

BTT Bits

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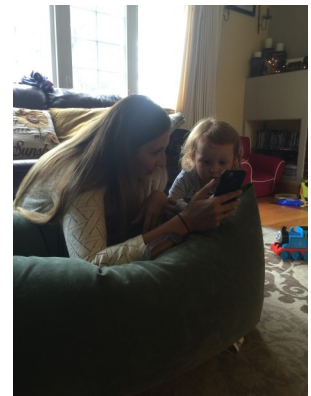
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**WV Birth to Three:
 From Parent to Service Coordinator**

My son, Hudson, has been involved in Birth to Three for almost a year. After a complicated pregnancy, Hudson was delivered, without complication by cesarean section on 9/16/14. However, there were undetected complications and he spent two weeks in the hospital. Thrilled to finally have him home, we began noticing, immediately, that he wasn't developing like a typical baby. We bounced from doctor to doctor, trying to obtain a diagnosis or some explanation as to why he had significant weakness in the left side of his body, trouble holding his head up without it tilting to the left, and eventually being unable to sit without support. The delays continued to build and at a year old, he wasn't crawling or pulling to stand and made no attempts at talking. It was suggested we contact Birth to Three to obtain a physical therapy evaluation and without hesitation, his father and I jumped at the opportunity to have him evaluated. What we weren't expecting, at the time, was that there was far more to be concerned about than being physically delayed.

Once the evaluations were all complete, Hudson began receiving Physical Therapy, Occupational Therapy, Developmental Therapy, and Speech therapy. We learned that a lot of what we thought were "cute baby quirks" were actually sensory related, and eventually these became so prevalent that we added a Psychologist to his team. As a parent, this was extremely overwhelming, but starting services with Birth to Three was the single best decision we could have ever made for our son. Because of Birth to Three, Hudson finally started walking when he was 17 months old and hasn't looked back. He continues to have significant sensory concerns and has a substantial speech delay, but he is flourishing, and it is amazing to watch!



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

Parent Story Continued

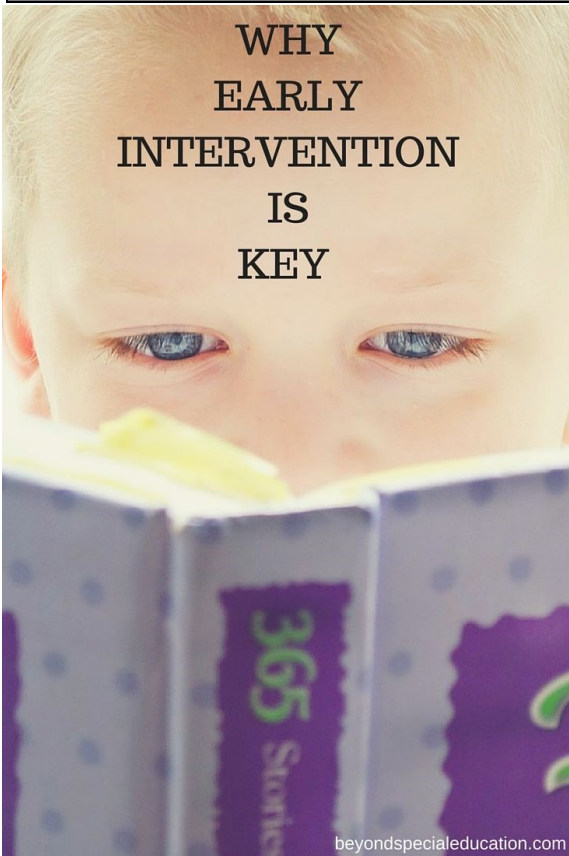


As luck would have it, a career opportunity presented itself to me to begin working as an ongoing service coordinator through Birth to Three. This, just like involving Birth to Three in my son's life, was a "no brainer." It was an honor and a privilege to be able to give back to a program that is providing so much for my own child. I bring a unique view point to my job because I can relate to the families I work with as a result of my parental involvement with the program. It also, for the first time in my professional life, allowed me to schedule work around my children instead of my children around work and I've never been happier!



