



# Tidbits

Volume 3, Issue 2

West Virginia Birth to Three  
RESA 8 Newsletter

2016

## Benefits of Water Play for Toddlers

Summer is the perfect time to explore, and there's nothing more fun than playing in water! Playing in the water may help children grow and develop in different ways.

**Balance & Strength:** Playing in water is like playing in a brand new playground where even the simplest activities like clapping your hands or jumping are a whole new sensory experience. Water adds resistance so it takes more muscle strength to move arms and legs through water than it does through air.

**Coordination:** Kicking movements engage the core and can help children learn how to coordinate both sides of their body to move through the water. When children swim, dance, throw objects or practice any movement in water, they're developing coordination.

**Communication and Social Skills:** Shared discovery experiences within shared spaces offer a great opportunity for social development. Because water play typically occurs in a limited space with limited supplies, children practice sharing and engaging in play.

**Exploration and Learning:** Bodies of water offer endless opportunity for physical experiments and discoveries. Children may have already investigated wood, dirt, sand, rocks, and other dry substances. But what happens when these substances are mixed, sifted or dropped in water? Children also get the opportunity to think about concepts like water displacement and volume as they explore.

Water play can be a fun summer activity, providing children with the opportunity to practice many valuable skills. It's important to remember to never let children play in or nearby water unsupervised.



### Fun Water Ideas

Tubs of water make great activity centers!

Try adding different containers, funnels, and plastic tubes to encourage children to experiment.

Which objects float? Which ones hold the most liquid? Children can build their vocabularies and learn how to categorize.

It's also fun and easy to "paint" water with brushes or squeeze bottles.

### Inside this issue:

Tasty 2-Ingredient Popsicles 2

Traveling, Libraries & Playgrounds 3

Treating Bug Bites, Stage for Success 4

Father's Day Craft & Activity Page 5

Sunscreen & Service Dogs 6

Calendar, Power Up Parents 7

Family Profile 8

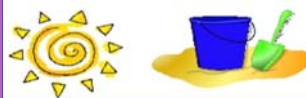
<https://pathways.org>



Do you know a child who is not moving, hearing, seeing, learning or talking like others his age? WV Birth to Three may be able to help.

Call (304) 267-3593 or  
1-866-681-4957.

Now you can find us on Facebook.



# Easy 2- Ingredient Popsicles!

## Grape Refresher Popsicles

2 cups pure white grape juice  
2 cups seedless grapes, sliced

Put sliced grapes halves or quarters, into popsicle molds, add white grape juice and freeze!

## Strawberry Cantaloupe Popsicles

5 cups diced cantaloupe  
5-7 strawberries, sliced

Add a few pieces of sliced strawberries to your popsicle mold. Purée the cantaloupe and pour it into the popsicle mold. Freeze for at least 4 hours.

## Banana Nutella Popsicles

6 large overripe bananas  
½ cup Nutella

Blend bananas until completely pureed and add Nutella. Spoon into popsicle molds and freeze 4 – 6 hours.



## Strawberries & Coconut Cream Pops

1 15-ounce can cream of coconut  
3 heaping cups frozen strawberries

Place the coconut cream in a blender and add strawberries one cup at a time and process until smooth. Pour into molds and freeze 4 hours.



## Mango Banana Popsicles

8 ounces frozen banana chunks  
1 ripe mango, peeled and diced

Blend the frozen banana and mango together. Spoon into popsicle molds and freeze for up to 5 hours or overnight.

## How Much Fruit for Toddlers?

Children need two to three servings of fruit per day, according to the American Academy of Pediatrics. As a general guideline, include fruit with every meal and make half of their plate fruits and vegetables.

## Toddlers, 1-3 years old, One serving equals:

¼ cup fruit: cooked, frozen or canned  
½ piece fresh fruit  
¼ – ½ cup of 100 percent juice (2 - 4 ounces)  
[www.pbs.org](http://www.pbs.org)

# Tips for Traveling with Toddlers

**Be prepared for a mess:** Cover your seats with a sheet, or if you are going to the beach, use the beach towels that you'll need when you get there. This also saves having to pack towels.

