

WV BIRTH TO THREE RAU 2

# BTT BITS

*Proudly serving Calhoun, Doddridge, Gilmer, Harrison,  
Pleasants, Ritchie, Wirt, and Wood Counties*

## Parent Partner Corner

It is certainly getting colder so it's time for a reminder about Winter Home Safety! These tips are all about how you can stay safe this winter season.

- ◆ Schedule maintenance for fireplaces and furnaces to ensure they are safe to use.
- ◆ Keep all heat sources & vents clear of clutter.
- ◆ Never leave portable heaters unattended.
- ◆ Keep fire extinguishers on hand and near heat sources.
- ◆ Make sure smoke alarms and carbon monoxide detectors are installed and working on every floor of the home
- ◆ Check batteries in portable radios, flashlights, smoke alarms, and carbon monoxide detectors.

Remember these tips can make all the difference in an emergency this year.

Have a safe and warm winter!

*Emily Derenberger*

Emily Derenberger, Parent Partner  
WV Birth to Three RAU 2

WINTER  
2024-2025



We have QR Codes!

WVBTT Website



WVBTT Families Page



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# Featured Family

## The Lloyd Family

"While my son, JJ, is now 9 years old and it's been quite some time since he was in Birth to Three, the impact that his practitioners had on him and our family still affects us today.

As a little back story, JJ had a traumatic birth. I was pregnant with identical twins and went to Ruby's High Risk clinic for a weekly check up at 33 weeks. Little did I know, that day would have had such a turn of events. During my ultrasound, the tech only found one heartbeat, and they wanted to admit me right then and there. The original plan was to stay in the hospital until my due date, but ended having an emergency C-section that evening. JJ had to stay in the NICU for 6 weeks, and during that time, we found out he had a brain bleed, white brain matter, blood transfusions, and a bunch more medical jargon that I don't remember.

At that time, we did not know what to expect or how any of this would impact him. He got out of the NICU in September and began Birth to Three in October. He was then diagnosed with Cerebral Palsy and Cortical Visual Impairment. Early on it was apparent that JJ was going to have delays, but having his team as a support system made the difference. They taught me how to adapt the world to him, how to advocate for him, and how to give him the best life possible. They never gave up in pushing him to the most of his capabilities. You can tell it was more than just a 'job' to them and even to this day, 6 years after he exited the program, they check on him.

Working with Birth to Three myself now, I want to help do the same for others. While I don't work directly with the children, I know how important that support is, the advocacy, and knowing what resources are out there. Sometimes living in the Special Needs world can get lonely and scary, but having that support system of people who actually care, makes all the difference. And that's what Birth to Three was for me."



JJ Lloyd



## How Grandparents Can Share Traditions with Grandchildren

Almost 24% of grandchildren under 5 are cared for by grandparents. That's no small feat! Sharing care across the generations has many benefits. This time of year, seems to have many of us reminiscing about memories of time shared with our grandparents and the traditions they established.

Traditions are routines and rituals that we repeat across time and across generations that provide a sense of family connection and family identity. When you think about your family what stands out as things you want to share with your children as they grow?

What are traditions from your childhood that you remember?

Are there special foods or decorations that were important?

What were your favorite songs or books as you grew up?

What family traditions do you want to establish for your children or grandchildren?

Young children, who already thrive on routines, seem to especially enjoy participating in family traditions. Also, traditions are special times, usually full of love and a sense of closeness and nurturing. Here are some tips to include young children in your family traditions.

**Share family stories and songs** - Sing a lullaby your mother or father sang to you. Choose stories about when you were a child, games you played, places you visited, funny things your pets did.

**Remember that it's the journey, not the destination** - For example, you and your grandchild might have a ball baking a special family recipe together, but then your grandchild won't take a bite. The memory of pouring, stirring, and mixing is more important than the tasting.

**Set your grandchild up for success** - Think about what role your grandchild might have in a particular family ritual. If decorating your home is a holiday tradition, look for child-safe decorations that your grandchild can help you hang.

**Linger** - One of the most special things about grandparents is that they are often happy to let young children take their time. Think about how good it feels to be with someone who enjoys being with you and doesn't rush you.

## How Grandparents Can Share Traditions with Grandchildren Continued

Establishing new traditions can also be a meaningful way to create a stronger family bond. Maybe some of those long-standing traditions just feel like a chore now and cause more stress than provide comfort. Exploring new ideas to bring you closer and help you feel like a kid again! Remember that it's never too late to begin a new tradition—one that is unique and special to you and your grandchild. Here are some ideas:

**Enjoy a special mealtime tradition** – Sunday morning blueberry pancakes or creating a special way to show thanks at the dinner table.

