

## West Virginia Birth to Three Region 8 Newsletter

### Top 5 Benefits of Early Intervention

#### **1. Early Intervention helps your child make the most of learning through play.**

Purposeful play is a child's work and essential to brain development, particularly during their first three years. If your child appears to be experiencing developmental challenges, getting support early and understanding exactly how services can help is essential. Opportunities for play with a caregiver or Early Intervention specialist can facilitate the development of the skills needed for problem-solving, self-control, socialization and communication.

#### **2. Early Intervention may reduce the need for specialized instructional support during a child's school years.**

Early Intervention can be effective in helping a majority of children make progress toward achieving age appropriate developmental milestones. Children receiving Early Intervention support may show potential for increased academic readiness and to better be able to interact with their peers.

#### **3. Early Intervention occurs where your child is most comfortable and becomes part of their routine.**

Practitioners will meet with your family in a natural environment such as your home, or day care. Children are most comfortable in familiar environments, and as a result Early Intervention activities become part of your daily routine. Your child will progress by repetition and incorporation of strategies into meal time, play time, and bed time.

#### **4. Early Intervention services are provided at NO COST to families.**

The value of Early Intervention in addressing developmental delays has been recognized. As a result, through available funding, Early Intervention services are able to be provided to families at no cost.

#### **5. Early Intervention empowers families to help their child reach their true potential.**

As a parent, you are your child's primary teacher. Through Early Intervention services, you will be empowered with the tools necessary to help your child through their developmental challenges, so that they may reach their full potential.

As a parent, if you have concerns about your child's development, we are eager to help. Call (304)267-3595 ext.132 today.

Adapted from <https://www.telipa.org/top-5-benefits-early-intervention/>

#### **Hello, my name is Katie.**

I am the Parent Partner for Pendleton, Grant, Hardy, Hampshire, Mineral, Morgan, Berkeley, and Jefferson counties. As the parent of a child with developmental delays who saw significant improvement because of BTT, I understand the program from a parent's point of view. I can relate to your concerns and questions every step of the way—from the moment your child is referred to our program through turning three years old and transitioning to the school system. I'm always available to provide support, answer questions, provide resources, or simply talk.



Email me anytime at [kathryn.heidel@wvesc.org](mailto:kathryn.heidel@wvesc.org) or call (304)267-3593

## Somewhere for West Virginians to turn with Covid related stress



Operators of several 24-hour help lines in West Virginia have now created a specific line to help West Virginians who are dealing with increased anxiety brought on by all of the factors involving Covid 19. First Choice Services has unveiled what it calls “Help 304, West Virginia's Emotional Strength Line.”

“A lot of people who frankly don't need a referral, they need to talk to someone and sit down, process their emotions, and get some stress management strategies in place,” said Sheila Moran with First Choice Services.

According to a recent poll conducted by the American Psychiatric Association, 36 percent of Americans say COVID-19 is having a serious impact on their mental health and 59 percent says it is having a serious impact on their day-to-day lives.

“There's a real big need for this in West Virginia. Studies have shown anxiety has gone up tremendously in the United States and West Virginia already was ranked as one of the least mentally healthy states where people were suffering from a lot of anxiety and depression. This pandemic has certainly worsened that,” she said.

First Choice Services already operates the Help4WV addiction and mental health line, the Problem Gamblers Help Network of WV, the Suicide Lifeline, the Tobacco Quitline, the Jobs and Hope program which helps those in recovery find employment, the ACA Navigator program which assists with enrollment in free and reduced-cost health insurance, and 211, which helps locate resources such as food banks and housing assistance.

According to Moran their impact on West Virginians suffering anxiety will be two-fold. They can obviously be a sympathetic ear but moreover also offer professional counseling services on the phone. The conversation alone can help people work through whatever their stressful situation might be. She added because of the other services First Choice provides, they could also direct people to additional resources to get added help.

“If somebody calls and says, ‘I think my husband is an alcoholic.’ We can direct them to resources. If they call and have lost their job and have no money for food or rent, we have a partnership with the United Way to operate the 2-1-1 line to get them to feeding centers and food pantries in their area,” Moran said.

Those suffering added stress and anxiety brought on by the pandemic or any other reason can call the helpline at 1-877-HELP-304 or go to [www.help304.com](http://www.help304.com) to chat with somebody online.

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## Frosty Pumpkin Pie

Get the kids involved in the holiday “baking” this year with this easy No Bake Frosty Pumpkin Pie recipe!