None of this would be possible, as a family or with my career, without the amazing group of people who take time every week to work with Hudson. If it weren't for them, I would have never seen the incredible work that Birth to Three does or become inspired to give back. So, THANK YOU, Patrick Snell, DPT, Molly Cooper, OT, Rhea Dyer, SLP, Jennifer Kore-ski, SI, Adrienne Bean, Psy, and Jessica Menas/Margie Marion, OSC. Through multiple surgeries, hospitalizations, and set backs, you have supported and inspired me, but most importantly, you are changing Hudson's life. I don't know where we would be without each of you.

WHY
EARLY
INTERVENTION
IS
KEY



beyondspecialeducation.com

Every Child Deserves A Great Start

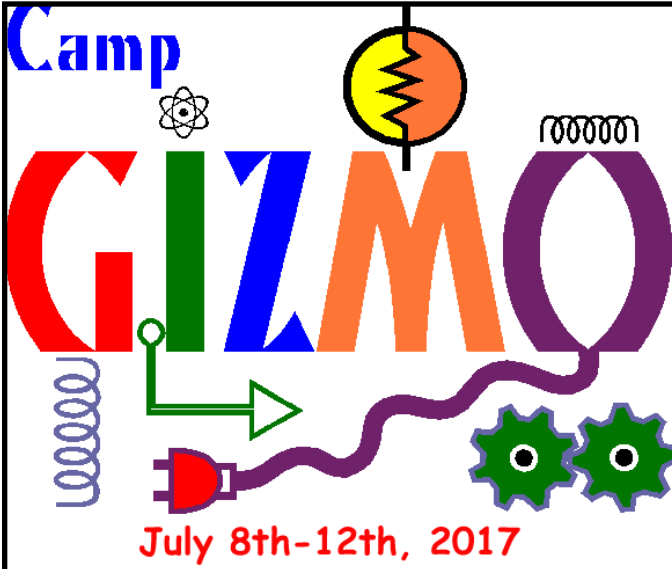
Source Provided by: <http://www.wvdhhr.org/birth23/families.asp>

The first few years of life are extremely important to the future growth and development of your child. You, as parents, are most responsible for guiding your child through these years. These are wonderful times to laugh, play, and learn from and with your child.

By learning what your child will be doing at different stages, you will become a better informed parent, able to take pleasure in your child's growth, yet alert to any possible problems in development. Trust your instincts and feelings as you watch your child grow. Don't ever be afraid to ask questions. Your doctor can answer any questions you may have about your child's growth, and WV Birth to Three is available if you have concerns about your child's development.

In the United States, about 13% of children 3 to 17 years of age have a developmental or behavioral disability such as autism, intellectual disability, and attention-deficit/hyperactivity disorder. In addition, many children have delays in language or other areas that can affect school readiness. However, fewer than half of children with developmental delays are identified before starting school, by which time significant delays already might have occurred and opportunities for treatment might have been missed.

<https://www.cdc.gov/ncbddd/childdevelopment/screening.html>



What is Camp Gizmo?

A five day, hands-on camp where parents, professionals, and students learn how assistive technology can help young children (birth-8 years) with significant and multiple developmental needs.

When & Where is Camp Gizmo?

Typically camp is held in July on the campus of the West Virginia Schools for the Deaf and the Blind in Romney, WV.

Do children attend?

Kids camp will be held in conjunction with Camp Gizmo. All children attending the camp with focus families or other participants will participate in Kids Camp educational and recreational activities. Kids Camp is a safe, fun camp experience for children with or without disabilities.

Who should come and what do we do?

