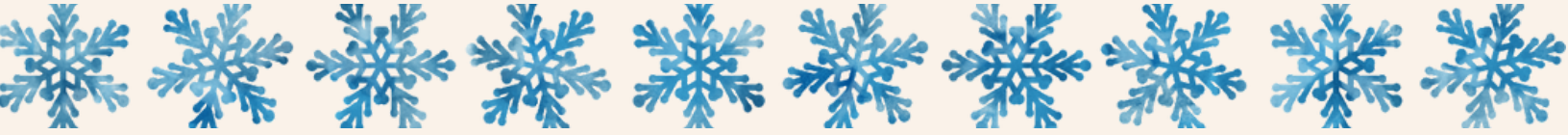


CONNECTING THE DOTS



WEST VIRGINIA BIRTH TO THREE RAU-1 NEWSLETTER • WINTER 2022

A NOTE FROM OUR PARENT PARTNER

Hello! My name is Shelby Hlad, and I'm the new Parent Partner for Region One and the "lead publisher" of our quarterly newspaper. I'm a blessed wife and mama with a family of three. My now four-year-old had the fantastic opportunity to be served by WVBTT in 2018. She made leaps and bounds with the help of her practitioners and graduated in 2020. I understand our program from a parent's point of view. I can relate to your concerns and questions every step of the way. You are not alone, I have been there and would love nothing more than to stand by your side and support you during this journey.



Please don't hesitate to reach out! Please contact me at (304) 214-5775 or via email at shlad@ccwva.org. Don't forget to follow us on Facebook at West Virginia Birth to Three RAU-1, Catholic Charities, for our latest updates, new recourses, and activities!



IN THIS EDITION

A NOTE FROM OUR PARENT PARTNER- 1

HOW TO MAKE SNOW PAINT- 2

SCREEN TIME AND VERY YOUNG CHILDREN -3

SCREEN TIME AND VERY YOUNG CHILDREN -CONTINUED -4

MAKE A CHRISTMAS EVE BOX-5

TIPS TO KEEP KIDS WARM ALL WINTER-6

CONTACT US -7



HOW TO MAKE SNOW PAINT

From the first snow to the last spring snow, there are many days to fill in the winter, and get the kids outside for fun. Don't forget your hats and gloves for this cold weather play.

Whether you are going to add color to a snowman, write your name in freshly fallen snow, or paint an elaborate piece of art over your entire front yard this is a super fun way to get your kids outdoors for some exercise and creativity.

Supplies needed:

Liquid food coloring-



Cold water-



Squeeze bottles-



DIRECTIONS:

1. Take the lids off your squeeze bottles and squeeze several drops of each food coloring into a different bottle. You can usually pick these plastic bottles up at Dollar Tree.
2. Carefully fill the bottle with cold water, not too fast, or it will bubble over. Leave an inch of space from the top.
3. Tightly place the lids back on and wipe down the bottles well; replace cap until ready to use.
4. Carefully take the tops off and use them to paint in the snow.

Source: <https://premeditatedleftovers.com/naturally-frugal-mom/how-to-make-snow-paint/>



SCREEN TIME AND VERY YOUNG CHILDREN

Most of a baby's brain development happens in the first 2 years of life. That's why it's so important for babies and toddlers to explore their environment and experience many sights, sounds, tastes, and textures. Interacting and playing with others helps children learn about the world around them.

So, experts recommend limiting the amount of time that babies and toddlers spend in front of a screen. That's good advice — but in today's world, it can be tough to keep babies and toddlers away from all the TVs, tablets, computers, smartphones, and gaming systems they'll see. Screens are virtually everywhere, and it can be challenging to monitor a child's screen time. To complicate matters, some screen time can be education and support a child's development. How do you manage your child's screen time? Here are some important things to consider.

PROBLEMS WITH SCREENS

Too much screen time and regular exposure to poor-quality programming have been linked to:

- Obesity
- Inadequate sleep schedules and insufficient sleep
- Behavior problems
- Delays in language and social skills development
- Violence
- Attention problems
- Less time learning



Keep in mind that unstructured playtime is more valuable for a young child's developing brain than is electronic media. In today's tech and media-driven world, many parents use screens to keep young children entertained or distracted while they juggle other needs. It works. Screens captivate children's attention in a way almost nothing else does, allowing parents a bit of a breather. However, children younger than age 2 are more likely to learn when they interact and play with parents, siblings, and other children and adults, so it is critically important to provide off-screen experiences.

By age 2, children may benefit from some types of screen time, such as programming with music, movement, and stories. By watching together, you can help your child understand what he or she is seeing and apply it in real life. However, passive screen time shouldn't replace reading, playing, or problem-solving.

The American Academy of Pediatrics discourages media use, except for video chatting, by children younger than 18 months. If you introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use. For children ages 2 to 5, limit screen time to one hour a day of high-quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what's appropriate.

Consider applying the same rules to your child's real and virtual environments. In both, play with your child, teach kindness, be involved, and know your child's friends and what your child does with them. Also, keep in mind that the quality of the media your child is exposed to is more important than the type of technology or amount of time spent.

TO ENSURE QUALITY SCREEN TIME:

• Do Your Homework –

o Preview programs, games, and apps before allowing your child to view or play with them. Organizations such as Common Sense Media has programming ratings and reviews to help you determine what's appropriate for your child's age. Better yet, watch, play or use them with your child.

o Use parental controls to block or filter internet content.

o Ask your child regularly what programs, games, and apps he or she has played with during the day.

