

JANUARY-MARCH 2023

winter newsletter

WV BIRTH TO THREE REGION IV

SERVING BOONE, CABELL, LINCOLN, LOGAN, MASON, MINGO, PUTNAM &
WAYNE COUNTIES

REMINDER

To make a referral give our
office a call

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FEATURES

- Article- 10 Reasons a Daily Routine is Important
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- Valentine's Day Activities
- St. Patrick's Day Activities

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**10 REASONS A DAILY ROUTINE IS IMPORTANT FOR YOUR CHILD
AND HOW TO SET ONE**

ALL FAMILIES NEED SOME TYPE OF ROUTINE TO GET THINGS DONE AND A CREATE A SENSE OF SECURITY FOR THEIR CHILDREN. CHILDREN OFTEN FEAR THE UNKNOWN - WHETHER IT'S THE BROCCOLI ON THEIR PLATE - OR A BIG LIFE CHANGE LIKE MOVING TO A DIFFERENT HOUSE OR GAINING A NEW SIBLING. WHILE CHANGE IS A LEARNING OPPORTUNITY, IT CAN ALSO BE STRESSFUL FOR CHILDREN. ROUTINES BRING COMFORT AND CONSISTENCY TO A CHILD'S LIFE. DAILY ROUTINES MIGHT INCLUDE:

- THE TIME TO GET READY IN THE MORNING
- BATH TIMES, MEALTIMES, NAPTIMES, AND BEDTIMES
- HOUSEWORK, COOKING AND CLEANING SCHEDULES
- PLAY TIME, FAMILY TIME AND OUTDOOR PLAY

ROUTINES ALSO HELP YOUR CHILD KNOW WHAT'S IMPORTANT TO YOUR FAMILY. WHILE DAILY ROUTINES LOOK DIFFERENT ACROSS NEIGHBORHOODS THE MOST IMPORTANT ASPECT IS CREATING A ROUTINE THAT WORKS FOR YOUR FAMILY.

HERE ARE 10 REASONS A DAILY ROUTINE IS IMPORTANT FOR YOUR CHILD:

