

## CHOOSE KINDNESS

Think about when you were a child, think about the most impactful memory you have.....was someone being kind or unkind to you? We can remember both and both are instilled in our memory. These memories impact your adult life.

The simple act of choosing kindness can make a profound impact on a person's life. What does it mean to choose kindness? It means that we make a conscious effort to put kindness into the world, no matter what the circumstances may be. The dictionary defines kindness as "the quality of being friendly, generous, and considerate." When we choose to be kind, we act in ways that show compassion, concern, and thoughtfulness toward others. We, as adults, have a choice on how we treat other people and/or children.

Kind people are gentle and patient with those who need help. They have the ability to be present in any situation and offer a listening ear, warm smile, or an encouraging word when needed. Kindness can come from anyone- not just friends, but also strangers on the street.

Why is kindness important? When we practice kindness either to other people or towards ourselves we can experience positive mental and physical changes through lowering stress levels and increasing the body's production of feel-good hormones such as oxytocin, dopamine and serotonin – the neurotransmitters that create the feeling of satisfaction.

Will you choose kindness? I can think of few things that are quite as powerful as kindness. Kindness can change lives and pull people from the depths of sorrow. It can build bridges or tear down walls. Even small acts of kindness can uplift or empower others. It is the antidote to sorrow, and the balm that soothes rage or frustration.

Excerpts taken from Louise Griffith, M.A. Certified Success Coach



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

Maya Angelou



## **Routines provide the two key ingredients necessary for learning: relationships and repetition.**

### **Routines help babies and toddlers learn self-control.**

Consistent routines, activities that happen at about the same time and in about the same way each day, provide comfort and a sense of safety to young children. Whether it is time to play, time for a snack, a nap, or a loved one to return, knowing what will happen next gives babies and toddlers security and emotional stability. It helps them learn to trust that caring adults will provide what they need. When children feel this sense of trust and safety, they are free to do their “work,” which is to play, explore, and learn.

### **Routines can bring you and your child closer together and reduce power struggles**

Stable routines allow babies and toddlers to anticipate what will happen next. This gives young children confidence and also a sense of control. Routines can also limit the amount of “no’s” and behavior corrections you need to give a toddler throughout the day, since your child can better predict what should happen next

### **Routines support and develop children’s social skills.**

As babies grow, they come into contact with more people and begin to learn patterns and routines for social interaction. Greetings, good-byes, and chatting with others are examples of routine interactions that teach social skills. These interactions are also opportunities to help our children develop language skills. Play-time and mealtime are two routines that are very social times for children and parents alike. Through talking, taking turns, sharing toys, learning to wait, and helping others during these activities, young children learn important social skills that will help them later on in school.

### **Routines are an important opportunity for learning.**

Daily routines are often thought of as just “maintenance” activities: meal time, running errands, getting ready for bed, taking baths. But these everyday actions are rich opportunities to support your child’s learning and development, while having fun. Routines offer the chance to build self-confidence, curiosity, social skills, self-control, communication skills, and more.

Adapted from: Zero to Three [Creating Routines for Love and Learning | ZERO TO THREE](#)





Wearing a hat outdoors is also great way to protect your hair, eyes, and skin from the sun's ultraviolet (UV) rays. While you still need to slather your skin with sunscreen that protects against both UVA and UVB rays, a hat can help give added coverage for the skin on your ears and neck.



Don't Forget  
The  
Sunscreen!



With the Kars4Kids **Safety app**, the alarm goes off when you and your phone leave the car, so that even with your baby out of sight in the backseat, you'll never let your baby down. Available on Google Play.

**It is not OK to take a newborn or any infant outside when it's very hot—over 80 degrees or so.** Babies cannot sweat, which is your body's way of cooling itself off, so they can often suffer heat stroke much quicker than an older child or adult.





How to support

# LANGUAGE

in young children



## Why is this important to know?

The first few years of life are so important for young children and set the foundation for a lifetime of learning. Learning to speak and communicate is very powerful! Children learn how to interact and share ideas and feelings. They also learn how to solve problems, be curious about the world around them, and learn who they are as people. This helps children make sense of all their experiences as they prepare for school and adulthood.

COVID-19 has changed life for families. With child care centers closed, changes in parents' employment and juggling other responsibilities, changes in family routines, and increases in passive screen time, important opportunities for children to talk and learn with peers and adults has been limited. While the long-term impact of COVID-19 on language development remains unclear, a recent study in Rhode Island found that "Children born during the pandemic have significantly reduced verbal, motor, and overall cognitive performance compared to children born pre-pandemic." However, this does not mean that it is too late! Taking the time each day to read together, talk together during everyday routines, and engage in play with your child, will go a long way in getting development back on track.