**Take along a toilet:** Put a disposable diaper into the bottom of your portable potty. The diaper will soak up the urine and limit spills.

**Be prepared:** Pack the night before and leave as early as you can. Hopefully, the kids will sleep through most of the morning!

**Books:** Take some books on CD or better yet, read to the kids aloud. Take a collection of their own books, so if they drop one, they can grab another.

**Stopping slows you down:** Try to limit your stops, but when you do stop, plan on stopping for

at least an hour so the kids can burn some energy.

**Easy wipes:** Wet wipes are a road trip necessity! They are great for cleaning faces and surfaces, even as a form of entertainment if you are desperate.

**Just in case:** A first aid kit with bandaids, antibacterial cream, and pain medicine (for both kids and adults).



It is important to know how to correctly install and use your child's car seat. Find a car seat inspection station with this handy locator: [www.safercar.gov](http://www.safercar.gov)

## Libraries are COOL in the Summer!

**Hampshire County Library in  
Romney: (304) 822-3185**

**Berkeley County Library in  
Martinsburg: (304) 267-8933**

**Grant County Library in  
Petersburg: (304) 257-4122**

**Hardy County Library in  
Moorefield: (304) 538-6560**

**Mineral County Library in  
Keyser: (304) 788-3222**

**Pendleton County Library  
in Franklin: (304) 358-7038**

**Morgan County Library in  
Berkeley Springs: (304) 258-3350**

**Jefferson County Libraries in  
Shepherdstown: (304) 876-2783**

**Harpers Ferry: (304) 535-2301**

**Charles Town: (304) 725-2208**



Call to find out  
about  
Summer Reading  
Programs for  
Kids!

## Accessible Playgrounds!

### Maryland

<http://www.accessibleplayground.net/united-states/maryland>

**Baltimore, MD** - I Believe I Can Fly Playground & Great Oaks and Little Acorns Playground

**Bowie, MD** - Opportunity Park

**Fallston, MD** - Annie's Playground

**Gaithersburg, MD** - Longview School Boundless Playground™

**Hagerstown, MD** - Rainbow Connection Park

### Virginia

[www.accessibleplayground.net/united-states/virginia](http://www.accessibleplayground.net/united-states/virginia)

**Franconia, VA** - Big Chessie's Backyard

**Harrisonburg, VA** - A Dream Come True Playground

**McLean, VA** - Clemyjontri Playground

**Leesburg, VA** - Brandon Park

**Williamsburg, VA** - My Place Playground

**Winchester, VA** - Children's Dream Accessible Playground—located within Jim Barnett Park, 1001 East Cork Street.

### Pennsylvania

[www.accessibleplayground.net/united-states/pennsylvania](http://www.accessibleplayground.net/united-states/pennsylvania)

**Harrisburg, PA** - Possibility Place

**York, PA** - Inspiring H.O.P.E. Playground

**Mechanicsburg, PA** - Adventure Zone Playground

**Lancaster, PA** - Daniel's Den



## BUGS! BUGS! BUGS! How can I keep my child from getting stung or bitten?



Most commercial insect repellents that are marketed as safe to use on babies and young children will do a fair job of keeping mosquitoes away. (Check to make sure that the product you choose is safe for use on children. Note that repellents are not recommended for use on babies younger than 2 months.) You can also take these steps:

- ◆ Dress your child in light-colored clothing that covers as much of her skin as possible when she's going to be outdoors. Avoid bright colors and flowery prints. If she's going to be in a wooded area, have her wear long pants and tuck the ends into her socks.
- ◆ Don't let your child run around outside barefoot.
- ◆ Don't use scented soaps or lotions, which attract some bugs.
- ◆ Avoid insect hangouts – stagnant water, high grass or weeds, flower gardens, uncovered food, and open garbage cans, for example. Keep dishes of food covered when you're eating outside.
- ◆ Teach your child not to swat at flying insects.
- ◆ Repair any torn screens in your windows and doors at home. You might also use mosquito netting over your child's infant seat, playpen, backpack, or stroller when you have her outdoors during bug season.
- ◆ Try to keep your pets free of fleas.

