



BTT Bits

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WV Birth to Three: Seth's Story



My youngest son Seth was born with Pierre Robin Sequence and a cleft palate. In his first year he had two mandibular distraction surgeries and a cleft palate repair. Because of his medical conditions, we knew that he would have difficulties with his language development. When he was 2 years old he was showing a significant delay in speech. My funny, outgoing, playful boy was very frustrated by his inability to communicate and starting to withdraw from social situations. We knew he needed speech therapy, but at the time my husband worked 70+ hours per week and I had our 7 young children all at home. It would have been almost

impossible for us to schedule and get him to regular therapy sessions. Our pediatrician recommended WV Birth to Three. Being able to receive services in our home was exactly what we needed! Seth has now been receiving speech therapy through WV Birth to Three for almost one year. He is showing amazing progress in his speech development. In addition to helping with his speech, his speech therapist has also taught him and us some other techniques (such as ASL for some words he struggles with) to help ease Seth's frustration while he is learning, and his outgoing personality is shining again.

Seth's third birthday is next month, and his Birth to Three team has been wonderful with the transition process to ensure that he continues to receive the services he needs. We know that Seth has many years of speech therapy ahead of him, but he has been given a strong foundation on which to build. Without the in-home services WV Birth to Three provided during a critical stage in Seth's development, his frustration with communicating could have led to long-term behavioral and social problems.

WV Birth to Three
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Parkersburg, WV 26101
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Toll Free: 866-401-8919
Fax: 304-865-2072
Email:
birthto3@thearcmov.org

 Is your child moving,
 hearing, seeing, learning,
 talking like others their
 age? Our services are
 offered at no cost to fami-
 lies. If you have any
 questions contact our
 office at
 304-485-2000 or
 1-866-401-8919



Summertime Stroller Safety

Everyone knows leaving children in hot cars is not a good idea, but as summer temperatures are around the corner a common stroller mistake could also be putting babies at risk. According to Swedish Researchers Newspaper, covering a stroller with a blanket to shield your baby from the sun — even if it's with a very thin cloth — can actually have a furnace-like effect. In fact, doing this can cause the temperature inside a stroller to advance to dangerous levels.

The newspaper decided to do a stroller experiment of its own, just to see what would happen. Here's what it found: **Without a cover:** The temperature inside the a stroller left out in the heat was 22 degrees Celsius (71.6 degrees Fahrenheit.)

With a thin cover: In 30 minutes, the temperature rose to 34 degrees Celsius (93.2 degrees Fahrenheit.) And after an hour, it was at 37 degrees Celsius (98.6 degrees Fahrenheit.)

Who would have thought something as innocent as covering your baby's stroller with a blanket on a hot day could be a bad idea? Young children are especially at risk for overheating and even heatstroke. Signs of heatstroke can include hot, red, dry skin; rapid pulse; restlessness; lethargy; rapid, shallow breathing; vomiting and unconsciousness.

What parents can do to avoid heatstroke in babies:

- Dress your baby in lightweight, loose-fitting clothing.
- Try to keep your baby in the shade when outside — and check to make sure that he's staying cool during car rides.
- Give him more fluids than usual on hot days.
- If the temperature is especially hot, keep your baby inside if you can.

If your home is very hot and you don't have air conditioning, seek comfort at a public library, the mall, or a community shelter provided especially for relief from the heat.

Spotlight on Resources

Life Choice Pregnancy & Family Resource Center

Offers "Earn While You Learn" program: Through regular lessons that include videos and worksheets, you'll learn important and interesting information about your pregnancy and your baby. With each lesson you complete you will earn credits, called "mommy money," for baby supplies and other materials. Some of the materials you could earn include: baby clothes, diapers, formula, wipes, blankets, toiletries, and other much needed baby supplies.

For more information:

Call 304-622-1953

<http://www.lifechoiceprc.org>
515 West Pike Street Clarksburg
Starting in June hours will be
9 am– 2pm Monday thru Friday.



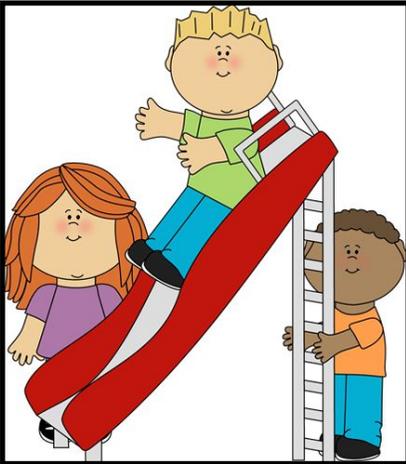
Head Start is a comprehensive preschool program serving 3 & 4 year-old children from low-income families, including children with disabilities. There is no fee for children to attend Head Start. Children attending Head Start receive a variety of services: transportation (in most cases), health screenings, nutritious meals, a recognized educational program from certified teachers and aides and training opportunities for parents.

