

Why Your Child Should Get Vaccinated

Are vaccines safe?

Yes. Vaccines are very safe. The United States' long-standing vaccine safety system ensures that vaccines are as safe as possible. Currently, the United States has the safest vaccine supply in its history. Millions of children safely receive vaccines each year. The most common side effects are very mild, such as pain or swelling at the injection site.

Vaccines can prevent common diseases that used to seriously harm or even kill infants, children, and adults. Without vaccines, your child is at risk of becoming seriously ill or even dying from childhood diseases such as measles and whooping cough.

Strengthening your baby's immune system

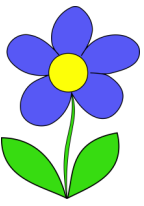
Immunity is the body's way of preventing disease. Because a baby's immune system is not fully developed at birth, babies face a greater risk of becoming infected and getting seriously ill. Vaccines help teach the immune system learn how to defend against germs. Vaccination protects your baby by helping build up their natural defenses.

- Children are exposed to thousands of germs every day. This happens through the food they eat, the air they breathe, and the things they put in their mouth.
- Babies are born with immune systems that can fight most germs, but some germs cause serious or even deadly diseases a baby can't handle. For those, babies need the help of vaccines.
- Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases. Antigens are the parts of a germ that cause the body's immune system to go to work.

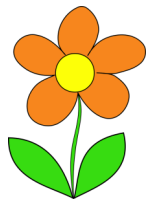
It is always better to prevent a disease than to treat one after it occurs.

- Vaccination is a safe, highly effective, and easy way to help keep your family healthy.
- The recommended vaccination schedule balances when a child is likely to be exposed to a disease and when a vaccine will be most effective.
- Vaccines are tested to ensure they can be given safely and effectively at the recommended ages.





Choosing Quality Child Care



Finding the right child care for your child is an important decision that can sometimes be a stressful experience. There's a lot of information to consider. It may feel overwhelming at times. You need to feel comfortable with your choice and be confident that your child is in a safe and caring environment.

Here are some simple steps that can guide your child care search and make sure you have all the information needed to make the best choice for your child.

What Are Your Options

Understanding your child care options are the first step. Are you interested in a center or a family care provider? What's the difference? Are they licensed and regulated to ensure your child is healthy and safe? That's a lot to consider. Here are some resources to start:

- [Child Care Resource and Referral Agencies](#) exist in every region in the state and can help you find just the right space for you and your family. They can talk with you about the different types of child care providers in your area and help you to consider specific needs your family may have. They can also create a list of child care providers for you to contact. They can also assist you in understanding any financial assistance available to support your family.
- WV has a website listing all the licensed child care providers in the state you can research on your own – [Find a Child Care Provider](#)

Do Your Homework

Are the centers in my area licensed and regulated to ensure your child is healthy and safe? Have they passed health and safety inspections? Are staff in the centers well trained in meeting the needs of children?

- Here's where the [Child Care Resource and Referral Agencies](#) can be helpful in helping you to understand licensing, center regulations and staff training requirements.
- The [Find a Child Care Provider](#) link provides you not only the names of child care providers, but will include an findings from recent inspections.

Call Providers

Before you contact the providers make a list of questions you can ask over the phone to make sure you are visiting providers that meet your needs. These questions may include:

- Does the provider have space for my child?
- What are the provider's hours of operation?
- Is the provider location convenient for me?
- What are the program costs?
- Are there any discounts or scholarships available?
- Does the provider participate in a child care assistance program?

You want to make sure the provider you choose is affordable and accessible to your family. Asking straight-forward, specific questions will help you determine whether or not to consider this provider. There are programs available to help pay for child care if your family qualifies.

(continue on next page...)

While it is always recommend that you visit any child care provider or program you're considering, sometimes a visit is just not possible. If you need child care right away and don't have time to take a tour, this [checklist for Choosing Quality Child Care on Short Notice](#) has questions to ask over the phone before making your decision.

Take The Tour

Use a [checklist](#) to help you make the right choice for your family. Ask the child care provider for references and ask questions about other families' experiences with the program. When touring the child care center, use your five senses:

- Sight – Do you see staff engaged with children? Do you see children actively playing with one another and the staff? Do you see any health and safety concerns? Do you see that there are enough materials for the children to play with?
- Sound – Do you hear a “buzz” in the setting, where teachers are talking in warm, positive tones to the children? Do you hear providers using respectful language?
- Taste – How does the food taste that is served to the children look in appearance and how does it taste?
- Touch – Do you see physical affection between teachers and children, such as hugging, pats on the head, children sitting on provider's laps, or any other types of positive touch?
- Smell – Is there a pleasant smell in the child care setting? Can you smell perfume, smoke, or any other odor that might be unpleasant for your child?

