



Making Connections

A Newsletter of WV Birth to Three Regions 5, 6 and 7

Volume 1, Issue 3

Fall 2009

We Need Children's Photos for the 2010 Early Childhood Calendar!

This year, West Virginia Early Childhood Training Connections and Resources would like to design the 2010 Early Childhood Calendar around families and relationships.

We need photos of children and families/adults participating in:

- ⇒ Talking together
- ⇒ Engaging in pretend play
- ⇒ Participating together in dance, drama, music, and art
- ⇒ Taking care of animals or plants
- ⇒ Playing games together
- ⇒ Reading together
- ⇒ Cooking together
- ⇒ Enjoying each other

Children should be infant, toddler, or pre-school age.

Please include the child's name and age, name of person submitting photo, address, and phone number. All photos must be accompanied with a WVECTCR photo release.PDF. If sending photo email, please do not resize the pictures.

Send to:
WVECTCR

611 Seventh Avenue, STE. 322

Huntington, WV 25701

Attn. 2010 Calendar

Or e-mail the photos to tcr@rvcds.org

Deadline: October 2, 2009

For questions, please contact us at 1-304-529-7603 or tcr@rvcds.org

Terri L Ashby
Region 5, Parent Partner
1200 Harrison Avenue
Suite 220
Elkins, WV 26241
1-800-449-7790
Terri.L.Ashby@wv.gov
Counties Served: Barbour,
Lewis, Preston, Randolph,
Taylor, Tucker and
Upshur

Gale Cole
Region 6, Parent Partner
PO Box 1610
Lewisburg, WV 24901
1-866-229-0461
Gale.Y.Cole@wv.gov
Counties Served: Monroe,
Summers, Greenbrier,
Pocahontas, Nicholas,
Braxton and Webster

Tammy Fleshman
Region 7, Parent Partner
Po Box 1509
Oceana, WV 24870
1-800-834-7082
Tammy.L.Fleshman@wv.gov
Counties served:
Fayette ,Raleigh, Mercer,
McDowell and Wyoming

The “forever” Gift

School has started. It comes up frequently in conversations with friends, co-workers, parents, and child care providers. For some adults and children, it is exciting, while the thought strikes fear in the heart of others! Life is full of changes and transitions. Sometimes there is a smooth road. Other times, the process is a challenge.

From the five year old who is afraid of the school bus to the 18 year old who is nauseous the first day of college class, how can we help? Let’s give them the ‘forever’ gift, the gift of knowing they can manage life’s transitions and challenges. It will last a lifetime.

The gift giving begins as soon as children are born.

An “ounce of prevention” goes a long way: Get in the habit of preparing children for what comes next. Practice telling your infant, “I’m warming your food; now let’s eat” or the toddler, “After your nap, I will pick you up at child care”. Let them know what to expect. Next, *listen*. Otherwise, you may not know what his/her real concern is. Let young children practice new daily routines and activities – visit the school classroom or a school bus and meet the teacher. Practice makes us confident, no matter what age. Use dramatic play activities - if you can’t actually walk up the bus steps or carry a real lunch tray, do it during playtime at home.

Be positive: Parents and caregivers can be anxious, too. But children need to see you be confident and positive. If you don’t feel that way inside, fake it on the outside! Being positive lets children know “we can figure this out”. And you can and you will.

Find your supports: Talk to parents or others who have gone through similar situations. Magazines often have great articles and ideas to help you problem solve or think of new ways to approach a tough event. Find group meetings or trainings that are in your area, many are free and provide on-going support.

Create daily routines: All children need routines to feel confident in the world around them. Most adults do, too. Keep a consistent bedtime and wake-up time. Make sure children are getting enough sleep. Bedtime can include choosing clothes for the next day and talking about what to look forward to. Always eat a healthy breakfast! At school, try a special good-bye ritual; please don’t sneak off. This will bring anxiety and fear. Your child will learn to trust that you leave and return only if he/she can practice that each day.

Learn to be a problem solver: Refer to difficult situations as challenges rather than problems. Brainstorm solutions with your children; they can have great ideas. Trying different solutions can be interesting. Remind yourself and children that mistakes can often be corrected and that we can learn from our mistakes.

Your ‘forever’ gift can encourage and inspire children to meet the transitions and challenges in life when you no longer hold their hands each day.

