

OCT-DEC 2022 FALL

WV BIRTH TO THREE REGION III NEWSLETTER

Serving: Kanawha, Clay, Jackson and Roane counties

Upcoming Events

1st Annual WV Birth to
Three Christmas
PlayDate at KidARoos
December 7, 2022
10am-Noon

1418 MacCorkle Ave
SW Unit A
Charleston, WV 25303

Visit the online page

<https://www.facebook.com/WVBTT3/>



The Must Do Guide for Holidays with Babies



1. Establish a holiday tradition that you can use as blackmail when they get older, like a themed holiday card
2. Try cranberry sauce. (if old enough for solids) Its adorable to watch babies picker.
3. Play in a pile of wrapping paper.
4. Start them young on holiday music.
5. See if they will fit in a stocking. Then snap the most adorable picture of your life.
6. Make a "Baby's First Christmas" Ornament
7. Take them on a drive to see Christmas lights

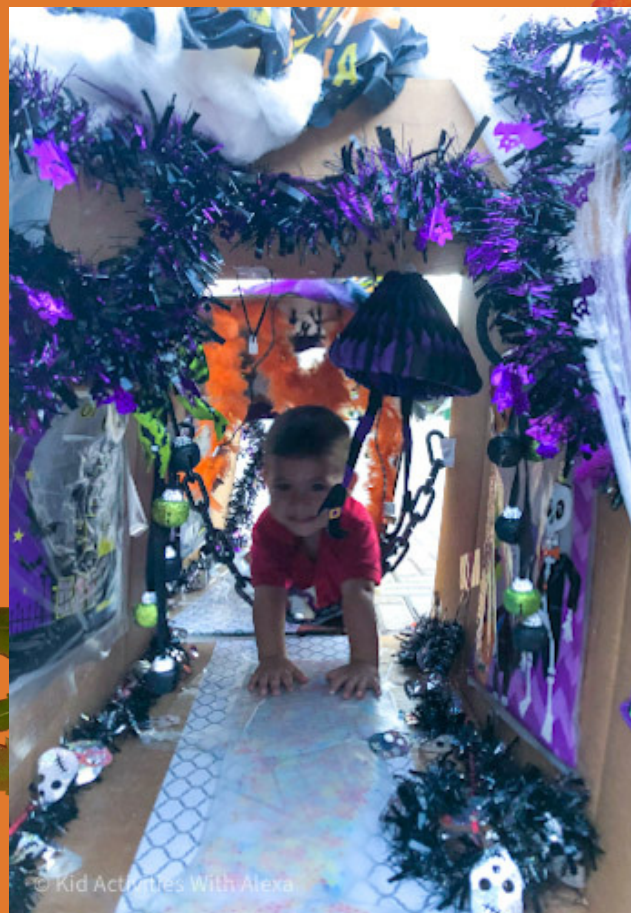
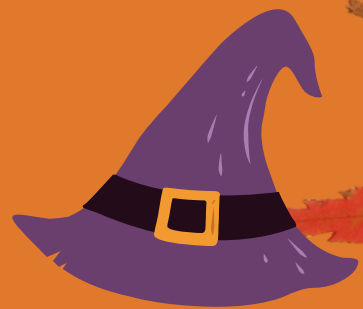


Halloween

The first Halloween, now that your little one is mobile, is a special one but what activities can you do during October leading up to this day? Of course, nothing too scary and of course edible safe, because we know they totally go for the mouth first!

When my children were younger I made them a Halloween tunnel. It was a sensory tunnel full of sensory materials to explore as they crawled through it. I used a large cardboard box that I purchased at the local hardware store.

