

BTT BITS



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WV Birth to Three RAU 2
521 Market St. Box 17
Parkersburg, WV 26101
Phone: 304-485-2000
Toll Free: 866-401-8919
Fax: 304-865-2072
Email: birthto3@arcwd.org

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Parents Can Boost Their Child's Inner Motivation

Remember when your child first learned to walk? He struggled and stumbled. But finally, he took a step all by himself.

He didn't do it to earn stickers on a chart. He did it because he wanted to. That's internal motivation, and it's something all kids are born with.

Sometimes, parents offer rewards – more TV, more playtime. But those external rewards only work for a little while. A better way is to tap into your child's internal motivation:

Praise your child's efforts. Talk about how hard your child has worked, and how proud you are that he stuck with it.

Be a good role model yourself. The way you deal with success or failure will teach your child powerful lessons.

Limit rewards. A smile or a hug is enough most of the time.

Help your child solve problems. Don't be too quick to rescue him. If he's stuck stacking blocks, using shapes, or playing with certain toys, give them clues and encouragement.

Source: Dr. Ronnie Ginsburg, "Motivating Your Child," Smarter Kids,

Articles

If your family would like to share a short story, article, poems, or other information in the newsletter that we can pass on to families please contact us.

Brenda Lowers, Parent Partner, 304-485-2000 x125 or email your article to; brenda.lowers@arcwd.org.

You can also contact, Chrystal Kelley, Parent Partner, 304-326-2650 or email, chrystalkelley@verizon.net.

Halloween Safety Tips For Parents About Treats

- Children shouldn't snack while they're out trick-or-treating. They should wait until they get home so that parents can inspect their treats. To help prevent your children from munching on their candy in excess, give them a snack or light meal before they go trick or treating —do not send them on an empty stomach.
- Remind you children not to accept — and, especially, not to eat — anything that is not commercially wrapped.
- When your children bring the treats home, throw away any home-made candy or baked goods. If your children are young you should remove choking hazards such as gum, peanuts, hard candy or small toys.
- Inspect wrapped treats for signs of tampering, such as an unusual appearance or discoloration, pinholes, or tears in wrappers. Throw away anything that looks suspicious.
- If you serve juice or cider at a Halloween party, make sure it is pasteurized or treated to destroy harmful bacteria. You can tell if the juice or cider has been treated by reading the label.

Author Unknown



Your Baby Pays A Lot Of Attention To Your Facial Expressions and Words.

Twelve-month-old Tori can walk and go just about anywhere she wants to rather quickly. Sometimes mom has a very hard time keeping up with her!

On this particular day Tori sees the corner of the bright orange tablecloth hanging from the dining room table. The problem is, Tori can't see what's on top of the table, and really wants to grab the tablecloth and pull on it. She doesn't know that the table is set for supper – and that she may hurt herself by pulling off the tablecloth.

Mom sees Tori from across the room. She looks at her with surprise and fear on her face. As Tori reaches for the cloth she notices the look on mom's face. The look on her face tells Tori everything that she needs to know – don't do it! She stops reaching for the table and moves away quickly.

The Power Of Your Expressions.

When Tori saw her mom's worried face she knew she should not pull on that tablecloth. Tori, like other babies around 12 months old, can read the emotions that they see on people's faces. She knows that certain facial expressions and tones of people's voices mean – “don't do that” or “it's ok to play with that toy.” By the 12 month milestone, babies are looking at their parents and caregivers' faces to make sense and evaluate situations. Your child might look at you and wait to see a smile or a nod before they touch something new.

Your Face Tells The Story.

Your 1-year-old is watching your face and learning things from your expressions all of the time. Since you are your baby's most important teacher, you help her learn by the way you react to situations around you. When she needs guidance, your facial expressions can warn her if something is wrong or if things are okay. Your looks can also tell your child how you feel. For instance, when you smile while introducing her to someone new or a new pet, she will feel safe and more comfortable. Just remember your little one is learning things from you everyday.

Author Unknown

Fall Fun Cooking Ideas

These recipes are easy so kids can help cook at home.

Fall is a great time to have your little ones help in the kitchen. You can use seasonal items like apples, pumpkin, or squash. Here is an idea to get you started.

Pumpkin Chocolate Chip Cookies:

- 1 cup softened butter or margarine
- 3/4 cup brown sugar
- 3/4 cup sugar
- 1 egg
- 1 tsp. Vanilla
- 2 cups flour
- 1 cup quick oats
- 1 tsp. baking soda
- 1 tsp. Cinnamon
- 1 cup cooked or canned pumpkin
- 1 1/2 cups semi-sweet chocolate chips

Directions:

In a mixing bowl, cream butter and sugars. Beat in egg and vanilla. In small bowl, combine flour, oats, baking soda, and cinnamon. Gradually add to creamed mixture. Add pumpkin and mix well. Fold in chocolate chips. Drop by spoonful onto a baking sheet. Bake 12-13 minutes at 350 degrees.

