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Birth to Three: My Experience

WV Birth to Three has helped my little girl - she was speaking at a 12-18 month old level when she was around 2. The amount she is speaking now is amazing! I cried at every new thing she learned and am so very thankful for WV Birth to Three to help my little girl find her words. Her team was very patient with her and loved her like their own. She is now a gorgeous 4 year old that never stops talking - and she's learned her words. Thank you Birth to Three for helping my family and my little girl! We owe you so much, thank you will never be enough.



WV Birth to Three
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Is your child moving,
hearing, seeing, learning,
talking like others their
age? Our services are
offered at no cost to fami-
lies. If you have any
questions contact our
office at
304-485-2000 or
1-866-401-8919

Check Out Our Facebook Page

WV Birth to Three has created a Facebook page for friends and families. This Facebook page keeps you posted on events, pictures, and other important information to your child's development. If you have a Facebook account, you can look up WV Birth to Three, Region 2 or <https://www.facebook.com/WVBirthToThreeRegion2>.



Dealing with Temper Tantrums

Tantrums are common with two and three year olds, because they are becoming independent and developing their own wants, needs, and ideas. However, they are learning how to express their wants and feelings with words.

Most toddlers:

- Love to say "No!" "Mine!" and "Do it myself!"
- Test rules over and over to see how their parents will react
- Like to imitate grownups and to "help" mom and dad

What Can You Do?

- * Give your child choices when it applies to the situation. (Do you want to eat peas or carrots?)
- * Stick to a daily routine that balances fun activities with exercise and healthy foods.
- * Praise your child when he or she shows self-control and expresses feelings with words.
- * Get down on their level and give a reassuring hand on their back, arm, etc...
- * Say what you expect and reassure them that it's ok to have these feelings and give them suggestions on what they can do. Direct your child's attention to something else.
- * Let your child know you love them.
- * Take your child to a quiet place where he or she can calm down safely. Speak softly or play soft music.

Above all remember the most important thing you can do is remain calm and wait it out. Do not let your child's behavior cause you to lose control.



Fall Fun



Thankful Turkeys

To get started on your own thankful birdies, you'll need to have construction paper, cardboard tubes (paper towel/ toilet paper roll), craft foam, and googly eyes. Cut out of the pieces to make your turkey and glue them on. However, before you glue on your gobble's feathers, ask your child to write down or tell you five things that they are thankful for to put on the feathers.

Early Experiences Last a Lifetime

When Should You Call Your Pediatrician?



Knowing how to recognize when your child is sick and needs medical attention is very important. Most parents call their pediatrician when their child has a high fever, however, it is important to keep in mind that a fever is not the only sign of a serious illness.

⇒ **Fever** A fever is a symptom that can accompany many childhood illnesses, especially infections. In general, you should call your pediatrician if your infant under three months of age has a rectal temperature at or above 100.4 F., or is an infant above 6 months has a temperature above 103 F you should call the doctor.

If your older child is alert, active and playful, is not having difficulty breathing, and is eating and sleeping well, or if the temperature comes down quickly with home treatments then you don't necessarily need to call your doctor immediately. However, you should call your doctor if your child has a fever and another medical condition (heart disease, cancer, sickle cell, immune system problems, etc.).

