

BTT Bits



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WV Birth to Three
RAU 2

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Secondhand Smoke and The Affects It Has On Our Children and Family

Why are we hearing so much about second hand smoke? It is indeed a real problem for our children and anyone else around those that do not smoke.

Secondhand smoke contains over 4,000 chemical compounds. More than 60 of these are known or suspected to cause cancer. Secondhand smoke can be harmful in many ways. In the United State alone, each year it is responsible for the following;

- approximately 36,000 deaths from heart disease in non-smokes who live with smokers
- Secondhand smoke causes premature death and disease in children and in adults who do not smoke.
- Lung cancer deaths in non-smoking adults
- Breathing problems such as; coughing, mucus, chest discomfort, and reduced lung function
- Children exposed to secondhand smoke are at an increased risk of sudden infant death syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. Smoking by parents causes respiratory symptoms and slows lung growth in their children.

Other studies have shown that pregnant women exposed to secondhand smoke are also at increased risk of having low birth weight babies.

There are studies being conducted that may link breast cancer to secondhand smoke. Both mainstream and secondhand smoke contain about 20 chemicals that, in high concentrations, cause breast cancer in rodents. It has also been discovered that chemicals in tobacco smoke reach breast tissue and are found in breast milk.

Making your home smoke-free could be one of the most important things you can do for your family. Children are especially sensitive to secondhand smoke. In the United States, approximately 35% of children live in home where residents or visitors smoke in the home on a regular basis. Therefore, 50% to 75% of children in the United States have detectable levels of cotinine, the breakdown product of nicotine, in their blood.

To learn how you can become involved in reducing exposure to secondhand smoke, contact your American Cancer Society at 1-800-227-2345.

Detailed information on smoking restrictions in each state is available from the American Lung Association at <http://slati.lungusa.org>.



Ideas for Shopping with Your Child

Do you take your baby or little one to the supermarket, doctor, hair appointments, or just when you are running errands? If you are anything like I am, my daughter accompanies me to just about every event I ever attend. I am not the Mom who has a great amount of babysitters, or a great deal of family that is available to help. So Tori and I are a team the majority of the time. Some kids really enjoy going with Mom but others are over-excited by all the colors, smells, and noises, and may “act up” with bad behavior.

If your child can handle the stimulation, grocery shopping can be a fun outing. You can help your baby, or child, learn in the supermarket and other outings just by talking to him or her and pointing out different foods, colors, and objects in their surrounds. This makes a fun guessing game.

When you are at a grocery store you can tell them for example you need four red apples. Ask them to help you find them and then count them out in the bag as your child holds the bag or helps you get the apples. When you are waiting in a doctor’s office you can play, “I spy.” You can say, “I spy something red.” Then have them look around the room to try to find the red object.

Research shows that smart children have parents who give them this kind of stimulation.

You might bring a toy from home or let them hold something unbreakable to keep those little hands busy.

It is always a good idea to try and plan your outings when your child is rested and fed. You will both have a better time.

If your child is smaller, don’t let her stand in the grocery cart. Use the seat strap or bring one from home to keep them seated. Some stores have special baby carriers for infants. These are a great way for baby to be safe and secure.

By Brenda Lowers

Tips to Help Build Self-esteem

Kids with healthy self-esteem grow into self-confident adults.

Parents and teachers can not give self-confidence to a child. It needs to be developed from within. Parents can help a great deal by giving a blend of acceptance, affection, limits and appropriate expectations.

Here are four tips for you to foster self-esteem in children:

- First, encourage your child. Encouragement is not the same as praise. Praise sometimes emphasizes being better than someone. When praise is misused, a child can feel she only gets approval if she is winning. Encouragement can be given for effort or for slight improvement.
- Second, share your approval if your child takes pleasure in doing something for its own sake.
- Third, promote activities in which your child makes decisions. Give her the opportunity to plan a family game night, or entertain a friend, or friends. Provide a chance for her to help bake cookies, or clean up her play area.
- The final and most important thing is to, talk to your child. Show interest without prying. Show your child that you value them. Valuing, opposed to evaluating, helps her understand that worth is not determined by success or failure.

Author Unknown

Community Events

The North Central West Virginia Autism Support Group

Every Wednesday at Bridgeport Middle School
Visit the website at OTGINNY@aol.com
or call Ginny at 304-842-3898 for further dates and information

MOMS Club

Parkersburg, Vienna, Williamstown, Mineral Wells,
St. Marys, Belpre, Little Hocking
For information regarding location, dates, and time,
call 304-295-6339 or 304-375-2556

Local Libraries Story time

Contact Vienna Public Library
304-295-7771 for dates and time
Parkersburg and Wood County
304-420-4587 for dates and time
Williamstown 304-375-6052 for dates and time

Marietta Memorial

Baby Care Classes
Sibling Classes
Childbirth Classes
Support Groups
Marietta, Oh
Contact 740-374-1448 for dates and time

St. Joseph Hospital

Childbirth Classes
Parkersburg, WV
Contact 304-424-4255 for dates and time

Baby and Me Day

April 26, 2008
10:00 am—3:00 pm
Bridgeport Mall, Bridgeport, WV

WVPTI Training

ADHD

May 29, 2008
Dils Center Market Street
Parkersburg, WV
Details of meeting will be sent out at a later date
Contact Brenda Lowers at 304-485-2000 x125
for information

Camden Clark Hospital

Parkersburg, WV
Childbirth Classes
Contact 304-424-2748 for dates and time

Mid Ohio Valley Autism Support Group

Meetings are the second Saturday of every month
at the Ravenswood Library at 12:00. Everyone
welcome!
304-273-3228

Aspergers Syndrome Every Day Me, Myself and Aspergers:

April 17, 2008
6:30-8:30 p.m.
Blennerhassett Hotel Charleston Room
Sponsored by Wood County Society
For more information contact Jane Stephens,
Executive Director at 304-422-7243, ext 109

West Virginia University

Reading Skills and Programs for Children and
Adults
Contact 1-800-964-8595 for dates and time

Healthy Kids Day

April 12, 2008
9:30 am to 12:00 noon
Parkersburg YMCA

14th Annual Leadership Conference

April 18-20, 2008
Canaan Valley Resort in Davis, WV
Contact the Harrison County PERC
At 304-326-7105 for further information

Autism Support Group

Sponsored by Wood County Society
Contact Jane Stephens at 304-422-7243 ext 109



Family Resource Websites

www.do2learn.com

Educational resources for special needs

www.billybear4kids.com

Games for toddlers

www.fcsn.org

Federation for children with special needs



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

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