- I added feathers, chains, and bells around the walls and entrance to work on the senses.
- I added glow in the dark sticks on the walls and on the floor hidden under the garlands.
- I created a textured walkway on the wall using contact paper and water beads. (If I knew then what I know now, I would have just made a series of sensory bags and used duct tape to attach them to the floor.)
- And to give it the last spooky effect, I poked holes in the roof and added orange and purple lights (found at the dollar store)



Thanksgiving



Footprint Turkey



Footprint crafts make adorable cards and pictures to give loved ones. Paint your little one's foot with brown and print onto card stock. Use a sharpie marker to add the legs and face features. For the feathers, you can cut out feather shapes in scrapbook paper and stick them on.

Cardboard Tube Turkey

Cardboard tubes are great at transforming into craft items like DIY turkeys. Paint the tube brown and allow to dry. Next you'll paint a paper plate orange and allow to dry. You can then cut feather shapes from different colored paper and have your little one write on each 'feather' all those things they are thankful for. Now glue these to the plate. Then that is glued to the cardboard tube to complete the turkey.



Christmas



build a photo
CHRISTMAS TREE

Materials Needed:
Photos printed on photo paper
circle punch (we have a 3.5 inch one to make our circles extra big)
green poster board
scissors
brown and yellow paper
velcro
laminating sheets or contact paper
laminator (optional)
tape (heavy duty tape that you can stick on the wall)

Directions:
To get started you need to print out your photos and use a circle punch (or scissors) to cut them into circular shapes so that they look like ornaments.

After than you want to laminate the photos since they'll be touched a lot by little fingers and you don't want them to get ripped right away!

While the circles are being laminated, cut out a Christmas tree from posterboard. Add a star and a tree trunk using some cardstock and tape it into place.

*Peace on earth will come to stay when we
live Christmas every day.*



From Mommy to Mommy Corner



Gassy Baby? Here's the Top Tips to Treat and Prevent Baby Gas

Check your diet

Often, what mom eats can make its way to baby and cause gas for their tiny tummies. What's more, if a baby has an allergy or food sensitivity, the gas can sometimes be accompanied with diarrhea. If you're breastfeeding, here are some common examples of foods that may be causing your baby's gas:

Beans and lentils

Cruciferous vegetables like leafy greens, cauliflower, broccoli or brussels sprouts

Dairy (think yogurt, milk, cheese or ice cream)

Spicy foods (chilies, hot sauces, curries)

Aromatic vegetables like shallots, onions or garlic

Swap bottles for gassy babies

Some bottles are specifically designed to reduce the amount of air that is swallowed during feedings. If your baby is having problems with gas, try a vented, angled, or collapsible style. Make sure to hold baby's head elevated at a 45-degree angle and tip the bottle downward into their mouth with the nipple full of milk, not air.



Let the formula settle

If you're using a powdered formula, make sure you let your freshly mixed bottle settle for a minute or two before feeding your baby. Why? The more shaking and blending involved, the more air bubbles get into the mix, which can then be swallowed by your baby and result in gas. Try using warm (but not too hot) water compared to cold or room temperature water. This helps the formula dissolve more effectively, thus eliminating bubbles from tons of shaking.

Tip: If you're in a rush, gently tapping the bottom of the bottle on the counter or table can help bubbles rise to the top more quickly.

Burp baby after feeding

It's best to try to keep your baby upright for 20 to 30 minutes after a feeding. If they're still gassy, burping can help release any gas pockets from your baby swallowing too much air. Gently pat your baby, starting at the lower back and working your way up. There are a few different ways to help make your baby burp, so try one of these burping positions:

Hold your baby against your chest (with their body facing yours). Ensure their head is on your shoulder. Then pat and rub their back.

Have your baby sit on your lap. Support their chest and head with one hand while patting their back with the other. Make sure you're holding your baby's chin and not their throat.

Lay your baby flat against your lap with the belly face down. Support your little one's head and make sure it's higher than their chest. Gently rub or pat their back.



