

PARENTS BE AWARE OF THESE ILLNESSES

The CDC recommends that people be aware of the following pediatric illnesses during the 2024-2025 fall and winter seasons:

Flu

The CDC estimates that the flu vaccine prevented at least 7 million influenza illnesses during the 2023-2024 season.

COVID-19

COVID-19 is a leading cause of hospitalizations from respiratory illness during the fall and winter.

Respiratory syncytial virus (RSV)

RSV is a leading cause of hospitalizations from respiratory illness during the fall and winter.

Flu, COVID-19, and respiratory syncytial virus (RSV) spread more commonly during fall and winter months. Staying up to date with your recommended vaccines reduces the risk of severe disease, hospitalization, and death.



Fall and Winter Immunization Guide

COVID-19 and Flu Updated 2024-25 Vaccines

Everyone 6 months
and older

RSV Immunization to Protect Babies

Vaccine
Pregnant parents
during weeks 32-36 of
pregnancy during RSV
season

OR

Monoclonal Antibodies
Babies entering or
born during the RSV
season

RSV Vaccine for Older Adults

(currently, older adults only need to get
the RSV vaccine once; not annually)

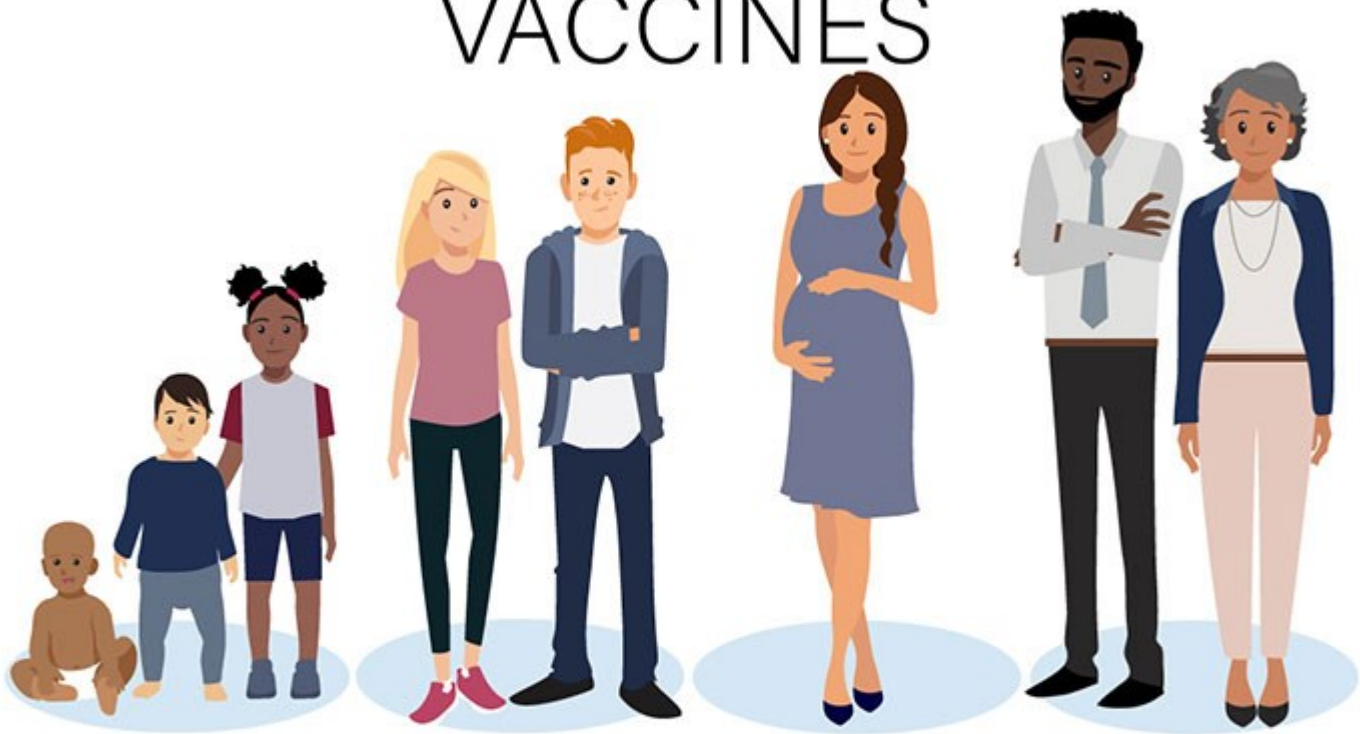
People ages 60 and
over at high risk of
severe RSV

