

JAN-MAR 2023 WINTER

WV BIRTH TO THREE REGION III NEWSLETTER

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Upcoming Events

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Celebrating New Year with Babies



1. Dress Up. You might not be leaving the house, but it's still fun to get dolled up! .
2. Host a Baby Party...invite friends and their babies to your place
3. Snap a Family Picture...make it a tradition
4. Throw Confetti...little ones will love the colors. You can also blow bubbles and streamers are great as well
5. Go Out (Early)..take a walk downtown, go to a casual restaurant, the mall, or other family friendly spots around town.
6. Create a Time Capsule...grab a few items from babies first year. A few things that have been outgrown, a picture or two, a diaper, a special note to your little one



New Year



Activities for toddlers and babies

This theme offers different ways to welcome the New Year with little ones.

Party Hats

Make colorful party hats with your group. Cut strips of construction paper and encourage children to draw on them or decorate them with stickers. You may also provide feathers and colorful felt pieces. Measure each child's head and glue the ends of their strip of construction paper together to create a headband. If you wish, you can glue strips of party streamers behind each child's headband. They will hang down their back and sway as they move around.

Cheers!

Children most likely saw their parents and other family members raise their glass on many occasions to express their wishes for the New Year. Purchase festive drinking glasses and fill them with juice. Show children how they can (gently) clink their glasses together for a toast to the New Year. Pour just a small quantity of juice at a time to avoid important spills.

Festive dance

Depending on the ages of the children in your group, offer a variety of party accessories and dance to the sound of fast-paced music. Scarves, confetti, ribbons, feathers, and balloons can all be manipulated and tossed in the air.

2023





Valentine's Day

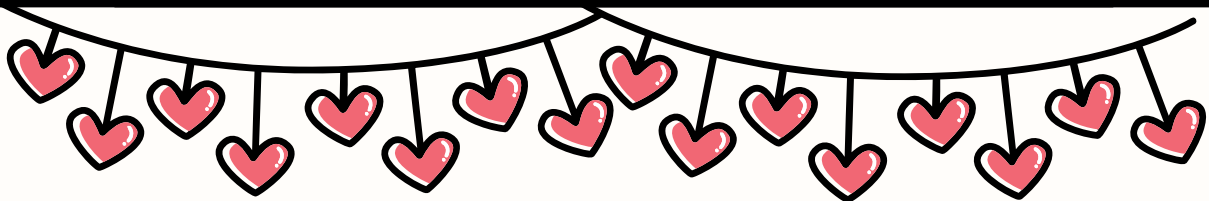
SHARE THE LOVE ... WAYS TO LOVE CHILDREN ON VALENTINE'S DAY



Hug your child – often – for no specific reason. Just show your love

Encourage your child. Use positive words often

Make plans to spend at least half a day alone with your child doing something they enjoy.



Love them, spend time with them, listen to them and praise their accomplishments. Remember to say, "I love you" to kids of all ages!

Valentine's Day is a special day to remember the ones we love. And our children should be loved and nurtured every day! The benefits to you and your children are amazing!



St. Patrick's Day



St. Patrick's Day is a holiday of the imagination. Get your kids in the spirit and test to see if they have the luck of the Irish with these fun St. Patrick's Day activities.

Treasure Hunt

Hide some treasure and write down the location of the treasure on pieces of paper. A phrase like 'under the couch' or 'behind the bed' will work best. Write each letter of the clue on a different piece of paper and number them in order. Send the kids on a scavenger hunt to find all the letters and then decipher the phrase to find the pot of gold, or just some gold chocolate coins, at the end of the rainbow!



Rainbow shakers



You only need a paper bag and some colored craft paper to make a fun Leprechaun puppet. You can put up a puppet show once you're done and let your child's imagination run wild with fantastic Leprechaun tales. These adorable crafts are one of the best St. Patrick's Day activities for kids.



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.

DAYS TO CELEBRATE IN January

					1 NEW YEAR'S DAY
2 SWISS CHEESE DAY	3 WOMEN ROCK! DAY	4 NATIONAL SPAGHETTI DAY	5 NATIONAL BIRD DAY	6 BEAN DAY	7 TEMPURA DAY
8 BUBBLE BATH DAY	9 NATIONAL APRICOT DAY	10 HOUSEPLANT APPRECIATION DAY	11 NATIONAL HOT TODDY DAY	12 NATIONAL MARZIPAN DAY	13 NATIONAL PEACH MELBA DAY
14 ORGANIZE YOUR HOME DAY	15 STRAWBERRY ICE CREAM DAY	16 INTERNATIONAL HOT & SPICY FOOD DAY	17 HOT BUTTERED RUM DAY	18 NATIONAL GOURMET COFFEE DAY	19 NATIONAL POPCORN DAY
20 MLK JR. DAY	21 NATIONAL HUGGING DAY	22 ANSWER YOUR CAT'S QUESTIONS DAY	23 NATIONAL PIE DAY	24 BEER CAN APPRECIATION DAY	25 NATIONAL IRISH COFFEE DAY
26 NATIONAL PEANUT BRITTLE DAY	27 THOMAS CRAPPER DAY	28 NATIONAL DAISY DAY	29 NATIONAL PUZZLE DAY	30 NATIONAL CROISSANT DAY	31 EAT BRUSSELS SPROUTS DAY