Families, professionals, college students, and others who want to learn more about assistive technology. A limited number of "focus" children will be accepted and assigned a team of professionals who help families identify and apply new strategies for solving their multiple assistive technology needs. (Preference will be given to children who have not previously attended camp.) Professionals and other caregivers involved with these children are encouraged to attend the camp. Labs and workshops will be available to Camp participants daily. Parents attend workshops on subjects that will help them better meet the needs of their child. Professionals and students attend workshops of interest that meet professional/educational needs or assist the "focus" family. Teams will meet daily to observe, discuss and implement strategies for the "focus" child.

How much does it cost?

Camp Gizmo is an interagency funded learning week. Registration includes meals, sleeping accommodations, and Kids Camp. Participant costs:

- ⇒ Focus Families: \$50 - child and two parents/\$25 - each additional family member
- ⇒ Other Camp participants: \$75 per person/\$25 each additional family member

For more information contact or go to http://www.wvearlychildhood.org/Camp_Gizmo.html:

- Ginger Huffman WV Department of Education 1 (800) 642-8541
- Pam Roush WV Birth to Three 1 (800) 642-9704
- LeAnn Murray WVECTCR 1 (888) 983-2827 or lmurray@rvcds.org

Camp Gizmo is funded by the WV Dept of Ed/Office of Special Programs, WVDHHR/Bureau for Public Health/Office of Maternal, Child and Family Health/WV Birth to Three and WVDHHR/Bureau for Children and Families/Division of Early

[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.

Sensory Integration Disorder

Source Provided by http://www.doverehab.com/SI_Facts_for_MD_s_1_.pdf and <https://www.understood.org/>

Sensory Integration Disorder (DSI) first identified in the 1960's by Dr. A. Jean Ayres. A child's brain receives a steady stream of sensory information—from the smell of cookies baking to the feeling of shoes rubbing against her feet. Most kids can “tune out” or “filter” that information as needed. They can deal with unexpected sensations, such as a loud crash on the playground. Children with sensory processing issues may be oversensitive or undersensitive to the world around them. When the brain receives information, it gives meaning to even the smallest bits of information. Keeping all that information organized and responding appropriately is challenging for them.

Symptoms of sensory processing issues can range from mild to severe. Here are some common signs:

- ◆ **Hypersensitivity:** Hypersensitive (or oversensitive) children may have an extreme response to loud noises or notice sounds that others don't. They may dislike being touched, even by adults they know. They may be fearful in crowds, reluctant to play on playground equipment or worried about their safety (being bumped into or falling)—even when there's no real danger.
- ◆ **Hyposensitivity:** Hyposensitive (or undersensitive) children lack sensitivity to their surroundings. They might have a high tolerance for or indifference to pain. They may be “sensory seeking,” meaning they have a constant need to touch people or things—even when it's not appropriate.
 - ~ They may also have trouble with personal space or be clumsy and uncoordinated. They might be constantly on the move and take risks on the playground, accidentally harming other kids when playing.
 - ~ Some kids with sensory processing issues show signs of both hypersensitivity *and* hyposensitivity. They may react in one or both of the following ways:
- ◆ **Extreme response to a change in environment:** Kids may be fine in familiar settings but have a meltdown in a crowded, noisy store. These meltdowns can be scary for parents and kids, since children who are oversensitive might have trouble stopping once they get started.
- ◆ **Fleeing from stimulation:** Children who are undersensitive might run away from something that's too stimulating. Or they might run toward something that will calm them down. For example, they might zip across the playground toward a familiar teacher without paying attention to the other kids they're jostling.

• Over Sensitive to sounds or sights	• Difficulties Manipulating small objects	• Avoids climbing, fear of heights, swaying
• Avoidance of Messy or textured materials such as lotion, glue, sticky foods	• Withdraws from light and unexpected touch, such as social touch, clothing tags	• Poor use of tools such as utensils, crayons
• Poor balance reactions	• Poor articulation	• Resists change in routine

If your child exhibits several of these signs talk with your child's pediatrician or a specialist. Occupational therapy can help kids with sensory problems feel less overwhelmed and learn to cope with challenging situations.