Submitted by: Janet Thompson, TRAILS Early Childhood Specialist
Lewisburg CC&RR, MountainHeart South





Leaf Rubbings

Here's How:

1. Collect fall leaves of all shapes and sizes as you explore.
2. On a piece of plain white paper, position leaves vein side up in a pattern that you like.
3. Lay another plain piece of paper over the top of the leaves.
4. Select the crayons that you would like to use to create your rubbing and peel off the paper-wrappers.
5. Turn a crayon on its side and gently rub over the top sheet of paper.
6. The leaf images will magically appear on the paper! Experiment with different crayon colors and leaf arrangements.

Tips:

- Take a walk with your child and collect leaves of different sizes and shapes.
- You can use clear contact paper to make placemats of the rubbings .
- They make wonderful gifts, for family and friends.

Roasted Pumpkin Seeds

Ingredients:

- 1 cup pumpkin seeds
- 1 Tbsp melted butter or vegetable oil
- 1 tsp seasoning (salt, seasoning salt, garlic powder, chili powder or a combination thereof.)

Directions:

1. Preheat oven to 300F
2. Wash the seeds off with cold water
3. Pat dry with a towel
4. In a mixing bowl or ziploc bag combine 1 cup pumpkin seeds, 1 Tbsp vegetable oil and 1 tsp salt (you can double or triple this recipe if you like)
5. spread the seeds evenly on cookie sheet
6. bake 30 minutes (they will be golden brown.) About 15 minutes in, take them out and stir them around. About 25 mi oven check them... they may be done at this point. If not, leave them the in for an Extra 5 minutes.
7. Let them cool and eat.

Six Ways to Ensure a Good Morning

By: LJ Earnest

Are you the type of person who greets the day with enthusiasm or grouchiness? If you are like most people, you'd answer, "It depends..."

What does it depend on? The first hour of the morning.

The level of stress and activity in the morning can set the tone for the whole day. A stressful beginning can make a whole day seem frantic. On the other hand, a relaxed beginning can make a difficult day seem smoother. To wit, the key to a great morning lies in the night before.

By getting things ready the night before, you can simplify the start of your day, and even some of your tasks for the next afternoon! Here are six ways to make the morning flow:

- 1. Get your clothes ready the night before.** By picking out your outfit in the evening, you will have time to notice if something is stained, needs repair, or needs ironing. You can also pick clothing appropriate for the weather. You will be able to bypass the staring-in-the-closet part of the morning, as well as the frantic changing of outfits when you notice the coffee stain on your pants.
- 2. Organize your out-the-door stuff.** If you have a briefcase, get it packed. Ladies, pack your purses. Avoid the last minute scramble to assemble the client presentation notes that can mean leaving something important behind.
- 3. Put your keys by the door.** If you spend five minutes looking for your keys each morning, you will end up spending twenty hours a year looking for keys. Keep your keys in one place--by the door--and you will avoid that last minute hassle.
- 4. Prepare your meals.** As much as possible, automate breakfast and lunch. Skipping meals can lead to poor mental and physical performance later on. On-the-go breakfast "convenience" foods and fast food are loaded with extra calories, sugar, and fat that could lead to sluggishness. So, make your breakfast healthy: lay out a covered bowl of cereal and pull some yogurt to the front of the fridge. This way, you'll get to enjoy the food as you cut down on preparation time. Packing most of a lunch the night before can sometimes mean the difference between a healthy inexpensive lunch or a lunch of fast food. Put together some veggies and fruit or make a sandwich. You will avoid the afternoon slump of energy and save money.
- 5. Set up automated tasks.** We live in an age of "convenience machines." If you wash a load of clothes while you are at work, bring the laundry basket to the washer the night before. If you will cook dinner in a slow cooker during the day, get the ingredients assembled and prepped, so all you have to do is plug and go. Having machines work for us is a wonderful convenience, but only we can make the most out of what they can do.
- 6. Help your children get ready.** Help children pick out their clothes, assemble school work, and pack lunches the night before. This will eliminate the added calls of "Mom, have you seen my...?" or "Dad, I need these papers signed and a check for today..." This alone will take a great deal of frantic energy out of the out-the-door time.