1. HELPS YOUR CHILD GET ON A SCHEDULE - CONSISTENT ROUTINES WILL HELP YOUR CHILD AND THEIR "BODY CLOCKS" WITH MANY DAY-TO-DAY BASICS SUCH AS:
 - ABILITY TO TAKE NAPS AND SLEEP WELL AT NIGHT
 - ABILITY TO EAT HEALTHY, FULL MEALS
 - REGULAR BOWEL MOVEMENTS
 - HEALTHY PLAY AND OUTDOOR TIME
 - CALM, RELAXED BEHAVIOR AT "DOWN TIMES" DURING THE DAYFOR EXAMPLE, BECAUSE YOUR CHILD AND THEIR BODY KNOW IT'S TIME TO SLEEP, THEY ARE MORE EASILY ABLE TO WIND DOWN AND REST.
2. BONDS THE FAMILY TOGETHER - WHEN A CHILD KNOWS WHAT TO EXPECT AND NOTICES REGULAR FAMILY ACTIVITIES, THEY BEGIN TO UNDERSTAND WHAT'S IMPORTANT. THIS STRENGTHENS SHARED VALUES, BELIEFS, AND INTERESTS. THE CHILD, FOR EXAMPLE, MIGHT NOTICE THAT EATING BREAKFAST TOGETHER ON SATURDAY MORNINGS IS IMPORTANT. THEY CAN SEE THAT FAMILY TIME TOGETHER IS SPECIAL. EVEN IF YOUR CHILD IS YOUNG, THEY WILL PICK UP ON THESE TRADITIONS. THE FAMILY BONDS TOGETHER BY DOING REGULAR, IMPORTANT THINGS TOGETHER.
3. ESTABLISHES EXPECTATIONS - RATHER THAN HAVING A POWER STRUGGLE ABOUT PICKING UP TOYS AT THE END OF THE DAY OR TAKING A BATH, A CHILD BECOMES ACCUSTOMED TO KNOWING WHEN "PICK UP TIME" AND "BATH TIME" ARE. CHILDREN BEGIN TO EXPECT AND COMPLETE ACTIVITIES WITHOUT ISSUE. AS THE PARENT, YOU BECOME A PARTNER IN THAT ROUTINE, RATHER THAN THE PERSON WHO IS TELLING THE CHILD TO "DO THIS" AND "NOT DO THIS."
4. CREATES A CALMER HOUSEHOLD - BECAUSE THE CHILD, AND OTHER FAMILY MEMBERS, KNOW WHAT TO EXPECT, STRESS AND ANXIETY ARE REDUCED. THE CHILD WILL KNOW WHAT COMES NEXT. THEY WILL FEEL VALUED BECAUSE THEY ARE INCLUDED IN THE PLANS AND DON'T FEEL AS IF THEY'RE BEING FORCED TO DO SOMETHING.
5. GIVES YOUR CHILD CONFIDENCE AND INDEPENDENCE - WITH A ROUTINE, A CHILD WILL LEARN OVER TIME WHEN IT'S TIME TO BRUSH THEIR TEETH OR PUT ON THEIR PAJAMAS. THEY WILL TAKE PRIDE IN KNOWING WHAT THEY ARE SUPPOSED TO DO - AND DOING IT BY THEMSELVES. RATHER THAN ALWAYS BEING TOLD WHAT NEEDS TO HAPPEN, YOUR CHILD WILL FEEL CONFIDENT TO GO AHEAD AND BE IN CHARGE OF THEMSELVES. WHEN CHILDREN FEEL EMPOWERED AND INDEPENDENT, THEY ARE LESS LIKELY TO REBEL OR RETALIATE.
6. ESTABLISHES HEALTHY, CONSTRUCTIVE HABITS - FROM BRUSHING TEETH REGULARLY TO COMPLETING HOMEWORK EVERY AFTERNOON, ROUTINES HELP ESTABLISH CONSTRUCTIVE HABITS. CHILDREN WHO PRACTICE THESE SKILLS WILL BE ABLE TO BETTER MANAGE THEIR TIME. AS THEY AGE, THEY'LL HAVE MORE SELF-DISCIPLINE IN TERMS OF HEALTHY GROOMING AND EATING HABITS, ALONG WITH STUDYING AND CLEANING THEIR ROOMS.
7. HELPS YOU (THE PARENT) REMEMBER IMPORTANT THINGS - WHETHER IT'S ENSURING YOUR CHILD TAKES THEIR MEDICINE EVERY DAY OR REMEMBERING TO PAY THE BILLS EVERY MONTH, A ROUTINE HELPS YOU STAY ON TRACK. FAMILY LIFE IS BUSY, AND ROUTINES HELP YOU TO KEEP TRACK OF THE IMPORTANT DETAILS - ALLOWING FOR A MORE STRESS-FREE HOUSEHOLD AND QUALITY TIME TOGETHER AS A FAMILY.
8. OFFERS YOUR CHILD AN OPPORTUNITY TO GET EXCITED ABOUT WHAT'S AHEAD - IF YOUR CHILD KNOWS WHAT'S ON THE SCHEDULE, THEY ANTICIPATE AND LOOK FORWARD TO FUTURE EVENTS - SUCH AS GOING TO THE PARK ON FRIDAY AFTERNOONS OR VISIT GRANDPARENTS ON SUNDAY. WHEN THESE ACTIVITIES ARE ESTABLISHED, YOUR CHILD FEELS LIKE A LOVED PART OF THE FAMILY AND THE WORLD.
9. PROVIDES OPPORTUNITY FOR SPECIAL "DAILY RITUALS" - WHEN YOU BUILD SOMETHING INTO YOUR DAY, LIKE SNUGLING AND READING TO YOUR CHILD BEFORE BED, YOU INSTILL SPECIAL MOMENTS OR "DAILY RITUALS." THESE DEDICATED TIMES CREATE INCREASED BONDING AND CONNECTION WITH YOUR CHILD EVERY DAY. RATHER THAN JUST MOVING FROM ONE ACTIVITY TO THE NEXT, YOU HAVE QUALITY, RELAXING TIME BUILT INTO EACH DAY.
10. OFFERS STABILITY DURING TIMES OF CHANGE OR STRESS - CHANGES AND STRESSES IMPACT A CHILD'S LIFE AND SENSE OF SECURITY. WHEN THE FAMILY HAS AN ESTABLISHED A ROUTINE, CONSISTENCY IS PRESENT IN THE CHILD'S LIFE, NO MATTER WHAT IS GOING ON. A CHILD FINDS CALMNESS, STABILITY, AND LOVE THROUGH ELEMENTS OF ROUTINE, SUCH AS FAMILY DINNERS OR REGULAR THURSDAY TRIPS TO THE LIBRARY.