Ingredients:

- 2 cups low-fat vanilla frozen yogurt, softened
- 1 graham cracker crust (9 inches)
- 1 cup canned pumpkin
- 1/4 cup sugar
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1 carton (8 ounces) frozen reduced-fat whipping topping, thawed
- Additional pumpkin pie spice, optional

Directions:

Spread yogurt into crust. Freeze for 30 minutes. Meanwhile, in a bowl, combine the pumpkin, sugar, pumpkin pie spice, salt and ginger. Fold in whipped topping. Spoon over frozen yogurt. Freeze for 6 hours or overnight. Remove from the freezer 20 minutes before cutting. If desired, sprinkle with additional pumpkin pie spice.



Find this recipe and many more No Bake Pie recipes at [www.tasteofhome/collection/no-bake-pies/](http://www.tasteofhome/collection/no-bake-pies/)



## Holiday Celebrations with COVID-19 in Mind

The holidays will soon be here and you are probably wondering how to plan for those important and exciting family times and keep one another safe. Please be watching for recommendations from your local and/or state guidance but these are points to consider as you are preparing.

### Before you celebrate:

#### If you are hosting the gathering –

- \*Plan for outdoor activities rather than indoor. If outdoor is not possible, avoid crowded, poorly ventilated or fully enclosed indoor spaces – open the windows and doors if it is possible.
- \*Keep your guest list small and limit it to people you know from your local area.
- \*If you decide to have any rules in place related to COVID-19 precautions during the celebration, share those with your guests prior to the celebration. This would include the wearing of masks, hand sanitizer, tissues, etc. You might even want to ask your guests to avoid contact with people outside of their household for 14 days prior to the gathering.

#### If you are attending a gathering at another home –

- \*Remember, outdoor activities are safer than indoor
- \*Check with your host for information on any COVID-19 safety guidelines they have in place
- \*Bring supplies you need to stay healthy (i.e., masks, hand sanitizer, tissues)
- \*Consider avoiding contact with people outside of your household for 14 days prior to the gathering.

#### If you will be traveling –

- \*Check with your method of public transportation (i.e., train, plane) to learn of safety guidelines they have in place
- \*Wear a mask in public settings and during events, gatherings
- \*Social distance – keep yourself in a 6-foot bubble from anyone not in your household
- \*Wash your hands with soap and water for at least 20 seconds or use hand sanitizer
- \*Avoid contact with someone who is sick, and avoid touching your eyes, nose, and mouth.

### During the Celebration –

- \*Social distance and limit close contact
  - Maintain distance of 6-feet from people you don't live with
  - Avoid using restroom facilities at high traffic times
  - Avoid busy eating areas during high volume mealtimes
  - Avoid shaking hands, bumping elbows, or giving hugs. Wave and greet others verbally instead.
- \*Wear masks
  - At all times when you are around people not in your household
  - Avoid singing, chanting or shouting, especially when not wearing a mask and within 6-feet of others
- \*Limit contact with commonly touched surfaces or shared items
  - Clean and disinfect commonly touched surfaces between each use
  - Use touchless garbage cans. Use gloves when removing garbage bags or handling/disposing of trash. Wash hands after removing gloves.
- \*Wash hands
  - With soap and water for at least 20 seconds after being in a public place, blowing your nose, coughing or sneezing
  - Hand sanitizer should be your second choice when cleaning your hands. But be sure to cover all surfaces of your hands and rub until they feel dry.
- \*Keep safe around food and drinks
  - Be sure everyone washes their hands with soap and water before and after preparing, serving and eating food. Use hand sanitizer if soap and water are not available.
  - Instead of potluck style gatherings, encourage guests to bring their own food and drinks for members of their household only.
  - Limit flow of people through areas where food is being prepared.
  - Wear a mask while preparing food to serve to others not living in your home.
  - If serving food, have only one person serve food to keep the numbers of individuals handling food to a minimum.
  - Use only single use options or identify one person to serve sharable items (i.e., salad dressings, food containers, plates, utensils, and condiments.
  - Avoid any self-serve food or drink options, such as buffets, or buffet-style potlucks, salad bars, and condiment or drink stations.
  - If you choose to use items that are reusable (i.e., seating covers, table cloths, linen napkins) wash and disinfect them after the event.



### After the Celebration—

- \*Stay home as much as possible for at least 14 days
- \*Avoid being around people at increased risk for severe illness
- \*Consider being tested for COVID-19.