October

Adopt a Dog Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 1 World Vegetarian Day	 2 Farm Animals Day	 3 Boyfriends Day	 4 Taco Day
 5 Country Bed and Breakfast Day	 6 Noodle Day	 7 Frappe Day	 8 Octopus Day	 9 Moldy Cheese Day	 10 Egg Day	 11 Universal Music Day
 12 Pumpkin Pie Day	 13 Kick Butt Day	 14 Face Your Fears Day	 15 Cake Decorating Day	 16 Boss's Day	 17 Pasta Day	 18 Sweetest Day
 19 Seafood Bisque Day	 20 Brandied Fruit Day	 21 Reptile Awareness	 22 National Nut Day	 23 TV Talk Show Host Day	 24 Punkin Chunkin Championships	 25 Forgiveness Day
 26 Pumpkin Day	 27 Cranky Coworkers Day	 28 National Chocolates Day	 29 National Cat Day	 30 Candy Corn Day	 31 Halloween	

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November

Model Railroad Month

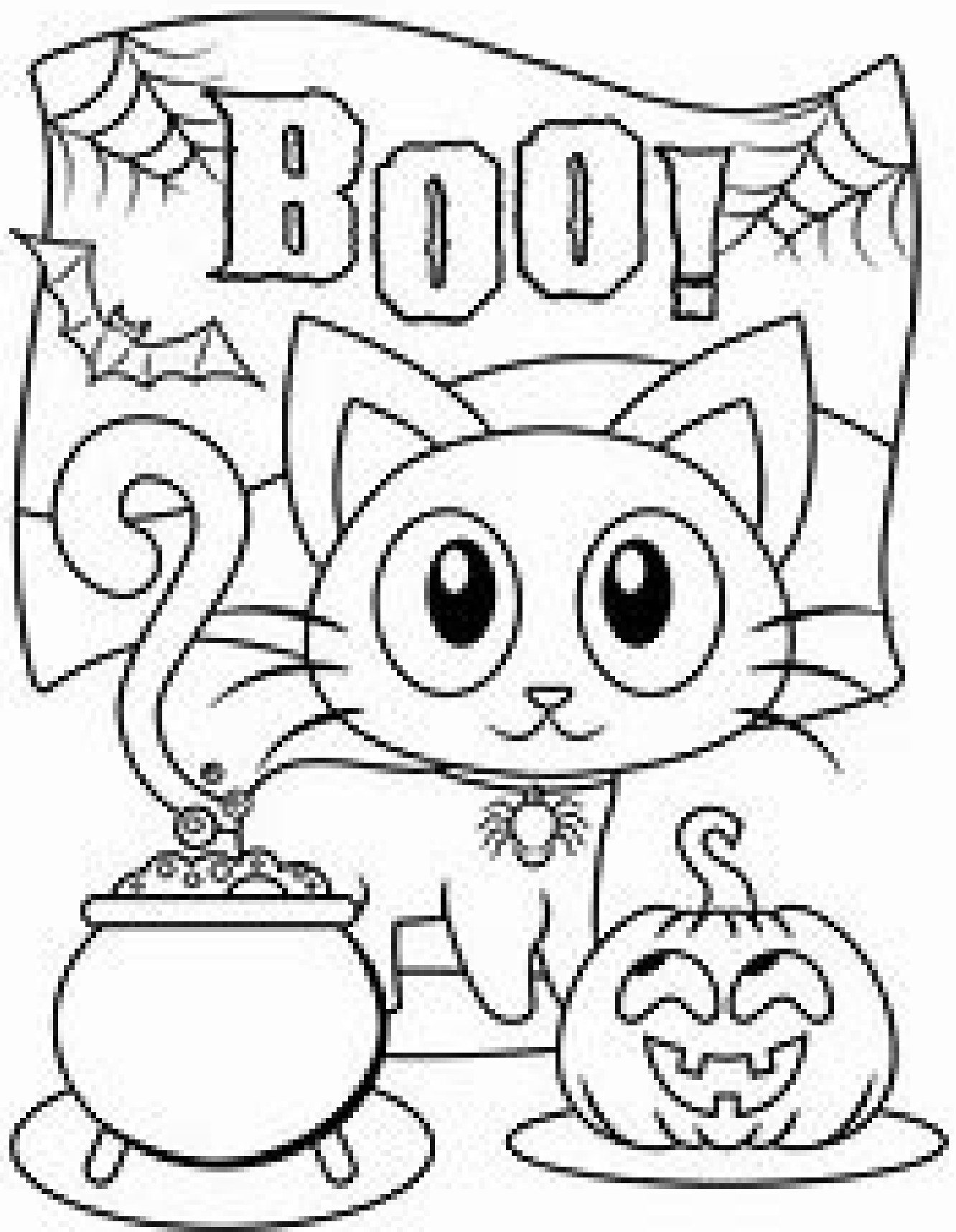