*(Sparks, S.D. April, 07, 2022. Babies are saying less since the pandemic: Why it's concerning. <https://www.edweek.org/teaching-learning/babies-are-saying-less-since-the-pandemic-why-thats-concerning/2022/04>)*

Download the **Learn the Signs. Act Early.** app to track and celebrate your child's milestones



## Here are some everyday ideas to help your child grow and learn:

### Newborns and babies:

- Talk during your daily routines like diaper changing or bath time ("Let's change your diaper. First, we need to get a clean diaper. After we change your diaper, we'll take a nap.")
- Read books together (Check out [Dolly Parton's Imagination Library](#))
- Notice your baby babbling or smiling at you and respond ("I see you smiling at me. You must be happy.")
- Sing and play nursery rhyme games (Peek-a-Boo, Pattycake, This Little Pig)

### Young children:

- Talk together during your routines such as during grocery shopping, bath time, driving in the car, or on walks. You can talk about something you see or something you are doing. ("Look at those red peppers. What is something else that is red that we can eat?")
- Put screens down during mealtimes. Use the time to talk about daily routines or family plans.
- Read and make books together. Ask your child what is happening in a picture.
- Cook together (check out this great, short video on [making banana pudding together](#))
- Make up stories together about your child's favorite toys or people
- Sing and play simple children's games such as Ring Around the Rosey or Head Shoulders Knees and Toes
- Play together, adding to the words your child uses. "You're right, that is a car. It's red just like Papaw's car".



*If you have concerns about your child's language development, talk to your child's:*

- *primary care physician*
- *child care teacher*
- *home visitor or the [West Virginia Home Visitation program](#)*
- *[West Virginia Birth to Three](#) or 1-800-642-8522)*
- *[Help Me Grow](#) or 1-800-642-8522*
- *[West Virginia Early Head Start](#)*



West Virginia Infant/Toddler  
Mental Health Association  
*Supporting the social and emotional well-being of children*

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

## What is the 3 Day Potty Training Method?

Unlike some other, more gradual methods, this boot camp approach will give your child lots of practice in a short amount of time. The three day method quickly helps children learn when and how to go, assuming they're developmentally ready.

**The method is parent-led and will require you to watch your child**

**closely.** During the three days, your child won't wear diapers or pull ups, and you will need to stay close to home. Many parents choose to do this over a long weekend, but any time will work if you stay home with your child during the day.

You can begin the three day method whether your child has already started learning to pee and poop on the potty or has never used the toilet. If you think your child is ready to say goodbye to diapers for good, you might find that the more intensive three day method gets the job done.

### **What Do I Need for 3 Day Potty Training?**

Once you have decided on a date to start and cleared your calendar, there are a few things you will need:

- Toilet (of course!)
- Potty seat
- Step stool
- Big kid underwear
- Groceries for three days (including extra drinks)
- Activities you can do at home
- Potty training rewards (optional)

#### **1. Get ready**

If you haven't already, introduce your child to the idea of using the toilet. Get them excited about using the potty by reading stories and picking out their new underwear together. If you have a partner or other caregivers, be sure they're on the same page and prepared to help.

#### **2. Say goodbye to diapers**

You might like to have a fun goodbye ceremony with your child where you throw away their diapers. This will help mentally prepare your child and prevent you from giving up too quickly and falling back on diapers.

#### **3. Put on big kid undies (or nothing at all)**

You can put your child in their brand new underwear knowing they will have an accident or save yourself some laundry by having them stay bare. It's totally up to you. Either way, they will learn very quickly what happens when they don't go in the potty.

Continue on next page...

#### **4. Stay home and watch your child closely**

Especially on the first day, you want to stay home so you are close to the toilet. You can even keep a portable training potty nearby as your child plays. Do the activities you normally would at home. Just keep distractions to a minimum and observe your child for signs they might have to go.

#### **5. Help your child use the potty**

Some parents will give reminders or take their child to the bathroom to “try” at intervals. Others will let their child figure that part out on their own. It’s totally up to you. Remember that it’s okay for them to have an accident, and that’s part of what makes this method work!

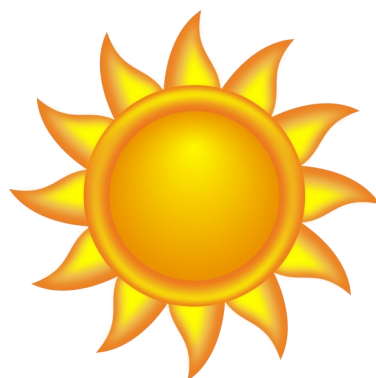
#### **6. Reward your child for using the potty**

Always use positive reinforcement when it’s time to potty train. You can do this by cheering for your child when they use the toilet or giving them a small treat. Some parents use a potty training chart and stickers. **Whatever you do, never punish or scold your child if they have an accident.**

[3 Day Potty Training: How Does it Work? | WonderBaby.org](http://WonderBaby.org)



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



**MOUNTAIN HEART**  
Community Services, Inc.  
“Together We Can”

Dreama Padgett, Chief Executive Officer  
Melissa Saddler, Program Director  
Vickie Hodges, Interim Service Coordinator  
Stacy Anderson, Interim Service Coordinator  
Tammy Fleshman, Parent Partner/Editor  
Lakan Newman, Clerical Data Entry