Flower Day October 21, 2008 recognizes child care workers

On Oct. 21, parents, young children and community leaders will present their child care providers with a single flower of their choice. It can be a paper flower, a real flower, or artificial. Kids First of the Mid-Ohio Valley will be distributing posters and flyers making the public aware of this day of recognition. The Kids First Communities Campaign is a state-wide effort to broad public support for better child care. Anyone interested in helping with the distribution of the flyers or organizing local parents to participate in the celebration should contact Steve Tuck or Deb Murphy at 304-485-0650 or by email at d Murphy@childhswv.org.

Community Events

Parkersburg & Wood County Library

Parkersburg, WV

3 & 5-year-olds Story Hour: Wednesdays from 10:30 to 11:30. Contact 420-4587 for registration.

Evening story hour: 3-10-year-olds from 7-8 p.m.

No registration necessary

Toddler time: 2-year-olds and younger from 9:30-10:30 a.m. Fridays

Vienna Public Library

Vienna, WV

Story time: Preschoolers ages 3 and up are invited to attend Tuesdays, from 10:30—11:15 a.m. in the Simonton Meeting Room. Call 304-295-7771 for more information.

MOMS Club

Parkersburg, Vienna, Williamstown, Mineral Wells, St Mary's, Parkersburg, Belpre, Little Hocking and surrounding areas.

For information regarding location, dates, and time, call Cheryl Greene at 304-485-5523.

North Central West Virginia Autism Support Group

Wednesdays at Bridgeport Middle School

Visit the website at OTGINNY@aol.com

Or call Ginny at 304-842-3898 for further dates and information.

Ritchie County Baby Shower

November 13, 2008

Contact your Ritchie County Family Resource Network for details.

West Virginia SenseAbilities Project (formerly the WV Deafblind Project)

Key Communication Strategies Used with Individuals Who Have Combined Vision and Hearing Loss or Who Have Multiple Disabilities.

November 6 and 7th, 2008 from 8:30 am—4:00 pm.

Charleston House Holiday Inn

Registration by October 10 by emailing Jim Smiley at jsmiley4@verizon.net.

If you have questions you may contact Ruth Ann King at raking@access.k12.wv.us.

Camden Clark Hospital

Parkersburg, WV

Childbirth Classes

Contact 304-424-2748 for registration and information

Marietta Memorial

Baby Care Classes

Sibling Classes

Childbirth Classes

Contact 740-374-1448 for registration dates and time

St. Joseph Hospital

Childbirth Classes

Parkersburg, WV

Contact 304-424-4255 for registration dates and time

Attention Moms and Family Members!!

Do you want to quit smoking for your better health as well as your children?

Contact Brenda Lowers, Parent Partner for WV Birth to Three RAU 2 for information regarding Tobacco Cessation and Fresh Start Families. 304-485-2000 x125

Pleasants County Baby Shower

October 31, 2008

12:00 to 2:00 pm

Jim Spence Center, St. Marys

Calhoun County Baby Shower

October 25, 2008 (tentative)

Contact your Calhoun County Family Resource Network for details.

Mid-Ohio Valley Autism Network

Meetings 3rd Thursday of each month

6:30—8:30 p.m.

521 Market St., Dils Center

Parkersburg, WV

For more information call 304-422-7243 x109 or 740-373-6669 ext 17

Harrison County Parent Educator Resource Center

Nov. 5 - 3:30 pm—Communicating and Conferencing (Part 2)

Nov. 17—6:00 pm—Support Group Meetings

Email—heperc@yahoo.com or phone 304-326-7693 for more information.

Aspergers Syndrome — a Guide for Parents and Professionals

Tony Attwood, DVD Series

October 9, 2008—6:30-8:45 p.m.

October 16, 2008—6:30-8:45 p.m.

October 23, 2008—6:30-8:45 p.m.

FREE and open to the public. For reservations call 304-422-7243, ext 109 or email: reservations@movan.org.



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

Regional Administrative Unit 2 is coordinated by The Arc of the Mid Ohio Valley. The Arc of the Mid Ohio Valley is the grantee for Regional Administrative Unit 2, which includes, Calhoun, Doddridge, Gilmer, Harrison, Pleasants, Ritchie, Wirt, and Wood counties.



THE ARC OF THE MID OHIO VALLEY
WVBT REGION II RAU
521 MARKET STREET, BOX 17
PARKERSBURG, WV 26101

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US Postage
PAID
PERMIT #136
Parkersburg, WV 26101