



Look before
you lock.

It could be the
most important
decision of
his life.

[LEARN MORE](#)

NHTSA

where's baby?

Look before you lock.

LOOK
BEFORE YOU
LOCK



Heatstroke

Heatstroke is one of the leading causes of non-crash-related fatalities among children. Vehicle heatstroke occurs when a child is left in a hot vehicle, allowing for the child's temperature to rise in a quick and deadly manner. Heatstroke begins when the core body temperature reaches about 104 degrees and the thermoregulatory system is overwhelmed. A core body temperature of about 107 degrees is lethal. Unfortunately, even great parents can forget a child in the back seat. Other risk factors include caregivers who aren't used to driving kids, or whose routine suddenly changes.

Prevention Tips

- **Look before you lock.** Make it a habit to look before you lock.
- Keep your vehicle locked and keep your keys out of reach; nearly 3 in 10 heatstroke deaths happen when an unattended child gains access to a vehicle.
- **TAKE ACTION** if you notice a child alone in a car! Protecting children is everyone's business.

What You Need to Know, Now.

- It is never okay to leave a child alone in or around a car for any reason.
- Even in cooler temperatures, your vehicle can heat up to dangerous temperatures very quickly. An outside temperature in the mid-60s can cause a vehicle's inside temperature to rise above 110 degrees Fahrenheit. The inside temperature of your car can rise almost 20 degrees Fahrenheit within the first 10 minutes.
- Heatstroke does not only occur during the summertime or in the Sun Belt States. This deadly issue can occur at any time of year, in any weather condition, in any community—for any parent.

Excessive Heat: Keeping Kids Safe When Temperatures Soar

By: Dele Davies, MD, MS, MHCM, FAAP

Tips to beat the heat

If you are going to be outside, there are several steps you can take to beat the heat and protect your child from heat-related illness and hazards:

- **Stay hydrated:** Encourage your children to drink water frequently and have it readily available—even before they ask for it. Take water bottles with you if you go out. On hot days, infants receiving breast milk in a bottle can be given additional breast milk in a bottle, but they should not be given water, especially in the first 6 months of life. Infants receiving formula can be given additional formula in a bottle.
- **Dress lightly:** Dress your children in clothing that is light-colored, lightweight, and limited to one layer of absorbent material that will maximize the evaporation of sweat. Kids have a lower capacity for sweating than adults. Be sure to use plenty of sunscreen.
- **Plan for extra rest time:** Heat can often make children (and their parents) feel tired. High heat can not only cause people to feel tired, but it may also contribute to irritability. Come inside regularly to cool off, rest, and drink water.
- **Keep your cool:** When your child is feeling hot, give him or her a cool bath or water mist to cool down. Swimming is another great way to cool off while staying active. Remember that children should always be supervised while swimming or playing in water to prevent drowning.
- **Never leave your child in a car:** The inside of a car can become dangerously hot in just a short amount of time, even with the windows open.

Call your pediatrician immediately if your child develops any of the following symptoms:

- Feeling Faint
- Extreme tiredness (ex. Unusually sleepy, drowsy,)
- Headache
- Fever
- Intense thirst
- Not urinating for many hours
- Nausea
- Vomiting
- Breathing faster or deeper than normal
- Skin numbness
- Muscle aches
- Muscle spasms



Helping Your Child Grow and Thrive

In February 2022 the developmental milestone checklists for children were updated for the first time in nearly 20 years. Along with the updates, new screening checklists were developed for young children at 15 and 30 months of age. The reason for the update was to look at the ages for when most children (75%) would be expected to achieve developmental milestones. While it is important to remember that all children develop at their own pace, one of the key factors in identifying concerns with a child is your knowledge of your child and their ability to participate in the life of your family.

You may have questions about what these changes may mean for you and the conversations you are having with your child's physician. The resources below will provide you links to valuable materials to review to help you to understand your child's development and assist in those conversations. As a result, you and your child's physician will have a better way of responding to developmental concerns, including earlier identification of autism and other social-communication concerns. That also means earlier connections to services and supports like WV Birth to Three to help you help your child.

If you are concerned about your child's development, talk to your child's doctor. They can assist you in looking at any medical concerns that need looked at and can help connect you to programs like WV Birth to Three to help support you and your child.

Resources:

[View the updated milestones](#)

[Download the new materials](#)

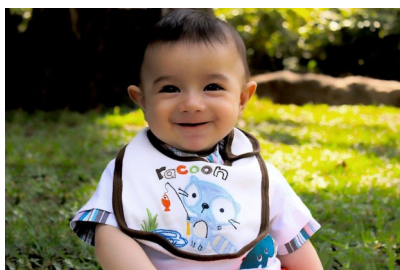
Download your [Milestone Tracker App](#) from your app store today!



WV Birth to Three/RAU 7
1411 North Walker Street
Princeton, WV 24740
1-866-207-6198

Every Child Deserves a Good Start

WV Birth to Three can help your child reach their developmental milestones from day one. Families with a child ages **birth to 35 months of age** who have a delay in their development or may be at risk for a delay should be referred for an evaluation. If found eligible, all Early Intervention services are offered **at no cost** to families and services are provided in the child's natural environment (home or community). **Anyone**, a parent, doctor, caregiver, teacher, or friend, can **make a referral** by calling toll-free at 1-866-207-6198.



