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### WV Birth to Three: McKinsley's Story

My daughter McKinsley was born at 32 weeks. She spent a couple weeks in the NICU in Charleston. She really had a tough time with feeding and breathing at the same time. When she came home we thought "great she's better, everything will be fine." Her first year was a struggle, she threw up all the time, the pediatrician changed her formula three times but she still struggled. When we started solid food, meal time was miserable. She choked and threw up all the time, so the food she did eat was limited. It was frustrating because she was hungry and I just wanted her to eat stuff that other kids her age could.



By this time she had turned one, I was at a WIC appointment with her. They asked how she was doing with solid food and I expressed my concern. The nutritionist suggested Birth to Three. I was kind of confused because I had always heard BTT was for kids that had developmental and occupational delays. I had no idea all the services they offered until she explained it to me. I went home and immediately made a referral. The process was a little overwhelming at first. Picking people out of a book to work with your child was intimidating. They came and did the evaluations and I learned so much about my child through that process. I learned that not only did we have trouble with meal times, but that her cute little teeter walk was something BTT could help with. So, we formed an amazing team that my daughter loved to work with. I think Toby Daggett and Amy Isaly are miracle workers. They could get my daughter to do things no one else could.

I appreciate everything Birth to Three did for my family and wish someone had told me about them sooner. I really believe in this program. As luck would have it, a career opportunity presented itself. I began working as a Service Coordinator through Birth to Three. Now I can help families the way my team helped mine.

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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

# Age One Dental Visit

THE SECRET TO HAPPY, HEALTHY SMILES...



## Why is this so important?

During the ages of 6-12 months, baby teeth can be seen in the mouth and are more prone to cavities.

Proper Care for baby teeth will allow proper chewing, aid in speech development, and save space for permanent teeth.

## Year One Dental Care Tips

Clean an infant's mouth and gums regularly with a soft cloth or infant toothbrush.

Never let your baby fall asleep with a bottle that contains milk, formula, fruit juices or sweetened liquids. Offer water between feeding times and at bedtime.

## Care Tips Continued

Never dip a pacifier in anything sweet or "clean" with your own mouth.

Children should be weaned from the bottle by 12-14 months.



## BENEFITS OF PREVENTIVE CARE

The earlier your child sees a dentist, the more likely you will be able to prevent dental problems and minimize tooth decay.

Dentists can detect early tooth decay and provide information on oral and facial development.

## February is National Children's Dental Health Month

### Smiles for Life Dental Program

Adult Oral Health clients are screened through the Mid-Ohio Valley Health Department and placed with area dentists. These dentists are volunteering their services from their own offices and are paid by the MOVHD for their costs. Public Health Dental Hygienists provide the screening at MOVHD. Sliding scale fees apply.

You can obtain information by calling us at 304-485-7374 or by visiting our website [www.movhd.com](http://www.movhd.com)



Dental Screening and Referral Program

### Dental Hygiene Services Available

**Adults** who have been screened through the Smiles for Life Dental Program may be eligible for Dental Hygiene services which includes dental cleanings.

**Children** who have never seen a dentist or who have not seen one in over a year may receive preventive services of:

- \*Screening/referral
- \*Education
- \*Fluoride varnish
- \*Dental sealants

***Remember, the healthier the baby teeth, the better chance of having healthy adult teeth!***



### Ages and Stages of Play: Part 3 Crayons



**According to the web-site below**, buy crayons from a name-brand company to ensure that they're made solely from nontoxic ingredients.

Occupational therapists suggest breaking crayons in half to encourage young children to learn how to properly hold a pencil.

Information Provided by: <http://www.parents.com/toddlers-preschoolers/development/growth/ages-and-stages-of-play/>

#### Fun Milestones:

**6 Months:** Babies are too young to play with crayons

**12 Months:** Your toddler can hold a large crayon with her pincer grip and scribble.

**18 Months:** Your child will imitate you drawing.

**2 Years:** Your child can now sit with a pad of paper to draw on her own.

**3 Years:** Your child can now draw a circle, a cross, a square and draw a "person" with one of more body parts. By 3, your child knows three or four colors and may be starting to copy capital letters.