Appalachian Council Head Start
Calhoun, Doddridge, Pleasants, Wirt
and Wood 1 877-490-5437
Central WV Community Action Head Start
Gilmer, Harrison, and Ritchie County
(304) 622-8495



The Mid-Ohio Valley Gabriel Project provides compassionate and caring support to families with children newborn to the age of two through materials, education and community partnerships. If you or someone you know is in need of assistance, you may call our central office at 304.424.3457 or stop in on Tuesday or Thursday between the hours of 10am-1pm. You **must** present a Photo ID in order to receive services. We assist with diapers, wipes, formula, cribs, car seats and other items that provide a healthy start. For immediate assistance or to reach our Director, please call 304.893.1344.

Why Is It Important To Take Infants and Toddlers Outdoors?



Information came from <http://www.claytonearlylearning.org/images/uploads/importance-of-taking-infants-toddlers-outdoors.pdf>

During the first few years of life, infants and toddlers are trying to make sense of their surroundings. They take in every noise, sound, and experience. They take this information and come up with ideas about how the world works. Here are some reasons why outdoor play is very important:

1. **This helps promote early language development.** When a toddler notices an airplane in the sky, they are more inclined to give a response.
2. **Young children are more likely to engage in active play which creates stronger heart, lungs, and muscles.** For Infants and Toddlers they can freely crawl, walk, toddle, and run.
3. **Being outdoors strengthens young children's immune system.** One of the easiest ways to produce more vitamin D is going outside.
4. **Being outside has been proven to help sleep patterns as well.** Natural sunlight helps regulate and balance sleep-wake cycles.
5. **Children are less likely to be nearsighted if they play outside.** Direct exposure to the natural light stimulates developing eyes such as maintaining the correct distance between the lens and the retina.
6. **Outdoor play has also shown that children diagnosed with attention deficit/hyperactive disorder (ADHD) that regularly play outdoors have milder ADHD symptoms.**
7. **There is also evidence that playing in the dirt exposes children to a specific type of bacteria that may reduce anxiety and improve the ability to learn new task.**

Overall it provides children with a general sense of peace and well-being.

Outdoor Activities

0-3 Months	Provide a blanket for the baby to lay on. Let them feel the leaves and grass.
3-6 Months	With a blanket, let the child explore on his/ her stomach. Bring out objects to grasp, books, or activity gyms.
6-9 Months	Create a texture path using things such as carpet squares, rugs, grass, etc. Provide items such as tunnels or balls to play with while outside.
9-12 Months	Provide bubbles, balls, and push toys. If you have a fence you can attach a mirror or musical toys to help practice standing.
Toddlers	Bring out riding toys and trikes, wagons to pull, large trucks to push. Let the children dance, jump and twirl to music. Have your child help you plant a

Speech Therapy



May is Better Speech and Hearing Month

Speech and Language develop the first three years of life is the most crucial period for acquiring speech and language skills. This critical period is when the brain is best able to absorb language. Speech and language is absorbed through sounds, sights, and consistent exposure to the speech and language of others.

The first signs of communication occur when an infant learns that a cry will bring food, comfort, and companionship. Newborns begin to recognize important sounds in their environment, such as the voice of their mother or father. By 6 months babies can recognize the basic sounds of their native language. Though each child varies, they follow a natural progression for mastering the skills of language. These milestones help to determine if your child is on track or if they may need extra help. Sometimes a delay may be caused by hearing loss, while other times it may be

due to a speech or language disorder.

If your child has a delay in speech or language, your pediatrician may refer to a speech disorder or language disorder. You may be asking what is the difference between a speech disorder and a language disorder? Children who have trouble understanding what others say or difficulty sharing their thoughts may have a language disorder. One example of a language disorder is called specific language impairment. Some children with this language disorder may not begin to talk until their third or fourth birthday.

Children who have trouble producing sounds correctly or who hesitate or stutter when talking may have a speech disorder. One example is Apraxia of speech, which is a speech disorder that makes it difficult to put sounds and syllables together in the correct order to form words.

Here are a few milestones to make sure your child is on track. These milestones came from cdc.gov For more milestones you can go to cdc.gov or contact your local WV Birth to Three office for more information (304) 485-2000.