- ⇒ **Vomiting** Vomiting typically accompanies diarrhea as part of a stomach virus in kids. It is usually not concerning if your child has only vomited a few times, is keeping small amounts of fluids down, doesn't have significant abdominal pain and is not dehydrated. You should seek medical attention for vomiting if your child is developing symptoms of dehydration, vomiting dark green bile, or is a newborn or young infant with projectile vomiting.
- ⇒ **Coughing** A cough and runny nose occur commonly in children with colds. If your child is otherwise feeling well, then you don't necessarily need to go to the doctor every time your child has a cough, even if he has a green runny nose. You should see the doctor if your child's cough or cold symptoms continue to worsen after 3-5 days, if they aren't improving in 10-14 days, or if he has another specific complaint, such as ear pain, a constant cough, chest pain, wheezing, or trouble breathing.
- ⇒ **Trouble Breathing** While children often have a cough and sometimes a wheeze when they have a viral upper respiratory tract infection or mild asthma exacerbation, if your child is having difficulty breathing, then you should call your doctor.
- ⇒ **Dehydration** Children most commonly get dehydrated when they have diarrhea and vomiting, from ongoing losses of fluid, but it is also possible to get dehydrated if your child just isn't drinking well. The first sign of dehydration is that your child will urinate less frequently (your child should be urinating every six to eight hours). Other symptoms of dehydration can include a: ~ dry mouth ~ not having tears when crying ~ sunken eyes ~ decreased activity or increased irritability ~ weight loss
- ⇒ **Childhood Rashes** Children commonly get rashes, from having sensitive skin, warts, poison ivy and as part of many illnesses, such as chickenpox, fifth disease, and roseola. In general, you should call your doctor if your child has a rash and a fever, especially if the rash is purple and doesn't blanch or fade briefly when you press on it, or an itchy rash that isn't relieved with home remedies.

Parenting Problems Your pediatrician should also be a good resource for you when you have parenting problems. Many parents only make appointments for medical problems, but you can also make an appointment or call when your child has sleep or behavior problems, difficulty potty training, problems at school, etc... Don't wait until the problem is out of control either. Some early help or advice may help prevent bigger problems from developing.

Calling Your Pediatrician When in doubt, trust your instincts and call your doctor when your child is sick, especially if you think that your child is ill appearing. You should also call your doctor if your child's symptoms are getting worse.

Community Events

~ Election Day November 8, 2016 Don't Forget to Vote ~

FACES

IEP Success For the New School

Year

October 12 from 11 a.m.-1 p.m.
Knights of Columbus Parkersburg
Please RSVP by October 10 to
Shannon Hedrick at
(304) 485-2000 or
shannon.hedrick@thearcmov.org

Calhoun

Spooky Community Resource Fair

During Grantsville Trick or Treat
is October 28 from 6-8 p.m.

Doddridge

Baby and Toddler Expo

October 11 3:30-5:30 p.m.
Call Melanie Britton by Thursday
October 6 at (304) 873-3955, 304-
266-8949, or join us on Facebook
(search Doddridge Baby-Toddler
Expo)

IMAGINATION LIBRARY

If you live in Calhoun, Doddridge,
Gilmer, Pleasants, Ritchie, or Wirt
counties make sure your child is
signed up for Imagination Library.
Each child 0-5 years of age will
receive, through the mail, a free
book each month until their 5th
birthday. Parents will need their
child's name, current address, and
age. To sign up for the program

Gilmer

Drive in Movie

October 7th beginning at 7pm
have a "Drive In Movie" experi-
ence with Zootopia at the Gilmer
County Recreation Center lawn.

Trunk or Treat

October 31st from 4:30pm to 6pm
is Truck or Treat at the Gilmer
County Recreation Center

Harrison

Tuesday is for Toddlers

at Meadowbrook Mall every Tues-
day morning from 11am until
Noon for free activities for your
toddler! Visit the Mall Guest Ser-
vice Desk for details

Social Skills Group

Meets monthly at 6 pm for more
information contact the Harrison
PERC at 326-7693

Bridgeport Public Library

Story time Fridays at 10:30 am for
children under the age of three.

Clarksburg/ Harrison Public Library

Reading Buddies Story Time ages
2-5 Wednesdays at 10:30 a.m.
Sensory Storytime Wednesdays at
10 a.m.

Veterans Day November 11

Pleasants

Community Baby Shower

October 28, BVFD Training Cen-
ter in Belmont 12-2 p.m.

Pleasants County Residents Only

Contact Debbie Thompson to
RSVP (304) 684-3962

Annual Halloween Parade

7 pm in Downtown St. Marys

Ritchie

Breakfast with Santa

December 17
North Bend State Park
Children 12 and Under are Free

Health and Wellness Expo

November 19 from 11-2 p.m.
Ritchie County 4:H Grounds

Wood

Vienna Public Library

Baby Story Time on Wednesdays
at 11 am for ages 0-24 months
Toddler Time: Tuesdays 10:30 am

Parkersburg & Wood County Public Library

Baby Lap Sit Storytime on Fri-
day 10-11am in the Young Read-
er's Room for ages birth-2years.

