



Regional Administrative
Unit III

Serving Kanawha, Jackson,
Roane, and Clay Counties

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Parent to Parent

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Want to share your family story?
Contact Parent Partner Amber Huffman at:
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REAL PUMPKIN HOMEMADE SLIME



Promoting Social Emotional Development

Latest research reveals the more you hug your kids – the smarter they get

Are you the kind of parent that's always hugging your kids?



If the answer is yes then don't stop doing what you're doing.

According to new research, physical affection during a baby's development period is even more important than we thought. The more you hug a baby, the more their brains grow, according to a recent survey from the Nationwide Children's Hospital in Ohio. 125 babies, both premature and full-term, were included in the study, which looked at how well they responded to being physically touched. The results indicated that premature babies responded to affection less than babies who were not born premature. What was also revealed, however, was that babies that were subjected to more affection by parents or hospital staff showed stronger brain response.

According to researcher Dr. Nathalie Maitre, this last revelation tells us that something as simple as body contact or rocking your baby in your arms will make a big difference in how their brains develop. "Making sure that preterm babies receive positive, supportive touch such as skin-to-skin care by parents is essential to help their brains respond to gentle touch in ways similar to those of babies who experienced an entire pregnancy inside their mother's womb," Maitre tells Science Daily.

Basically, affection is vital for the development of the brain. So, cuddle and hug your babies as much as you can – and don't forget to share this research to show everyone out there how important it is to be loving to our children!

Hooray For Sensory Play

Lets Make Slime!

Pick Your Favorite Pumpkin!

Step 1: Cut the top off the pumpkin

Step 2: Make room in the pumpkin by loosing up all the seeds and guts. I did take some out to make room but the whole idea is to incorporate the parts of the pumpkin into the slime.

Step 3: Mix 1/2 cup room temp water with 1/2 cup of clear Elmer's Washable School Glue {other brands of glue do not work well. You can use white but you won't see as much of the pumpkin}. Stir to fully incorporate.

Step 4: Measure a 1/2 cup of liquid starch and pour directly into pumpkin.

Step 5: Pour glue and water mixture into pumpkin.

Step 6: Get your hands in there and mix. The image below shows all the ingredients in the pumpkin

Your child will enjoy this activity if he/she likes messy and squishy play.



Lets Make An Eruption!

Step 1: Get your pumpkin! You can re-use the pumpkin that you made the slime in.

Step 2: You will need to hollow it out! Save the insides for some additional sensory play. You can also allow your child to use different spoons to hollow out the pumpkin. This will put your child's fine motor skills to work.

Step 3: Third, find a container to put inside the pumpkin or use the pumpkin itself. Make sure to have a dish under the pumpkin as well for the overflow mess.

Here's the mixture

1. Warm water mixed with food coloring filled to about 3/4 full
 2. 4-5 drops of dish soap
- When you are ready to make the eruption
3. A few tablespoons of baking soda: then get ready to add....
 4. 1/4 cup of vinegar and watch with delight!

Explain the Science

The baking soda is a base and the vinegar is an acid. When they combine a chemical reaction takes place and a gas is produced. The gas is carbon dioxide which fizzes and bubbles. This is easier done by showing your the reaction. You can also explain that another type of reaction is the surprise they feel when the pumpkin begins to foam.



Keeping Your Child Safe

What does that homemade dish contain?

Is it safe for my child's food allergy?



The holidays are a time for family, friends, and food.

Make sure everyone who prepares, handles, and serves food that your child will eat understands your child's food allergy and knows how to prevent cross contamination.

Here are 6 steps you can follow to prevent cross contamination:

1. Wash hands before and after eating or handling food, or keep wipes on hand. Hand sanitizer will not remove food proteins.
2. Read the labels of all food ingredients. Be sure you know all the label reading tips!
3. Wash all prep areas and eating areas with a paper towel and commercial cleaner, or a new sponge (a dirty one can transfer allergens).
4. Keep unsafe foods away from safe foods when preparing, serving, and storing.
5. Prepare and cook safe meals first. Seal them and set aside. Then make unsafe foods.
6. Use separate serving utensils for each dish.

You can also:

Make a plate for your child before the meal is served to avoid cross contamination.

Label what is safe and unsafe

Make sure the whole family knows about your child's allergy

Always have your child's EpiPen or other medical items with you

Information from: <https://community.kidswithfoodallergies.org/blog/food-allergy-tips-for-the-holidays-keep-safe-foods-safe>

Cooking with Your Kids

It's true that including the kids in cooking meals requires time, patience, and some extra clean-up, especially when the children are younger. But many experts think it is well worth the effort.

