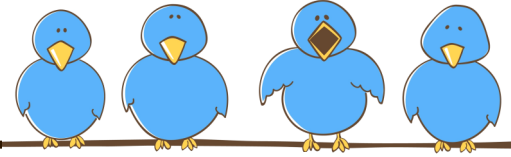


Tips and Tweets!



WV Birth to Three

RAU-1 Newsletter

By Parent Partner: Pat Elliott

hello
spring! 2016

Share Your
STORY!

Contact your
Parent Partner!
Pat Elliott
304-214-5775
pellott@ccwva.org

My son, Nickolas, decided to join the world early...very early...at 30 weeks gestation. He showed physical delays from early on and I was prompted to contact WV Birth to Three as soon as possible for early intervention on his behalf. Learning about Birth to Three as a first time parent of a special needs child was a life saver!

Being a first time parent is difficult enough, let alone having to learn the resources available for a special needs baby. He was diagnosed with cerebral palsy not long after starting with Birth to Three. He received top notch care and intervention from the Birth to Three therapists during his duration. The therapists took time with both Nickolas and I during every visit. We joined together as a team to create goals for his developmental success. Nickolas and I created relationships and friendships with the therapists that will last a lifetime.

My only complaint, would be the brevity of the services offered...three years of age is too young to end the in home services. I advocate for increased funding for the Birth to Three services and a continuation to age five. Being an educator myself, I know how important early intervention is. WV Birth to Three services were an integral part of Nickolas's early development. They helped him get the start he needed to be a success! You should see him now! So proud of him! (Pictured below Nickolas Perloski and his younger brother)

-Jennifer Perloski, Nickolas's Mom



PARENTING - A NEW - BABY

When it comes to caring for those little ones, there is so much to learn! Even though most new parents have eight or so months to prepare for the arrival of their baby, they can still feel overwhelmed and find it difficult to imagine what to expect.

COLIC

Around **ONE IN FIVE** babies suffer from colic

It can be very **STRESSFUL!** Stay calm and comfort your baby

This can occur at the same time **EVERY DAY**

This is a kind of abdominal pain, associated with **TRAPPED WIND**

Colic normally stops by the time babies are **3-4 MONTHS OLD**

CRADLE CAP

Cradle cap is characterised by **SCALY, CRUSTY, PATCHES** on your baby's scalp

It is most commonly found in **NEW BORN BABIES**

It can be alleviated by massaging a little **OLIVE OIL** onto your baby's head and shampooing it off

Do not be tempted to pick at the scaly patches as this will make your baby's scalp sore and can **LEAD TO AN INFECTION**

Cradle cap is not painful and usually clears up in time

brainer max BOIRON alpha pharmacy



"Don't miss all the beautiful colors of the rainbow looking for the pot of gold." -Unknown

Let's go to the beach!

This Beach Access Chair is available for loan through the WVCED!!! Call 1-800-841-8436 or go to vll.cedwvu.org for more information!!!



**WEST VIRGINIA'S ASSISTIVE TECHNOLOGY
LOAN LIBRARY AND EXCHANGE SYSTEM**



GREAT NEWS!

PROJECT LIFESAVER is now available in all of Region One!

Project Lifesaver International is a nonprofit organization, the first pioneer to successfully track, with GPS band technology, individuals that have an intellectual disabilities that tend to get lost or wander off.

Hancock County Sheriff's Office

102 North Court Street
New Cumberland, WV 26047
Phone: 304-564-4100

Brooke County Emergency Management Agency

205 Court House Square
Wellsburg, WV 26070
Phone: 304-737-7094

Ohio County Sheriff's Office

51 Sixteenth Street
Wheeling, WV 26003
Phone: 304-234-3881

Marshall County Project Lifesaver

601 Sixth Street
Moundsville, WV 26041
Phone: 304-845-2050

New Martinsville Police Dept.

193 Main Street
New Martinsville, WV 26155
Phone: 304-904-8970

Tyler County of Emergency Management

P.O. Box 238
Middlebourne, WV 26149
Phone: 304-771-3674 (Tom)

Monongalia County Sheriff's Dept.

