



BTT Bits

Winter Issue

2015

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Friendly Hello from our WV Birth to Three Region 2 Staff



Left to Right- Back Row:

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- Joyce Anderson, Interim Service Coordinator
- Shannon Hedrick, Parent Partner
- Michelle Curtis, Regional Coordinator/
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If you have any questions about your child's development, contact our office at 304-485-2000 or 1-866-401-8919

Stress and the Holidays by Gwen Crum Families & Health Agent, Wood County WVU Extension Service

The words stress and holidays almost seem cliché. Add parenting to the mix and no wonder parents are overwhelmed! Stress levels may vary given your life circumstances, but being able to manage that stress before you feel overwhelmed is an important part of ensuring a happy healthy holiday season. Here are some tips to help manage stress during the holiday season.

Establish a Support Network – Be sure you have a support system to help with your children. Emergencies arise; do you have a plan to help with your children in such an event? A support system can also help if you need an occasional break. Propose a “swap day” with a trusted friend. Also, rely on family who are willing to help. Support can also come in the form of listening.

Keep a Calendar – With kids going different directions, it’s important to make sure everything gets on a calendar. Make time at the beginning of the holiday season to map out “who” has to be “where” and “when.” If you have conflicting events, utilize your support system to ensure everything is covered. Most cell phones have calendar features and ways to remind you when events will occur. Don’t get so busy that you forget you need time for things like decorating, baking, shopping, etc. It’s also important to schedule time for laundry and other chores that your family needs to accomplish. These can be family activities which also minimize the amount of stress being placed on any one person.

Learn to Say “No” - Neither we, nor our children, need to be involved in every school or church activity. Before committing to something, learn to respond by saying, “let me get back with you.” This allows you time to consider rationally if you can obligate yourself without feeling pressured by the moment. Check your calendar before obligating yourself to another task which could possibly overwhelm you or your children. Also, don’t feel obligated to do (or buy!) every little thing our culture implies will make the season bright. If you normally put up multiple trees or decorate the outside of your home, consider just one tree inside. That’s the only one YOU get to enjoy anyway!

Goal Setting – In addition to keeping a calendar, make a list of all the things you feel you need to accomplish before the big day, prioritize what is most important, set a deadline for each activity, and get to work. If there isn’t time for something, maybe it isn’t really all that important or could wait until after the holidays.

“Self” Care – Parents often get so caught up in taking care of everyone and everything else and forget to take care of themselves. Rest, exercise, and healthy eating are all known as ways to maintain health. These things keep not only keep your body healthy, but they also prepare your brain to handle stressful situations more effectively. One way to care for yourself and manage stress during the holidays are to shop early and just enjoy...a practice many are beginning to adopt. Shop throughout the year (especially sales or clearance) and wrap as you buy. Keep a list of what all you’ve bought and for whom.

Here’s hoping you and your family have a happy, healthy, and stress-free holiday season!

Your Babies First Steps source American Academy of Pediatrics

Learning to walk takes practice. Every child develops coordination and balance at different rates. However, they should be able to do certain things at certain ages. Please see the chart below.

At 9 Month	May start to crawl, usually backwards first. May pull to stand.
At 11 months	May start to cruise and walk with support.
From 12 months	May stand on own without support and take 2 to 3 steps.
13 months	Most babies begin walking at this age.
15 months	May start to walk backwards
18 months	May start to run and walk across a large room without falling.
2 years	Starts to climb up and down the stairs and runs without falling.
3 years	Can pedal a tricycle

Toddlers and TV

Source: Baby Centre and Mayo Clinic

TV and Movies have become a huge part of our families. Most of us want TV to benefit our child's development. One of the first questions asked is should I limit the amount of TV my child watches? Common advice for children under the age of 2 is to allow no screen time at all. The reasoning is because children this young find it difficult to understand a make sense of what they are watching. If you do let your child watch television break it up into 10 –15 minute slots. Between the ages of two and three, limit your toddler's television time to an hour a day. This is because toddlers need to be active for three hours a day. Physical play contributes better to your child's mental, physical and emotional development. Your child also needs time to interact with you and other children so they learn to talk to and relate to people.