[Here](#) you will find additional guides to help you “Look, Listen and Ask” questions while visiting child care providers.

Additional Considerations

Every family has special needs and considerations to explore when choosing an appropriate child care provider for their child. Here are resources for some of those special considerations.

- [You need care during non-traditional hours](#)
- [Choosing quality child care for your child with disabilities or other high support needs](#)



Easy Paper Plate Rainbow



1. Simply cut the paper plate in half and then cut out a small semi-circle from center of the paper plate.
2. Follow the curve of the paper plate and add (as individual colors or mix them up) red, orange, yellow, green, blue and purple paint to form a rainbow.
3. Once the paint has dried, add cotton balls and add to the bottom of each arch – these will form the clouds!

[Easy Paper Plate Rainbow Craft - Arty Crafty Kids](#)

Be Someone's Rainbow

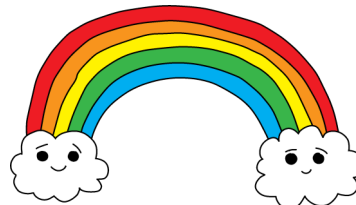
[Jessica Ostrander](#)

You can be a rainbow
on a cloudy day.
You can be the sunshine
the wind can't blow away.

You can tickle someone pink,
when they're feel'n blue.
You can share the hope,
that lives inside of you.

You can wipe away the mean,
the ugly and the hate.
You can share your kindness
before it is too late.

You can shine so bright,
even in the dark.
You can bring the light.
You can leave your mark!



HOW TO CATCH A RAINBOW



How to Catch a Rainbow

by Naomi Jones (Author), Ana Gomez (Illustrator)

Freya loves rainbows. She loves their bright colors and their curvy shape. More than anything, she wishes she has one of her very own. One that she can keep forever. So she decides to become a Rainbow Hunter!

She searches high and low, but no rainbows are to be found. So she resolves to make her own, collecting items in every color of the rainbow from the garden. But when things don't go quite to plan, Freya has to use her imagination and creativity to come up with a way to make her wish come true.

Raindrops to Rainbow

by John Micklos Jr. (Author), Charlene Chua (Illustrator)

Raindrops are falling outside, but there's still a world of color to experience! Delightful rhymes and brilliant illustrations detail how a gloomy, rainy day might not actually be so gloomy after all when you get to spend time with Mom, Brown Bear, and the colors around you. And when a "beaming rainbow, bold and bright" cuts through the sky, everyone gets to experience the joy of all the colors that can only come after the rain.



Rainbowsaurus

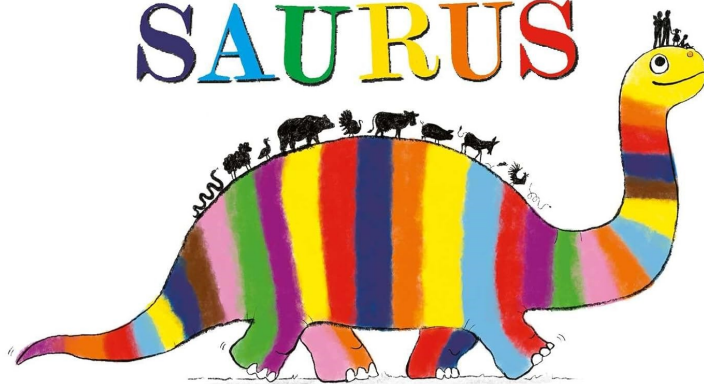
by Steve Antony (Author)

A joyful and fun read-along tale of one family's quest to find the Rainbowsaurus, featuring lots of colorful creatures.

A joyful and fun read-along tale of one family's quest to find the Rainbowsaurus, featuring lots of colorful creatures.

Join two dads and their three children as they set off on an adventure to find the Rainbowsaurus. On their way, they meet animals that are all the colors of the rainbow who all want to find the Rainbowsaurus too.

RAINBOW SAURUS



Steve Antony

SHARE A SNACK.



PICK UP LITTER.

GIVE OTHERS THE BENEFIT OF THE DOUBT.



DRINK A GLASS OF WATER.



DONATE BLOOD.



THANK A TEACHER.

READ WITH A CHILD.



COMPLIMENT WITH RECKLESS ABANDON.



ACKNOWLEDGE SOMEONE WHO DESERVES PRAISE.



SUPPORT LOCALLY OWNED BUSINESSES.



OPEN DOORS FOR OTHERS.

SMILE.



USE A REUSABLE WATER BOTTLE.



MAKE KINDNESS THE NORM.



SHARE YOUR FAVORITE SONG WITH SOMEONE.



TEXT SOMEONE A POSITIVE MESSAGE.



PLACE ENCOURAGING STICKY NOTES IN PUBLIC AREAS.



GIVE AN UNEXPECTED GIFT.

GO FOR A LONG WALK.



