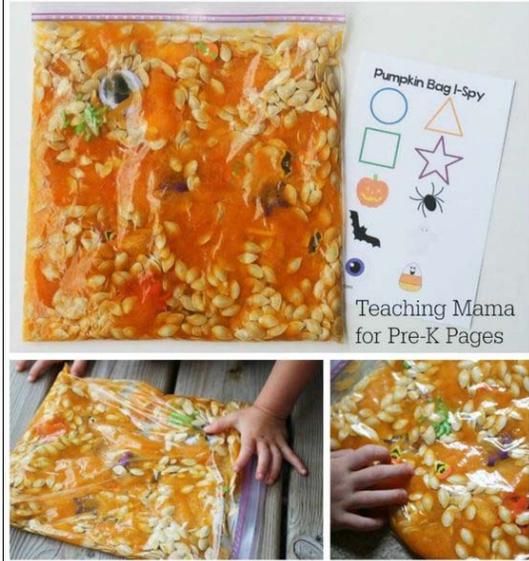




## Fun Fall Activities

### Pumpkin Sensory Bag

with I-spy printable



### JACK-O-LANTERN squish bag



### What's Inside?

Sensory play is a great way to let your children explore their five senses. Did you know that sensory play helps your children develop cognitively, linguistically, socially and emotionally, physically and creatively.

What is inside? The first sensory bag on the left is a great way to explore the insides of a pumpkin. The sensory bag on the right is very simple to make! Hair gel, food coloring, and felt cut-out shapes make this an easy fun activity. Another

tip that may make this more interesting is to allow your child to make their own sensory bag.

#### Inside this issue:

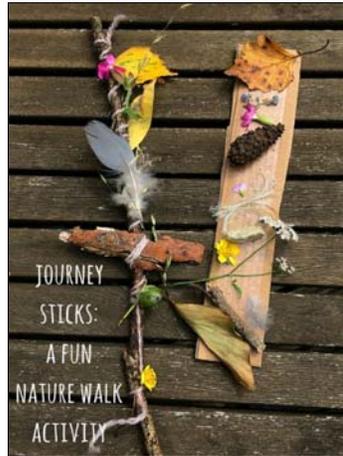
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## Events in the Charleston Area

- October 1, 2016  
3rd Annual Cross Roads 5K  
Run and 2 Mile Walk for Life  
9 am at the University of  
Charleston
- October 1, 2016  
Teddy Bear Fair  
10:00am-1:00pm at CAMC  
Women's and Children's  
Hospital
- October 24, 2016  
Glow in the Dark Candy  
Hunt: 7:30 pm at Cato  
Park Soccer Field
- October 28-29, 2016  
West Virginia Book Festival at  
the Charleston Civic Center

The weather is starting to cool and jackets are starting to be worn in the early morning and evening time. It is a perfect time to be able to take your children on nature walks. As a child, it was always enjoyable to play outdoors. It is such great bonding time, and your child/children can explore freely. Here are some ideas for your time outside with your children. This is another great way to encourage your child's development.



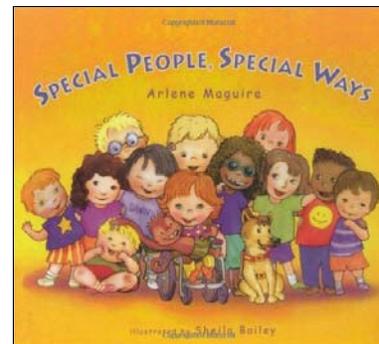
## Events in Huntington Area

- October 8, 2016  
Plane Pull for Ronald McDonald House  
Ronald McDonald House near Cabell Huntington Hospital from 12:00pm-  
3:00pm
- October 18, 2016  
Family Fun Night  
Huntington High School from 6:00pm to 8:00pm
- October 28, 2016  
Spooktacular  
Camden Park from 6:00pm-11:00pm



*The link below has a list of books that is great to read to infants and toddlers:*  
<http://families.naeyc.org/learning-and-development/reading-writing/great-books-read-infants-and-toddlers>

**“Children are made readers on the laps of their parents” - Emilie Buchwald**



# All About West Virginia Birth to Three



WV Birth to Three is a statewide system of resources and supports for children under age three who have a delay in their development, or may be at risk of having a delay, and their family. The Department of Health and Human Resources, through the Bureau for Public Health and the Office of Maternal, Child and Family Health, WV Birth to Three, as the lead agency for Part C of the Individuals with Disabilities Education Act (IDEA), assures that family centered, community based services are available to all eligible children and families.