116 Walnut Street
Morgantown, WV 26505
Phone: 304-290-1910

Marion County Sheriff's Dept.

316 Monroe Street
Fairmont, WV 26554
Phone: 304-367-5300



Social Skills and Emotional Skills: What to Expect at Different Ages

Kids mature and develop at different paces, but there are certain social and emotional milestones you can expect at different ages. Keeping track of your child's progress as social and emotional skills develop can help reveal potential issues. The following timeline shows what's considered typical behavior as a child develops.

By 2 months

- Start to smile and look directly at you
- Cry to get needs met
- Occasionally self-soothe by sucking on hands and fingers

By 4 months

- Smile and play spontaneously
- Cry when you stop playing
- Begin to engage with you by imitating faces you make

Infants and Babies

By 6 months

- Are more aware of which people are familiar and which are strangers
- Can respond to your emotions by crying, laughing, and smiling
- Enjoy looking in the mirror

By 9 months

- Start to show stranger anxiety
- Start to prefer some toys over others
- May cry when familiar faces aren't around

By 12 months

- Play favorites with familiar people
- Are more interactive (ex. Handing you a toy)
- Enjoy simple interactive games like "peekaboo"

Between 18 months and 2 years

- Have more temper tantrums and more defiant as communication increases.
- Begin simple pretend play, by imitating what adults and other kids do
- Become interested in playing alongside other kids but not play with them.

Baby Car Kit (Always be prepared)

Here's the list of everything in the car kit:



- diaper changing pad clutch
- change of clothes for me
- baby wipes
- antibacterial wipes
- change of clothes for baby (one piece outfit, socks, hat)
- disposable nursing pads
- pacifiers

-www.twotwentyone.com

Parenting Ages and Stages App:

Get this **FREE** parenting app! This app features info on everything from stretch marks to breastfeeding, potty training, disciplining and more. Customize the app to match the stage in your pregnancy or the age of your child(ren). It's like having a parenting encyclopedia with you everywhere you go.

-www.parenting.com



The MOMMY Book



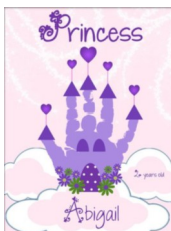
With his trademark childlike art, Todd Parr celebrates all different kinds of mothers. Whether mommies work far away or at home, cook or order pizza, they are all lots of fun and filled with love. <http://www.amazon.com>

Handmade Mother's Day Gifts are the BEST!

What you need:

- Acrylic Paint
- Card Stock
- Markers
- Imagination!

-Many ideas available at Pinterest.com



"The Way We Talk To Our Children Becomes Their Inner Voice"

-Peggy O'Mara

9 THINGS KIDS look for in a babysitter

Energetic



One mom found her twin boys always got along best with sitters who were energetic and play games they liked to play – especially pillow fights.

Extroverted

Kids want their babysitters to be creative and talkative extroverts who will relate to their level of play and do fun activities.



Kind



Kids want to feel like the person who is taking care of them actually likes them and is happy to spend the day with them, someone who is kind to their kids, too.

Open-Minded

It's no secret that kids love to play. So a sitter who is willing to play how your kids want to play is a must. Kids like people who aren't afraid to be silly.

Fun



The best babysitters have kids smiling ear to ear while they're doing something productive yet fun and that's exactly what kids want.

Creative



Kids have a lot of energy. To keep them entertained, a babysitter needs to be really creative. Being able to think of new ideas is especially imperative for toddlers with short attention spans.

Establishes Boundaries

Kids also like routine. Even if they don't realize it, they thrive in a predictable environment.

Responsible



All children, regardless of age, want a sitter who makes them feel safe. This is absolutely essential. They need to feel like they can trust the sitter and her judgment.

Intelligent

Whether they admit it or not, kids like to be challenged. Babysitters should be educated and able to keep up with your child's questions and curious nature.

-Care.com

*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



Or Current Resident

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Catholic Charities WV
WV Birth to Three
2000 Main Street, Suite 222
Wheeling, WV 26003