### My child was bitten or stung by some kind of insect. Should I be concerned?

It's common for children to get bitten and stung by insects, and usually the reaction is a mild one. Mosquitoes, biting flies, ticks, and some spiders often cause only itching or minimal stinging and slight swelling. Stings from bees, wasps, hornets, yellow jackets, and fire ants can be painful, though. Your child's reaction will depend on how sensitive he is to the particular insect.

### What if he's allergic to the insect?

In rare cases, a child may have a severe allergic reaction to a bite or sting. The most common insects to cause serious reactions are yellow jackets, honeybees, paper wasps, hornets, and fire ants. If your child has any of the following symptoms after an insect bite, call an ambulance:

- ◆ wheezing or trouble breathing
- ◆ vomiting or abdominal pain
- ◆ hives or a rash on other areas of her body
- ◆ sleepiness or confusion, possibly indicating shock
- ◆ rapid heartbeat
- ◆ swelling of lips or throat



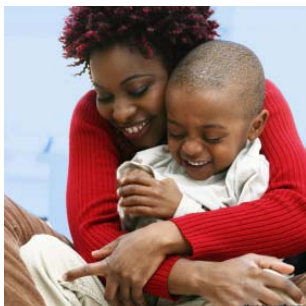
[www.babycenter.com](http://www.babycenter.com)

## Set the Stage for Success!

Children prefer positive attention and you can encourage desirable behavior. Here are some simple techniques to keep in mind:

- ♥ Make sure expectations are developmentally appropriate for your child's age.
- ♥ Model desirable behavior yourself.
- ♥ Be consistent. Children need to know the rules will not change.
- ♥ Maintain a balance between quiet and active play.
- ♥ Empower children by providing choices and decision-making opportunities.
- ♥ Set rules that are respectful and keep their interests in mind.

- ♥ Always acknowledge children's feelings. How they feel is important!
- ♥ Establish regular routines for busy times like meals and getting ready for bed.

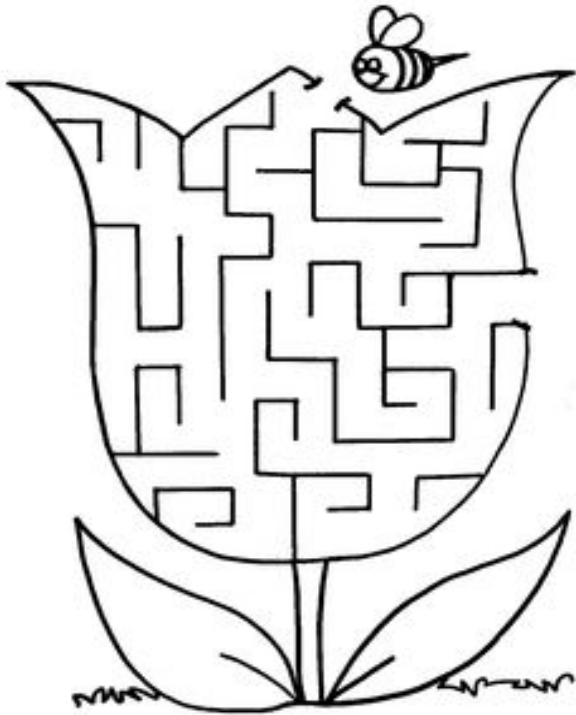




Easy, Fun July 4 Decorating Idea!



Summer is a great time for cloud and star gazing, picnics, scavenger hunts, owl walks, kite flying, hikes, mud pies, playing in the sand, and much, much more!  
Make time each day to be a kid with your kids!



## Sunshine Finger Play

The sun makes the outside a warm place to play  
(arms above head in a circle)

It makes the flowers grow each day  
(hold up hands wiggling fingers)

The sun hides its face during the night  
(cover face with hands)

But during the daytime it shines - oh so bright  
(arms above head in a circle)



Fabric paints and markers allow kids to make a one-of-a kind shirt Dad can enjoy all year long!

June 19 is Father's Day!