Short Term Benefits:

It encourages kids to try healthy foods.

Kids feel like they are accomplishing something and contributing to the family.

Kids are more likely to sit down to a family meal when they helped prepare it.

Parents get to spend quality time with their kids.

Kids aren't spending time in front of the TV or computer while they're cooking.

Kids generally aren't eating junk food when they're cooking a meal at home.

Some Long Term Benefits:

Learning to cook is a skill your children can use for the rest of their lives.

Kids who learn to eat well may be more likely to eat healthfully as adults.

Positive cooking experiences can help build self-confidence.



How old do your children have to be to help out in the kitchen?

Many start to express an interest in cooking at around 2 or 3, and that's not too early to start.

Especially for younger children, it's important to set your kids up for success. Structure the work area so they are less likely to spill.

You can also have them do their measuring with a jellyroll pan underneath to catch any spills.

Remember that the easier dishes are to prepare, the more likely the kids will try making them again. Start with things like breads, muffins, pasta, smoothies, and fun sandwiches.

Here are some age-appropriate cooking skills your children should be able to master.

Under 5 years old:

Scrub, dip, tear, break, and snap (for example, snapping the ends off green beans)

Shake, spread, and cut with a cookie or biscuit cutter

Peel (some items), roll, juice, and mash

Remove husks from corn

Wash vegetables in a colander

Measure and pour some ingredients

Hand mix



Introducing WVABLE

A STABLE Account is an investment account available to eligible individuals with disabilities. STABLE Accounts are made possible by the federal Achieving a Better Life Experience ("ABLE") Act. STABLE Accounts allow individuals with disabilities to save and invest money without losing eligibility for certain public benefits programs, like Medicaid or SSI. Earnings in your STABLE Account are not subject to federal income tax, so long as you spend them on "Qualified Disability Expenses."

The Achieving a Better Life Experience ("ABLE") Act was passed in December of 2014. It is the federal legislation that allows families and individuals with disabilities the opportunity to create tax-advantaged accounts that can be used to help maintain health, independence, and quality of life.

Eligible Individuals

An "Eligible Individual" is someone who developed their disability before the age of 26. The individual must have been living with their disability for at least one year, or they must expect their disability to last for at least a year.

In addition, the individual must meet at least one of the following criteria:

Be entitled to Supplemental Security Income (SSI) because of their disability;

Be entitled to Social Security Disability Insurance (SSDI) because of their disability;

Have a condition listed on the Social Security Administration's List of Compassionate Allowances Conditions; or

Be able to "self-certify" their disability and diagnosis (see details below) when opening a STABLE account.

"Self-certification" simply requires an individual to agree to the following statements during enrollment:

The individual has a written, signed diagnosis from a licensed physician (note: individuals do not have to provide us with a copy of the diagnosis during enrollment, but a copy of the diagnosis must be available upon request); and

The individual is either:


- (1) blind, within the meaning of the Social Security Act, or
- (2) has a medically determinable physical or mental impairment that results in "marked and severe functional limitations"

Contact for information at: 1-800-439-1653 or <https://wvable.com/>

WVABLE is only available to West Virginia residents. Residents of other states may open a STABLE Account by visiting www.stableaccount.com.

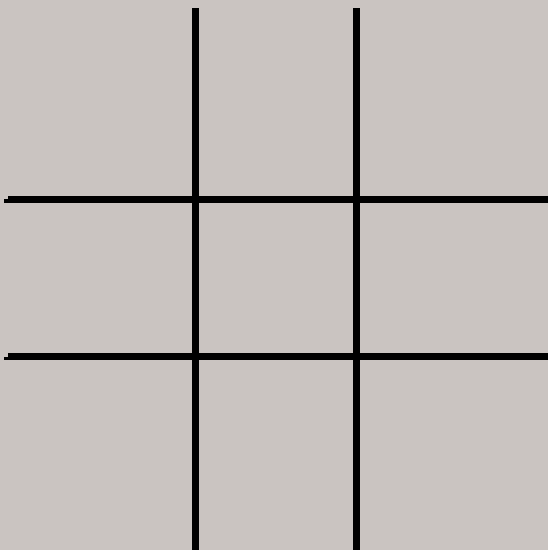
Kids ZONE!

My Favorite Holiday Meal Is.....



Tic Tac Toe

Three Pumpkins in A Row



Which Pumpkin Shows How You Feel?