## How do I make a referral?

To refer a child to the WV Birth to Three system in state, complete the [WVBTT Referral Form](#) and forward to the office that services the child's location or you may call 1-866-321-4728.



## Who is eligible?

An infant or toddler under the age of three can either have a delay in one or more areas of their development, or be at risk of possibly having delays in the future. A child may have delays in one or more of the following areas:

- **Cognitive** - thinking and learning
- **Physical** - moving, seeing and hearing
- **Social/emotional** - feeling, coping, getting along with others
- **Adaptive** - doing things for him/herself
- **Communication** - understanding and communicating with others

A child may have risk factors such as:

- A condition which is typically associated with a developmental delay such as Down Syndrome; or
- A combination of biological and other risk factors. Some of these factors may include family stressors.



**It is important to remember that each child develops differently and in his or her own way.**

*Below is a link of the typical milestones of child development*  
<http://www.wvdhhr.org/birth23/milestones.asp>



**RAU III PARENT PARTNER  
AMBER HUFFMAN**

RAU III  
1701 5th Avenue, Box 14  
Charleston, West Virginia 25387  
(304) 414-4460

RAU IV  
432 2nd Street  
Huntington, West Virginia 25701  
(304) 523-5444

**WV Birth to Three, RAU IV is seeking a full-time  
Parent Partner.  
More information is available at [www.rvcds.org](http://www.rvcds.org)**



*My name is Amber Huffman and I am the new Parent Partner for RAU III. I am going to share a little bit about me as I have been in your shoes with the WV Birth to Three system. I am a foster/adoptive parent and I have many experiences with River Valley Child Development Services. Within two years, our family gained eight little feet. Through our two years of fostering, I have developed into a different person. While many of my children went through Birth to Three, one of my children was severely delayed in most areas. She is currently still in the program, we have weekly coaching visits with various team members. The most important advice that I could give to any parent is to never give up on a child. Everybody has their rough days, but for a child that is developmentally delayed it means so much more. I look at how strong my kids have been and all that they have gone through, and for them to continue life smiling is such a blessing to me. Every child and their past is unique, but when you build the foundation for their future it will show what they are capable of. Could we have done it on our own? No. But we have had such a great support system in our journey and that is vitally important. With many services including occupational therapists, physical therapists, nutritionists, developmental specialists, speech therapists, and so much more, we have more than benefited from the WV Birth to Three system. Children develop at their own pace and sometimes need a little assistance taking the next step. In closing, I wish all WV Birth to Three parents strength and continuous love in their beautiful journey of WV Birth to Three. It is great to be a part of. I am here to reach out to all the families that experience developmental delays with their children. I am here to support families, give the appropriate resources that best suit the families, and I will help you receive information on services after your child exits the program. Please feel free to contact me at anytime, I will try my best to answer any questions that you may have. If I cannot answer your question right away, I will try my best to find the answer. I look forward to working with you and your beautiful families. Feel free to contact me at: (304)-414-4460 (office), 1-(844)-885-0618 (toll free), or email [ahuffman@rvcds.org](mailto:ahuffman@rvcds.org).*

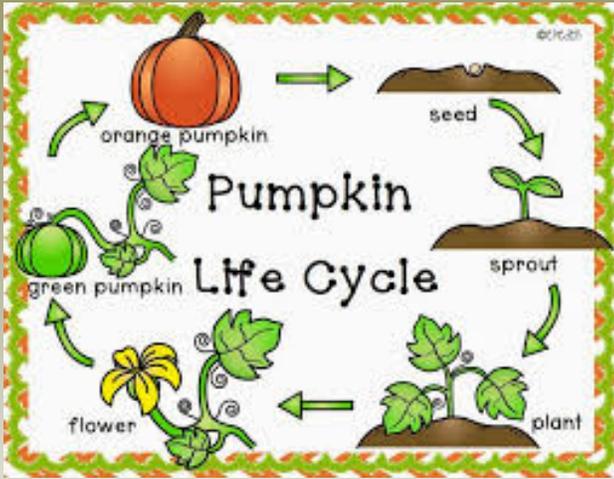
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## Teddy Bear Fair

**The 2016 Teddy Bear Fair is on October 1, 2016 at 10 a.m. to 1 p.m.**

The Teddy Bear Fair is held the first Saturday in October at Women and Children's Hospital from 10 a.m. to 1 p.m. Each year more than 1,000 people attend to observe a variety of educational displays, play games, win prizes and much more. The annual fair allows children and their families to experience the hospital in a non-threatening way. Kids who visit are given a teddy bear to take from station to station to learn about many health and hospital-related topics. Lunch is also provided to all participants. Everything is FREE, and if you're not careful, you just might learn something!