AND

Everyone ages 75 and
older



People of all ages need WHOOPING COUGH VACCINES



DTaP for young children	Tdap for preteens	Tdap for pregnant women	Tdap for adults
✓ 2, 4, and 6 months ✓ 15 through 18 months ✓ 4 through 6 years	✓ 11 through 12 years	✓ During the 27-36th week of each pregnancy	✓ Anytime for those who have never received it

www.cdc.gov/whoopingcough



According to Centers for Disease Control and Prevention data, whooping cough cases have increased to record levels with over 16,000 cases this year, about four times the number from last year.

Through late September, there were 16,735 cases of whooping cough reported throughout the U.S. At the same point in 2023, there were 3,771.

The disease is most dangerous to babies: 1 in 3 who get it require hospitalization. But babies can't get their first dose of the vaccine that protects against whooping cough, also called pertussis, till they're 2 months old. That's why it's important for pregnant women to get the pertussis vaccine when they're pregnant, so that you can protect your baby for the first two months of life until they're old enough to be vaccinated themselves.

Simply put: Vaccinations Saves Lives

CRITTER CORNER



AMERICAN BARN OWL



SHORT-EARED OWL



EASTERN SCREECH OWL



GREAT HORNED OWL



LONG-EARED OWL



BARRED OWL

Here are **8 Owls that live in West Virginia**. Have you seen any of these owls? Which is your favorite? My favorite is the American Barn Owl because I like it's face. Here are some fun facts about owls:

1. A group of owls is called a parliament.
2. Owls can rotate their necks 270 degrees.
3. Barn Owls swallow their prey whole—skin, bones, and all—and they eat up to 1,000 mice each year.
4. Owls are zygodactyl, which means their feet have two forward-facing toes and two backward-facing toes.
5. Not all owls hoot! Barn Owls make hissing sounds, the Eastern Screech-Owl whinnies like a horse, and Saw-whet Owls sound like, well, an old whetstone sharpening a saw.



NORTHERN SAW-WHET OWL



SNOWY OWL

How Grandparents Can Share Traditions with Grandchildren

Almost 24% of grandchildren under 5 are cared for by grandparents. That's no small feat! Sharing care across the generations has many benefits. This time of year seems to have many of us reminiscing about memories of time shared with our grandparents and the traditions they established.

Traditions are routines and rituals that we repeat across time and across generations that provide a sense of family connection and family identity. When you think about your family what stands out as things you want to share with your children as they grow?

- What are traditions from your childhood that you remember?
- Are there special foods or decorations that were important?
- What were your favorite songs or books as you grew up?
- What family traditions do you want to establish for your children or grandchildren?

Young children, who already thrive on routines, seem to especially enjoy participating in family traditions. Also, traditions are special times, usually full of love and a sense of closeness and nurturing. Here are some tips to include young children in your family traditions.

- **Share family stories and songs** - Sing a lullaby your mother or father sang to you. Choose stories about when you were a child, games you played, places you visited, funny things your pets did.
- **Remember that it's the journey, not the destination** - For example, you and your grandchild might have a ball baking a special family recipe together, but then your grandchild won't take a bite. The memory of pouring, stirring, and mixing is more important than the tasting.
- **Set your grandchild up for success** - Think about what role your grandchild might have in a particular family ritual. If decorating your home is a holiday tradition, look for child-safe decorations that your grandchild can help you hang.
- **Linger** - One of the most special things about grandparents is that they are often happy to let young children take their time. Think about how good it feels to be with someone who enjoys being with you and doesn't rush you.

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Establishing new traditions can also be a meaningful way to create a stronger family bond. Maybe some of those long standing traditions just feel like a chore now and cause more stress than provide comfort. Exploring new ideas to bring you closer and help you feel like a kid again! Remember that it's never too late to begin a new tradition—one that is unique and special to you and your grandchild. Here are some ideas:

- **Enjoy a special mealtime tradition** – Sunday morning blueberry pancakes or creating a special way to show thanks at the dinner table.
- **Tell a story you've made up especially for your grandchild** – The memory of shared stories can last a lifetime.
- **Look for ways to make an everyday routine memorable** – Turn a regular bathtime into a tub full of bubbles or have a winter picnic inside.
- **Embrace technology to create new traditions** – For grandparents who talk to their grandchildren over the Internet, create a ritual for saying hello or good-bye, for example, a special way that you blow a kiss into the webcam.
- **Create your own holiday** – Maybe is December 1 it's a hot chocolate, movies and pajamas day, or a Family Cheese fest of a cheese filled potluck dinner. Whatever seems fun and brings a sense of fun and togetherness.