## Four Tips to Building Self Esteem in Children

Parents want their child to have good self-esteem. However, self-esteem doesn't come naturally to children. It is something that must be fostered, developed, nurtured, and grown. Following these four tips can help.

### 1. Show them you value them

Let your children know you love them. This is done through praise and through direct expressions of love, hugs, and kisses. Children need to be told directly by their parents or caregiver that they are loved. Children need to be held, cuddled, and played with. Quality and quantity of time demonstrate value. Few things speak more to being valued, than just being there.

### 2. Teach them and let them learn

Competency is the next ingredient to healthy self-esteem. As the child grows and begins exploring the house (often the kitchen cupboards), the child gains the opportunity to increase competency with access and control of larger objects over greater spaces. Again the response of the parent is crucial. Some parents structure the child's environment for maximum exploration while other parents localize their child's area of living. Either way, making way for the child to play and explore safely, whatever the limits, is often referred to as "baby proofing". The greater the control and mastery of skills a child develops the greater the sense of competency.

### 3. Participate in doing good deeds

The third thing parents can do to facilitate healthy self-esteem in their children is to direct and participate with their children in the doing of good deeds. Doing good deeds teaches children to be aware of the life of others beyond themselves. This enables the development of empathy and altruistic behavior. What's important is that children are encouraged or even positioned to be helpful to the extent of their ability. A toddler may carry a plastic cup to the table, an older child a plate and a spoon, while the oldest child can clear the table. Special little projects can be undertaken, visits can be made, and pennies can be put in the charity coin boxes at the check-out counter.

### 4. Make the rules of life clear

The last thing parents can provide to facilitate self-esteem in their children is structure. Structure is a word that actually implies two separate concepts: routines and limits. Routines provide structure over time and limits provide structure over behavior.

Another way to think of structure is like the rules of a game. How well could you play Monopoly, Hop Scotch, Tag, or Hide and Go Seek, if there weren't rules? Rules include who goes next, under which circumstances, and when. The rules also include what happens when someone goes outside the normal bounds of play--miss a turn, pay a fine, etc.

Knowing the rules of the game of life is sometimes referred to as internalizing structure. This too is also a form of competency-- when the child knows the how's, what's, when's, and where's of life.

Unfortunately this information doesn't come automatically. Children may pick some of the rules up incidentally as they go along, but this leaves much to chance. Parents can help their children internalize structure by commenting on daily routines, specifying appropriate behavior, providing feedback, and by providing consequences for undesirable behavior.

These four ingredients--value, competency, good deeds, and structure--form the basic building blocks for the development of self-esteem. And why develop self-esteem in children? Children with healthy self-esteem feel good about themselves, relate well to others, behave more appropriately, and are more aware of the world around them.



## Camp Gizmo



### 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?

Camp will be held July 7th– 11th 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](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 [lruddle@rvcds.org](mailto:lruddle@rvcds.org)

Camp Gizmo is funded by the WV Department of Education/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 Care and Education and in-kind support is provided by WVATS, WVU Center of Excellence in Disabilities, National Seating and Mobility and Assistive Technology Works, Inc.  
Support and coordination provided by WV Early Childhood Training Connections and Resources.

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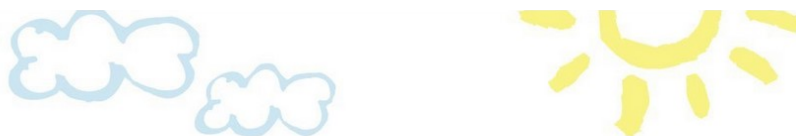


Call- 1-304-485-2000 or  
1-866-401-8919  
[www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)



## 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 for your time and assistance.



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>