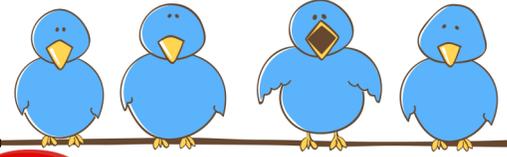


Tips and Tweets!



WV Birth to Three

RAU-1 Newsletter, By Parent Partner: Pat Elliott

Summer 2016

WV Birth to Three Webinars! Parents & Caregivers Invited!

Topics have included:

- Resources
- IDEA & Part C
- WV SenseAbilities Project
- Assistive Technology
- Early Signs of Autism
- Sensory Processing Disorder
- Much More!



Visit us to Register at: <http://www.wvdhhr.org/birth23>

THE FAMILIES CONFERENCE Save the Date

This year The Families Conference will be having FOUR one day conferences. Breakfast and lunch will be provided. The topics for this conference will be: Waiver, Education/IEP, Transition Youth and Available Recreation Opportunities.

Breakfast and Lunch will be provided. Daycare will be available for the day. The morning activities will consist of speakers and the afternoon will be time for the families to meet with the speakers and the respective local community partners. We will have individuals from the DHHR on hand to go over financial eligibility as well as the social security administration. There will be many other partners there as well.

Locations:

- October 15 in Elkins
- November 5 in Charleston
- March 11 in Morgantown
- April 8 in Beckley



For more information please contact:

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Charleston, WV 25301
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| BABY STAGES | | | | |
|-------------|---------------------------------|-----------------------------------|--|------------------------------------|
| | Diet | Physical | Language | Cognitive |
| 1 Month | Breast Milk or Formula | Lifts head when lying on tummy | Cries for wants and needs | Responds to sound |
| 2 Months | Breast Milk or Formula | Holds head up for short periods | Vocalizes with gurgles and coos | Follows items in field of vision |
| 3 Months | Breast Milk or Formula | Holds head steady | Smiles and laughs | Visually tracks moving objects |
| 4 Months | Breast Milk or Formula | Can bear weight on legs | Coos in conversation | Aware of labels on people/things |
| 5 Months | Breast Milk or Formula | Plays with own hands and feet | Coos in conversation | Distinguishes bold colors |
| 6 Months | Can switch from puree to chunks | Rolls over in both directions | Imitates sounds | Turns to sounds and voices |
| 7 Months | Ready for solid foods | First teeth sprout | Jabbers | Experiences stranger anxiety |
| 8 Months | Begins with softer solid food | Passes objects between hands | Says "mama" or "dada" | Searches for hidden objects |
| 9 Months | Can manage finger foods | Steadies self when standing | Combines syllables | Knows object permanence |
| 10 Months | Drinks from sippy cup | Crawls well with belly off ground | Waves goodbye | Finds hidden objects easily |
| 11 Months | Tries to feed self | Can stand for a few of seconds | Uses "mama" or "dada" properly | Understands simple direction |
| 12 Months | Starts using spoons | Indicates wants with gestures | Knows more than one word | Imitates others' activity |
| 18 Months | Can chew with lips closed | Can stack four blocks | Strings together simple phrases | Imitates reading board books |
| 24 Months | Can feed self | Can walk down stairs | Half of speech is understandable | Can name six body parts |



Do you want to make a difference in the lives of other families who have children with special needs?

HERE IS YOUR CHANCE!

The WV Birth to Three Council is currently accepting parent nominations.

Come and join other families from around the state who share the same interests as you. Where the common goal is to help better the lives of AMAZINGLY special children and families!

We want you hear **YOUR** voice, for you are the **EXPERTS** in your field!

Parents who are members of the Council will receive reimbursement for their travel and child care expenses. In addition, they will receive a stipend for participating.

For more information, Call 866-321-4728 and ask to speak to your local Parent Partner



WV Early Intervention
Interagency
Coordinating Council

99 Edmiston Way Ste 201
Buckhannon, WV 26201

304-471-3443
f - 304-471-3441

<http://www.wveilcc.org>

Sorting Emotions

Simply create two pockets or use two containers and place a happy face on one and sad face on the other. Get photos of faces of people that have facial expressions of happy and sad, You can find these in magazines, Google images, etc. Have the toddler "Sort the Emotions"
-Parent Partner, Pat Elliott



How to make Salt Dough

Mix Together:

- 2 cups of plain flour
- 1 cup of salt
- Up to 1 cup of water

(add the water in slowly as you may need less)

Knead the mixture into a dough and get creating!



