



Connecting the Dots...

West Virginia Birth To Three RAU-1, Catholic Charities WV -Summer 2024 Newsletter

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A Note From our Parent Partner

Hi! My name is Megan Ours, and I'm the Parent Partner for Region One and the writer of the quarterly newsletter. I am a boy mom through and through to two boys, who have both been a part of Birth to Three.

Just like that ,Summer is here! It feels so good to be outside again without having to freeze your tail off! I'm hoping 2024 is the year of good things and incredible adventures. What are you looking forward to this Summer?

Please do not hesitate to reach out to Megan Ours, Parent Partner, at (304) 214-5775 or via e-mail at mours@ccwva.org, and please follow us on Facebook at West Virginia Birth to Three RAU-1, Catholic Charities for the latest program updates, new resources, and activities for you and your family.

Make a referral:

Please Call 1-800-619-5697

Or email: referralsWVBTTrau1@ccwva.org

To access referral form visit:

<https://www.wvdhhr.org/birth23/referral.asp>

"Like" us on Facebook by searching "West Virginia Birth to Three RAU-1, Catholic Charities" or by scanning the QR code below.



Share Your Story

We'd love to hear and share your family stories!

Family stories are an invaluable way to show the impact that our program makes. If you are interested in sharing your family's story and experience, please contact Megan Ours at (304) 214-5775 or mours@ccwva.org

Activities

Pom Pom Caterpillar

Check out this fun little craft, where you can make your own caterpillars! Good thing is these ones can't roam around your house!

For this activity you'll need green paper, a green marker, scissors, glue, googly eyes, and pom poms.

To get started draw your leaf on your paper with a green marker. Next, you will cut out your leaf for your caterpillar friend. Then add glue however you would like onto the leaf cut out and begin to place the pom poms on top. Lastly, add some googly eyes to bring your critter to life!

Adapted from <https://www.easypeasyandfun.com/caterpillar-pom-pom-craft>

All activities require adult supervision and participation. Please be aware of small parts that could pose as a choking hazard.



Fine Gross Motor Activity- String the Cheerios

Stringing cheerios on a string is a great fine motor activity for kids. You can even turn them into fun little necklaces or bracelets!

For this you will need cheerios, pipe cleaner and/or string.

Start by using something that holds its shape (e.g. a pipe cleaner or piece of uncooked spaghetti) and string Cheerios across. To progress this activity, use a string. The use of two hands for completing two different tasks simultaneously and the visual motor coordination required for inserting the lace through the hole are precursor skills for attaching the pin of a zipper and pulling the slider up the chain.



Adapted from <https://napacenter.org/fine-motor-activities/>

All activities require adult supervision and participation. Please be aware of small parts that could pose a choking hazard.

Why Does My Toddler Try to Hit Me When She Doesn't Get Her Way

Q: How do I respond to my 17-month-old who has started to swing at me with her hands when she doesn't get her way? —Concerned Parent

A: It ain't easy being 17 months. You have really strong feelings but lack the ability to use words to clearly let others know what's on your mind. How frustrating is that?

The fact is that learning to express thoughts and feelings begins in the early years by using actions. Some are totally appropriate, like the 12-month-old who raises her arms up to show mom or dad that she wants to be picked up. Others can be distressing, like hitting, kicking, and biting. But they are all efforts on the part of the child to communicate. In this case, we can guess that your child is mad that she is not getting something she wants. She cannot say, *Mom, I am so mad that you won't let me have that fourth cookie!*

The fact is that learning to express oneself begins in the early years by using actions.

The best way to respond to her swinging is to firmly—not roughly—hold on to her arm and say something like, *No hitting. Hitting hurts. I know you are mad that (fill in the blank). You don't like it when... But you cannot hit. Hitting hurts.* It is important to be clear and firm in your tone but not angry. Your child is not purposefully misbehaving. This is about teaching rules and limits, not about punishment. These moments are also important opportunities to teach your child about feelings. You need to show her that angry feelings are not the problem, it's what she does with these feelings that can be problematic. Your job is to let your child know what is and isn't acceptable and then to teach her what she can do with her feelings. Putting her feelings into words is important. It shows empathy and provides a good model for how to cope with feelings as she grows.

