

WV BIRTH TO THREE REGION III NEWSLETTER

SERVING: KANAWHA, CLAY, JACKSON & ROANE COUNTIES

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WHAT IS HAPPENING

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April 15:
Easter Glow Party-
Kanawha City
Community Center

May 28:
Dino Dig
Location-Coonskin

June 12:
Family Picnic
Coonskin Park

Hey Friends!!



Greetings from Miss Brittanie!

I would personally like to take a moment to thank all of the caregivers. Moms, Dads, Foster Parents, Uncles, Aunts and Friends for always attending events. For making sure all of our kiddos get the help they need. We would like to say Thank You! We know everyone is so busy and the world is so crazy. Thank you for allowing our Birth to Three family be apart of your family.

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Fun Activities to do With Your Baby in the Spring

Brittanie Hairston- Parent Partner

Once winter is over, I think we all have on thing in common: we are desperate to get out!

If you have a baby at home like I do, you may be wondering how to keep both of you occupied once the weather warms up.

Here are 5 spring activities for babies that they will love and enjoy!

1. Go for a Walk

Let's start with a basic yet engaging activity- going for a walk! A walk can be more than just getting fresh air. For your baby, it's a great sensory activity for them to see nature around them and hear new sounds.

2. Have a Picnic

If your baby is at the stage of eating solids, have a picnic with them outside. What's nice about this is that you don't need to go anywhere fancy.

3. Sensory Play

There are SO many sensory play ideas out there! You can create a spring-themed sensory bin, paint with your baby, or use chalk outside. Sensory play is something you can do indoors on a rainy day or have fun with outside. Your baby will never get bored!

4. Observe Nature

You don't have to be limited to the stroller when it comes to exploring nature with your baby. You can bring them outside to your front or backyard and look at the flowers, trees, bugs, animals, clouds, etc.

5. Play in the Rain

A little drizzle won't hurt! If your baby is older and walking, it can be fun to get them in rain gear and splash around in the puddles for a little bit. Be sure to get your little walker some rain boots!

Sometimes rain is viewed in a negative context because it can damper plans. But playing in the rain for a little bit is a way to make the best out of a situation!





Playroom Ideas for Busy, Working Parents

If you're a work from home parent like me (2 days a week lol), you know the challenge of trying to work while keeping your littles entertained.

One thing us WFH parents rely on: a playroom or designated play area. We need a place where our kids can not just play independently, but also be safe. Having an organized space and toy rotation system is the number one key.

The first thing you need to do is determine where your play area or space will be. Some will be able to designate an entire room as a playroom. Others may have to make a designated area within their living room or office space. Me personally, i have space blocked off in my office space.

But if you don't have an entire room to utilize, try creating a reading nook or arts & crafts corner.

You can also consider some portable play solutions such as play mats, tents, toy boxes. Things that are stackable and foldable.

Here are some playroom organization and storage options I recommend.

Cube Shelves

You seriously cannot go wrong with having cube shelves in your playroom. These are perfect for having toys be easily accessible.

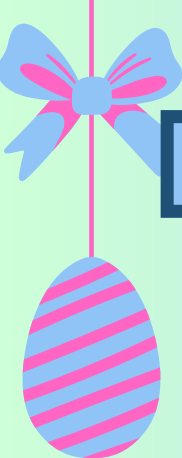
Toy Bins

In addition to cube shelves, we also have toy bins that keep toys accessible.

Zip Bags

One thing I've learned is that a lot of toys comes with A TON of parts! Having bags like these can help keep all toy components grouped together.

*Make the
Playroom Easy to
Clean and
Maintain*

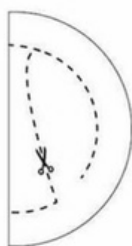


FUN AND EASY EASTER CRAFTS



DIY PAPER PLATE BUNNY EARS

Fold paper plate in half and cut along the dotted lines.



Happy Easter



Has WV Birth To Three helped your child and family? Have your services been affected by lack of providers in your area?



As WV considers funds for a rate change for the 1st time in 22 years, are you willing to share your WVBTT story?

Your experience and voice matters to our future funding & work!

Mel Woodcock, WVBTT Director: Regina.K.Woodcock@wv.gov

Governor Patrick Morrisey: governor@wv.gov

Interim Director of OMCFH Theresa Marks: teresa.d.marks@wv.gov

Deputy Commissioner Public Health Amy Atkins: amy.d.atkins@wv.gov

Your elected officials: WV Senate wvlegislature.gov/Senate1/roster.cfm

WV House wvlegislature.gov/House/roster.cfm

Choosing Quality Child Care

Finding the right child care for your child is an important decision that can sometimes be a stressful experience. There's a lot of information to consider. It may feel overwhelming at times. You need to feel comfortable with your choice and be confident that your child is in a safe and caring environment.

Here are some simple steps that can guide your child care search and make sure you have all the information needed to make the best choice for your child.

What Are Your Options

Understanding your child care options are the first step. Are you interested in a center or a family care provider? What's the difference? Are they licensed and regulated to ensure your child is healthy and safe? That's a lot to consider. Here are some resources to start:

- [Child Care Resource and Referral Agencies](#) exist in every region in the state and can help you find just the right space for you and your family. They can talk with you about the different types of child care providers in your area and help you to consider specific needs your family may have. They can also create a list of child care providers for you to contact. They can also assist you in understanding any financial assistance available to support your family.
- WV has a website listing all the licensed child care providers in the state you can research on your own – [Find a Child Care Provider](#)

Do Your Homework

Are the centers in my area licensed and regulated to ensure your child is healthy and safe? Have they passed health and safety inspections? Are staff in the centers well trained in meeting the needs of children?

