprinkles

Ants In The Sand Instructions:

Place graham crackers in a plastic sandwich bag and crush with a rolling pin.

Add a few chocolate sprinkles to make ants, then seal the bag. Give them to the kids to take outside and eat or let them pour it into a small bowl and eat at the table--using their fingers, of course.

Variations: Add raisins (call them beetles), red hots (ladybugs) or mini chocolate chips (spider eggs).

Source: Healthy Treats and Super Snacks for Kids

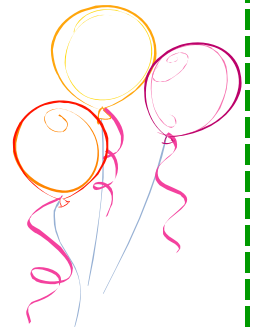
Adapted by: www.cditchen.com



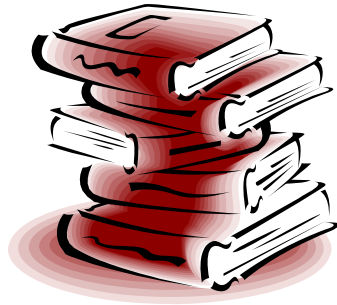
The WV Birth to Three RAU Regional Main Office in Wheeling has recently moved! We are now located at
1025 Main Street—Suite 502 Mull Center
Wheeling, WV 26003

Phone: 1-800-619-5697 or 304-214-5775

Stop in and see us! Parents of children enrolled in WV BTT are always welcomed to visit, review child's records, and access our
Early Childhood Lending Library.



Lending Library



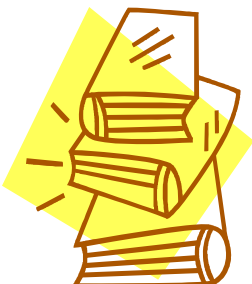
Available in the Morgantown and Wheeling Office

- ◆ Selecting Child Care for Your Baby-VHS & book
- ◆ Understanding SSI Disability for Children- VHS & book
- ◆ 1-2-3 Magic: Managing Difficult Behavior in Children 2-12 years- DVD & book
- ◆ Beyond Baby Talk: A Parent's Guide to language development- DVD & book
- ◆ Caring for Your Baby and Young Child-birth to age 5 - book
- ◆ What to do When Your Child Gets Sick-book

Available in the Morgantown Office

- ◆ Creative Activities For Young Children-book
- ◆ Steps To Independence (A Skills Training Guide for Parents and Teachers of Children with Special Needs)-book
- ◆ Developmental Disorders of Language-book
- ◆ 1,2,3, The Toddler Years-book
- ◆ Someone Special Just Like You-book
- ◆ Infections in Children-book
- ◆ Exercise Program for Young Children 4weeks to 4 years-book

Call your local office:



Wheeling 304-214-5775
Morgantown 304-296-3660
1-800-619-5697

Region One Staff

Wheeling Office

Program Coordinator
Judy Bischof

Interim Service Coordinators

Amanda Rockwell
Nancy Baranski

Parent Partner

(Vacant Position)

Administrative Assistant

Pauline Boring

AARP Volunteer

Margaret Schank

Data Entry

Geralyn Hemmann

Morgantown Office

Interim Service Coordinators

Liz Smailes
Jennifer Dailey

Parent Partner

Laura White

Administrative Assistant

Jennifer Shade

New Martinsville Office

Interim Service Coordinator

Melinda Graham

Calling All Parents !!

WV Birth to Three Region 1 RAU is looking for parents to be a part of the Advisory Council.

If you are available, please call
1-800-619-5697.

Fall Kids Activities and Simple Recipes

We mentioned fall has wonderful opportunities for children to learn, so let's get to some of them. One wonderful activity to combine physical [exercise](#), social interactions, and intellectual development is as easy as a nature walk in the backyard or at a local park. Bring along two shopping bags and tell the children to walk or run and find as many fall items as they can find. When the children have found all they can, or if the bags are full, return to the daycare centre, or if you are caring for children at home, return to your home. When you get back, this is a fantastic opportunity to have an [education](#) circle time.

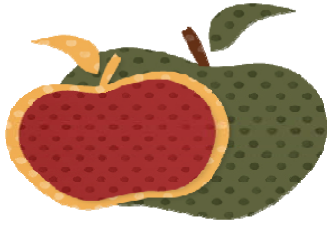
Pull out the different leaves, rocks, sticks, etc. and talk about what they are, what [color](#) they are, why are they on the ground, will they come back in the spring, what season comes next etc. Then you can take all those items and set them on a table with glue and a large sheet of paper for the whole class, or individual sheets for each child and have them create a fall collage.

When the collage is finished it can be posted in the classroom for the children to look at and discuss for days to come. When a few days have passed you can use the collage in that day's circle time and see how many of the items the children remember.

