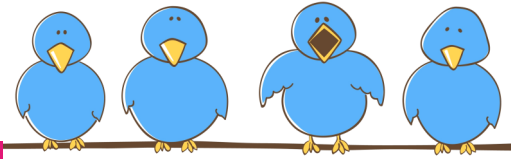


Tips and Tweets!



WV Birth to Three

RAU-1 Newsletter

By Parent Partner: Pat Elliott

**Need Help
or Resources**



years old?

They may be eligible to receive diapers on their insurance card if
the diagnosis supports it!

Call

1-800-374-3795

The friendly staff at Family Medical Supply can help!



Spring is Here!

Sang to the tune of "Are You Sleeping?"

Spring is here.

Spring is here.

Goodbye, snow.

Flowers grow

Birds and bees,
leaves on trees.

Hello, spring.

Hello, spring.

-fashion-kid.net





Flower Painting

1. Gather your materials. You will need some petals, or a full flower stem, a dish, paint and paper.
2. Pour a little paint in the dish, dip your flower in.
3. Start painting. Got weeds at home? Dandelions would work beautifully for this!
4. Add another color and keep going.

-familyeducation.com



Top 9 Choking Foods

1. Hot dogs are one of the most common foods that children choke on. To minimize risk, cut them lengthwise and then chop them up into very small, irregular shapes.
2. To make carrots a little safer, finely shred them, or cook them until they are a mushy consistency throughout.
3. Apples, along with other firm fruits, should be chopped into very small, manageable pieces, or cooked until mushy throughout.
4. Grapes should always be cut in half before you give them to your young child. If the grapes have seeds, make sure to remove them as well.
5. The size and shape of nuts make them very dangerous for young children to consume whole, and should be avoided.
6. A large dollop of peanut butter can be hard for kids to swallow all at once. The safest way to eat it is to spread a thin layer on crackers or bread. It's also a good idea to serve it with something to drink. (Peanuts and peanut butter also pose an allergy risk. Be sure that it's safe for your child to eat before serving.)
7. Soft foods like marshmallows can easily get lodged in your little one's throat. It's best to avoid giving marshmallows to young children.
8. It is best to avoid giving young children any gum or hard candy. Children can inhale the candy or gum if they laugh, take a deep breath, or try to swallow it whole.
9. The size and shape of popcorn make it a very easy food to choke on. It is best to avoid giving young children. Maybe try hullless popcorn!

-familyeducation.com



Rain, rain, go away,
Come again another day;
Little Johnny wants to play.



Rainy Day Fun!

Pretend to go camping.

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

Play Taxi

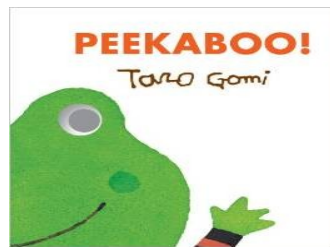
Pretend play can begin during the toddler stage if you lead the way. Place two chairs side by side and pretend you are the taxi driver. Ask your toddler where to go, giving suggestions, if needed. Talk about all the things you pretend to see along the way and talk about what you will do when you get there.

Tips After a diagnosis:

So getting a diagnosis is the first step to helping your child with special needs -- what's the next one? Often, your direction will be determined by your child's particular disability, but here are some follow-ups that are common to most families.

1. **Consider getting a second opinion.** If you have any doubts about the diagnosis or about the doctor who gave it to you, seek out a second opinion. Some disabilities are diagnosed on the basis of tests that are definitive, but others rely on a large degree of interpretation and professional judgment.
2. **Let yourself mourn.** Once you've accepted a diagnosis, it's natural to go through a period of mourning for the "perfect" child you've dreamt of and the life that your child and your family will not have. This doesn't mean you've given up or don't think your child will have a valuable and fulfilling life. It just means you have to close one chapter before you can start the next one.
3. **Read everything you can find.** If there are books on your child's disability, find them and read them. Become an expert not only on your child but on your child's condition. Ask the doctor to recommend some good books on the subject. Comb the Special Needs shelves of bookstores and libraries. In addition to making you better informed, reading can help you feel like you're doing something even if you're not emotionally ready to do much else.
4. **Share with family and friends.** You may fear the judgments and reactions of others when you tell them the news of your child's special needs, and indeed you may not get the response you hope for from everyone you love. But support from a close circle of family and friends is one of the most important resources parents of children with special needs can have, and people can't support you if you don't give them a chance.
5. **Find a support group.** Friends and family can help in many essential ways, but they may never be able to understand what parenting your child is really like. That's where support groups come in. You may be able to find a live support group in your area through organizations dedicated to your child's particular disability; through parent-to-parent programs; or through your early intervention service provider.
6. **Start lining up services.** If your child will be needing early intervention or special education services, don't wait to make the first phone calls to set that in motion.

-<http://specialchildren.about.com/>



It's more than a book—it's a mask! Every spread includes a funny fact about featured creatures, from bears to robots. And young readers will squeal in surprise to find that when this board book is opened, the eye-sized die-cuts allow each spread to become a mask! Kids will have a blast posing as a fly-eating frog or a mouse-chasing cat. Sure to be a hit during both story time and playtime!

-Amazon.com

10 activities that are really chores in disguise:

1. Give your toddler a bin with warm soapy water and have them wash their plastic toys with a small sponge.
2. Pair loose socks.
3. Make a square of tape on the kitchen floor and scatter some dry pasta around. Have your toddler practice sweeping the pasta into the square.
4. Set out three kinds of toys and three baskets and have your toddler sort the toys according to type (blocks, dolls, cars, etc.).
5. Let them set the table by putting paper plates, napkins, and plasticware at each chair.
6. Give them a lint roller and let them run it over the furniture. You can sprinkle sequins around to make it more fun!
7. Dust some silverware with flour and let your toddler use a damp cloth to clean them up.
8. Let your toddler use a handheld strainer to sprinkle baking soda around the carpet to freshen it before you vacuum.
9. Sort laundry into whites and colors before you put it in the washer. See how much your toddler can do without your help.
10. Use Ivory soap to draw on any mirror or window and then let them wash their drawings off with warm water and a sponge.

-everclevermom.com

11.

*All Activities require adult supervision and participation. Please be aware of allergies and small parts.

WV Birth to Three

Region 1 RAU

Is your child moving, hearing, seeing, learning, talking like other their age? If you have any questions give us a call!

Wheeling Office

2000 Main St.
Suite 222
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
Route 2
New Martinsville, WV 26155
(304) 455-0920 ext: 251

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

1-800-619-5697

www.wvdhhr.org/birth23



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