- Here's where the [Child Care Resource and Referral Agencies](#) can be helpful in helping you to understand licensing, center regulations and staff training requirements.
- The [Find a Child Care Provider](#) link provides you not only the names of child care providers, but will include an findings from recent inspections.

Call Providers

Before you contact the providers make a list of questions you can ask over the phone to make sure you are visiting providers that meet your needs. These questions may include:

- Does the provider have space for my child?
- What are the provider's hours of operation?
- Is the provider location convenient for me?
- What are the program costs?
- Are there any discounts or scholarships available?
- Does the provider participate in a child care assistance program?

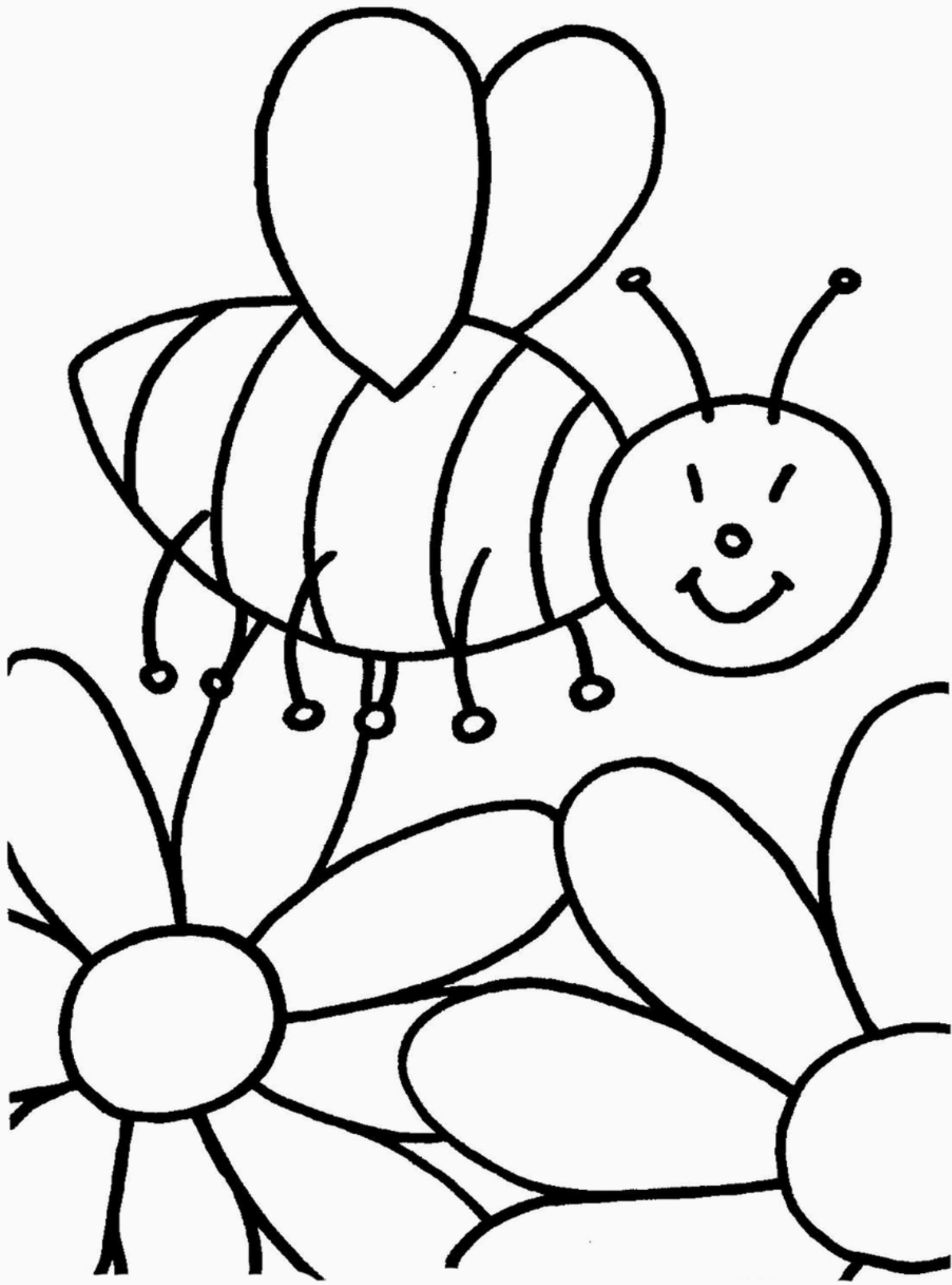
You want to make sure the provider you choose is affordable and accessible to your family. Asking straight-forward, specific questions will help you determine whether or not to consider this provider. There are programs available to help pay for child care if your family qualifies.

While it is always recommend that you visit any child care provider or program you're considering, sometimes a visit is just not possible. If you need child care right away and don't have time to take a tour, this [checklist for Choosing Quality Child Care on Short Notice](#) has questions to ask over the phone before making your decision.

Take The Tour

Use a [checklist](#) to help you make the right choice for your family. Ask the child care provider for references and ask questions about other families' experiences with the program. When touring the child care center, use your five senses:

- Sight – Do you see staff engaged with children? Do you see children actively playing with one another and the staff? Do you see any health and safety concerns? Do you see that there are enough materials for the children to play with?
- Sound – Do you hear a “buzz” in the setting, where teachers are talking in warm, positive tones to the children? Do you hear providers using respectful language?
- Taste – How does the food taste that is served to the children look in appearance and how does it taste?
- Touch – Do you see physical affection between teachers and children, such as hugging, pats on the head, children sitting on provider's laps, or any other types of positive touch?





CONTACT US!

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Is your child not moving, hearing, seeing, learning and
talking like other children, their age?

If you have any questions, please give us a call.