Some tips for you and your child:

- ⇒ Your child should watch slower-paced viewing so they have time to think about what' they are watching and can absorb the information.
- ⇒ A recent study has found that children who only had moderate access to TV and watched with a parent scored significantly higher academically than other children.
- ⇒ Bring a basket of laundry to sort into the room when the TV is on so you can work and watch. Then both of you can work and watch at the same time.
- ⇒ Turn the TV off when you are feeding your baby or child, you may both miss the cues that your child is full. Many experts agree that TV should not be on during mealtimes. Having a meal together as a family is a great opportunity interact with each other and your child learns how to communicate with people.
 - ⇒ Set a good example by limiting your own screen time.

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 for your time and assistance.

COMMUNITY EVENTS

Disability Advocacy Day at the Capitol January 21

Celebrating Connections Conference February 17-20 <http://wvyearlychildhood.org>

Harrison

Harrison County Autism, Down Syndrome, and AD/HD Support Group Meetings

– monthly at 6 pm in conjunction with the Social Skills Meeting. Parents, educators and children invited.

Contact PERC at 304-326-7692 or 93 or email at hcpere@yahoo.com

Autism Support in Morgantown contact Cheri at

bobandcherismith@yahoo.com

God's Special Gifts Support Group

– Meets at the Bridgeport United Meth. Church in Bridgeport. Contact Matt or Melanie Groves at 304-842-1916 or email at matt.groves@usa.net

Harrison Co. Depression and Bipolar Support Alliance

– 1st and 3rd Monday monthly at the Immaculate Conception Parish Hall (126 E. Pike St., Clarksburg) – 6:30 pm. Contact Maggie Waldeck, MS at 304-622-6826 or email mwaldeck@aol.com

Tuesday is for Toddlers at Meadowbrook Mall every Tuesday morning from 11am until Noon for free activities for your toddler! Please visit the Mall Guest Service Desk for details.

North Central WV Breastfeeding Alliance's Café-a-la-Mom

meets the 1st and 3rd Thursdays of each month on the 2nd floor of the Colonial Village Building in Clarksburg. For more details Contact (304) 376-0086.

Wood

Breastfeeding Café- 4th Saturday of Each Month at the First United Methodist Church Corner Juliana & 10th Street from 10 a.m.- 12 p.m.

Topics will vary.

www.esalibirth.com info@easalibirth.com (304) 482-4729

Mom's Group of Parkersburg meets 2nd Tuesday of every month.

For further information contact Jackie Hudgins (252)258-4176

Vienna Public Library

Story Times:

Baby Lap Sit, (6 mos - 23 mos & their caregivers)

Wednesdays, 11-11:30am

Story Time (2-4 yr olds)

Tuesdays, 10:30-11:15am

Family Story Time

Thursdays, 6:30-7:30p

Parkersburg & Wood County Public Library

I'm a Very Ready reading Ages Birth to 3 10-11 am each Friday

FACES

Disability Networking and Support Group

Judge Black Annex, 11:00-1
Every 2nd Wednesday

Must RSVP to Shannon Hedrick at shannon.hedrick@thearcmov.org or (304) 485-2000

January 14 Topic: Bullying
Presentation by The Arc of the Mid Ohio Valley

February 11 Topic: Picky Eaters and Children's Oral Health
Presentation by The Mid-Ohio Valley Health Department WIC, June Rhodes & The Oral Health Department Mary Beth Shea

Parents, siblings, guardians, caregivers, and other community members are invited to join this group, which will be held in a welcoming, supportive environment, and will provide information and resource awareness, program updates, educational components, and much-needed socialization on issues that impact the lives of those with disabilities and their unique needs and challenges. **All are welcome**

Friendly Reminder from your Parent Partner, Shannon Hedrick

I will be sending out e-mails with current activities and other relevant information. 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. We would love to hear from you.