Sleepy-Time Fun: If you have children that nap, or work at a [day care](#) centre where nap times are an everyday routine, here is a fun little activity that brings so much joy to the children's day and actually settles them down. When pumpkins are out for purchase, pick one that is as round and sturdy as possible. Make sure you have a [candle](#) and a good carving knife available for this activity as well. Now you have a classroom activity/circle time all ready to go.

First, make sure the children keep their hands away from the pumpkin and carve out the stem as usual to get to the seeds out. Then have each child scoop out the seeds with their hands or a spoon. Set the seeds in a strainer. Once the pumpkin is empty, wash the seeds and lay them on a paper towel to dry. Next discuss as a class what the teacher should carve in the pumpkin (A face, a shape, pattern, etc.) Then, draw it up and carve it out while singing some [fall songs](#) with the children. When it's all carved out set the candle in it and tell the children that at nap time when it's all dark, you will light the pumpkin for them to look at while they lay down. Find a spot to set it where it is out of their reach but will be viewable for all of them. Also never leave the pumpkin unattended when lit. If there will not be an adult in the room at all times it is wise to blow the candle out.

When sleep time is over, a great snack would be to extend the activity from earlier that day and make yummy toasted pumpkin seeds with a bit of butter and salt. By this time they should be all dried off and ready to go in the [oven](#). They only take a few minutes in the oven and it is a great experience for the children. The cooking of the seeds can and should all be teacher led, but the children will enjoy having such a big part of it all. You can serve the seeds alone, or for a heartier snack add veggies and dip or crackers and cheese with fresh juice or milk. We hope this has given you great ideas for fall. The possibilities are endless.



Back To School



MAKING THE FIRST DAY EASIER

- Remind your child that she is not the only student who is a bit uneasy about the first day of school. Teachers know that students are anxious and will make an extra effort to make sure everyone feels as comfortable as possible.
- Point out the positive aspects of starting school: It will be fun. She'll see old friends and meet new ones. Refresh her memory about previous years, when she may have returned home after the first day with high spirits because she had a good time.
- Find another child in the neighborhood with whom your youngster can walk to school or ride with on the bus.
- If you feel it is appropriate, drive your child (or walk with her) to school and pick her up on the first day.

BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the student's body weight.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

Walking to School

- Make sure your child's walk to a school is a safe route with well-trained adult crossing guards at every intersection.
- Be realistic about your child's pedestrian skills. Because small children are impulsive and less cautious around traffic, carefully consider whether or not your child is ready to walk to school without adult supervision.
- Bright colored clothing will make your child more visible to drivers.

DEVELOPING GOOD HOMEWORK AND STUDY HABITS

- Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.
- Set aside ample time for homework.
- Establish a household rule that the TV set stays off during homework time.
- Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.

If your child is struggling with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

Community Resources & Upcoming Events

WV Birth to Three Orientation Training: On Sept. 18 at the DHHR Office (Conference Room) 400 5th St. Parkersburg, WV Time- 8:30am-4:30pm —to register go online www.wvdhhr.org/birth23. Orientation trainings are open to the public and free of charge.

All Counties: Nursing Mothers Support Group, held Saturdays, for more information please call Kim Connor, (304) 242-5751; Jean Cooper, (740) 633-4294; or Kelly Kramerick, (740) 695-0649.

"New"

Marshall County: Support Group/Special Needs This group will meet Monday, Sept. 29 at the Moundsville Library at 6pm. The group will be open to all families with special needs children young and older. For other information please contact: Pat Elliott 304-845-6869

Marion County: Autism Support Group—held 1st Tuesday of every month at East Fairmont High School in the library at 6pm. Contact: Cindy Puskas 304-986-3605

Monongalia County: Community Baby Fair —Morgantown Mall
September 20th - 10am-2pm. WV Birth to Three will offer developmental screenings.

Wetzel County: Playgroup: Wetzel County Center for Families and Children
Starts Sept. 5 on Fridays 10am-11am and 11:30-12:30. Call Marsha 304-455-2468

Wetzel County: Story Hour—New Martinsville Library
Starts Sept. 9 on Tuesdays 11am. Please call for more information 304-455-4545

West Virginia Birth to Three Region 1 RAU is a program of Catholic Charities WV and the Diocese of Wheeling/Charleston. West Virginia Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.



WV Birth to Three Region 1 RAU

Wheeling Office

1025 Main St.
Suite 502
Wheeling, WV
26003

(304) 214-5775

Morgantown Office

965 Hartman Run Rd
Suite 1103
Morgantown, WV
26508

(304) 296-3660

New Martinsville Office

1236 North State
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26155

(304) 455-0920 ex 251

1-800-619-5697

www.wvdhhr.org/birth23



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