Salt Dough Fingerprint Flowers

www.meaningfulmama.com



Fingerprint Flowers

1. Roll out salt Dough to desired thickness
2. Use flower cookie cutters to cut out flower
3. The child then can make fingerprints on the petals.
4. Take a drinking straw and put holes in the tip of a petal if you would like to hang these
5. Bake these at 250 for 2-3 hours.
6. After cooled you can paint with acrylic paint and seal with Mod Podge!

Binky



What could be worse than misplacing something really important to you? Your toddler will be captivated and may even relate to the desperation this toddler feels as he looks for his lost binky. The endearing illustrations draw the reader in to feel the growing panic of the toddler as his unsuccessful search for the binky continues. Finally, when the beloved object is found, all is well again in the world!
-Available at Amazon.com



Food Your Toddler Can Help Prepare!

Ingredients:

Nilla Wafers
Creamy Peanut Butter or Nutella
Rainbow Nonpareil Sprinkles
Banana

1. Peel and slice banana into thin disks
2. Place one Nilla wafer upside down and spread on a thin layer of creamy peanut butter or Nutella
3. Take one banana disk and roll it in sprinkles - completely coating only the edges. Place it on top of Nilla wafer coated in peanut butter/Nutella
4. Spread a thin layer of creamy peanut butter on the inside of a second Nilla wafer and place it on top of sprinkle coated banana disk to create a sandwich.

Enjoy!



**RAINBOW
BANILLA BITES**

<http://ahelicoptermom.com/>

RAINY DAY ACTIVITIES!



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

Sun Safety Tips for Infants

Here are some things to keep in mind this summer when outside with infants:



- Keep your baby in the shade as much as possible.
- Consult your pediatrician before using any sunscreen on your baby. If you do use a small amount of sunscreen on your baby, don't assume the child is well protected.
- Make sure your child wears clothing that covers and protects sensitive skin. Use common sense; if you hold the fabric against your hand and it's so sheer that you can see through it, it probably doesn't offer enough protection.
- Make sure your baby wears a hat that provides sufficient shade at all times.
- Watch your baby carefully to make sure he or she doesn't show warning signs of sunburn or dehydration. These include fussiness, redness and excessive crying.
- Hydrate! Give your baby formula or breast milk if you're out in the sun for more than a few minutes. Don't forget to use a cooler to store the liquids.
- Take note of how much your baby is urinating. If it's less than usual, it may be a sign of dehydration, and that more fluids are needed until the flow is back to normal.
- Avoid combination sunscreens containing insect repellants like DEET. Young children may lick their hands or put them in their mouths. According to the AAP, DEET should not be used on infants less than 2 months old.
- If you do notice your baby is becoming sunburned, get out of the sun right away and apply cold compresses to the affected areas.

-http://www.fda.gov/

***Swaddling is recommended for newborns up to three months of age.**



www.buzzfeed.com

family sponge

HOW MUCH SLEEP DO CHILDREN NEED?

| AGE | AVG SLEEP NEEDS |
|-----------------------------|-------------------|
| Newborns (0 to 2 months) | 12 to 18 hours |
| Infants (3 to 11 months) | 14 to 15 hours |
| Toddlers (1 to 3 years) | 12 to 14 hours |
| Preschoolers (3 to 5 years) | 11 to 13 hours |
| School age (5 to 10 years) | 10 to 11 hours |
| Teens (10 to 17 years) | 8.5 to 9.25 hours |
| Adults | 7 to 9 hours |

FamilySponge.com

Why Didn't I Think Of That!?

Do you have a sick kiddo? Are you worried about missing a dose? Check out this mommy tip! Simply draw a chart on the medicine bottle with a permanent marker and check off when you've given your child the medicine! -www.howdoesshe.com



Put a Command hook on the back of your child's high chair to store bibs.
-www.howdoesshe.com

Parenting pointers!



The moment a child is born, the mother is also born.

-Rajneesh

"You don't need to try and change the whole world, just change one child's world for the better and the ripples that follow will lead to change in the world."

-Bridgett Miller

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!

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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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