South Parkersburg Public Library

Wee Be Jammin' Story time,
ages birth-3

Friendly Reminder from your Parent Partner, Shannon Hedrick

I will be sending out e-mails with current activities, resource guide, and fun things you can do with your family every month. If you are interested in receiving these e-mails please provide your e-mail address to shannon.hedrick@thearcmov.org. Also, If your family would like to share a short article, craft, poem, or other information that would support other WV Birth to Three families.

5 Things To Tell Your Pediatrician

Here's some suggestions to make the most out of your pediatrician visit. Often times as a parent we have so much going through our mind when we get to the doctor visit that we forget some of the most important things to tell our child's doctor.

You may be thinking I'm not even sure when to see my child's doctor. Here are the recommended times:

- ♦ **Newborns and Infants:** after the first visit to their pediatrician by 3-5 days after they are born, visits to the pediatrician continue at 2 weeks and then 2, 4, 6, and 9 months
- ♦ **Toddlers:** visits to the pediatrician begin to space out a bit at this time, with well appointments at 12, 15, 18, and 24 months
- ♦ **Preschoolers:** before kindergarten, there are visits at 3 and 4 years

Here are a few suggestions of 5 things you may want to include in your list.

1. Results of screenings or test

It is recommended that kids routinely be screened for:

- * **Autism** at 18 months and 2 years (take the M-CHAT test online)
- * **Developmental Delays** at 9, 18, and 24 or 30 months
- * **Obesity** with a body mass index yearly starting at age 24 months
- * **Lead Screening Risk Assessment** at 6, 9, 12, 18, and 24 months and yearly between 3 to 6 years
- * **Tuberculosis Testing** on recognition of high risk factors by 1 month and at 6 months and then yearly beginning at 12 months



2. Social Situation Changes Be sure to tell your pediatrician about any changes, as these could affect the way your child thinks and feels. These can be things such as:

- A **separation, divorce**, or even **new marriage** are all things that your pediatrician should know about.
- Your pediatrician will likely know if you have had a **new baby**, but may not know if you have remarried and your child has three new step-siblings at home.
- **Deaths** in the family, especially if you think that your child might be having trouble adjusting and needs some extra help.

3. Recent Medical History Has your child had any big medical problems since his last checkup? Have you had to go to an urgent care center at night or on the weekend? Is your child undergoing any treatments for chronic or sudden problems by a specialist? Be sure to update your pediatrician about these treatments, including any medications your child has been prescribed.

4. Alternative Treatments You should also tell your pediatrician about any alternative treatments that you have trying or thinking about trying. Do you give him vitamins or use essential oils?

5. Recent Trips and Future Travel Plan Be sure to tell your pediatrician about any upcoming travel plans you may have. Are you going to be traveling out of the country soon, which may mean that your child needs some special travel vaccines?

Checkups aren't just so your kids can get shots. Make sure your child is growing and developing well, both physically and mentally.

Sources: AAP Policy Statement. 2016 Recommendations for Preventive Pediatric Health Care. PEDIATRICS Volume 137, number 1, January 2016, AAP Clinical Report:

Identification and Evaluation of Children With Autism Spectrum Disorders. Pediatrics. 2007;120(5):1183-1215. Reaffirmed August 2014, CDC Response to Advisory Committee on Childhood Lead Poisoning Prevention Recommendations in "Low Level Lead Exposure Harms Children: A Renewed Call of Primary Prevention"

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Call- 1-304-485-2000 or
1-866-401-8919
www.wvdhhr.org/birth23



[Thank You, Families, for your Assistance](#)

As children transition from WV Birth to Three when they reach their third birthday, the state WV Birth to Three office, sends a survey for families to complete. It is important the survey be completed and returned. Your feedback is very important to us. Each survey is carefully reviewed in order to ensure the best quality services are provided for children and their families. Thank you in advance