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
304-523-5444 (Office)
304-523-5556 (Fax)
866-982-8855 (Toll Free)
Valerie Gue AAS
Parent Partner RAU IV
304-634-7580
vgue@rvcds.org

FEATURES
• Article- 10 Reasons a Daily Routine is Important
• January Calendar
• February Calendar
• March Calendar
• 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 DAY

   FOR 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 IMPORTANT. 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 SNUGGLING AND READING TO YOUR CHILD BEFORE BED, YOU INSTALL 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 STRESS CAN IMPACT A CHILD’S LIFE AND SENSE OF SECURITY. WHEN THE FAMILY HAS AN ESTABLISHED 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 SNUGGLING 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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**February 2023**

**Children's Dental Health Month**

**Black History Month**
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**March 2023**

- **1 March:** National Napping Day
- **2 March:** World Down Syndrome Day
- **3 March:** World Kidney Day
- **4 March:** World Water Day
- **5 March:** World Day of Social Communication
- **6 March:** National Cereal Day
- **7 March:** Happy Pi Day
- **8 March:** Women’s Day
- **9 March:** Absolutely Incredible Kid Day
- **10 March:** Today is ‘Get Over It’ Day
- **11 March:** National Arbor Day
- **12 March:** Worldgotothepark Day
- **13 March:** Today is National Everyday Day
- **14 March:** Today is National Good Day
- **15 March:** Happy Hair Day
- **16 March:** April Fool’s Day
- **17 March:** National Dance Day
- **18 March:** Hazelnut Day
- **19 March:** Let’s Laugh Day
- **20 March:** Today is National Joe Day
- **21 March:** American Red Cross Month
- **22 March:** National Marmalade Day
- **23 March:** National Perogy Day
- **24 March:** World Day of Social Communication
- **25 March:** Music in Our Schools Month
- **26 March:** Today is National Joe Day
- **27 March:** World gotothepark Day
- **28 March:** Today is National Every Day
- **29 March:** Today is Happy Hair Day
- **30 March:** Today is National Groom Day
- **31 March:** Today is National Pet Day

**Events:**
- **March 8:** World Kidney Day
- **March 12:** World Water Day
- **March 14:** National Cereal Day
- **March 17:** Happy Pi Day
- **March 20:** Happy Hair Day
- **March 21:** World Dance Day
- **March 23:** April Fool’s Day
- **March 25:** World gotothepark Day
- **March 28:** National Arbor Day
- **March 31:** Today is ‘Get Over It’ Day

**Special Days:**
- **March 8:** Women’s Day
- **March 21:** National Dance Day
- **March 25:** Today is ‘Get Over It’ Day

**Other Observances:**
- **March 4:** World Water Day
- **March 17:** Happy Pi Day
- **March 22:** Happy Hair Day
- **March 23:** April Fool’s Day
- **March 24:** Today is National Every Day
- **March 25:** World gotothepark Day
- **March 28:** Today is National Groom Day
- **March 31:** Today is Happy Hair Day

**Reminders:**
- **March 8:** World Kidney Day
- **March 12:** World Water Day
- **March 14:** National Cereal Day
- **March 17:** Happy Pi Day
- **March 21:** World Dance Day
- **March 23:** April Fool’s Day
- **March 25:** World gotothepark Day
- **March 28:** Today is National Every Day
- **March 31:** Today is Happy Hair Day

**Important Dates:**
- **March 8:** Women’s Day
- **March 21:** National Dance Day
- **March 25:** Today is ‘Get Over It’ 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