THE IMPORTANCE OF FLEXIBILITY

WHILE ESTABLISHING AND MAINTAINING ROUTINE HAS A WEALTH OF BENEFITS, IT'S VITAL TO ALSO REMAIN FLEXIBLE. SPONTANEITY AND CREATIVITY ARE IMPORTANT FACTORS IN A CHILD'S LIFE. FOR EXAMPLE, THE BREAKFAST DISHES CAN WAIT IF THERE IS AN EXCITING ANIMAL IN THE BACKYARD OR A SPECIAL SATURDAY CARNIVAL HAPPENING IN THE CITY.

REMEMBER TO STAY SENSITIVE AND ADAPTABLE TO THE NEEDS OF EACH CHILD (AND ADULT). WHEN A SCHEDULE BECOMES TOO REGIMENTED OR STRICT, THE BENEFITS WILL BE REDUCED, AND CHILDREN MAY FEEL CONTROLLED BY IT RATHER THAN FREED BY IT (WHICH IS THE ULTIMATE GOAL).

HOW TO SET A DAILY ROUTINE FOR YOUR CHILD

ROUTINES CAN BEGIN FROM THE FIRST DAY OF LIFE. IF YOU HAVEN'T STARTED A ROUTINE FROM THE EARLY DAYS, DON'T WORRY. THEY CAN BE ESTABLISHED AND START AT ANY POINT. THE EARLIER YOU ESTABLISH A ROUTINE, THE BETTER.

STEP 1: ESTABLISH THE IMPORTANT TIMES SUCH AS MEALTIMES, SNACK TIMES, NAPTIMES, AND BEDTIME. BECAUSE THESE AFFECT HOW WELL YOUR CHILD IS ABLE TO SLEEP AND EAT, THESE ITEMS SHOULD COME FIRST. IF YOU CURRENTLY HAVE NO SCHEDULE, GRADUALLY MOVE TO A CONSISTENT ROUTINE. FOR EXAMPLE, YOU MAY WISH TO SET UP A REGULAR NAPTIME AND BEDTIME FIRST. THEN, YOU CAN ADD IN REGULAR MEALTIMES AND BATH TIMES.

STEP 2: PRACTICE PATIENCE. SETTING A SCHEDULE MAY BE HARD FOR YOUR CHILD AT FIRST, BUT THEY WILL BECOME ACCUSTOMED TO IT. TRY NOT TO BECOME IMPATIENT OR FRUSTRATED IF THE ROUTINE TAKES TIME TO BECOME "REGULAR" FOR YOUR CHILD.

STEP 3: ADD "HELPFUL" ELEMENTS TO EACH PART OF THE ROUTINE. FOR INSTANCE, YOU MAY WISH TO ADD IN A REGULAR 10 MINUTE READING AND SNUDDLING TIME WITH YOUR CHILD BEFORE BED. THIS HELPS THEM WIND DOWN AND FEEL READY TO SLEEP.

STEP 4: WORK TOWARD CONSISTENCY AND MAKE ROOM FOR FLEXIBILITY. IN ORDER FOR A ROUTINE TO STICK, YOU'LL NEED TO MAKE SURE YOU KEEP IT AS REGULAR AS POSSIBLE. HOWEVER, STAY OPEN TO FLEXIBILITY, ESPECIALLY FOR HOLIDAYS AND SPECIAL EVENTS, SO YOUR CHILD'S MOOD DOESN'T BECOME SOLELY DEPENDENT ON EATING AT A SPECIFIC TIME, FOR EXAMPLE.

STEP 5: ESTABLISH SPECIAL TIMES WITH YOUR CHILD. WHETHER IT'S A REGULAR TRIP TO GRANDMA'S HOUSE OR WALKING THE DOG TOGETHER, CREATE EXPECTATIONS AND ROUTINE OF FAMILY TIME.

STEP 6: ADJUST AS NEEDED. AS THE MONTHS GO ON, YOU'LL START TO SEE WHAT'S WORKING AND NOT WORKING FOR THE FAMILY. A ROUTINE IS MEANT TO HELP THE FAMILY, NOT HINDER IT. BE SURE YOUR ROUTINE IS HEALTHY AND POSITIVE FOR YOUR CHILD AND OTHER FAMILY MEMBERS.

IF YOU FEEL YOU NEED SOME IDEAS IN CREATING A ROUTINE THAT WORKS FOR YOU AND YOUR CHILD, TALK WITH YOUR WV BIRTH TO THREE TEAM MEMBERS FOR SUPPORT!

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January 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 	3 	4 	5 	6 	7 
8 	9 	10 	11 	12 	13 	14 
15 	16 	17 	18 	19 	20 	21 
22 	23 	24 	25 	26 	27 	28 
29 	30 	31 				
						

It is national bath safety month.

Learn how to keep your children safe.

