OCTOBER-DECEMBER 2022

WV Birth to Three Region IV Newsletter

Serving Boone, Cabell Lincoln, Logan, Mason, Mingo, Putnam & Wayne Counties

Mission

WV Birth to Three partners with families and caregivers to build upon their strengths by offering coordination, supports, and resources to enhance children's learning and development.

Special Events

- Article- Screen Tine & Very Young Children
- October Calendar
- November Calendar
- December Calendar
- Holiday Recipes
- Letter to Santa

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https://www.facebook.com/WVBTT4

Reminder

To make a referral give our office a call

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Screen Time and Very Young Children

Most of a baby's brain development happens in the first 2 years of life. That's why it's so important for babies and toddlers to explore their environment and experience many sights, sounds, tastes, and textures. Interacting and playing with others helps children learn about the world around them.

So, experts recommend limiting the amount of time that babies and toddlers spend in front of a screen. That's good advice — but in today's world, it can be tough to keep babies and toddlers away from all the TVs, tablets, computers, smartphones, and gaming systems they'll see. Screens are virtually everywhere, and it can be challenging to monitor a child's screen time. To complicate matters, some screentime can be education and support a child's development. How do you manage your child's screen time? Here are some important things to consider.

Problems with Screens

Too much screen time and regular exposure to poor-quality programming has been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Behavior problems
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning

Keep in mind that unstructured playtime is more valuable for a young child's developing brain than is electronic media. In today's tech and media-driven world, many parents use screens to keep young children entertained or distracted while they juggle other needs. It works. Screens captivate children's attention in a way almost nothing else does, allowing parents a bit of a breather. However, children younger than age 2 are more likely to learn when they interact and play with parents, siblings, and other children and adults, so it is critically important to provide off screen experiences.

By age 2, children may benefit from some types of screen time, such as programming with music, movement, and stories. By watching together, you can help your child understand what he or he is seeing and apply it in real life. However, passive screen time shouldn't replace reading, playing or problem-solving.

The American Academy of Pediatrics discourages media use, except for video chatting, by children younger than 18 months. If you introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.

Consider applying the same rules to your child's real and virtual environments. In both, play with your child, teach kindness, be involved, and know your child's friends and what your child does with them. Also, keep in mind that the quality of the media your child is exposed to is more important than the type of technology or amount of time spent.

To ensure quality screen time:

- Do Your Homework –
  - Preview programs, games, and apps before allowing your child to view or play with them. Organizations such as Common Sense Media has programming ratings and reviews to help you determine what's appropriate for your child's age. Better yet, watch, play or use them with your child.
  - Use parental controls to block or filter internet content.
  - Ask your child regularly what programs, games, and apps he or she has played with during the day.
- Be with young kids during screen time –

- Play together and talk about what you are seeing on the screen in age-appropriate games or shows.
- Seek out interactive options that engage your child, rather than those that just require pushing and swiping or staring at the screen.
- Make sure your child is close by during screen time so that you can supervise activities.

- Set a Good Example –
  - Turn off screens when not in use
  - Don't leave screens on in the background
  - Turn off your phone when you are playing with your child
- Schedule plenty of non-screen time into your day -
  - Play and hands-on learning with adults, and friends
  - Face to face interactions cannot be replaced by anything technology!
  - Be sure your child is physically active every day

- Avoid -
  - Fast-paced programming, which young children have a hard time understanding,
  - Violent content and apps with a lot of distracting content.
  - Eliminate advertising on apps, since young children have trouble telling the difference between ads and factual information.

For older children, establish clear rules and set reasonable limits for your child's use of screens and digital media. Consider these tips in addition to what we have already explored:

- Encourage unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week.
- Discourage use of media entertainment during homework – unless it's use is necessary to complete the work
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.

Encouraging digital literacy - At some point your child will be exposed to content that you haven't approved and devices without internet filters. Talk to your child about the situations that could occur and the behavior you expect. Encourage your child to think critically about what they see on their screens. Talk with them about:

- Ask your child to consider whether everything on the internet is accurate. Does your child know how to tell if a website is trustworthy?
- Help your child understand that media are made by humans with points of view. Explain that many types of technology collect data to send users ads or to make money.

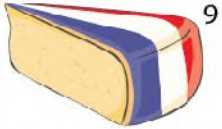
No matter how smart or mature you feel your child is, monitor his or her screen use, and, as they get older, online, and social media behavior. Your child is bound to make mistakes using media. Talk to your child and help him or her learn from them. Remember to set a good example. Consider that your child is watching you for cues on when it's OK to use screens and how to use them. With your babies, toddlers, and preschoolers you are just beginning to guide, manage and monitor their use of screens and media. This will only grow in importance as they grows. But by developing good habits and household rules — and revisiting them as your child grows — you can help ensure a safe experience.

References:

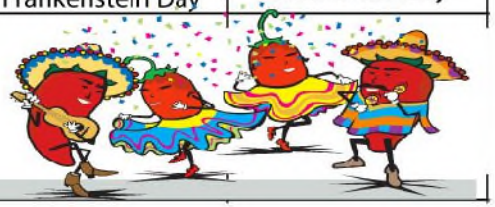
- Kids Health (January 2021). Screen time guidelines for babies and toddlers. Retrieved from https://kidshealth.org/en/parents/screentime-baby-todd.html.
- May Clinic (February 10, 2022). Screen time and children: how to guide your child. Retrieved from https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952.
- UNICEF (nd). Babies need humans, not screens. Retrieved from https://www.unicef.org/parenting/child-development/babies-screen-time.