FOOD AND FUN

Check our Facebook Page Out

WV Birth to Three has created a Facebook page for friends and families. This Facebook page keeps you posted on events going on, 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>.



Snowman Feet

1. Let your child put their foot in white washable paint.
2. Next have your child step on a piece of dark construction paper such as black or blue. Let it dry.
3. Cut out your child's footprint or leave it on the construction paper.
4. Cut out a black top hat and brown arms to attach to the foot print.
5. Draw with a black marker or sharpie 3 dots on the belly and 2 dots for the eyes. The heel print should be the top and the toes should be at the bottom

SANTA (BINGO tune)

There is a man we know so well,
And SANTA is his name Ho
SANTA
SANTA
SANTA
And SANTA is his name HO!



Strawberry Santas

- Wash your strawberries and flip them upside down. (The pointier the end is, the better.)
- Snip the tip off your strawberry and use a little whip cream to stick it back down.
- Add a tiny dot of whip cream to the tip of the strawberry, and two little dots down the front. Cut the stem off in a way that you're creating a base. Place it on your plate and spray whip

Night Time for Little Ones

Source: www.noodlesoup.com

Your child needs lots of sleep every day: 3-6 months olds...14-15 hours~ 6-12 month olds 12-14 hours
~ 12-24 month olds need 13 hours and 2-4 year olds need 11-12 hours.

Here are some bedtime tips:

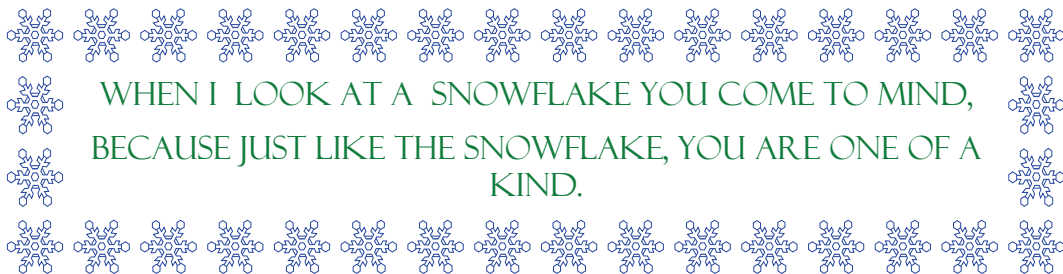
- * **Set a bedtime** that your child will get enough sleep, this will avoid your child getting overtired.
- * **Create a bedtime routine.** Some parent set a timer that signals lights out. Do the same thing every night such as bath, pajamas, snack, brush teeth, story time, and then turn the lights out. Routines help children feel secure and in control. This also helps your child sleep better.
- * **Put your child to sleep alone.** If your child falls asleep in your arms, the child may not be able to fall asleep without you. Tuck your child in bed, then leave the room.
- * **Stick to the Routine.** No child likes to go to sleep. They would rather stay up and play. If you give in to letting your child stay up then they gain control over the bedtime process.
- * If your child refuses to stay in bed calmly return him to bed. For babies who cry go and make sure everything is ok. Babies should be placed on their back. Reassure them and leave. No one feels good about letting their toddler cry, but you don't want to give in. One solution is to wait by the door for five minutes and then return to the bedroom to let them know you are still there. Then repeat the pattern.
- * **Be calm, but firm.** An easy way is to say "Goodnight. I love you, and I will see you in the morning. "

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912 MARKET STREET
PARKERSBURG, WV 26101

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Parkersburg, WV



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



Parent Reminder: Lending Library

We have a variety of books for adults and children, and DVDs. DVD's include "Making Everyday moments count" and "What can I do to Improve My Child's Feeding skills and Speech clarity." Topics include child development, behavior, discipline, autism, down syndrome, hearing, Epilepsy, and other subjects. Please stop in to see what is available or call the WV Birth to Three RAU 2 at (304) 485-2000.