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Day of the Dead	 2 Cookie Monster Day	 3 Sandwich Day	 4 Candy Day	 5 Men Make Dinner Day	 6 Nachos Day	 7 Chocolate with Almonds Day
 8 Cook Something Bold & Pungent Day	 9 Chaos Never Dies Day	 10 Vanilla Cupcake Day	 11 Origami Day	 12 Pizza with the Works Day	 13 World Kindness Day	 14 Pickle Day
 15 Clean out the Refrigerator Day	 16 Button Day	 17 Homemade Bread Day	 18 Apple Cider Day	 19 Have a Bad Day Day	 20 Peanut Butter Fudge Day	 21 World Television Day
 22 Mother Goose Day	 23 Dr. Who Day	 24 Celebrate Your Unique Talent Day	 25 International Hat Day	 26 Thanksgiving Day	 27 Sink Day	 28 French Toast Day
 29 Square Dancing Day	 30 Cyber Monday					



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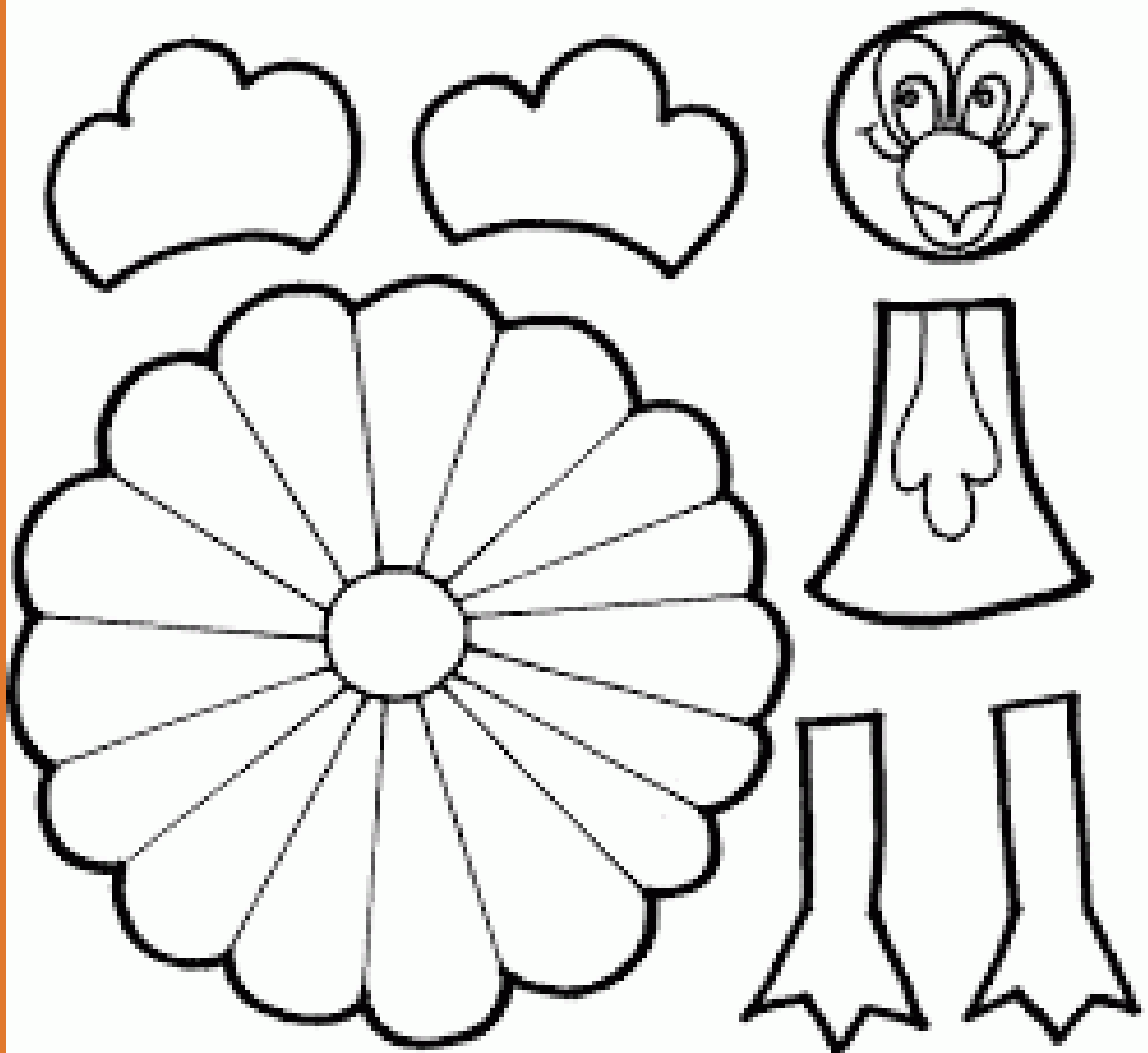
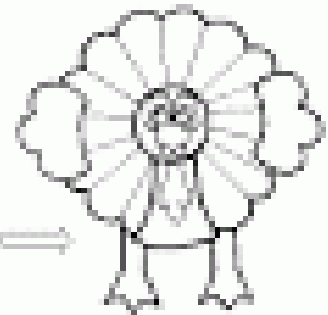




