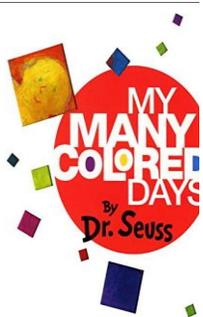


WV Birth to Three Region III

This is a fun way to get your jingle on for the holidays. These can be made in so many different ways and at a low cost. You can pick up the bells from your local dollar store and put them in an empty bottle to create fun sensory play for your little one. Want to spice things up? Try adding a magnetic wand in the picture and watch your child's mind work as they experiment with magnetism. You can have them see how many they could grab at once, attempt to group colors, and experiment with how far around the globe they can move each jingle bell.

An all-around fun time for your family!



Teach your kids about emotions and how they can relate them to colors with Dr. Seuss's book "My Many Colored Days"

Learn information on building your child's self esteem on page 5

How can the Parent Partner assist you?

- *Helpful resources*
- *Support*
- *Transition with service after your child turns three*
- *Give the information needed to make referrals*
- *Information on Child Development*
- *Information on community resources that will personally benefit each family*

Parent Partner:

Amber Huffman



ahuffman@rvcds.org

(304)-414-4460

Upcoming Events

December 9th Huntington Mall

-Kindness Santa is an opportunity for children with sensory issues to visit with Santa on their own terms in a calmer environment with the music off and a sensory friendly play area where they can play and take their time to visit Santa. Each family will receive a FREE 5x7 and a ride on the All Smiles Aboard trackless train. 9:00 AM- 11:00 AM

December 9th Pinch Reunion Grounds

-Pinch Community Christmas Celebration Parade 6:00 PM-9:00 PM

December 9th Clay Center

-Gingerbread House Family Workshop 11:00 AM-1:00 PM

December 9th & 16th Tamarack Presents

-Breakfast with Santa 10:00 AM-12:00 PM

December 8th WV Learning Academy

-Polar Express Family Night 6:30 PM-9:00 PM

December 10th Clay Center Presents

-A Charlie Brown Christmas Live! 3:00 PM-5:00PM

January 26th-28th Charleston Civic Center

-WV Hunting and Fishing Show

February 2nd-3rd Charleston Civic Center

-Monster Jam Triple Threat- various times check out the event on <http://www.charlestonwvciviccenter.com/events>

February 23rd-24th Charleston Civic Center

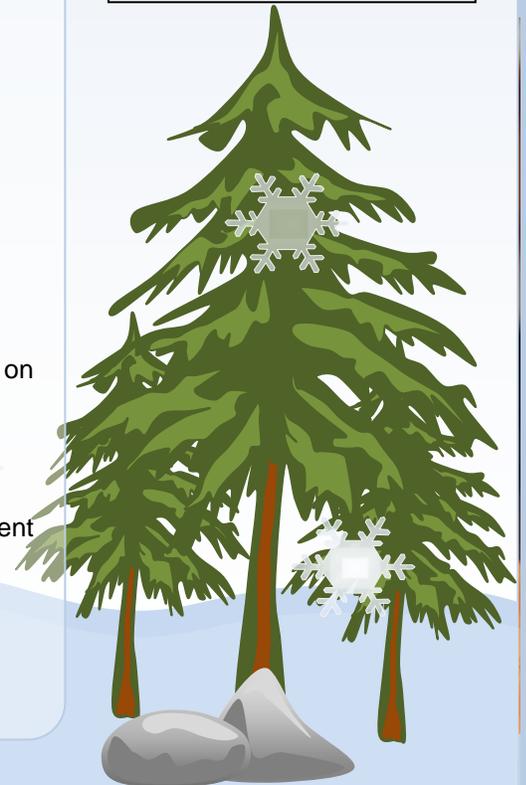
-Disney on Ice presents Frozen- various times check out the event on <http://www.charlestonwvciviccenter.com/events>

March 6th Charleston Civic Center

-Harlem Globetrotters 7:00 PM

Check out your local library for the Holiday Open House Dates

<http://www.publiclibraries.com/westvirginia.htm>





Santa Slime Recipe

- 2 Cups of red glitter glue
- 1 & 1/2 cups very warm water
- A few drops of cinnamon extract or peppermint extract (depending on your favorite holiday)

Combine the above ingredients in a bowl

In a separate bowl combine

- 3/4 teaspoons of borax
- 1 & 1/3 cups very warm water

Once the ingredients of both bowls are mixed combine them, mix, and fun is on the way!



