

# Winter

## Parent to Parent

Oh what fun it is to...  
Snow Paint



we ♥ referrals

### WV Birth to Three

#### Region III

Serving Kanawha, Jackson,  
Roane, and Clay Counties

304-414-4460

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Want to share your story?

Contact Parent Partner

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# Parenting and Essential Life Skills For Children



As parents we are often thinking about how we can nurture, encourage and support our children to be strong, confident, and self-assured now and as they grow up.

Mind in the Making, a program of the Bezos Family Foundation, (<http://mindinthemaking.org/>) has published a book that highlights the seven life skills every child needs. The world is an ever-changing place and we all need these skills to ensure our children keep learning and growing as they become adults.

<u>Children Develop Essential Life Skills...</u>	<u>When Parents...</u>
<b>Focus and Self Control</b>	<ul style="list-style-type: none"> <li>• Provide age appropriate guidance and limits for behavior</li> <li>• Recognize and regulate their own feelings, emotions, and behaviors before they respond to their children</li> </ul>
<b>Perspective Taking</b>	<ul style="list-style-type: none"> <li>• Work to understand or imagine the child's point of view</li> </ul>
<b>Effective Communication</b>	<ul style="list-style-type: none"> <li>• Respond sensitively to their child's cues</li> </ul>
<b>Making Connections</b>	<ul style="list-style-type: none"> <li>• Delight in the moments of connection with their child</li> </ul>
<b>Critical Thinking</b>	<ul style="list-style-type: none"> <li>• Act as a role model by seeking help, support or additional information when needed</li> </ul>
<b>Taking on Challenges</b>	<ul style="list-style-type: none"> <li>• Balance both parental needs and child needs. Recognizing and celebrating their child's strengths, abilities and capacity to learn.</li> </ul>
<b>Self-Directed, Engaged Learning</b>	<ul style="list-style-type: none"> <li>• Recognize that parenting is a process of learning and it can be stressful! Missteps are a natural part of child-rearing.</li> </ul>

Zero To Three (2018). Positive parenting and the seven essential life skills for children. Retrieved November 2018 from <https://www.zerotothree.org/resources/2468-positive-parenting-and-the-seven-essential-life-skills-for-children>.

# Putting Fine Motor to Work

We all know that **gross motor** is important and includes things like walking , jumping, and walking. But why is fine motor important to target also?

**Small, precise thumb , finger, hand, and wrist movements** are equally important and what we call **fine motor**. When your child is putting fine motor to work, they are also supporting other vital skills.



**For example:** When your child is stacking blocks, they are not only using their fine motor picking up the blocks but they are using gross motor, thinking, and play skills.

## **Building and Encouraging Activities:**

- Stacking, sorting, and stringing
- Filling up and dumping out
- Dressing and undressing
- Drawing and scribbling
- Poking and pinching
- Slotting and Posting



**If you have concerns** with your child's fine motor skills contact your service coordinator or Occupational Therapist if they are a part of your team.

# Snow Painting



## Method:

Add one Kool-Aid flavor packet to each bottle. (One color per bottle). Fill each bottle up with warm water and place the lid back on the bottle. Have kids shake the bottle up until Kool-Aid is dissolved. Your snow paint is ready for some fun!

\*You can also put a hole in a soda bottle lid to create the squirt bottle\*

## Materials:

- Kool Aid Packets
- Water
- Spray Bottles or Squirt Bottle

## Scavenger Hunt-Snow Day Search

Can you find all 20?

 red hat	 animal tracks	 snowman	 snow plow
 snow shovel	 black glove	 bird	 green jacket
 striped scarf	 tree branch	 snowball	 snow boot
 salt for sidewalk	 sled	 blue hat	 puddle
 foot prints	 icicle	 ear muffs	 tire tracks

www.thebirdfeednyc.com



Scavenger hunts have always been a fun way to spend the day with the kids. Already made a snowman? You can mark it off and have fun trying to find these others with your children.