A Turkey to Color, Cut & Paste

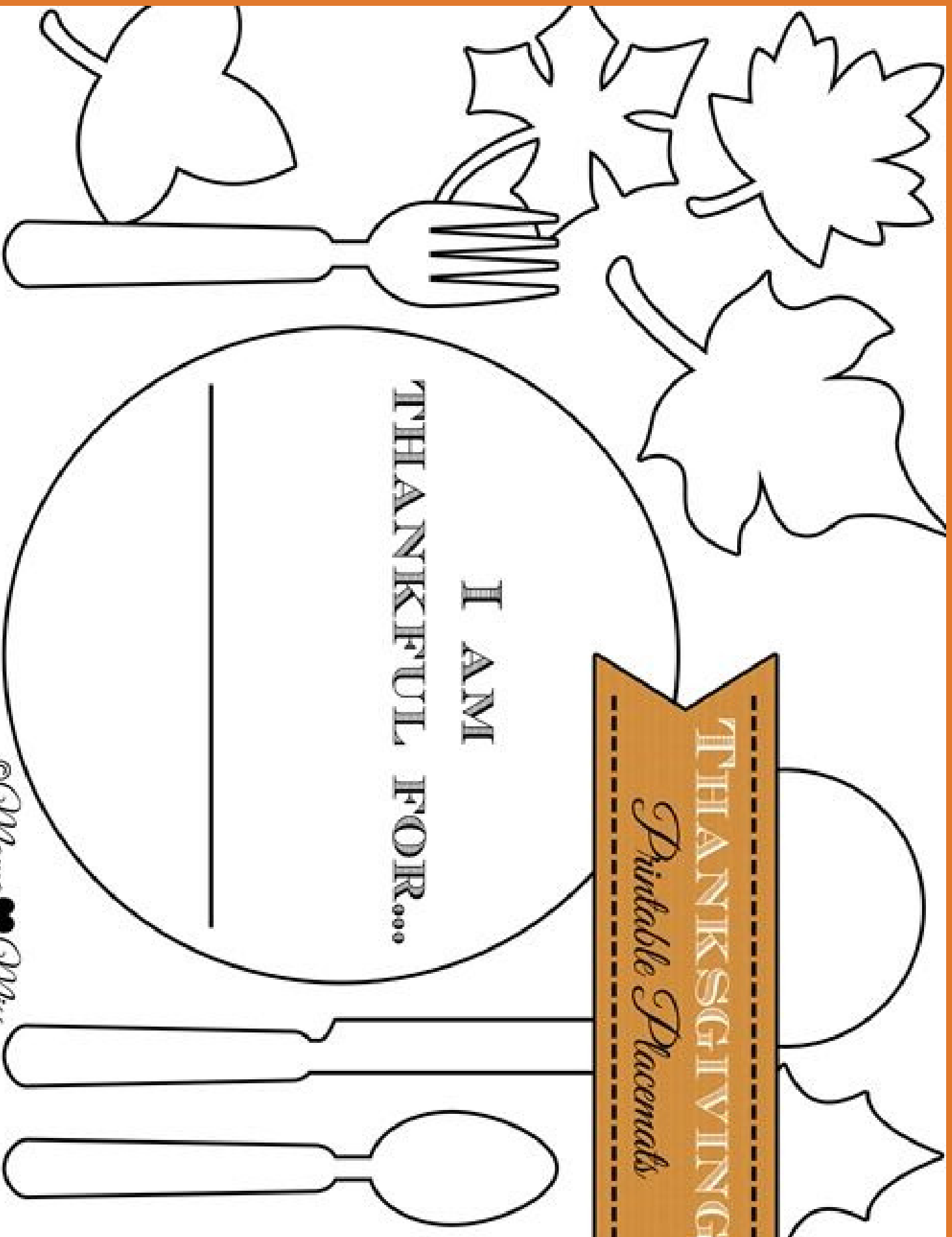
Directions:

