

# SPRING



## Newsletter

This cute sensory bag is very easy to make and it's affordable. Allow your child to explore nature in under \$5 dollars. All you need is:

1 Sandwich bag

Collected live or artificial flowers

1 Bottle of clear hair gel

Roll of tape

You just simply add the hair gel inside of the sandwich bag, drop your flowers in, and it's done!

If you are not taping your bag to the window it is recommended to tape the seal and edges so that the bag doesn't bust open

Under 5 dollars?

All items may be in your household or can be purchased at your local dollar store



# Importance of Outdoor Play and Brain Development



Child's play is not just all fun and games; rather the act of play is a crucial component in the growth and development of the brain, body and intellect. Studies of how young people learn have proven, that children, especially, acquire knowledge experientially, through play, experimentation, exploration and discovery. Research shows us that many of the fundamental tasks that children must achieve, such as, exploring, risk-taking, fine and gross motor development and the absorption of vast amounts of basic knowledge, can be most effectively learned though outdoor play.<sup>1</sup> For example, when children move over, under, through, beside, and near objects and others, the child better grasps the meaning of these prepositions and geometry concepts. When children are given the opportunity to physically demonstrate action words as stomp, pounce, stalk, or slither, or descriptive words such as smooth, strong, gentle, or enormous, word comprehension is immediate and long lasting. The words are used and learned in context, as opposed to being a mere collection of letters. This is what promotes emergent literacy and a love of language. Similarly, if children take on high, low, wide, and narrow body shapes, they'll have a much greater understanding of these quantitative concepts, than children who are just presented with the words and definitions. Learning by doing, creates more neural networks in the brain and throughout the body, making the entire body a tool for learning.

Information from

<https://education.umkc.edu/download/berkley/The-Importance-of-Outdoor-Play-and-Its-Impact-on-Brain-Development-in-Children.pdf>

UMKC School of Education's Edgar L. and Rheta A. Berkley

Child and Family Development Center

In Collaboration with UMKC Nursing Students

Developed by RN-BSN Students: Christy Adams, Claire Donnelly,

Kelly Johnson, Brooke Payne, Austin Slagle, and Sara Stewart

# So now that we know outdoor play is important, encourage it!



## Supplies

- Paper – 12 inches square
- Paper punch
- Tape
- String – lots for flying
- Tissue paper strips for tying on tail

## Very Simple Kite

- Have child decorate the paper with supplies available
- Open up paper, and fold two outer, adjacent edges into the middle fold – this will create the traditional kite shape
- Reinforce the top of the kite, and the two sides with tape
- Punch a hole in the top and two sides
- Tie a string connecting the two sides and for flying
- Add a string with tissue paper ties as the tail
- Fly outside by running to create wind

## Sing-Along-Song

**Blow, Blow, Blow the Wind**

**By Diane Thom**

**(Sung to Row, Row, Row Your Boat)**

**Blow, blow, blow the wind**

**Gently through the trees.**

**Blow and blow and blow and blow.**

**How I like a breeze!**

**Blow, blow, blow the clouds,**

**Blow them through the sky.**

**Blow and blow and blow and blow**

**Watch the clouds roll by!**



**Join us on April 6, 2018**  
**For Child Abuse Prevention Month**

# Welcome to WV Birth to Three!



"My goal is to provide families with the support and information they need to succeed with the services WV Birth to Three provides. Please know that as the Parent Partner, I have seen the parent's side of WV Birth to Three."

-Amber Huffman

RAU III Parent Partner

As the Parent Partner I am here to provide families with:

- Information on Child Development
- Support whether it be a phone call, email, home visit, etc.
- Helpful resources such as community pantries, childcare information, events, etc
- Provide the information needed to make referrals to other programs
- Equip referral sources with the information needed to make a successful referral to our program.
- Transition with service when your child turns three

**Feel free to contact me at:**

**Phone: (304)-414-4465**

**Email: [ahuffman@rvcds.org](mailto:ahuffman@rvcds.org)**

For local events, resources, and information like our Facebook

<https://www.facebook.com/rvcswvbtt/>

Monthly Events are sent to the Ongoing Service Coordinators. If you would like to receive the monthly events by email please contact me.

## WV Infant/Toddler Mental Health Association

### Supporting the Social and Emotional Well-Being of Children

Infant mental health is recognized as the ability of a child to "experience, regulate and express emotions; form close and secure interpersonal relationships; and explore the environment and learn - within the life of their family, community and culture" (ZERO TO THREE Policy Center, 2004).

Another term for infant mental health is social-emotional development. Social-emotional development plays an important role in every child's life. Each child is born ready to form a strong bond with a primary caregiver, usually a parent. For babies, this is a critical element to survival. Most people realize that a baby depends on an adult to help facilitate every basic physical need—eating, sleeping, and staying clean and dry. Babies also depend on their primary caregiver for their emotional needs. By consistently responding to your baby's cry with a warm, soothing hug, and attention to the child's need, he or she will learn to trust and regulate emotions, which over time will lead to school readiness, positive social behavior, and lifelong nurturing relationships.

How can I help my child?

Here are a few ways you can help your child to begin to develop friendships, express feelings, and explore his importance in the family and community:

- Read to your child daily. Not only will you encourage brain development, but you will also provide a time for you to connect with your child.
- Make emotion faces in a mirror. You can explore happy faces, sad faces, surprised faces, angry faces, and more.
- Share a seed with the birds or ask your child to help with watering the plants. Explain that living things need to be taken care of to grow healthy and strong.
- Encourage your child to develop independence by making simple choices. For example, "Would you like to wear your red shirt or blue shirt today?"
- Establish a routine around familiar activities such as washing hands before eating, brushing teeth after eating, reading books before bedtime, and eating meals together.

Where can I learn more?

In addition to talking with your WV Birth to Three team members, you can find many resources for information on the internet. You might want to explore the following:

- WV Infant/Toddler Mental Health Association - <https://www.nurturingwvbabies.com/>
- The American Academy of Pediatrics - <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Mental-Health/Documents/SE-Tips.pdf>
  - Zero to Three - Magic of Everyday Moments Booklets - <https://www.zerotothree.org/resources/1092-magic-of-everyday-moments-booklets-how-the-brain-body-and-mind-grow-from-birth-to-3>



# Help For Heroes Disabilities Resource Fair

*Help for Heroes Resource Fair is an annual event that provides statewide information for children and families with special health care needs. It is a great way to access information and an all-around fun time for families.*

*May 12, 2018*

*1:00 PM to 4:00 PM*

*Shawnee Park*

*2947 Fairlawn Ave*

*Dunbar, WV 25064*

*If you are interested in being a vendor or have questions please contact Amber Huffman at (304)-414-4460 or [ahuffman@rvcds.org](mailto:ahuffman@rvcds.org)*