

S U M M E R 2 0 1 5

# WV Birth to Three

Regional Administrative Unit IV

Boone, Cabell, Lincoln, Logan, Mason, Mingo, Putnam, Wayne



**Don't forget!**

**Our Parent Partner is here to assist in any way! She can be reached by Email – [kdavis@rvcds.org](mailto:kdavis@rvcds.org)**

**or**

**Phone – 304.523.5444 Ext. 103**



## Come Join the Fireworks for the Fourth!

### **Cabell County**

Huntington: 7/4 – Harris Riverfront Park

Barboursville: 7/4 – Barboursville Park. 10pm.

### **Lincoln County**

Hamlin: 7/4 – Hamlin Lion's Club Field. 9pm.

### **Logan County**

Logan: 7/5 – Downtown Logan. 10pm/dusk.

### **Mason County**

Point Pleasant: 7/4 – North Side Development. Dusk.

### **Putnam County**

Hurricane: 7/4 – Valley Park. 9:45 pm.

### **Wayne County**

Huntington: 7/3 – Camden Park. Dusk.



# Upcoming Summer 2015 Events!



## Summer Safety Day

**Saturday July 11 – 11AM to 1PM**

Valley Health – Hurricane

- Bouncy Houses
- Free Food/Drinks
- Live DJ with Giveaways

For more information, call 304-760-6040



**VALLEY HEALTH**

*Quality healthcare in your neighborhood.*



## Summer Lunch Program

**June 15 – July 23, 11:30 a.m. – 12:30 p.m.**

The Cabell County Library Board of Education will provide bag lunches for anyone 17 years and under Monday – Friday.

Participating Libraries: Main Library, Cox Landing, Gallaher Village, Guyandotte, and West branch libraries

## Heroes and Handcuffs

**September 19, 2015**

**10:00 a.m.**

The West Virginia Auxiliary of Wives Behind the Badge and the WVSP Half Units have once again teamed up to present an event that is sure to be a wonderful day for your child. They will be hosting a baseball game in which law enforcement officers from across the state will be assisting children with special needs in a game of baseball. All children who participate and their parents will eat free. Tickets for anyone else will be \$10 for adults and \$5 for kids under 12. This event will take place at Appalachian Power Park in Charleston.

For more information, contact Jan Miller at [westvirginia.assistdirector@wivesbehindthebadge.org](mailto:westvirginia.assistdirector@wivesbehindthebadge.org)





## 10 Ways to be a Positive Parent

We have a choice as parents, whatever our circumstances and however challenging our children can sometimes be, to approach our parenting in a positive or negative way (recognizing, of course, that we all sometimes have off-days, when it is difficult to feel at our most positive!)

Mountains of research and evidence shows that Positive Parenting results in better behaved children; happier children with better self-esteem; better achieving children; better parent-child relationships; happier, less stressed parents and far happier family life all-around.

Great! But how can you achieve positive parenting? Here are 10 key things we need to do as parents:

1. Model positivity yourself. Be the very best role model you can be to your child, by what you say and what you do.

2. Establish positive values and rules in your family
3. Always be ready to catch your children being good
4. Give plenty of effective praise
5. Reward your child- when reward has been appropriately earned
6. Listen and talk to your child in a sensitive, thoughtful way. Take their views into account
7. Never smack or hit your child.
8. Adapt and tailor your approach to reflect your children's personality
9. Keep things in perspective and retain a sense of humor
10. Every day, seek to build your child's Reserve of Self Esteem

## Early Childhood Lending Library

*The Early Childhood Resource Lending Library contains numerous resources for parents, educators, students, service providers and the general public. Items may be borrowed from the Library for a period of 30 days. A loan agreement outlines the terms of the lending policy and is available by calling 800-642-9704.*

*Items available for loan include:*

- Books
- Videos (VHS)
- Training Curricula
- Assistive Technology Devices
- Toys
- Journals/Magazines

**Visit [www.cedwvu.org](http://www.cedwvu.org) for more information.**



# Community Day in Lavalette!

July 18, 2015

5:00 p.m. – 9:00 p.m.

Lavalette Volunteer Fire Dept.

- Inflatables
- Face Painting
- Balloon Animals
- Smokey the Bear
- Concessions
- Raffles



## Easy & Healthy Breakfast Foods

Breakfast is a prime opportunity to get in some great nutrients such as calcium, vitamin D, iron and fiber! Young children are in their peak bone building time – calcium and vitamin D are the building blocks to strong and healthy bones! Foods like cheese; yogurt, milk, juice, almonds and bread all contain calcium.

Sure this all sounds great, but as busy parents we do not always have the time to make and eat a healthy breakfast; so what do we do? Plan and prep! Planning what breakfast will be for the week and then prepping what you can ahead of time is going to be your key to success. Check out the list below to see if any of these ideas would fit your family!

- Baked Oatmeal
- Muffins
- Breakfast casserole
- Breakfast burrito
- Pancakes



## Back to School Back Pack Give Away

Saturday July 25, 2015

Location: The Old Fort Gay Middle/High School Lawn

6 – 8 p.m.

Free School Supplies

First come first serve while supplies last!!

For more information contact Christina Kincade: 304-648-3098



# We're here to help!

The first few years of life are extremely important to the future growth and development of your child. You, as parents, are most responsible for guiding your child through these years. These are wonderful times to laugh, play, and learn from and with your child. Trust your instincts and feelings as you watch your child grow. Don't ever be afraid to ask questions. Your doctor can answer any questions you may have about your child's growth, and WV Birth to Three is available if you have concerns about your child's development.



RAU IV  
432 2<sup>nd</sup> Street  
Huntington, WV 25701  
Phone (304) 523-5444  
Toll Free (866) 982-8855

“Serving children and families since 1971”

[www.rvcds.org](http://www.rvcds.org)

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Acts (IDEA) and administered by the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health. Regional Administrative Unit IV is administered by River Valley Child Development Services.



[www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)