

Connecting the Dots

WV Birth to Three RAU-1 Newsletter - Summer 2017 Edition

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Did You Know?

We have created a Facebook page for our friends and families! Like **Catholic Charities West Virginia Birth to Three RAU-1** on Facebook for important updates, events in your community and information on how BTT is supporting our families.



<https://www.facebook.com/Catholic-Charities-West-Virginia-Birth-to-Three-Rau-1>

Are you interested in having your family's story featured in an upcoming newsletter?

What would you like to see in our next edition?

Your feedback is invaluable to me!
E-mail me at jjeffers@cccwva.org!

From Parent to Parent Partner

Jade Jeffers, RAU-1 Parent Partner

My son, Camden, was born on a rainy Thursday afternoon in April at just over 35 weeks gestation. Despite making his arrival earlier than we had anticipated, my pregnancy with Cam was easy and uncomplicated. We had no indication during my pregnancy or at birth of the challenges that he would face.

Cam was enrolled in a top-notch daycare program when I had to return to work after 13 weeks of maternity leave. When Cam was nearing his first birthday, both the staff and I realized that he was no longer meeting milestones for a child his age. We had been battling stubborn ear infections and respiratory issues, but his pediatrician had made no mention of the physical and speech delays that we had all begun to notice. I demanded a referral to Birth to Three, a decision I will never regret.



The very next week, I described Cam's delays to an amazing woman who became our Service Coordinator and my friend. Cam was found eligible and we selected a fabulous team, and he began receiving Physical Therapy, Occupational Therapy and Speech Therapy on a weekly basis. When Cam began his journey with BTT, he had limited use of his left side and spoke less than ten words. His left arm was held straight and stiff to his side, with his hand tightly clenched into a fist and his wrist flexed. His vocabulary was limited to repetitive sounds, such as "Ma Ma" (me) and "Ba Ba" (Briar, his puppy). He was frequently becoming frustrated at home because he couldn't play like his big sister, Ava, whom he idolizes.

Cam's third birthday gave me so many mixed emotions—I was thankful that because of the therapy he received, his physical limitations were nearly gone and his speech had improved tremendously, but I was sad that we would be leaving our BTT family behind. Thanks to the amazing transition services provided by BTT, we were able to put an IEP in place for ongoing speech therapy, which still continues today.

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Sun Safety Tips!

- **Seek shade.** UV Rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella, or a pop-up tent. Use these options to prevent sunburn, not to seek relief after it's happened.
- **Cover up.** When possible, long-sleeved shirts and long pants and skirts can provide protections from UV rays. Clothes made from tightly woven fabric offer the best protection. A wet t-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing certified under international standards comes with information on its ultraviolet protection factor.
- **Get a hat.** Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sun-screen.
- **Wear sunglasses.** They protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.
- **Apply sunscreen.** Use sunscreen with at least SPF 15 and UVA and UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outdoors and reapply per the manufacturer's instructions. Don't forget to protect ears, noses, lips and the tops of feet.—*cdc.gov*



From Parent to Parent Partner (continued)

When I learned that BTT was seeking a Parent Partner for our region, I immediately jumped at the opportunity. I'm excited to begin a career that I'm passionate about, working with families who are beginning a new journey with their children.

My goal as a Parent Partner is to promote awareness in our community about the benefits of Birth to Three, provide support and guidance to families currently receiving our services, and

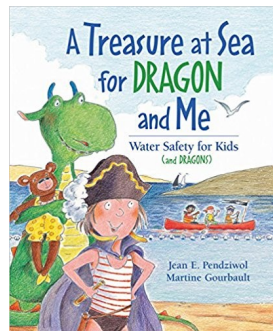


reach out to families that have children with developmental delays or that may be at risk for developmental delays. Please reach out to me at any

time—I'm here to support you!

Please reach out to me at (304) 214-5775 or jjeffers@cccwva.org!

Summer Reading List



In **A Treasure at Sea for Dragon and Me**, fun and safety go hand in hand as a little girl and a dragon spend a hot summer day at the beach. The two friends build castles in the sand, splash and swim, and race a boatload of pirates to a hidden treasure. As they play, the girl teaches her irrepressible friend to be water smart.—*available on Amazon.com*



In **Once Upon a Dragon**, after a thump-bumping ride on a slide, a little girl and her dragon friend find themselves inside a fairy-tale book. The stories are familiar, and there's lots of silly fun as the dragon is transformed into fairy-tale characters. But danger lurks in the form of strangers - including the hungry wolf from Little Red Riding Hood and Snow White's evil stepmother. And it's up to the girl to keep an eye on the dragon, who walks alone through deep dark woods and takes treats from people he doesn't know. Little by little, the girl teaches her irrepressible friend to be careful about strangers.—*available on Amazon.com*

Summer Bucket List!

1. Go for a hike.
2. Scrapbook.
3. Catch fireflies.
4. Go to the Zoo.
5. Tell funny ghost stories.
6. Go to the playground.
7. Pick flowers.
8. Have a water gun fight.
9. Take a bike ride.
10. Make s'mores.
11. Fly a kite.
12. Have a slumber party.
13. Build a blanket fort.
14. Bake cookies.
15. Play in the sprinkler.
16. Make paper airplanes.
17. Go on a scavenger hunt.
18. Plant a garden.
19. Swim in a lake.
20. Tell silly jokes.
21. Watch a movie.
22. Go on a picnic.
23. Play cards.
24. Have a pillow fight.
25. Make ice cream.
26. Play in the mud.
27. Thumb wrestle.
28. Go to the museum.
29. Play hide and seek.
30. Blow bubbles.
31. Visit the library.
32. Make origami animals.
33. Build a sand castle.
34. Sing a song.
35. Take pictures.
36. Make shadow puppets.
37. Build a campfire.
38. Play Simon Says.
39. Draw with sidewalk chalk.
40. Start a nature journal.
41. Play a board game.
42. Make homemade popsicles.
43. Play charades.
44. Play Rock Paper Scissors.
45. Put on a magic show.
46. Water balloon fight!
47. Go cloud watching.
48. Play hopscotch.
49. Go fishing.
50. Do a puzzle.
51. Have a tea party.
52. Play dress up.
53. Climb a tree.
54. Play with a cardboard box.
55. Tour a fire station.
56. Get a pet rock.
57. Go bird watching.
58. Find a four leaf clover.

www.pinterest.com

Sensory Fun—A Pouring Station

Materials: needed: under the bed storage tub, containers, water and food coloring!

Is there anything better than a concentrating toddler dumping water all over the place? This activity takes seconds to set up and hold's toddler attention spans for so much longer.

I used my trusty under the bed tub for this activity just to keep things in a nice even space. Outside, you're probably good to just set this up and go – it's my personal preference to have it in a bin even on my patio. Also, make sure to vary the size of your containers so your toddler can practice filling different capacities.



www.busytoddler.com

West Virginia Birth to Three Region 1 RAU

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

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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.

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