After you have stopped her behavior and validated her feelings, you can show your daughter other ways of expressing herself. While most parents agree that hitting is not an acceptable way to express anger, they vary in their beliefs about what is acceptable. Some suggest children shout in the air as loud as they can or make growling noises to get their feelings out. Others suggest stomping feet, scribbling with a crayon, ripping newspaper, or hitting an object that is safe and can't be hurt—such as a pillow. It is up to you to decide what is okay. The bottom line is that you acknowledge your child's feelings and help her learn healthy, non-destructive ways to express them.

After you have stopped her behavior and validated her feelings, you can show your daughter alternative ways of expressing herself.

Keep in mind that learning self-control is a process. Your toddler will not be able to stop her impulses and understand the consequences of her actions until she gets closer to 3. In fact, she'll keep working on these skills through the teen years. So, your daughter will need your consistent, patient support for a while yet. Being able to manage and cope with strong feelings is a critical skill for lifelong success, so don't fear these moments. Instead, see them as great opportunities for teaching your child an essential life skill.

Edited from Parlakian, R., (2022). My 17 month old has started swatting at me when she doesn't get her way. Retrieved from <https://www.zerotothree.org/resource/good-question/my-17-month-old-has-started-to-swing-at-me-when-she-doesnt-get-her-way/>.



Outdoor Play and Safety

The time of year when kids are chomping at the bit to get outside

Protect Children from Sun and Heat

Sunburns can happen even on cloudy or cool days. To protect their skin, keep children in the shade and encourage wearing wide-brimmed hats, sunglasses, and clothes that cover children's arms and legs. With parental permission, for children older than 6 months, use sunscreen with an SPF of 15 or higher on any exposed skin:

- Apply sunscreen 30 minutes prior to outside play to allow the sunscreen to absorb into the skin.
- Reapply at least every 2 hours or more often if children are sweating or spending time in the water.

Sunscreen is not recommended for babies who are 6 months old or younger. Keep younger babies who cannot use sunscreen out of direct sunlight by finding shade and dressing them in sun-protective clothing.

Children often rely on caregivers to keep them cool and hydrated when it's hot outside:

- Dress children in lightweight, loose-fitting clothing to help keep them from overheating when it's hot.
- Check to make sure the children are drinking plenty of fluids such as water to keep them cool and hydrated. Avoid really cold drinks or drinks with a lot of sugar.

Some of the same strategies that help prevent sunburn can also help keep children cool:

- Keep children in the shade when possible to help prevent overheating.
- On hot days, try to avoid scheduling outdoor activities from late morning to midafternoon, when the sun is the strongest.
- Provide breaks during outdoor activities to reapply sunscreen and get water.

Be aware of the warning signs of heat-related illness. Learn more hot weather tips to prevent heat-related illness.

Protect Children from Bug Bites

Outdoor activities can increase the risk of bug bites. Bugs, including mosquitoes, ticks, fleas, and flies, can spread germs. With parental permission, using insect repellent registered by the Environmental Protection Agency (EPA) can help protect children from bug bites:

- Find the right insect repellent by using the EPA's search tool.
- Always follow label instructions.
- Apply the insect repellent to your hands first and only use enough to cover the child's exposed skin.
- Do not apply insect repellent to children's hands, eyes, or mouth or to cuts or irritated skin.
- Wash your hands immediately after.
- Apply insect repellent after applying sunscreen.

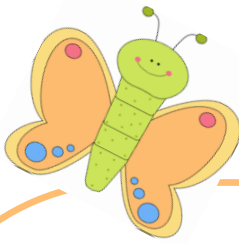
EPA-registered insect repellents are proven safe and effective when used as directed. Do not use products containing oil of lemon eucalyptus (OLE) or

para-menthane-diol (PMD) on children younger than 3 years.

Dress children in clothing that covers their arms and legs when planning to be outside, and cover strollers and baby carriers with mosquito netting. Be aware of ticks in areas where they might be present, such as tall grasses and brush and check clothing and gear for ticks frequently.

Adapted from :<https://www.cdc.gov/earlycare/resources/outdoor-play-and-safety.html>





Contact us!

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Is your child moving, hearing, seeing, learning and talking like other children their age?

If you have any questions, please give us a call!

1-800-619-5697 · www.wvdhhr.org/birth23



WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Act (IDEA) and administered through WVDHHR-Office of Maternal, Child and Family Health, Bureau for Public Health, West Virginia Department of Health. WVBTT RAU One is a program of