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5 Chocolate Fondue Day	6 Pay-a-Compliment Day	7 Quiet Day	8 Happy Rose Day	9 National Pizza Day	10 Happy Teddy Day	11 National Make a Friend Day
12 Super Bowl Sunday	13 National Cheddar Day	14 Happy Valentine's Day	15 International Childhood Cancer Day	16 National Nuts Day	17 National Day of Kindness	18 Ice Cream - Breakfast Day
19 International Tug-of-War Day	20 President's Day	21 National Pancake Day	22 Walking the Dog Day	23 National Banana Bread Day	24 National Tortilla Chip Day	25 Quiet Day
26 Tella Fair Tale Day	27 Polar Bear Day	28 National Teeth Fairy Day	1	2	3	4
5	6	BLACK HISTORY MONTH	Children's Health Month	Children's Dental Health Month	NATIONAL HEART HEALTH MONTH	FEBRUARY IS NATIONAL HEART HEALTH MONTH

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
 <p>Happy Namecake Day March 5th</p>	 <p>TODAY IS NATIONAL OREO DAY!</p>	 <p>HAPPY NATIONAL CEREAL DAY!</p>	 <p>Baby Sleep Day March 1st</p>	 <p>Kids Off to Reading Day March 2nd</p>	 <p>HAPPY ANNIVERSARY</p>	 <p>MARCH FORTH! MARCHING MUSIC DAY MARCH 4TH</p>
5	6	7	8	9	10	11
 <p>Plant a Flower Day March 5th</p>	 <p>NATIONAL NAPPING DAY</p>	 <p>HAPPY PI DAY!</p>	 <p>World Wishing Day March 8th</p>	 <p>Today is "GET OVER IT" Day March 9th</p>	 <p>World Kidney Day March 10th</p>	 <p>Johnny Appleseed Day March 11th</p>
12	13	14	15	16	17	18
 <p>Let's LAUGH Day March 12th</p>	 <p>National Napping Day March 13th</p>	 <p>Happy St. Patrick's Day March 17th</p>	 <p>NATIONAL SHOE THE WORLD DAY March 15th</p>	 <p>ABSOLUTELY incredible KID DAY® March 16th</p>	 <p>Happy St. Patrick's Day March 17th</p>	 <p>AWARD MOMENTS DAY MARCH 18TH</p>
19	20	21	22	23	24	25
 <p>Let's LAUGH Day March 19th</p>	 <p>20th ANNIVERSARY OF HAPPINESS March 20th</p>	 <p>World Down Syndrome Day March 21st</p>	 <p>HAPPY GOOZY DAY March 22nd</p>	 <p>National Puppy Day March 23rd</p>	 <p>24 MARCH WORLD TUBERCULOSIS DAY March 24th</p>	 <p>NATIONAL WAFFLE DAY March 25th</p>
26	27	28	29	30	31	
 <p>"Make Your Own Holiday" Day March 26th</p>	 <p>NATIONAL JOE DAY March 27th</p>	 <p>SOMETHING STICKS DAY March 28th</p>	 <p>HAPPY NATIONAL MOM & POP DAY March 29th</p>	 <p>NATIONAL DOCTORS DAY March 30th</p>	 <p>NATIONAL CRAYON DAY March 31st</p>	
			 <p>March is Red Cross Month March 29th - 31st</p>	 <p>We Can Do It! Celebrate Women's History Month!</p>	 <p>MUSIC in our Schools Month March 2023</p>	

VALENTINE'S DAY



THINGS TO DO WITH YOUR KIDS ON VALENTINE'S DAY

- CRAFT VALENTINES TOGETHER
- SERVE A VALENTINE'S DAY CHEESE BOARD
- GIVE THEM A VOUCHER FOR A ONE-ON-ONE DATE
- DRESS IN PINK OR RED TOGETHER
- CUT OUT PAPER HEARTS
- TREAT THEM WITH A SWEET SURPRISE
- TEACH THEM HOW TO GIVE COMPLIMENTS
- SNUGGLE UP FOR A FAMILY MOVIE NIGHT

ST. PATRICK'S DAY



FUN ST. PATRICK'S DAY ACTIVITIES

- **DRAW SHAMROCKS WITH STENCILS**
- **MAKE A RAINBOW CAKE**
- **MAKE A RAINBOW WITH FINGER PAINT**
- **MAKE SHAMROCKS WITH COOKIE CUTTERS**
- **TAKE A WALK AND FIND GREEN THINGS**
- **HAVE A GREEN SNACK**
- **DRINK GREEN MILK SHAKES**