# Service Dogs Trained in Martinsburg

The Americans with Disabilities Act (ADA) defines service dogs as dogs that are individually trained to do work or perform tasks for people with disabilities. Retrieving items for a person, alerting a person who is deaf, pulling a wheelchair, signaling a person with a medical condition, guiding people with impaired vision, and calming a person during an anxiety attack are just some of the tasks a service dog can perform.

Autism service dogs are trained to assist children and their families with the challenges of autism. These dogs assist by increasing safety in home and public situations. They can also help improve social interaction, verbal and non-verbal communication and appropriate coping skills. Training service dogs can take between 6 - 24 months.



PurposeFULL Paws in Martinsburg is a nonprofit organization that raises and trains service and assistance dogs to work with individuals to offer them greater independence and enhance their quality of life.

To learn more about the services offered, to volunteer, or to find out more about being a dog's foster family until they're ready for training, visit [www.PurposeFULLpaws.org](http://www.PurposeFULLpaws.org).



## Recommendations for Babies and Sunscreen

Sunscreen is OK to use on babies 6 months or older. Younger babies should use other forms of sun protection. Consider these guidelines from the American Academy of Pediatrics, the Food and Drug Administration and the American Cancer Society:

- **For babies 6 months or older.** If your baby is 6 months or older, liberally use sunscreen. Also, avoid exposing your baby to the sun during peak hours — generally 10 a.m. to 2 p.m. — and dress your baby in protective clothing, a hat with a brim, and sunglasses.
- **For babies younger than 6 months.** If your baby is younger than 6 months, keep him or her out of direct sunlight. Protect your baby from sun exposure by dressing him or her in protective clothing, a hat with a brim, and sunglasses.

When choosing baby sunscreen, pick a broad-spectrum sunscreen with an SPF of at least 15.

The American Academy of Dermatology recommends using a broad-spectrum sunscreen with an SPF of 30 or more. Apply sunscreen generously, and reapply every two hours — or more often if your baby is spending time in the water or perspiring.

To avoid irritating your baby's skin and eyes, consider using a sunscreen that contains only inorganic filters such as zinc oxide and titanium dioxide. Avoid using products that combine sunscreen and the insect repellent DEET, since sunscreen must be regularly reapplied and insect repellent typically doesn't need to be reapplied.

Remember, just a few serious sunburns can increase your baby's risk of skin cancer later in life. Taking simple steps now can go a long way toward protecting your baby from the risks of sun exposure.

Jay L. Hoecker, M.D.  
[www.mayoclinic.org](http://www.mayoclinic.org)



# Mark Your Calendars!



Saturdays & Sundays, 1:00, **Wonderment Puppet Theater**, 412 W. King Street, Martinsburg, 304-258-4074 or [www.wondermentpuppets.com](http://www.wondermentpuppets.com)

Daily, 9:00 - 5:00, **Smoke Hole Caverns**, free for children under 5, 13 miles north of Seneca Rocks. 1-800-828-8478. Also, daily, 9:00 - 4:30, **Seneca Rocks Discovery Center**, 304-567-2827

Daily, **Jennings Randolph Lake** near Elk Garden, 40 picnic sites, 13 miles of shoreline, 87 campsites, [www.mineralcountywv.com](http://www.mineralcountywv.com)

Wednesdays, **Farmers Market**, The Bottling Works in Romney

Fridays in July, 11:00, Story hour at the **Grant County Library**, Petersburg, 304-257-4122

Wednesdays - Saturdays, 5:30, 12:00 and 2:00, **The Be-Hive**, family fun, Martinsburg, 301-704-0324

June 11, 10:00 - 2:00, **Family Fun Day**, Brighton Park, Petersburg, WV, 304-530-5480

June 18, 12:00 - 6:00, **Kidz Power Pac Community Day** in the Park, War Memorial Park in Martinsburg. Free event! To be a sponsor or a volunteer, call 304-268-8778 or visit [www.communitycombined.org](http://www.communitycombined.org)

