

# WV Birth to Three RAU 2

## BTT Bits

Happily serving Calhoun, Doddridge, Gilmer, Harrison, Pleasants, Ritchie, Wirt, & Wood Counties in WV

Fall  
2023

### Parent Partner Corner

Brushing your child's teeth is an important habit to start early. But how can parents make it fun? Brushing your toddler's teeth may feel like a downright battle. Below are some tips and tricks to help alleviate teeth brushing tension.

- Take turns brushing your child's teeth, so that your child feels more involved and/or independent. You can brush your child's teeth first and then let your child practice brushing after, or you can reverse the order.
- Bring in a favorite stuffed animal or doll, and let your child "brush" the toy's teeth (without toothpaste, of course) while you brush your child's teeth.
- Play some music while brushing. Turn on a fun song that lasts about two minutes, and let your child know that when the song is done, it will be time to rinse. Alternatively, sing a song specifically related to tooth brushing. For example, we often sing, "Brush, brush, brush your teeth / Brush them every day / Father, mother, sister, brother / Brush them every day!" to the tune of "Row, Row, Row Your Boat".
- Tell silly stories as you brush to make things fun.
- Let your child pick a toothbrush that he or she loves – one in your child's favorite color or with a picture of a favorite movie character on it – to make the routine more exciting. Trying a fun flavor of toothpaste can help, too.



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WVBTT Website



WVBTT Families

Olivia A Parsons

Olivia Parsons, Parent Partner

# Featured Family

## *The Foster Family*



Pictured: Everleigh and family

Everleigh was diagnosed with hearing loss at birth. After being referred to WVU Medicine in Morgantown, WV Birth to Three was brought up to the family. Everleigh was in the program from 6 months until she aged out at age 3. Everleigh is deaf in her left ear and has a cochlear implant now. We want to thank Ashley Hannah for everything that she has done for us and also the friendship she created during our 2 years of seeing her.

Everleigh is now 4 years old and in her second year of Pre-K. She goes to speech class twice a week and loves her Mrs. Fogging. Everleigh loves to dance, sing, and go to church. You can find her twirling during the various parades in Parkersburg and loves being a baton twirler.

Thank you to Shandra for sharing Everleigh's story with us! If you'd like your WV Birth to Three child to be featured in an upcoming newsletter, please email [olivia.parsons@thearmov.org](mailto:olivia.parsons@thearmov.org)

# Tips on Helping Your Child Develop Confidence

Self-confidence is an essential ingredient for all aspects of your child's healthy development and a key ingredient for school success. Here's how you can help your child develop the self-confidence they need for future success.

Confidence is a belief in your ability to master your body, behavior, and the challenges you encounter in the larger world. Children who are confident are eager to learn new skills and face new challenges. They also expect adults to be helpful and supportive of their efforts. Self-confidence is also crucial for getting along with others and working out the many social challenges—such as sharing, competition, and making friends—that children face. Self-confident children see that other people like them and expect relationships to be satisfying and fun.

How does self-confidence develop? Babies are born with no real sense of themselves as separate and distinct beings. They learn who they are primarily through their interactions and experiences with others. Primary caregivers—parents, relatives, caregivers, and teachers - reflect back to children their unique strengths and special attributes. Watch how confidence grows across the first three years of life:

- A newborn cries and is comforted by her parent. This baby is learning that she is loved, important, and worthy of soothing.
- An 8-month-old shakes a rattle and smiles at the sound it makes. His caregiver says, "You figured out how the rattle works!" This baby is learning he is a clever problem-solver.
- A toddler takes a stool to reach her dad's cell phone on the countertop. "I can't let you play with my phone," says the girl's father, "But how about playing with this?" He hands her a toy phone and she happily begins making calls. This toddler is learning that her interests are important and will be respected and supported (within limits) by those who love her.
- A 3-year-old sobs as his parents leave for a night out on the town...without him. They help him calm down and get settled with his babysitter. This toddler is learning that his feelings are important and that his parents will listen and respond to him when he is distressed.

Here are ways you can nurture your child's self-confidence through your everyday interactions together.

Adapted from:

<https://www.zerotothree.org/resource/tips-on-helping-your-child-develop-confidence/>

<b>Establish Routines With Your Baby or Child</b>	<p>When events happen in approximately the same way at approximately the same time each day, your child will feel safe, secure, confident and in control of his world. If day-to-day events seem to occur randomly, it can cause children a lot of anxiety. If life doesn't make sense, it may feel too scary to fully explore. When children know what to expect, they are free to play, grow, and learn.</p>
<b>Allow for and Facilitate Plenty of Play</b>	<p>Play is how children learn about themselves, other people, and the world around them. Through play, children also learn how to solve problems and develop confidence. How it feels to be someone else, to try on new roles, and to work out complicated feelings.</p>
<b>Help Your Child Learn to be a Problem Solver</b>	<p>Help your child work through problems, but don't always solve them for her. Move the blocks on the bottom of the tower so they are a little more stable, but don't put the tall one on top—let her figure out how to make it balance. This way you give her the chance to feel successful. If your child is building a block house on the rug and it keeps falling, you could:</p> <ul style="list-style-type: none"><li>• Tell her that you see how frustrated she is</li><li>• Ask her if she knows what may be causing the problem</li><li>• Offer your observations, i.e., that the rug is soft so the blocks aren't stable</li><li>• Ask if she has any ideas about what might make them steadier</li><li>• Ask if she wants suggestions: "How about making it on the hard floor?"</li></ul> <p>The goal is to guide and support your child in her problem-solving efforts but not do for her what she has the skills to accomplish herself. Sometimes, your child's times of greatest frustration are in fact golden opportunities for her to develop feelings of confidence, competence, and mastery. She'll learn that she can depend on you to encourage her. Meanwhile, she's the one who finds the solution.</p>