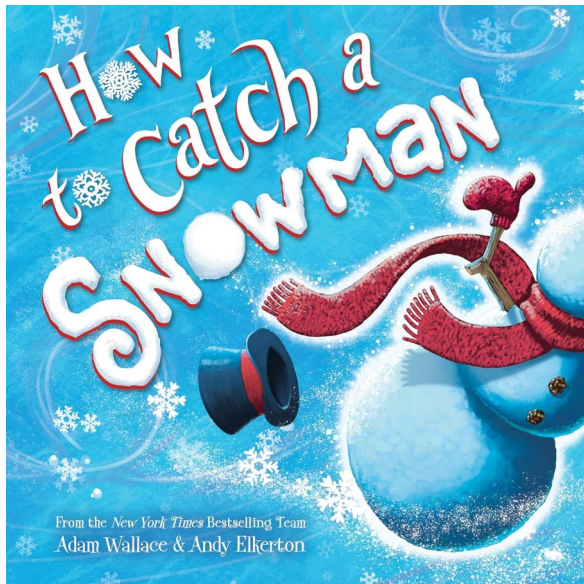
Adapted from Parlakian, R. and Lerner, C. (May 3, 2012). That was then: sharing family traditions with your grandchildren. Retrieved from <https://www.zerotothree.org/resource/that-was-then-sharing-family-traditions-with-your-grandchildren/>.

"Sharing traditions provides a sense of comfort and security to a family, especially the children involved. Children love routine and consistency; a family tradition provides this year after year. It also helps the children manage the changes in the year and gives them something to look forward to."



"Family traditions are a silk that weave us into the fabric of times, uniting our past, present and future years. And in that, there is a sense of joy, a steady sense of calm. "

Angela Abraham



How to Catch a Snowman

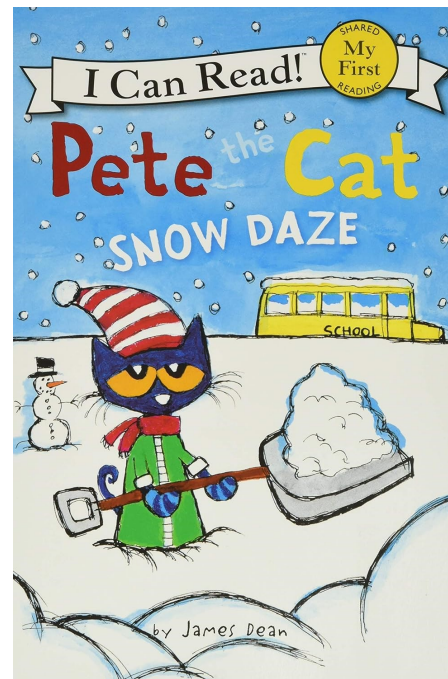
by Adam Wallace (Author),
Andy Elkerton (Illustrator)

Our heroes' entry for the snowman contest has magically come to life—and ran away! Can YOU help catch it? Get ready for snow much fun as you travel through a winter wonderland with running, skating, and bouncing through trap after trap to catch the snowman and claim the winning prize.

Pete the Cat: Snow Daze

by James Dean (Author, Illustrator), Kimberly Dean (Author)

In *Pete the Cat: Snow Daze*, school is canceled, and Pete cannot wait to play in the snow with all his friends. Imagine a day filled with snowball fights, hot chocolate, snowcats, and more. But when the next day and the day after that are all snow days, Pete comes to a sudden realization—it is possible to have too many snow days.



The Magic of Friendship Snow

by Andi Cann (Author)

Once you find a friend, how do you BE a good friend?

Jojo looks around and everyone seems to have friends but her. She feels sad and lonely. Then, Jojo meets Puddles, the snowman made with magic friendship snow.

For every child who struggles to make friends and parents who try to show them how, this children's book celebrates the special bond between friends.



"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude." – RALPH WALDO EMERSON



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