

WV BIRTH TO THREE REGION III NEWSLETTER

SERVING: KANAWHA, CLAY, JACKSON & ROANE COUNTIES

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WHAT IS HAPPENING

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Sept 13- Be My Neighbor
(Slack Plaza in
Charleston)

Halloween trick or
trunk-TBA



Hey Friends!!



Greetings from Miss Brittanie!

As we close out our summer months, let's continue to nurture the growth of our little ones together. Stay connected for announcements and fun activities on our Facebook page.

www.facebook.com/wvbtt3





Fun Activities to do With Your Baby

Brittanie Hairston- Parent Partner



Are you looking for screen free activities for toddlers of all ages? Yes, I know our little ones are OBSESSED with Miss Rachel and Blippi. Perhaps some crafty ways to keep your toddler entertained at home... without devices?

Well you, friend, are in the right spot! As a mom who works from home with a young toddler myself, I've done a lot of research and creative thinking to come up with this ultimate list of screen free activities for toddlers and preschoolers! The best part? You don't need a ton of supplies. Many of these can be done with simple things from around the house. These screen free toddler activities are so much fun. They are sure to have a blast!

1. Read books together (even if your little one is running around. They are still taking the new words in.

2. Water the plants

Perhaps even get your toddler their own easy to take care of plant! Toddlers love helping and doing what their grown-ups are doing.

3. Play an instrument

Play music together or teach your toddler how to play a musical instrument. It's fun for everyone.



4. Sing a song or create your own!

This is pretty self-explanatory, but always a hit.

5. Paint an object

Check out your local dollar store for all kinds of little wooden figures you can paint. You could do a bird house, an ornament or make a sign for their room together. Again, the options are limitless!

6. Count the toys

Learn numbers and have fun counting their various toys. You can start with counting to 10 and work your way up to 20, 50, 100 + more!

7. Sensory bins

Sensory bins are a phenomenal screen free toddler activities. You can literally do up one for any occasion and use things from all around your house. They are all the rage for a reason!

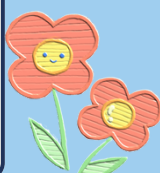
8. Build a fort

Imaginative play at it's finest. Use couch cushions, chair and more to create tunnels into and out of your creation. They'll have a blast!

9. Bubbles

Get outside and play with bubbles!

Whether you have simple wands, a bubble machine or bubble guns there is plenty of fun to be had. There are also plenty of "spill proof" options for younger toddlers who are independent and insist on doing it all themselves!





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SONGS THAT TEACH SPEECH & LANGUAGE SKILLS

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SLIPPERY FISH

ADJECTIVE: humungous,
great, white

VERBS: swim, eat

NOUNS: fish, shark, whale,
water



ROW ROW YOUR BOAT

PREPOSITIONS: down

VERBS: row, see,
scream

NOUNS: boat, stream,
crocodile



WHEELS ON THE BUS

SOUNDS: beep-beep, wahh,
shhhh, swish

VERBS: go, open, shut, cry

NOUNS: baby, door, people,
horn, window, wiper



HEAD, SHOULDERS, KNEES, & TOES

DIRECTIONS: touch your head

VERBS: touch, point

NOUNS: head, shoulder,
knees, toes, eyes, ears, mouth,
nose



TEDDY BEAR, TEDDY BEAR

PREPOSITIONS: around, up,
down

VERBS: turn, touch, jump, show

NOUNS: teddy bear, ground,
shoe



OLD MACDONALD

SOUNDS: quack, neigh, bawk,
moo, baaa, maaa

DIRECTIONS: find the cow

NOUNS: pig, cow, chicken,
goat, sheep, farm, horse

HOW TO READ TO A TODDLER

DON'T EXPECT
YOUR KIDS TO
SIT STILL

YOUR CHILD
MAY NOT LOOK
AT THE BOOK

TALK ABOUT
PICS

YOU DON'T NEED
TO READ THE BOOK
IN ORDER

READ THE
SAME BOOK
OVER & OVER

ASK YOUR
CHILD TO PICK
THE BOOK

MAKE IT
FUN

ASK
QUESTIONS

SPRINKLE BOOKS
ALL OVER
THE HOUSE



Co-Parenting - Being on the Same Page is Important

Most of our young children have more than one person who acts in the role of parent. We often hear the term “co-parenting” when families divorce or separate. However, it is really more about the process of partnering around parenting. Whether it is Mom, Dad, Grandma, an Aunt, a babysitter, or even a foster family in the mix, consistency across caregivers is essential for our little ones. When expectations are the same in those different “homes” it will help you to grow healthy, confident and productive little people! What are some things to consider when you are sharing the all-important job of raising children together?

Open communication is key between all caregivers. Children are having to adjust between different places and expectations. Work with all the people caring for your child to decide how you will all co-parent them. A meeting between the caregivers to decide on the big stuff helps to keep the best interest of your child in the forefront of everyone’s mind.

- What are the basic rules? Examples:

- o When is bedtime?

- o What time do we eat meals – what foods does the child eat, how much and how are they fed?

- o What are the child’s chores?

- o How much tv/game time is allowed?

- o How are we going to potty train?

- What are consequences when a child pushes the boundaries? When it becomes necessary to discipline a child the adults who are sharing the responsibility of caring for them must be on the same page. Limits and consequences must be the same across caregivers.

- o Discuss all perspectives on discipline

- o Agree on what strategies might be used when and stick to it!

- Have one another’s back! Don’t let the child manipulate or play caregivers against one another. No means no and help the little one understand that this is not ok and the decision stands. This also goes to reason that all caregivers should be supporting the decisions of you as their parent! Ultimately you are guiding this process for your child.

- Have it all written down. Whether it is a paper calendar, or an app, keep track of where kids are and who they are with, including who is going to get them there. Also, all the decisions about the shared expectations – write them down and share with everyone!

- Effective communication can take many forms but use the same one consistently. Texts, instant messaging, an electronic or paper notebook – whatever you choose, make sure that it goes back and forth between “homes” and ensure that everyone knows what they need to be sharing with the other caregivers. This should include important care activities (i.e., how many bottles today, when they were last fed, how long was their nap) and a way of sharing pictures and those sweet stories of what happens during the day.

Handle disagreements with maturity – When there are adults trying to agree on what’s best, there will be disagreements! Keep baby in mind and be respectful of the idea’s others have. Come to an agreement everyone can live with and support. It’s important for the child to see their adults in a unified front. Don’t throw their other folks under the bus – that frustration will impact the child’s feelings about the other person.

Express gratitude, always! Say thank you and remember that you have an amazing group of people coming together to love your little one. Being a parent involves countless decisions and is exhausting! Having a group of caregivers to have your back and your baby’s can make all the difference.

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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.

