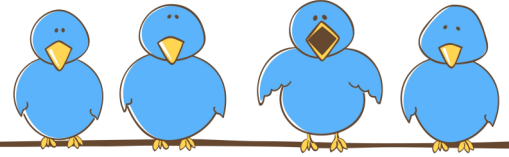


# Tips and Tweets!



*WV Birth to Three*

*RAU-1 Newsletter*

*By Parent Partner: Pat Elliott*

# Winter 2016



Alice: This is impossible.  
The Mad Hatter: Only if you believe it is.

Each time I look at Carson, I am reminded of the power of early intervention. When he is asking the same question for the 100<sup>th</sup> time or telling me one of his never-ending stories, I remember when we didn't know if he would ever talk. When I see him revert back to using signs without hesitation if someone is having trouble understanding him, I am reminded of when sign language was his only means of communication. When I wait, slightly impatiently, as he insists on dressing himself, or climbing into his own car seat, I remind myself of the days when I didn't know how he would reach or climb as he struggled to gain independence. I agree to play tag "one more time", race to the doorway at school and let him walk in the grocery store when it's easier to put him in the cart because I remember when we weren't sure he'd even be able to walk independently. And, when I say "don't run", I happily remind myself that I vowed that I would never say, "don't run!" I watch him as he performs his everyday, typical 5 year old tasks; some of them in his own, but equally effective way, and I wonder where we would be without those first years of early intervention. Our Birth to Three team provided Carson with the tools and the encouragement to find his own way of doing things. Our Birth to Three team provided my family and I the support, guidance, and understanding needed to accept "his way" of doing things was just fine. We will forever be grateful to the group of professionals who came into our home, shared our experiences, celebrated our successes and quickly became part of our family.  
-Debbie Sauriol, Carson's mom

Share Your

# STORY!

Contact your Parent Partner!  
Pat Elliott  
304-214-5775  
pellott@ccwva.org

# Homemade Stain Remover for Stubborn Toddler Stains

Things you will need: Hydrogen Peroxide, Dawn Dishsoap and Baking Soda.

1. Mix 2 part peroxide and 1 part Dawn Dishsoap and baking soda. Example: 1 Cup Peroxide, 1/2 Cup Dawn, and 1/2 Cup Baking Soda.
2. Mix really well, it will be the consistency of paste. Spoon a generous amount on the stain and scrub in with a scrub brush.
3. Let soak in for one hour and launder normally.
4. POOF! The stain is gone!!!!!!
5. Store the remainder of the solution in a marked bottle and keep out of the reach of children.

-Pinterest.com



## Need Help or Resources

coordinating  
council  
for  
independent  
living

### PERSONAL CARE SERVICES

A WORD TO FAMILY AND FRIENDS ACTING AS CAREGIVERS

#### WHAT IS PERSONAL CARE?

Personal Care offers in-home assistance with activities of daily living. This Program is designed to allow persons to be cared for in their homes rather than in a long-term care facility such as a group home or nursing home. The Personal Care Services Program is in keeping with the Coordinating Council for Independent Living's (CCIL) mission to empower persons to remain in their own homes and communities and to function as independently as possible, for as long as possible

#### WHOM DOES THIS PROGRAM SERVE?

CCIL serves people widely varied in age and lifestyle. This assistance can be provided to persons who are elderly, physically disabled, intellectual impaired and/or developmentally disabled. CCIL serves both children and adults in need of daily living assistance.

#### AM I ELIGIBLE FOR SERVICE?

If you meet the medical criteria for this Program, currently hold a West Virginia medical card (Medicaid) or are Medicaid eligible and are age two or above, you can be served. Your medical condition will be assessed when CCIL has been notified of your interest in Personal Care. Medical need is based on your ability to care for yourself - not on any particular diagnosis. And remember, you only need to call us. We will travel to you to conduct any needed paperwork and assessments.