<b>Give Your Child Responsibilities</b>	<p>Feeling useful and needed makes children feel important and builds confidence. Jobs should be age-appropriate. Very young children can sort laundry with you, help feed pets, water plants, and pick up toys. Be specific about what is expected. Say, "Please put a napkin on each plate," not "Help me set the table."</p>
<b>Celebrate Your Child's Successes</b>	<p>Children learn by doing. Break down difficult tasks into manageable steps to help him feel in control, confident, and safe. For example, if he is trying to learn to put his shoes on:</p> <ul style="list-style-type: none"><li>• Unlace his shoes and open them for him</li><li>• Line them up so he can step in</li><li>• Let him lean on you while he steps in</li><li>• Guide his hand, if necessary, as he fastens the shoes</li><li>• Tell him: "Nice job getting your shoes on!"</li></ul> <p>As you work on a task or skill that is tough for your child, let him know you believe in him, but also communicate that you will not be disappointed if he isn't yet ready. You are there to support him whenever he is ready to try again. When children feel in control, they feel strong in the world.</p>
<b>Provide Language for Your Child's Experiences</b>	<p>This should be language that accurately reflects his experience, shows understanding and empathy, and instills confidence. "You tried to pour your own juice. Good for you. Some juice is in the cup. Some spilled. You look sad about that. Here, wipe it up. That pitcher is heavy for little hands. I'll give you a smaller one and you can try again."</p>
<b>Be A Role Model Yourself</b>	<p>Children are always closely watching their parents for clues about what to do or how to feel. When it comes to learning how to manage emotions like hurt, anger, or frustration, you are their "go-to" person. If you can model persistence and confidence in yourself, your child will learn this too. Try new things and praise yourself aloud. "I was really frustrated putting up that shelf. It was hard to do. When it fell, I was mad. I rested and tried again. Now I'm proud of myself for getting the job done and not giving up."</p> <p>If you can say to your child when you are angry, "I don't like that you threw that ball at me. I know you are angry and that's ok. But throwing hurts. You can tell me why you are mad and hit this pillow if you have to do something with your body." You are not only addressing your child's behavior, and offering alternatives, but the way you are dealing with your anger gives your child a healthy model for coping with strong feelings.</p>

# September 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1 Nat'l Letter Writing Day	2 Blueberry Popsicle Day
3 Nat'l Bowling Day	4 Labor Day	5	6 Nat'l Read a Book Day	7 Nat'l Food Bank Day	8 World Physical Therapy Day	9 Nat'l Teddy Bear Day
10 Nat'l Swap Ideas Day	11 Patriot Day	12 Nat'l Day of Encourage- ment Day	13 Nat'l Kids Take Over The Kitchen Day	14 Nat'l Coloring Day	15 Nat'l Doodle Day	16 Nat'l Playdoh Day
17 Smith- sonian Day	18	19	20	21 Nat'l Mini Golf Day	22	23 First Day of Fall
24	25 Nat'l Cooking Day	26 Better Breakfast Day	27	28 Nat'l Neighbor Day	29	30 Nat'l Love People Day

# October 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 Home-made Cookies Day	2 Nat'l Child Health Day	3	4 World Animal Day	5 Nat'l Be Nice Day	6 World Smile Day	7 World Card Making Day
8 World Octopus Day	9	10 World Post Day	11 Nat'l Fossil Day	12 Nat'l Farmers Day	13 Nat'l Train Your Brain Day	14 Nat'l Love You Day
15 Global Hand-washing Day	16 World Food Day	17	18	19 Pediatric Bone and Joint Day	20 Nat'l Day of Writing	21 Nat'l Apple Day
22 Nat'l Color Day	23 World Emoji Day	24	25 Nat'l Art Day	26 Nat'l Pumpkin Day	27 Nat'l Black Cat Day	28 Nat'l First Responders Day
29 Nat'l Oatmeal Day	30 Nat'l Candy Corn Day	31 Happy Halloween!				

# November 2023

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2 Cookie Monster's Birthday	3 Nat'l Sandwich Day	4
5	6	7 Nat'l Hug a Bear Out	8 Nat'l Parents as Teachers Day	9 Go to An Art Museum Day	10 Sesame Street Day	11 Veteran's Day
12 Int'l Tongue Twister Day	13 World Kindness Day	14 Nat'l Family PJ's Day	15 Nat'l Recycling Day	16	17 Home- made Bread Day	18 Minnie & Mickey Mouse Birthday
19 Nat'l Camp Day	20 Universal Children's Day	21 World Hello Day	22 Go For a Ride Day	23 Happy Thanks- giving!	24 Native American Heritage Day	25
26	27	28 Nat'l French Toast Day	29	30 Stay Home Because You're Well Day		