You have more time to think and double-check when you prepare in the evening. None of the tips suggested above will take very long--you just have to invest about half an hour each night to get them done, and you will reap the benefits by a smooth, stress-free morning.

Points of Interest

Region V

Preston County:

8th Annual Buckwheat Festival
September 24-27, 2009
Kingwood, WV
304-379-2203

Pocahontas County:

Free Playgroups by Parents as Teachers
Thursday 10-11:30 am ;
McClintic Public Library, Marlinton
Information: 304-438-6188 ext 1027

Huntersville Traditions Day
October 3, 2009
Huntersville
1-800-336-7009

24th Autumn Harvest Festival
September 26, 2009
Marlinton
1-800-336-7009

Nicholas County:

Country Hardware Days
September 26, 2009
1300 Webster Rd
Summersville WV
1-866-872-2821
Mountain Color Festival
October 5-10, 2009
Richwood WV
304-846-6790

FAYETTE COUNTY:

2009 Bridge Day Festival
New River Gorge Bridge
October 17-19

RALEIGH COUNTY:

1ST Annual Raleigh County Community Baby
Shower
The Dream Center, Beckley
Friday, September 25, 2009 10:00AM-
12:00PM

Randolph County:

Mountain State Forest Festival
September 26-October 4, 2009
Elkins, WV
Contact: (304) 636-1824

Region VI

Summers County:

Three River Avian Center Public Tour Day
October 3, 2009
Brooks Mountain Rd Brooks WV 25958
1 PM to 5 PM.
304-466-4683
www.tracwv.org

REACH-FRC; Starting Points/PAT
Play groups held every Tuesday
11:00 am-1:00 pm
Hinton, WV
Information: 304-466-2226

Braxton County:

Sutton Fall Festival
October 2, 2009
304-765-6533

Monroe County:

Autumn Harvest Festival
September 26, 2009
Union WV
304-772-5475

Region VII

WYOMING COUNTRY:

27th Annual Lumberjackin' Bluegrassin' Jamboree
Twin Falls Resort State Park
October 2-11, 2009
Contact: 304-294-4000

Lewis County:

Corn Maze - Friday & Saturday Nights
WVU's Jackson Mill
304-269-5100
www.jacksonsmill.wvu.edu

Greenbrier County:

Free Playgroups by Parents as Teachers
Wednesday Playgroup- Emmanuel
Community Church, Harts Run from
10-11:30 am.
Thursday Playgroups- Rainelle Public
Library, Rainelle from 10-11:30 am.
For more information call: 304-438-
6188 ext.102

Taste of Our Town Food Festival
Downtown Lewisburg
October 10; 11:00 am -3:00 pm
www.carnegiehallwv.com
304-645-7917

Alderson Fall Heritage Festival
September 26, 2009
Alderson
304-445-2916

Webster County:

Burgoo International Cook-Off
October 10, 11, 2009
Baker's Island Webster Springs, WV
304-847-7291

Mercer County:

Down Syndrome Support Group
Buddies of the Virginias
Meet third Monday of the month
Midway Christian Church
Route 460 beside WVVA

3rd Annual Buddy Walk
October 3, 2009
Glenwood Park, Shelter #2
10:00 am
Amanda Rotten, @ 304-922-4137
[Buddy Walkwv@hotmail.com](mailto:BuddyWalkwv@hotmail.com)



PSST! Hey Parents!

Do you want to make a difference in the lives of other families who have children with special needs?

Here is your chance!

The WV Birth to Three Council is currently accepting parent nominations.

Come and join other individuals from around the state who share the same interests as you. Where the common goal is to help better the lives of special children and families.

We want to hear your voice, for you are the experts in your field.

Parents who are members of the Council will receive reimbursement for their travel, and baby sitting expenses. In addition, they will receive a stipend for participating.

For more information, Call 866-321-4728 and speak to your local Parent Partner.

WV Early Intervention
Interagency Coordinating
Council | Edmiston Way Ste 201

1 Edmiston Way Ste 201
Buckhannon, WV 26201

Phone: 304-471-3443

Fax: 304-471-3441

Www.wvdhhr.org/wvicc



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1200 Harrison Avenue
Elkins, WV 26241

Mailing Label

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.

Regional Administrative Units V, VI, VII are coordinated by MountainHeart Community Services, Inc.