**Tell a story you've made up especially for your grandchild** - The memory of shared stories can last a lifetime.

**Look for ways to make an everyday routine memorable** - Turn a regular bath time into a tub full of bubbles or have a winter picnic inside.

**Embrace technology to create new traditions** - For grandparents who talk to their grandchildren over the Internet, create a ritual for saying hello or good-bye, for example, a special way that you blow a kiss into the webcam.

**Create your own holiday** – Maybe is December 1 it's a hot chocolate, movies and pajamas day, or a Family Cheese fest of a cheese filled potluck dinner. Whatever seems fun and brings a sense of fun and togetherness.

Adapted from Parlakian, R. and Lerner, C. (May 3, 2012). That was then: sharing family traditions with your grandchildren. Retrieved from <https://www.zerotothree.org/resource/that-was-then-sharing-family-traditions-with-your-grandchildren/>.



# December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Christmas Book Day	2 National Build Joy Day	3 International Day of People with Disabilities	4 National Cookie Day	5 International Volunteer Day	6 St. Nicholas Day	7 National Slime Day
8 National Brownie Day	9 Christmas Card Day	10 International Animal Rights Day	11 UNICEF Day for Change	12 Gingerbread House Day	13 Friday the 13th	14 Monkey Day
15 National Cupcake Day	16 Hanukkah begins at sundown	17 National Maple Syrup Day	18 Answer the Telephone Like Buddy the Elf Day	19 National Heroes and Heroines Day	20 National Ugly Christmas Sweater Day	21 National Crossword Puzzle Day
22 National Cookie Exchange Day	23 National Christmas Movie Marathon Day	24 National Eggnog Day	25 Christmas Day	26 Day of Goodwill	27 Make Cut-Out Snowflakes Day	28 National Chocolate Candy Day
29 Still Need to do Day	30 National Bacon Day	31 New Year's Eve				

# January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<sup>1</sup> World Day of Peace	<sup>2</sup> National Motivation and Inspira- tion Day	<sup>3</sup> Interna- tional Mind -Body Well- ness Day	<sup>4</sup> National Spaghetti Day
<sup>5</sup> National Bird Day	<sup>6</sup> Apple Tree Day	<sup>7</sup> Harlem Globetrot- ters Day	<sup>8</sup> National Bubble Bath Day	<sup>9</sup> National Law En- forcement Apprecia- tion Day	<sup>10</sup> National Peculiar People Day	<sup>11</sup> National Milk Day
<sup>12</sup> National Hot Tea Day	<sup>13</sup> Make Your Dreams Come True Day	<sup>14</sup> National Dress Up Your Pet Day	<sup>15</sup> Nation- al Bagel Day	<sup>16</sup> National Religious Freedom Day	<sup>17</sup> Kid Inven- tors' Day	<sup>18</sup> Winnie the Pooh Day
<sup>19</sup> National Popcorn Day	<sup>20</sup> Martin Lu- ther King Jr. Day	<sup>21</sup> National Grandma Day	<sup>22</sup> National Grandpa Day	<sup>23</sup> National Handwrit- ing Day	<sup>24</sup> "Just Do It" Day	<sup>25</sup> Opposite Day
<sup>26</sup> National Spouse's Day	<sup>27</sup> Interna- tional Holo- caust Re- membrance Day	<sup>28</sup> National LEGO Day	<sup>29</sup> Chinese Lu- nar New Year's Day	<sup>30</sup> National Draw A Di- nosaur Day	<sup>31</sup> Nation- al Hot Choco- late Day	

# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<sup>1</sup> National Freedom Day
<sup>2</sup> National Tater Tot Day	<sup>3</sup> Elmo's Birthday	<sup>4</sup> National Homemade Soup Day	<sup>5</sup> National Woman and Girls Sport Day	<sup>6</sup> National Frozen Yo-gurt Day	<sup>7</sup> World Read Aloud Day	<sup>8</sup> National Boy Scout Day
<sup>9</sup> National Pizza Day	<sup>10</sup> Chinese New Year	<sup>11</sup> National Inventors' Day	<sup>12</sup> Abraham Lincoln's Birthday	<sup>13</sup> Self-Love Day	<sup>14</sup> International Book Giving Day	<sup>15</sup> International Childhood Cancer Awareness
<sup>16</sup> National Caregivers Day	<sup>17</sup> National Random Acts of Kindness Day	<sup>18</sup> World Whale Day	<sup>19</sup> Tug of War Day	<sup>20</sup> National Leadership Day	<sup>21</sup> National Language Day	<sup>22</sup> Be Humble Day
<sup>23</sup> National Tootsie Roll Day	<sup>24</sup> National Trading Card Day	<sup>25</sup> Let's All Eat Right Day	<sup>26</sup> National Set a Good Example Day	<sup>27</sup> National Strawberry Day	<sup>28</sup> National Tooth Fairy Day	