

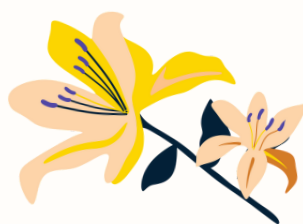
JUL-SEPT 2022 SUMMER

WV BIRTH TO THREE REGION III NEWSLETTER

Serving: Kanawha, Clay, Jackson and Roane counties

Upcoming Events

Halloween Community
Event- Oct 14 (4-6pm)
Kanawha City Rec
Center
3511 Venable Ave
Charleston, WV 25304



**Visit the online
page**

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

Give Children Age Appropriate Responsibilities.

Kids as young as three can be "clean-up helpers," putting toys back into a bin or bringing you books to put back on the shelf. Using a simple phrase ("Clean-up time!") or song can help prompt children. Household jobs provide a great way to celebrate kids' growing abilities. For example, a two-year-old might be able to help you pull clothes out of the dryer, a three-year-old might sort clean laundry into piles by type and a four-year-old might fold their own pile and then put clothes away in the right drawers. Each time a child acquires a new skill, it's a chance to remind them that they are growing up: "When you were three, I helped you put napkins and silverware on the table. But now that you are five, you know how to set whole the table all by yourself!"

The 5 Love Languages of Children and How To Connect to Them



1. "Cuddle Me! Chase Me!"

Though a hug might say "I love you" to all kids, for ones who adore physical touch, it shouts, "I LOVE YOU!"

Express love like this:

Snuggle on the couch, ask your kid if they want to sit on your lap, and offer foot massages and high fives.

2. "Presents, Please!"

Children who feel loved when they receive things aren't just pandering for more stuff. Instead, they are actively seeking ways to feel loved by you.

Express love like this:

Your child sees a gift as a symbol of your love, and it can be anything from a very smooth stone to a ball of yarn in just the color they mentioned liking two Tuesdays ago.

3. "Talk to Me!"

For kids who listen intently and speak sweetly, your loving words matter most.

Express love like this:

Little notes in their lunch box, texts, and even a bracelet with something like "my hero" printed on it can mean the world to these kids.

4. "You Do it For Me!"

Acts of service is the most peculiar-sounding love language, but kids who speak it appreciate thoughtful gestures, like buying flavored seltzer and making a mocktail complete with a mini umbrella and a pineapple slice.

Express love like this:

The possibilities are endless, including making exceptions to a general rule and going above and beyond (such as first warming their clothes in the dryer on a cold morning).

5. "Come Here! Look at This!"

These children feel most valued when you choose to spend time with them.

Express love like this:

In addition to just being together, offer your undivided attention. Dr. Markham calls this "special time," and says it can be short, but let your child choose the activity.



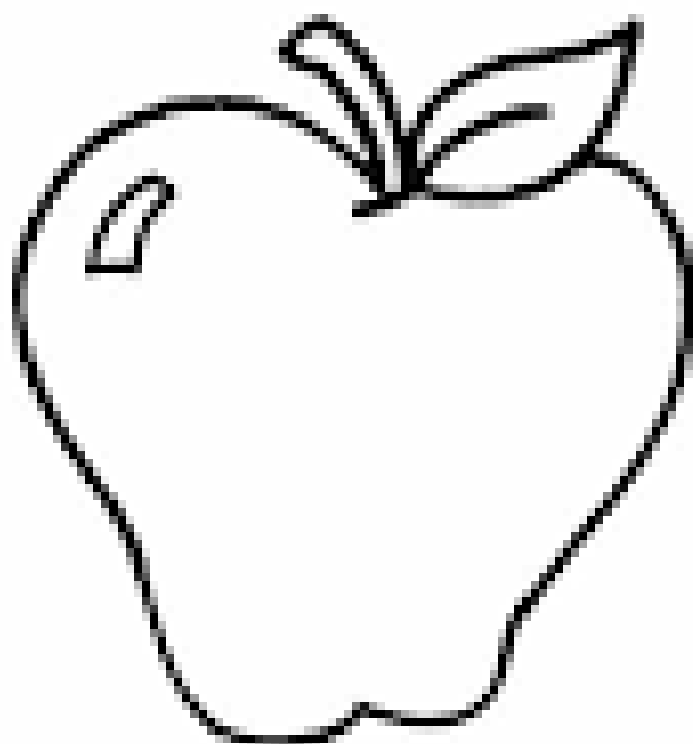
what's *Fit activity for kids* your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

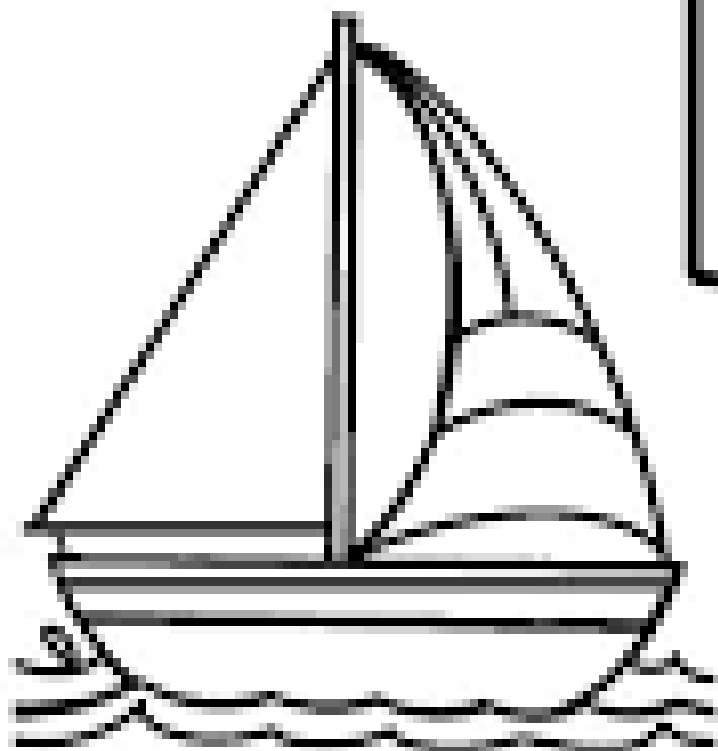
- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

A a

APPLE



B b



BOAT