- 1: Color the parts of the turkey below.
2. Cut out the parts on the dark lines.
3. Glue the parts together to make a turkey! ➡



THANKSGIVING
Printable Placemat

I AM
THANKFUL FOR...



10 Reasons a Daily Routine is Important for Your Child and How to Set One

All families need some type of routine to get things done and create a sense of security for their children. Children often fear the unknown – whether it's the broccoli on their plate – or a big life change like moving to a different house or gaining a new sibling. While change is a learning opportunity, it can also be stressful for children. Routines bring comfort and consistency to a child's life. Daily routines might include:

- The time to get ready in the morning
- Bath times, mealtimes, naptimes, and bedtimes
- Housework, cooking and cleaning schedules
- Play time, family time and outdoor play

Routines also help your child know what's important to your family. While daily routines look different across neighborhoods the most important aspect is creating a routine that works for your family.

Here are 10 reasons a daily routine is important for your child:

1. Helps your child get on a schedule – Consistent routines will help your child and their 'body clocks' with many day-to-day basics such as:

- Ability to take naps and sleep well at night
- Ability to eat healthy, full meals
- Regular bowel movements
- Healthy play and outdoor time
- Calm, relaxed behavior at 'down times' during the day

For example, because your child and their body know it's time to sleep, they are more easily able to wind down and rest.

2. Bonds the family together – When a child knows what to expect and notices regular family activities, they begin to understand what's important. This strengthens shared values, beliefs, and interests.

The child, for example, might notice that eating breakfast together on Saturday mornings is important. They can see that family time together is special. Even if your child is young, they will pick up on these traditions. The family bonds together by doing regular, important things together.

3. Establishes expectations – Rather than having a power struggle about picking up toys at the end of the day or taking a bath, a child becomes accustomed to knowing when 'pick up time' and 'bath time' are. Children begin to expect and complete activities without issue. As the parent, you become a partner in that routine, rather than the person who is telling the child to 'do this' and 'not do this.'

