

Oct-Dec 2023 FALL



WV BIRTH TO THREE REGION III NEWSLETTER

Serving: Kanawha, Clay, Jackson and Roane counties

Upcoming Events

Oct 26: Trick Or trunk
at the Kanawha City
Rec Center 6-8pm

Nov 8: Quantum
Sports Tots day 10-
noon

Dec 6th:
UN-Birthday party at
KidARoos

Jan 24th:
Pajama Party

March 13th:
Lucky Bunny

April:
Reading Contest

Celebrating the 'BURRRR' Holidays With Littles

What a fun time of year it is to have a little one. From Spooky Sidewalks all the way through eye catching holiday lights. No matter which holiday your family celebrates, we at Birth to Three want you to enjoy spending time with family and friends.

**Visit the online
page**

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



Thanksgiving



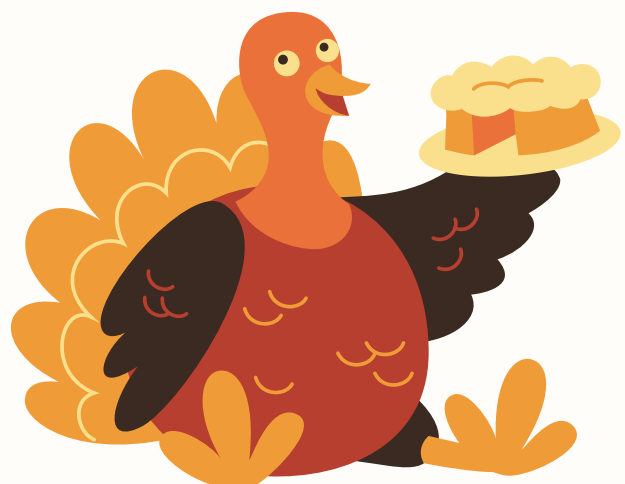
10 Thanksgiving Foods for Babies Starting Solids

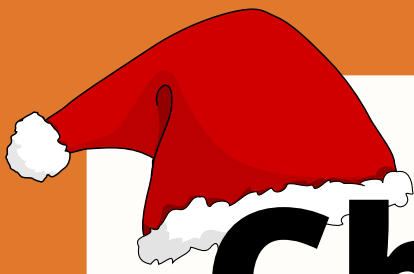
Firstly, make sure baby is ready. And by that, we mean to make sure they are 1) at least 4 months old (though most babies are ready closer to 6 months) and 2) Sitting up with good head control.

Second, know your feeding options. Will you be spoon-feeding your child purees or offering them the chance to self-feed through Baby-Led Weaning?

Third, be aware of potential allergens. While babies can have an allergic reaction to almost any kind of food, the top 8 triggers are: cow's milk, soy, peanuts, tree nuts, fish, shellfish, wheat, and eggs. You may want to avoid giving a high-risk food for the very first time at the Thanksgiving dinner table. If you plan to use any of these foods (like dairy) in Thanksgiving recipes, try offering dairy a few days before to check for an allergic reaction.

1. Turkey
2. Smash Potato
3. Sweet Potato
4. Pumpkin/Butternut Squash
5. Glazed carrots
6. Cranberry Jelly/Sauce
7. Bread/Rolls
8. Green beans
9. Brussel sprouts
10. Stuffing





Christmas



Baby's first Christmas

Make it a magical first Christmas for your little one.

Gifts for babies

Christmas with your new arrival is sure to be an extra special celebration. Not only is it their first Christmas, but the first for you as a larger family. Your little one may not quite be ready for opening presents just yet, but that doesn't mean they won't enjoy what Santa's left under the tree for them.

Liven up the nursery

Upgrading your little one's nursery on your mind? There can't be a better occasion than this to make it happen. From **cots** to **cribs** to **changing tables**- give your baby's space a makeover just in time for the festive season.

Make it memorable

As a new parent, there's plenty of ways to make it a Christmas to remember. It's a great time to spruce up your Christmas decoration collection, and they're sure to love the bright lights and shiny accessories. It's also a good time to invest in a camera or camcorder, so you can capture the special memory of their first Christmas and re-live it time and time again.

Christmas gifts for new parents

Looking for something special for new parents? The first year is an exciting and stressful time for first time parents - so why not get something to help them relax and enjoy some me-time. They're sure to appreciate some fresh bedding, a sentimental photo frame or a gift experience day - especially if it comes with the offer of babysitting..





From Mommy to Mommy Corner



LEARN ABOUT RSV

RSV is a highly contagious virus that can lead to respiratory illness in babies, including lung infections such as bronchiolitis and pneumonia.*

RSV infections can go from mild symptoms to hospitalization in less than a week. Mild symptoms may include a runny nose, sneezing, and coughing, while severe symptoms can include wheezing and difficulty breathing.

That means the best time to learn about RSV is before your baby does.

*Bronchiolitis (bron-key-oh-lie-tis) is a viral infection in the smallest airways (bronchioles) in your lungs. When the bronchioles swell and become inflamed, mucus may build up, leading to congestion and difficulty breathing.

Pneumonia (noo-mohn-yuh) is a lung infection that can cause mild to severe coughing, fever, and trouble breathing.



RSV can often mimic a cold or the flu. But as the infection becomes more severe so do the symptoms. Keep a close eye on your baby if you notice any of the following:



Coughing

Runny nose

Wheezing

Decreased appetite

Sneezing

Fever

Congestion

In babies under 6 months, the only RSV symptoms they may show are irritability, decreased activity, decreased appetite, and difficulty breathing.