<p style="text-align: center; font-weight: bold;">CCIL</p> <p style="text-align: center; font-weight: bold;">MORGANTOWN AREA</p> <p style="text-align: center;">1097 Greenbag Road Morgantown, WV 26508 304/291-9066 or 800/834-4070</p>	<p style="text-align: center; font-weight: bold;">CCIL</p> <p style="text-align: center; font-weight: bold;">MOUNDSVILLE/WHEELING AREA</p> <p style="text-align: center;">341 Jefferson Avenue Moundsville, WV 26041 304/843-2306 or 800/924-8897</p>
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## Health Benefits of Skin-To-Skin

- \* Keeps Babies Warmer
- \* Regulates Breathing
- \* Keeps Blood Sugar Levels Higher

- \* Enhances Bonding
- \* Improves Mama's Sleep

- \* Reduces Baby's Cries
- \* Improves Gut Health & Immunity

- \* Reduces Postpartum Depression
- \* Increases Milk Supply

www.mommypotamus.com



Full of fun pictures which celebrate the arrival of the magical winter season, this is an engaging book to share with babies and toddlers. There are pictures of a jolly snowman, sparkling snowflake, a winter forest and more to look at, and the pages have different touch-and-feel textures, which little fingers will love to explore.

-Available on Amazon.com

## When should I start cleaning my baby's teeth?

The sooner the better! Starting at birth, clean your child's gums with a soft infant toothbrush or cloth and water. As soon as the teeth begin to appear, start brushing twice daily using fluoridated toothpaste and a soft, age-appropriate sized toothbrush. Use a "smear" of toothpaste to brush the teeth of a child less than 2 years of age. For the 2-5 year old, dispense a "pea-size" amount of toothpaste and perform or assist your child's toothbrushing. Remember that young children do not have the ability to brush their teeth effectively.

## According to the American Academy of Pediatric Dentistry

### When should my child first see a dentist?



"First visit by first birthday" sums it up. Your child should visit a pediatric dentist when the first tooth comes in, usually between 6 and 12 months of age. This visit will establish a dental home for your child. Early examination and preventive care will protect your child's smile now and in the future.

<http://www.aapd.org/>

### Tooth Arrival Chart

Use this chart to identify the number and location of teeth at a given age. Baby teeth are shaded in blue and permanent teeth are shown in white.

When?	How many?		Where?	
	baby teeth	permanent teeth	upper	lower
5-12 months	4	0		
8-13 months	6	0		
13-19 months	12	0		
16-23 months	16	0		
2-3½ years	20	0		

### RED FLAGS

#### Possible speech delay?

#### BY AGE 1, CHILD CANNOT:

- ▶ Respond to his/her name
- ▶ Begin verbalizing first words
- ▶ No eye contact

#### BY AGE 2, CHILD CANNOT:

- ▶ Begin combining two-word phrases (24 months)
- ▶ Child does not consistently add new words to expressive vocabulary
- ▶ Child does not follow simple instructions
- ▶ Child presents with limited play skills

#### BY AGES 3-5, CHILD CANNOT:

- ▶ Verbalize utterances without repeating parts of words or prolonging sounds (e.g., "m-m-m-my mother," "ssssssssister")
- ▶ Seem to find the right words, describe an item or event without difficulty
- ▶ Begin combining four to five-word sentences
- ▶ Be understood by both familiar & unfamiliar listeners
- ▶ Repeat themselves to clarify without frustration
- ▶ Correctly produce vowels & majority of speech sounds (closer to 5 years old)
- ▶ Child does not ask or answer simple questions
- ▶ Child uses rote phrases & sentences
- ▶ Child prefers to play alone than with peers

-Www.NSPT4kids.com



## 7 Signs Your Child is Ready for Potty Training

1. Child take pride in accomplishments and like some independence.
2. Child will occasionally have "dry periods" (They may wake up from a nap dry)
3. Child doesn't like to wear dirty diapers
4. Child notices others going potty
5. Child says they're going potty
6. It becomes obvious when they go #2. You will see them taking time away from an activity and even "hiding"
7. Child will try out potty. Child is willing to sit on the potty!



-<http://www.mamanatural.com>

\*All Activities require adult supervision and participation. Please be aware of allergies and small parts.

## WV Birth to Three

### Region 1 RAU

*Is your child moving, hearing, seeing, learning, talking like other their age? If you have any questions give us a call!*

#### Wheeling Office

2000 Main St.  
Suite 222  
Wheeling, WV 26003  
(304) 214-5775

#### Morgantown Office

965 Hartman Run Rd.  
Suite 1103  
Morgantown, WV 26508  
(304) 296-3660

#### New Martinsville Office

1236 North State  
Route 2  
New Martinsville, WV 26155  
(304) 455-0920 ext: 251

*West Virginia Birth to Three Region 1 RAU is a program of Catholic Charities WV. West Virginia Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA). It is administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.*

**1-800-619-5697**

**[www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)**



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