October

National Chili Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Card Making Day
2 Country Inn Bed & Breakfast Day	3 Boyfriend Day	4 National Taco Day	5 World Teachers Day	6 Noodle Day	7 Frappe Day	8 Octopus Day
9  Moldy Cheese Day	10 Handbag Day	11 Face your Fears Day	12 Gumbo Day	13 Peanut Festival Day	14 National Costume Swap Day	15 Cake Decorating Day
16 World Food Day	17 Boss's Day	18 Chocolate Cupcake	19 Seafood Bisque Day	20 Brandied Fruit Day	21 National Mammography Day	22 Nut Day
23 Mother in Law Day	24 Bologna Day	25 Pasta Day	26 Pumpkin Day	27 Cranky Co-worker Day	28 Frankenstein Day	29 National Cat Day
30 Candy Corn Day	31 Halloween					

DailyHolidayBlog.com



November

Adopt a Turkey Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Day of the Dead	2 Cookie Monster Day	3 Men Make Dinner Day	4 Candy Day	5 Pumpkin Destruction Day
6 Nachos Day	7 Chocolate with Almonds Day	8 Cook Something Bold & Pungent Day	9 Chaos Never Dies Day	10 Sesame Street Day	11 Origami Day	12 Pizza with the Works Day
13 World Kindness Day	14 Pickle Day	15 Clean out the Refriger-ator Day	16 Button Day	17 Homemade Bread Day	18 Apple Cider Day	19 Have a Bad Day Day
20 Peanut Butter Fudge Day	21 World Television Day	22 Go for a Ride Day	23 Dr. Who Day	24 Thanksgiving Day	25 Sink Day	26 Cake Day
27 Pins and Needles Day	28 Cyber Monday	29 Square Dancing Day	30 Mousse Day			

DailyHolidayBlog.com

December 2022

Wk	Sun	Mon	Tue	Wed	Thu	Fri	Sat
48					1	2	3
49	4	5	6	7	8	9	10
50	11	12	13	14	15	16	17
51	18	19	20	21	22	23	24 Christmas Eve
52	25 Christmas Day	26 'Christmas Day'	27	28	29	30	31 New Year's Eve

wheniscalendars.com

Holiday Kiss Cookies

Ingredients	Instructions
• 3/4 cups of unsalted butter at room temperature • 2 eggs • 1 teaspoon pure vanilla extract • 1 cups of granulated sugar • 2 1/2 cups of all-purpose flour • 1 teaspoon baking powder • 1/2 teaspoon salt • 36 Candy Kisses, unwrapped • Betty Crocker Chocolate Cookie Icing tube • Festive sugar crystals and sprinkles	1. Preheat the oven to 350° F. 2. Whisk together the flour, baking soda and salt in a large bowl and set it aside. 3. In the bowl of a stand mixer, cream the butter and sugar. Add the eggs, one at a time and then the vanilla extract. Mix well until a stiff dough forms. 4. Place the dough on a sheet of saran wrap and place in the fridge for at least an hour or overnight. 5. Take the dough out, and divide into even sized portions if you won't be using the dough all at once. Roll into logs, wrap in saran wrap and zip block baggies and freeze what you don't need. It freezes very well YIELD: 36 6. Take spoonful's of the dough and form it into balls about 1 1/4 inch in size. You can either leave the balls plain or roll them in festive sprinkles or sugar crystal. 7. Bake 10-12 minutes in a 350 ° F oven. 8. Move to a wired rack and make an indention in the middle of each cookie to flatten it slightly. Let cool for at least 5 minutes. 9. Add a dab of chocolate frosting to the bottom of each candy kiss and place in the center of the cookie. Enjoy! 10. Store in an airtight container.

Yogurt raisin Halloween apple mouths

This fun apple mouth is made with green apples that are quartered and cored. Remove a section for the mouth.

Spread your favorite nut butter in the cavity and fill with yogurt covered raisins of varying heights to resemble teeth. Dip a large edible eyeball into the nut butter and attach to the top above the middle teeth.

For the girlie version, cut tiny strips of black licorice for eyelashes. So cute!

Write A Letter to Santa

How to get a letter postmarked from the North Pole:

1. Have the child write a letter to Santa and place it in an envelope addressed to: Santa Claus, North Pole.
2. Write a personalized response to the child's letter and sign it "From Santa."
3. Insert both letters into an envelope and address it to the child.
4. Add the return address: SANTA, NORTH POLE, to the envelope.
5. Ensure a First-Class Mail stamp is affixed to the envelope.
6. Place the complete envelope into a larger envelope, with appropriate postage, and address it to:

NORTH POLE POSTMARK
POSTMASTER
4141 POSTMARK DR
ANCHORAGE AK 99530-9998

We recommend sending your letters by December 10. Santa's helpers in Anchorage, AK, will take care of the rest!