## FAVORITE ROASTED PUMPKIN SEED RECIPES

### Chili Lime

- Ingredients:**  
 1 cup pumpkin seeds  
 2 tsp coconut oil  
 1 tsp cayenne pepper  
 1/2 tsp sea salt and pepper  
 2 tbsp lime juice



### Rosemary & Oil

- Ingredients:**  
 1 cup pumpkin seeds  
 1 tbsp extra virgin olive oil  
 1 tablespoon fresh chopped rosemary  
 1 tsp sea salt



### Sweet Cinnamon

- Ingredients:**  
 1 cup pumpkin seeds  
 1 tbsp vanilla extract  
 1 tbsp cinnamon  
 3 tbsp no calorie sweetener such as Splenda or Stevia

### Cajun Garlic & Pepper

- Ingredients:**  
 1 cup pumpkin seeds  
 2 tbsp olive oil  
 1/2 tsp sea salt  
 1 tbsp garlic powder  
 1 tbsp cayenne pepper  
 1 tbsp Cajun seasoning



**Directions:** Mix all the seeds and ingredients in a mixing bowl until seeds are completely covered. Spread the seasoned seeds on baking sheet. Roast the seeds for 20 minutes at 170 degrees. Sprinkle more of the dry ingredients onto the seeds as they come out of the oven. Allow to cool, and enjoy!

**FUN AT GRITT'S FARM!**  
 OPEN SEPTEMBER 17TH  
 - OCTOBER 30TH

For more information on the activities at Gritt's Farm please visit :

<http://www.grittsfarm.com/fall-attractions>

# 2016 WV PUMPKIN FESTIVAL

## October 6, 7, 8, 9 2016



## About the WV Pumpkin Festival

Since 1986 West Virginia Pumpkin Park in Milton has celebrated the glory of autumn and the harvest with the West Virginia Pumpkin Festival, which has turned into one of the state's largest fests. The festival was designed to help farmers with the raising and selling of pumpkins. Located in Milton, WV, between the two cities of Huntington and Charleston, along the I-64 corridor, the festival attracts attention from throughout the region. Each October, more than 50,000 people travel to Milton to participate in our celebration of the pumpkin harvest. The festival hosts a cultural array of activities for the entire family to enjoy. In addition to over 100 skilled artisans who display juried crafts, numerous special exhibits and demonstrations are presented throughout the festival. Master craftsmen share their expertise in areas such as blacksmithing, pottery making, quilting and woodworking, a mountain men encampment, and lots of old-time demonstrations like sorghum making, and much more, along with many business booths.

Some of the area's finest musicians can also be found displaying their talent at the WV Pumpkin Festival. Whether you enjoy bluegrass, traditional music, or quality contemporary artists, you'll be certain to find an abundance of music to enjoy during your stay at the festival.

Festival hours are 9 a.m. to 9 p.m. Thursday (10/6) thru Saturday (10/8) and 9 am to 6 pm Sunday, (10/9). Admission is \$8 and free for children 5 and under. There's also a group rate as well. Parking is free. Call 304-743-8774 for information.

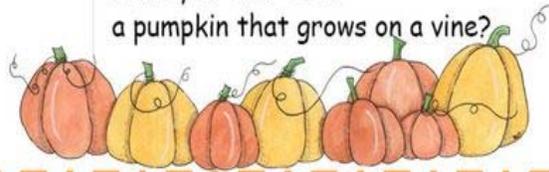


# Kids Only!



## Pumpkin Song

Have you ever seen  
a pumpkin, a pumpkin,  
a pumpkin?  
Have you ever seen  
a pumpkin, that grows on a vine?  
A round one, a tall one,  
a bumpy one, a squashed one.  
Have you ever seen  
a pumpkin that grows on a vine?



Which pumpkin best describes how you are feeling?



angry



scared



surprised



suspicious



dislike



happy



sad



excited



shy



bored