June 18, 10:00 - 5:00, 15th Annual **Jefferson County Farm Day**, free self-guided tour showcasing local farms. 304-725-4325 or e-mail [Vinemont@frontiernet.net](mailto:Vinemont@frontiernet.net)

June 19, 9:00 - 4:00, **Father's Day Car Show**, Berkeley Springs State Park

June 21 - 25, **Mineral County Fair**, Ft. Ashby, 304-298-3712

July 2, 5:00 - 10:00, **Independence Day Celebration**, Sam Michael's Park, Harpers Ferry, 304-728-3207

July 4, 11:00, **Independence Day Parade & Community Picnic**, Shepherdstown, <http://shepherdstown.info>

July 16, 11:00, **Irish Road Bowling**, Cacapon State Park, 304-258-1022 or [www.cacaponresort.com](http://www.cacaponresort.com) for more events.

July 18, 4:30, Good Shepherd Care Givers 5th Annual **Rubber Ducky Classic**, Town Run in Shepherdstown, 304-876-3325 or [www.gsivc.org](http://www.gsivc.org)

July 23 - 29, **Fireman's Carnival and Parade**, Moorefield, 304-530-2928

July 31 - August 6, **Tri-County Fair** in Petersburg, WV, [www.tri-countyfair.com](http://www.tri-countyfair.com)

August 5 - 13, 69th Annual **Berkeley County Youth Fair**, <http://berkeleycountyyouthfair.org>

August 21 - 27, **Jefferson County Fair**, [www.jeffersoncountyfairwv.org](http://www.jeffersoncountyfairwv.org)



## Strengthening Families: Power Up Parents!

Families are invited to join Power Up Parents at Our Lady of Grace Fellowship Hall in Romney. Free Romney city pool access for children while parents are in session! Topics will include developmental milestones, eating together, strategies to lower utility bills, scream free parenting, and more!

Sessions held June 8 & 15, July 13 & 20, and August 10 & 17 from 12:15 - 1:30.

Sponsored by Strengthening Families WV, and WV DHHR. For more information call 304-530-5480.





## One Family, Two Children and Two Plans



Janelle Whetzel's pediatrician directed her to West Virginia Birth to Three following a developmental screening for her son, Josiah, during a routine well-child visit. Janelle said she really trusted her pediatrician, so she telephoned WV Birth to Three herself, and evaluations for her son soon followed. At the time, "it was a little bit overwhelming," Janelle said. She said she'd always thought her child was a perfect, easy child, and it was an emotional experience to accept that something may not have been on target with her son's development.

With her daughter, Janelle found out during her pregnancy that her daughter, Ananiah, had spina bifida, a birth defect in which the child's spinal cord does not develop properly. Before she was even born, Ananiah had fetal surgery on her back, and then was delivered prematurely. "I knew I needed Birth to Three," Janelle recalls. And so she called Birth to Three herself while the baby was still in the NICU. She knew that "Birth to Three had a lot of work to do" with her daughter Janelle says.

Fortunately, Janelle was able to work with the same team members that included physical therapy, occupational therapy, speech therapy and a developmental specialist for both her son and her daughter. "I really love my team," she adds. She says that even with the two children having different needs, her team made each child's needs their focus and their priority.

"It's all about the family," she said. And, she said, "A good service coordinator makes all the difference." Janelle says their ongoing service coordinator has consistently provided lists of

resources for her to contact. She feels that the knowledge she has received along the way has allowed her to "really be proactive" with her children.

The team has worked with her whole family, including their grandmother. Janelle made it a goal to take her son, who is autistic, out in public. She said "Birth to Three walked us through that." Janelle admits they left quite a few movies, but she happily reports that eventually they reached their goal.



Josiah and Ananiah, happy with WV Birth to Three

Janelle says she sees Birth to Three as a tool. "It is my job to take what they've taught me and apply it to our lives every day."



Region 8 Regional Administrative Unit  
109 South College Street  
Martinsburg, WV 25401

WV Birth to Three is administered by the Department of Health and Human Resources, Bureau for Public Health, Office of Maternal, Child and Family Health in cooperation with the Early Intervention Interagency Coordinating Council (ICC).