• Be with young kids during screen time –

o Play together and talk about what you are seeing on the screen in age-appropriate games or shows.

o Seek out interactive options that engage your child, rather than those that just require pushing and swiping or staring at the screen.

o Make sure your child is close by during screen time so that you can supervise activities.

• Set a Good Example –

o Turn off screens when not in use

o Don't leave screens on in the background

o Turn off your phone when you are playing with your child

• Schedule plenty of non-screen time into your day -

o Play and hands-on learning with adults and friends

o Face to face interactions cannot be replaced by anything technology!

o Be sure your child is physically active every day

• Avoid -

o Fast-paced programming, which young children have a hard time understanding,

o Violent content and apps with a lot of distracting content.

o Eliminate advertising on apps, since young children have trouble telling the difference between ads and factual information.

For older children, establish clear rules and set reasonable limits for your child's use of screens and digital media. Consider these tips in addition to what we have already explored:

• Encourage unplugged, unstructured playtime.

• Create tech-free zones or times, such as during mealtime or one night a week.

• Discourage the use of media entertainment during homework – unless its use is necessary to complete the work

• Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.

• Consider using apps that control the length of time a child can use a device.

• Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.

Encouraging digital literacy - At some point, your child will be exposed to content that you haven't approved and devices without internet filters. Talk to your child about the situations that could occur and the behavior you expect. Encourage your child to think critically about what they see on their screens. Talk with them about:

• Ask your child to consider whether everything on the internet is accurate. Does your child know how to tell if a website is trustworthy?

• Help your child understand that media are made by humans with points of view. Explain that many types of technology collect data to send users ads or to make money.

No matter how smart or mature you feel your child is, monitor his or her screen use, and, as they get older, online, and social media behavior. Your child is bound to make mistakes using media. Talk to your child and help him or her learn from them. Remember to set a good example. Consider that your child is watching you for cues on when it's OK to use screens and how to use them. With your babies, toddlers, and preschoolers you are just beginning to guide, manage and monitor their use of screens and media. This will only grow in importance as they grow. But by developing good habits and household rules — and revisiting them as your child grows — you can help ensure a safe experience.

References:

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• May Clinic (February 10, 2022). Screen time and children: how to guide your child. Retrieved from <https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952>.

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MAKE A CHRISTMAS EVE BOX

CHRISTMAS EVE – OH HOW I LOVE THEE!

WHAT IS A CHRISTMAS EVE BOX?

Christmas Eve boxes are typically given to young children to break up the anticipation of the next day with some small gifts and activities.



I hope you like these Christmas Eve Box Ideas. Have fun filling the box with items to wear and things to do as a family when the anticipation for Santa's arrival is high!

INSIDE, PACK ITEMS THAT WILL HELP YOU HAVE A FUN CHRISTMAS EVE!

Gift Ideas to Add to Your Christmas Eve Box

- Holiday pajamas
- Stuffed animal
- Christmas book
- Holiday movie
- Hot Chocolate



Source: <https://musthavemom.com/christmas-eve-box-tradition-ideas>

Please remember that all activities require adult supervision and participation.

Please be aware of small parts and allergies.

Tips to Keep Kids Warm All Winter

Whether winter brings severe storms, light dustings, or just cold temperatures, the following tips can help keep your children safe and warm.

WHAT TO WEAR

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat.
- The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- When riding in the car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits. See Winter Car Seat Safety Tips for additional information.
- Blankets, quilts, pillows, bumpers, sheepskins, and other loose bedding should be kept out of an infant's sleeping environment because they are associated with suffocation deaths. It is better to use sleep clothing like one-piece sleepers or wearable blankets.
- If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.

WHAT TO WATCH OUT FOR

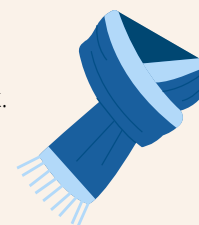
HYPOTHERMIA

- Hypothermia develops when a child's temperature falls below average due to exposure to colder temperatures. It often happens when a child plays outdoors in extremely cold weather without wearing proper clothing or when clothes get wet. It can occur more quickly in children than in adults.
- As hypothermia sets in, the child may shiver and become lethargic and clumsy. Speech may become slurred, and body temperature will decline in more severe cases.
- If you suspect your child is hypothermic, call 911 at once. Until help arrives, take the child indoors, remove any wet clothing, and wrap him in blankets or warm clothes.



FROSTBITE

- Frostbite happens when the skin and outer tissues become frozen. This condition tends to happen on extremities like the fingers, toes, ears, and nose. They may become pale, gray, and blistered. At the same time, the child may complain that their skin burns or have become numb.
- If frostbite occurs, bring the child indoors and place the frostbitten parts of her body in warm (not hot) water. 104° Fahrenheit (about the temperature of most hot tubs) is recommended. Warm washcloths may be applied to frostbitten noses, ears, and lips.
- Do not rub the frozen areas.
- After a few minutes, dry and cover the child with clothing or blankets. Give them something warm to drink.
- If the numbness continues for more than a few minutes, call your doctor.



CONTACT US!

REGION ONE RAU INFORMATION

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IS YOUR CHILD MOVING, HEARING, SEEING, LEARNING,
AND TALKING LIKE OTHER CHILDREN THEIR AGE?
IF YOU HAVE ANY QUESTIONS, PLEASE GIVE US A CALL!

1-800-619-5697 • www.wvdhhr.org/birth23

Find more COVID-19 resources on our website!
http://www.wvdhhr.org/birth23/covid19_resources.asp



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.