# Beyond Hand Washing

## Tips for Avoiding Sickness



Handwashing tops the list of effective strategies to prevent the spread of germs. Below is the proper handwashing technique.



### Other techniques to avoiding the spread of germs and keeping your child healthy...

**Routine Cleaning:** Instead of trying to clean your whole house at once, clean routinely. Cleaning a little every day is the easiest way to keep your home germ-free. Instead of reacting to dust, mold, and other germs, you can proactively prevent bacteria from building up in the first place.

**Utilize Fans:** High moisture areas are often the biggest breeding grounds for germs, bacteria, and mold. Using fans in these areas can help to prevent the accumulation and spread of bacteria and mold by eliminating the excess humidity and moisture. If you already have fans in these areas, check the ventilation routinely to ensure it is working properly.

**Clean Curtains and Ceiling Fans:** Although many people do not bother, it is very important to vacuum and wash your curtains and drapes and dust off your ceiling fans. Both of these areas can trap a lot of germs and dust that are not easy to see.

**Put Down the Toilet Seat:** Toilets are some of the most germ-infected places in your home. Clean toilets at least once a week. Try to put down the lid of your toilet seat prior to flushing, to prevent bacteria and germ-infected water from landing on other surfaces in your bathroom, where it can survive for a couple of hours.

**Store Your Toothbrush:** Leaving your toothbrush out in an open dish on your bathroom counter can cause it to become infected with germs. Toothbrushes should be stored in separate containers and put away in drawers.

**Change Your Filters:** Change your vacuum, furnace, and air conditioner filters frequently, so that you are cleaning and purifying the air and carpets, rather than adding more germs and dust.



**2·1·1**  
**INFORMATION HELPLINE**  
 304.233.6300

### Local Health Departments

Kanawha 304-348-8080

Jackson 304-372-2634

Roane 304-927-1480

Clay 304-548-4269



# Well Child

# Visits

## Some of the areas that will be addressed at your child's well-child visit include:

- **Growth and Child Development**—Basic measurements, height and weight, are taken and compared with where they were last visit. The doctor will also look at where they stand on the growth chart (average growth of children the same age). This is also a time to talk about mental and physical health—how the child is developing in different areas. Most doctors have you fill out some sort of questionnaire that touches all these areas of development and will go over it with you.
- **Prevention**—This is where your child will get any preventive immunizations for common illnesses. You can also go over other preventive items like your child's nutrition or their basic safety.
- **Basic Family Wellness**—These visits are truly about ensuring that the entire family is healthy and comfortable. Issues like family dynamics, community relationships, and schooling considerations may be raised.



## Why Advocate?

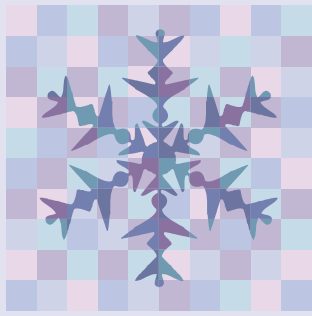
“Unless someone like you cares  
a whole awful lot, Nothing is  
going to get better. It's not.”  
- Dr. Seuss, The Lorax



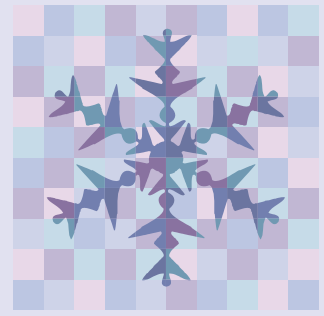
**Find a Doctor that you are comfortable to talk with. They are the professionals but you know your child best. Doctors only see your child for the time that they are in the clinic. If you have any concerns or questions do not hesitate to ask.**

## Frequency Recommendations:

- 2-3 days after bringing the baby home
- 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 1 year
- 15 months
- 18 months
- 2 years
- 2 and a half years
- 3 years
- Every year until the age of 21



# Kids Zone



Do you want to build a snowman? Make your Snowman as unique as you.



Blank area for drawing a snowman.

How does each of these Snowmen feel?