2 Months	Coos, makes gurgling noises ~ Turns head towards sounds
4 Months	Begins to babble ~ Babbles with expression and copies sounds heard ~ Cries in different ways to show hunger, pain, or being tired.
6 Months	Responds to own name ~ Begins to say consonant sound (Jabbering with m, b) Strings vowels together when babbling (ah, eh, oh) and likes taking turns with parents
9 Months	Understands "no" ~ Uses Fingers to Point at Things ~ Makes a lot of different sounds like mama ~ Copies sounds and gestures
1 Year	Says mama, dada ~ Responds to simple spoken request ~ Tries to say words you say ~ Uses gestures like shaking head no or waving bye
18 Months	Says several single words ~ Says and shakes head "no" ~ Points to show someone what he or she wants
2 Years	Points to things or pictures when named ~ Knows familiar people/ body part ~ Says 2 to 4 word sentences ~ Follows simple instructions



Team Tips

"Helpful Resources"

Amanda Minnich Service Coordinator; Harrison County- WV BTT

Three helpful websites and Resources available to families:

- ⇒ **Ultimate list of Grants and Resources for Families with Special Needs**– This website is a resource for grants for medical equipment such as wheelchairs or adaptive bikes, grants to help with medical costs, wish organizations and others ways you can brighten up your child's day. <http://joyfuljourneymom.com/ultimate-list-of-grants-and-resources-for-families-with-special-needs/>
- ⇒ **Good RX app** — Find the lowest price on prescriptions right from your phone or iPad: Instant access to the lowest prices for prescription drugs at more than 75,000 pharmacies, <https://www.goodrx.com/mobile>
- ⇒ **From Foster Care to College– State Programs Help At-Risk Youth** — If you were or are still in the foster-care system in your state, you may be eligible for federal, state and university programs that will help you attend college at no cost and off you a support network as well. <https://www.tuition.io/blog/2014/01/from->

Upcoming Events

Calhoun County

Calhoun County Community Baby Shower (Calhoun Residents Only)

June 8 from 6-8 p.m. at Brooksville Baptist Church
Expecting parents or parents with a baby under 24 months. Free baby items, parenting information, refreshments, etc... Please RSVP to Calhoun County FRN at (304) 354-7177

Gilmer County

Family Day at the Park

June 10th from 11-4 pm and Fishing Derby will be from 4-6 at the Cedar Creek State Park. Tickets to families will be provided for swimming, putt putt golf, and paddle boats. For more information please call the Gilmer County FRN at (304) 462-7545

Harrison County

Tuesday is for Toddlers

Meadowbrook Mall every Tuesday morning from 11am until Noon for free activities for your toddler! Please visit the Mall Guest Service Desk for details.

Wirt County

Kids Day in the Park

June 10th from 10 a.m.- 3p.m.
Sportman Park in Elizabeth
A free event for all ages. There will be food, door prizes, music, games, inflatables, face paint, hair coloring, etc...
The G Force Strength Unit will be on stage at noon. From 1-3, we will have characters from Frozen, Scooby Doo, Teenage Mutant Ninja Turtle, and our newest friend Belle.

Imagination Library

If you live in Calhoun, Doddridge, Gilmer, Pleasants, Ritchie or Wirt counties this program is for you. Each child 0-5 years of age will receive a free book in the mail.

To sign up for the program you may contact your local library at:
~ Calhoun County (304) 354-6300
~ Doddridge County (304) 873-1941
~ Gilmer County (304) 462-5620
~ Pleasants County (304) 684-7494
~ Ritchie County (304) 643-2717 or (304) 659-2157
~ Wirt County (304)275-4295

For more information go to:
www.imaginationlibrary.wv.gov

Friendly Reminder from your Parent Partner, Shannon Hedrick

I will be sending out e-mails with current activities, resource guide, and fun things you can do with your family every month. If you are interested in receiving these e-mails please provide your e-mail address to shannon.hedrick@thearcmov.org. We would love to hear from you if your family

THE ARC OF THE MID OHIO VALLEY
WVBTT REGION II RAU
912 MARKET STREET
PARKERSBURG, WV 26101

Non-Profit
US Postage
PAID
PERMIT #136
Parkersburg, WV
26101



Call- 1-304-485-2000 or
1-866-401-8919
www.wvdhhr.org/birth23



Thank You, Families, for your Assistance

As children transition from WV Birth to Three when they reach their third birthday, the state WV Birth to Three office, sends a survey for families to complete. It is important the survey be completed and returned. Your feedback is very important to us. Each survey is carefully reviewed in order to ensure the best quality services are provided for children and their families. Thank you in



EARLY EXPERIENCES Last a Lifetime

Check Out Our Facebook Page

WV Birth to Three has created a Facebook page for friends and families. This Facebook page keeps you posted on events, pictures, and other important information to your child's development. If you have a Facebook account, you can look up WV Birth to Three, Region 2 or <https://www.facebook.com/WVBirthToThreeRegion2>