Materials

Clear cellophane triangle shaped flower bouquet sleeve (I found mine at the grocery store next to the flowers) If you can't find them you can use these small cellophane treat bags-affiliate link to make mini Christmas trees. Each kid could have their own to play with!

Green duct tape

Cheap shaving cream

Green food coloring

Small items that are not sharp

(Pictured are milk caps)

Directions:

Tape the outside edges of the cellophane triangle to reinforce the sides.

Fill the inside of the triangle with shaving cream and green food coloring. I mixed the shaving cream in a bowl with the food coloring, and then placed it in the bag.

Place small items inside the triangle for kids to move around and decorate the tree.

Squish the air out of the triangle. Fold the bottom of the triangle several times and then tape securely with the duct tape. To add to the Christmas look I cut out a brown paper tree trunk and a yellow paper star and taped them to the top and bottom of the tree.

Let kids gently squish the Christmas tree and move the objects inside with their hands.



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<https://www.facebook.com/rvcswvbt/>

A Family's Birth to Three Story....

Meet the Good Family

I am honored to include this wonderful family in our newsletter. Joyce and Clayton Good are adoptive parents to two beautiful children. Their journey through foster care is an inspiration to all who know them.

Throughout their 4 years of fostering, they have had children in the WV Birth to Three program. After meeting with them they wanted to share how WV Birth to Three truly impacted not only their journey of being foster parents, but their overall view on how the different techniques and ideas given to them from their team played a big role in each child's development. The family openly spoke about their child who was exposed to drugs and how lost they were on how to help the child developmentally. "It was new to us," said Clayton Good, "and we were so thankful for our WV Birth to Three team." While learning techniques and how to calm the child, they were thrown another curve ball. Their child was diagnosed with PICA, which caused the child to eat foreign objects and show behavior such as head butting. "We did not know how to

handle a child with PICA," Clayton stressed, "but our WV Birth to Three team stepped in and willingly shared information." Both of their children successfully transitioned out of the WV Birth to Three program with ease and comfort. The most helpful resources they received while their children were in the program were types of books to read, developmental information, and websites that the team recommended for them to look up and research. I asked the family that if they could share one wonderful thing about WV

Birth to Three and their response was the fact that their team was always on call, helpful at all times, determined to get an answer to all their questions, and all-around wonderful to work with. They also asked for me to recommend that if you have concerns, to call in and make your own referral. There is no need to wait for a social worker or doctor to make the referral when you can call and get it done. We appreciate the Good family sharing their story with us. If you would like to share your WV Birth to Three experience please feel free to contact me, the Parent Partner, at (304)-414-4460.

Practitioner Spotlight

Meet Developmental Specialist Bridget Bailey

I have a background in Special Education with 20 years experience in BTT serving families in the Putnam/Kanawha Valley. I have made BTT my career and passion. Training/Experience not limited to: *issues of prematurity - low muscle tone, IVH, ROP, PVL, micro preemies, multiples *neurological conditions - cerebral palsy, spasticity, infantile spasms, hypoxia, hemiplegia/hemiparesis, HIE, hypotonia, microcephaly, seizure disorder, ACC *spina bifida - hydrocephalus, Arnold-Chiari *vision impairments - Cortical/Neurological Vision Impairments *chromosomal/genetic anomalies/syndromes - Trisomy, tuberous sclerosis, arthrogryposis, SMA, rare syndromes/disorders.. *complex medical needs - trachs/vents, G tubes, heart defects, cerebral atrophy, AIDS/HIV, and CMV. I have completed a 10 year CVI program with Dr. Christine Roman. I am able to provide CVI assessments/interventions for children with CVI/suspected CVI, provide training & follow up with your team.



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.