LEGAL AID OF WV

Legal Services are at the core of our mission to protect West Virginia's most vulnerable. By providing legal information and representation, our knowledgeable attorneys and paralegals help people escape abuse, overcome barriers to employment and housing, and receive the education and healthcare they need.

Legal Aid of WV provides free information, advice and representation on civil legal issues, which are different than criminal legal issues. Examples of the kinds of civil legal issues we work on include:

- Domestic violence and protective orders
- Government Benefits (SNAP, Medicaid, Social Security)
- Divorce/Child Custody/Child Support (in some situations, like when domestic violence or child safety are involved)
- Bankruptcy/Credit Problems
- Housing
- Expungement and Driver's License Problems
- Unemployment Compensation
- Veterans Issues

This is not a comprehensive list of our services. You can still apply for help from our program if you don't see your issue listed here.

You can also visit our list of [Other Resources – Legal Services](#) to see other West Virginia organizations that can help with legal questions.

Locations:

Beckley

115 South Kanawha Street
Beckley, WV 25801

[800-319-4187](tel:800-319-4187)

[304-255-0561](tel:304-255-0561)

Counties Served: Fayette, Nicholas, Raleigh

Princeton

1519 North Walker Street
Princeton, WV 24740

[800-319-4202](tel:800-319-4202)

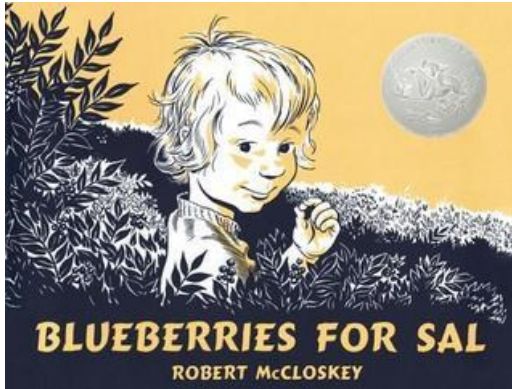
[304-487-1463](tel:304-487-1463)

Counties Served: Mercer, McDowell, Wyoming



More than **half** of grandparents in West Virginia who live with their grandchildren who are 18 or younger are responsible for them, according to the 2019 U.S. Census numbers, making West Virginia the second in the nation for grandparents raising grandchildren.

BEST CHILDREN BOOKS ABOUT SUMMER

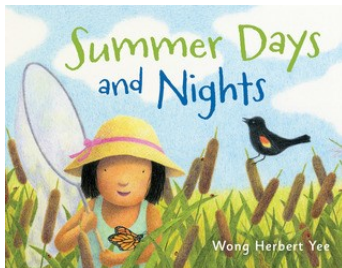


What happens when Sal and her mother meet a mother bear and her cub? A beloved classic is born!

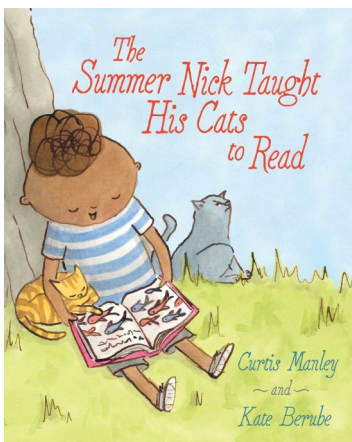
Kuplink, kuplank, kuplunk! Sal and her mother are picking blueberries to can for winter. But when Sal wonders to the other side of Blueberry Hill, she discovers a mama bear preparing for her own long winter. Meanwhile Sal's mother is being followed by a small bear with a big appetite for berries! Will each mother go home with the right little one?



"Come on, rain!" Tess pleads to the sky as listless vines and parched plants droop in the endless heat. Up and down the block, cats pant while heat waves off tar patches in the broiling alleyway. More than anything, Tess hopes for rain. And when it comes, she and her friends are ready for a surprising joyous celebration....Through exquisite language and acute observation, Newbery medalist Karen Hesse recreates the glorious experience of a quenching rainstorm on a sweltering summer day. Jon J Muth's masterful and lyrical watercolors perfectly reflect the spirit of the text.



On a hot summer day, a little girl finds ways to entertain herself and stay cool. She catches a butterfly, sips lemonade, jumps in a pool, and goes on a picnic. At night, she sees an owl in a tree and a frog in a pond, and hears leaves rustling. Before long, she's fast asleep, dreaming about more summer days and summer nights.



Nick loves to read books—and he loves to play with his cats, Verne and Stevenson. So naturally Nick decides it's a great idea to teach his cats to read. But Verne and Stevenson don't appreciate when Nick wakes them up with a flashcard that says NAP. Nick finally piques Verne's interest with words like MOUSE and FISH. But not Stevenson's. While Nick and Verne go to the library, Stevenson hides under the porch. Will Nick ever find a way to share his love of reading with his feline friends?

MOUNTAINHEART
Community Services, Inc.
"Together We Can"

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