



Welcome Fall, Y'all



It's my favorite time of the year! The cool weather (not too hot, not too cold), falling leaves and everything pumpkin! What a great time to take your children on a walk to see all the trees that are changing colors. Now is the time to make big pots of soup and enjoy hot chocolate with marshmallows. Let's not forget carving pumpkins, football, S'mores and campfires . Before long it will be Halloween then Thanksgiving. Just a great time of the year! I hope you and your family enjoy all the beauty of Fall. Make Memories...





Playing with Baby is Fun - Until it's Not



Why is it sometimes hard to play like babies?!?

Most of us love to play with our little ones. Peek-a-boo, stacking blocks, reading books and lots of things in between can be creative, fun and silly times to enjoy being together. However, there are times when what our babies and toddlers need does not match up with what we need as parents. Here are some ideas for what you can do when you have hit the wall on playing with your littles!

How Babies and Toddlers Explore, Learn, and Play	Why It Might Be Challenging and What You Can Do
<p>Young children like to do the same thing over and over.</p> <p>Your baby may sit and put blocks in and out of a bin or bucket.</p> <p>Your toddler may want you to read the same book 17 times in a row.</p> <p>Your child may be happy to feed you the same plastic banana over and over (and over).</p>	<p>Grown-ups may find this boring and tedious after a while.</p> <p>Make staying engaged a game for yourself to help you stay in the moment. Try looking at each and every feature on your baby's face. Look around the room and try to find five things that are red. Take five deep belly breaths.</p> <p>Try a joke. For example, calling a banana an apple. Your toddler will love it. Babies often enjoy some slapstick humor, too. Try pretending to sneeze blocks into a bucket.</p> <p>Remind yourself that what you're doing is important. Say to yourself, "Reading this book over and over is good for my child's brain."</p>
<p>Young children move quickly from one thing to another.</p> <p>Your baby may be very focused on an activity—like shaking her rattle and smiling at you—and then after a minute or two, turn away.</p> <p>Toddlers can be among the most active humans you ever meet. They have a lot of energy and need ways to let it out.</p> <p>Your child is likely interested in anything "new" and may move all around a room touching and exploring as he goes.</p>	<p>Grown-ups may want some moments to last longer!</p> <p>Young babies quite naturally take breaks because activity and interaction are tiring for them. When you see your baby turn away, start to yawn, or get a little cranky, give her a break. Wait for her to make eye contact again—that's how you'll know she is ready to play.</p> <p>Adults can support a toddler's growing attention span by helping him re-focus on activity by asking a question or making a comment: "What do you think the dolly would like to eat next?" Or, "I see some blocks we could use to build a garage for the cars."</p> <p>It may sound crazy—but consider removing some toys from your child's environment. Fewer toys can mean fewer distractions for some toddlers. They may spend more time playing at one activity if there aren't so many options in sight.</p>
<p>Young children benefit when we let them take the lead.</p> <p>Babies love when grown-ups delight in their antics. Paying close attention to baby's actions while he plays builds your shared connection and baby's self-esteem.</p> <p>Allowing young children to choose what to play tells them that they are smart, capable, and powerful.</p>	<p>Grown-ups may be used to giving directions and "steering" the play.</p> <p>Challenge yourself to not speak or interrupt your child's play for a short period of time. Pay attention to how often you find yourself wanting to "jump in" and watch what happens when you don't.</p> <p>When playing with babies, let a few seconds pass after you say something before speaking again. Babies take longer to process and plan their responses. Giving them time to respond is an important part of letting them lead.</p> <p>With toddlers, try a statement that doesn't direct the play, like, "What next?" Or, "What should I do?"</p>

Adapted from MacLaughlin, S.S. and Parlakian, R. (n.d.). Playing with baby is fun (until it's boring). Retrieved from <https://www.zerotothree.org/resources/2143-playing-with-baby-is-fun-until-it-s-boring>.

ACTIVE LISTENING-COMMUNICATING WITH YOUR CHILD

Active listening is a good way to improve your communication with your child. It lets your child know you are interested in what she has to say.

To practice active listening:

- give your full attention to your child
- make eye contact and stop other things you are doing
- get down on your child's level
- and reflect or repeat back what she is saying and what she may be feeling to make sure you understand



It can be tempting to brush off our children's problems, especially if we have had a bad day or if we are busy. But our children need to know that we are going to listen to them. This will make it more likely our children will talk with us about their hopes and problems when they are older.

Reflection is one way for you to show you are actively listening to your child. You can do this by repeating back what your child has said or by labeling and summing up how you think he feels. When you reflect your child's words, you are giving attention to him for his use of words. This increases the chance that your child will talk more because he wants your attention. You don't have to repeat exactly what your child said but what you say is usually very similar. You can add detail, shorten, or correct what your child has said.

When you reflect your child's emotions, you watch your child's behavior and describe the emotions he seems to be having. This gives your child a word for the emotion and helps him learn that it is ok to talk about feelings. Reflection of emotions is not always easy. Here are some tips to make it easier:

- **Take a guess even if you are unsure.** There may be times when you are unsure what your child is feeling. For example, your child may be crying but you may not know if he is angry, scared, or sad. Let him know that you are paying attention by saying, "It seems like you are upset or "It sounds/looks like something is bothering you". Your child may not know himself what he is feeling and by talking you can figure it out together.
- **Words aren't needed all the time.** You can let your child know you are paying attention to how she feels by what you do even if you don't say anything. You can just sit with your child while she is upset or stay physically close and hold or comfort her.
- **You don't always have to agree.** Sometimes it is difficult to summarize or label your child's feelings because you think he should be responding in a different way. Telling your child to stop feeling a particular way does not show your child you are trying to understand how he feels. Help him deal with and understand his feelings, by talking with your child about his feelings.
- **Talk about other feelings.** Children may have several emotions at the same time. For example, your child might feel sad and afraid at the same time. Show your child you care about what she is showing on the outside and may be feeling on the inside by talking about all the feelings.
- **Don't worry about getting it wrong.** Sometimes when parents are learning active listening skills, they worry that they will incorrectly summarize and label their child's feelings. You should not worry. Children usually correct their parents if their feelings are described incorrectly. If your child corrects you, try again. Reflect what he has said to you, and expand on it to give him more words and to learn ways to describe his feelings.



Excerpts taken from:
[Active Listening | Com-
municating | Essentials |
Parenting Information |
CDC](#)





A grandfather and his granddaughter welcome fall in this sweet, whimsical story about finding beauty and wonder in every moment.

Fall is here! Colorful leaves whisper to each other. Geese honk as they flock across the sky. Pumpkins listen patiently from their patch. The season announces itself in all sorts of ways—if you stop to say hello! From *New York Times*-bestselling author Deborah Diesen and illustrator Lucy Fleming, *Hello, Fall!* is a touching story of the autumn season.



Join three friends on a fun leaf-finding adventure! This bouncy new version of the popular song begs to be read out loud.

There are lots of beautiful fall leaves to find! Three friends have a big adventure hiking over a mountain and through a forest to collect leaves of all kinds and colors. What will they do with all their leaves at the end of the story? Jump and play in them, of course! With easy rhyming text and fun sound effects, children will delight in this rollicking autumn story. From author Steve Metzger and illustrator Miki Sakamoto.



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