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. We would love to hear from you.

Team Tips

“Every Day, a Little Play”

Mary E Quick, M.A., Developmental Specialist– WV BTT

One of the best things you can do for your child, starting when your child is first born, is to spend one-on-one time with him or her. Good social-emotional development is key to a child growing up happy and healthy and we parents are key. Parents are the ones that set the tone for children’s well-being.

Spending quality play time with your child helps your child know that he is valued and loved. It establishes that bond and develops that trust that is THE important foundation to good social and emotional development. It teaches him how to have a good relationship with someone and what family is all about.

Ways to spend time with your child:

- ⇒ **Small infants** need to be held, to be responded to when they are fussy. You cannot spoil a small baby if you are responding to her needs. Spend time with her by talking to her as you change her diaper. Sing a song that your mom used to sing to you or that you remember from preschool. Look her in the eyes. As she starts to reach for things, observe which toys she prefers and offer them to her. Talk to her in a pleasant tone of voice.
- ⇒ **Older infants** that are sitting up and crawling like play that involves putting things in and out of containers, trying to stack things and pushing things back and forth. All these things can be done with YOU. You provide the objects or toys (a bowl with some blocks or large pop beads for container play, blocks or small boxes for stacking, a ball or toy truck for pushing). Get down on the floor with him and you do it first and see if your child imitates you. If he doesn’t right away, help him do it, but be patient. He may not be ready yet. The important thing is to give him some ideas of new ways to play and that it is a fun time to be with you.
- ⇒ **Toddlers** begin to enjoy more and more types of play, including pretend-play with a doll, kitchen set, or tool set. Spend 15 or 20 minutes a couple times a day, if you can. Let your child take the lead, or you give her ideas of things to do, if she seems stuck on the same thing.
- ⇒ **All children at all ages** benefit from sitting with you and looking at a picture book while you name what you are looking at and help him or her touch the pictures. This can become a wonderful part of your child’s bed-time routine. Children who are read to from infancy become better readers later on.

So – incorporate a little play every day with your child and set the foundation for a healthy social-emotional future for him or her!

Sensory Play Activities

Source Provided by: <http://www.learning4kids.net/list-of-sensory-play-ideas/>

All types of play are essential for children’s development and early learning. Sensory play promotes many learning experiences:

- Sensory play encourages children to manipulate and mold materials, building up their fine motor skills and coordination.
- Sensory play uses all 5 senses, but the sense of touch is often the most frequent.
- Sensory play is unstructured, open-ended, not product-oriented; Encourages imagination and creative play
- Self-esteem: sensory play offers kids the opportunity for self-expression because there is no right answer and children feel safe to change or experiment with what they are doing.
- Language development- experimenting with language and descriptive words.

Here are some ideas you can do with your child:

- **Make fluffy snow** by To make fluffy snow you will need 1 cup of soap flakes, 3 cups warm water, large mixing bowl, large container or tray and an electric beater. You can find soap flakes at your local supermarket. As you beat the water and soap flakes the mixture multiplies, so make sure to have something to catch the overflow. The kids love to watch the transformation of the clear watery liquid mixture to a thick white blob.
- **Shaving cream** is great for sensory play. Add a few drops of food coloring and your child will love being able to play in it. Encourage them to make letters or a creative drawing.

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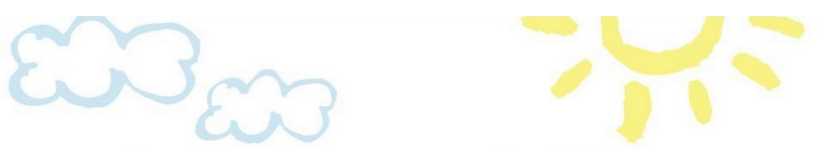
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EARLY EXPERIENCES LAST A LIFETIME



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>

Connecting with early childhood professionals for
20 years!