4. Creates a calmer household – Because the child, and other family members, know what to expect, stress and anxiety are reduced. The child will know what comes next. They will feel valued because they are included in the plans and don't feel as if they're being forced to do something.

5. Gives your child confidence and independence – With a routine, a child will learn over time when it's time to brush their teeth or put on their pajamas. They will take pride in knowing what they are supposed to do – and doing it by themselves. Rather than always being told what needs to happen, your child will feel confident to go ahead and be in charge of themselves. When children feel empowered and independent, they are less likely to rebel or retaliate.

6. Establishes healthy, constructive habits – From brushing teeth regularly to completing homework every afternoon, routines help establish constructive habits. Children who practice these skills will be able to better manage their time. As they age, they'll have more self-discipline in terms of healthy grooming and eating habits, along with studying and cleaning their rooms.

7. Helps you (the parent) remember important things – Whether it's ensuring your child takes their medicine every day or remembering to pay the bills every month, a routine helps you stay on track.

Family life is busy and routines help you to keep track of the important details – allowing for a more stress-free household and quality time together as a family.

8. Offers your child an opportunity to get excited about what's ahead – If your child knows what's on the schedule, they anticipate and look forward to future events – such as going to the park on Friday afternoons or visit grandparents on Sunday. When these activities are established, your child feels like a loved part of the family and the world.

9. Provides opportunity for special 'daily rituals' – When you build something into your day, like snuggling and reading to your child before bed, you instill special moments or 'daily rituals.' These dedicated times create increased bonding and connection with your child every day. Rather than just moving from one activity to the next, you have quality, relaxing time built into each day.

10. Offers stability during times of change or stress – Changes and stresses impact a child's life and sense of security. When the family has an established a routine, consistency is present in the child's life, no matter what is going on. A child finds calmness, stability, and love through elements of routine, such as family dinners or regular Thursday trips to the library.

The Importance of Flexibility

While establishing and maintaining routine has a wealth of benefits, it's vital to also remain flexible. Spontaneity and creativity are important factors in a child's life. For example, the breakfast dishes can wait if there is an exciting animal in the backyard or a special Saturday carnival happening in the city.

Remember to stay sensitive and adaptable to the needs of each child (and adult). When a schedule becomes too regimented or strict, the benefits will be reduced, and children may feel controlled by it rather than freed by it (which is the ultimate goal).

How to Set a Daily Routine for Your Child

Routines can begin from the first day of life. If you haven't started a routine from the early days, don't worry. They can be established and start at any point. The earlier you establish a routine, the better.

Step 1: Establish the important times such as mealtimes, snack times, naptimes, and bedtime. Because these affect how well your child is able to sleep and eat, these items should come first. If you currently have no schedule, gradually move to a consistent routine. For example, you may wish to set up a regular naptime and bedtime first. Then, you can add in regular mealtimes and bath times.

Step 2: Practice patience. Setting a schedule may be hard for your child at first, but they will become accustomed to it. Try not to become impatient or frustrated if the routine takes time to become 'regular' for your child.

Step 3: Add 'helpful' elements to each part of the routine. For instance, you may wish to add in a regular 10 minute reading and snuggling time with your child before bed. This helps them wind down and feel ready to sleep.

Step 4: Work toward consistency and make room for flexibility. In order for a routine to stick, you'll need to make sure you keep it as regular as possible. However, stay open to flexibility, especially for holidays and special events, so your child's mood doesn't become solely dependent on eating at a specific time, for example.

Step 5: Establish special times with your child. Whether it's a regular trip to grandma's house or walking the dog together, create expectations and routine of family time.

Step 6: Adjust as needed. As the months go on, you'll start to see what's working and not working for the family. A routine is meant to help the family, not hinder it. Be sure your routine is healthy and positive for your child and other family members.

If you feel you need some ideas in creating a routine that works for you and your child, talk with your WV Birth to Three team members for support!

Adapted from - Petit Early learning Journey (2017). 10 reasons a daily routine is important for your child (and how to set one).

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