LEAVE AN EXTRA BIG TIP.



ENCOURAGE A FRIEND.



CELEBRATE SOMEONE ELSE'S ACCOMPLISHMENT.



PUT AWAY YOUR PHONE AND LISTEN WITH YOUR HEART



SEND A THANK YOU NOTE.



RANDOMACTSOFKINDNESS.ORG

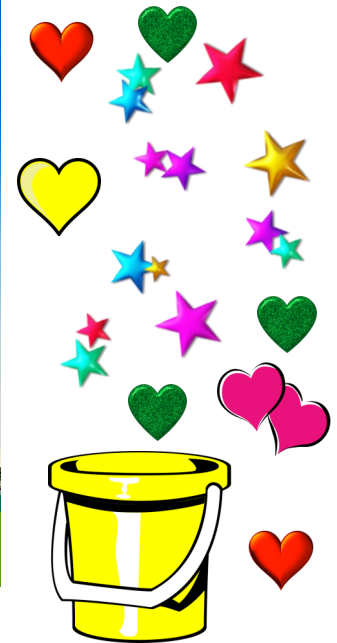
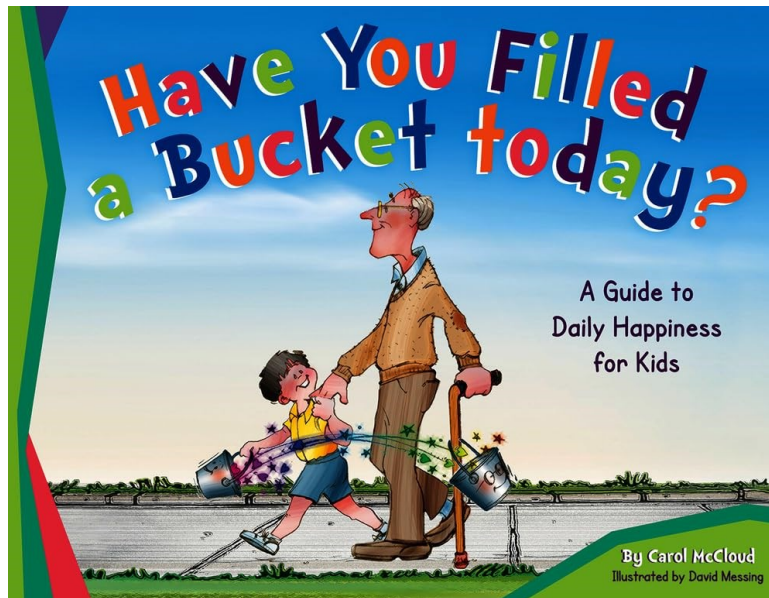
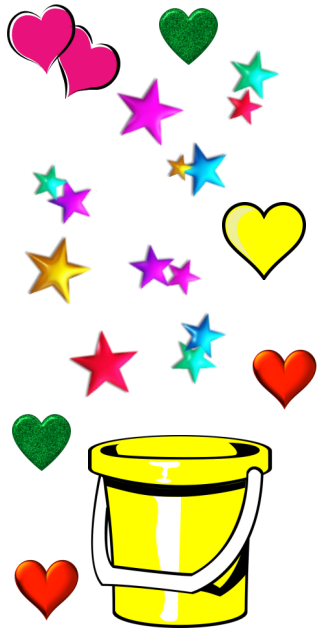
LAUGH UNTIL YOUR BELLY HURTS.



LOVE WHO YOU ARE.



RANDOM ACTS OF KINDNESS
FOUNDATION



by Carol McCloud (Author), David Messing (Illustrator)

"It's an important lesson to teach and remind us all . . . that showing kindness and appreciation of others goes a long way to making this world a happier place for everyone, including ourselves. A classic tale, beautifully told and beautifully shared."--Emily-Jane Hills Orford, Readers' Favorite Book Reviews

While using a simple metaphor of a bucket and a dipper, author Carol McCloud illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also fill our OWN bucket! Conversely, when we choose to say or do mean things, we are dipping into buckets. All day long, we are either filling up or dipping into each other's buckets by what we say and what we do. When you're a bucket filler, you make the world a better place to be!

This book is perfect for children, parents, grandparents, teachers and people that want to teach empathy, nurture, kindness and create a positive environment in their home, classroom, workplace and community.



WV Birth to
Three/RAU 7
1411 North Walker
Street
Princeton, WV 24740



MOUNTAINHEART
Community Services, Inc.
"Together We Can"

Dreama Padgett, Chief Executive Officer
Melissa Saddler, Program Director
Jason Gibson, Interim Service Coordinator
Vicky Hodges, Interim Service Coordinator
Stacy Anderson, Interim Service Coordinator
Assistant
Kelly Albright, Interim Service Coordinator
Heather Browning, Administrative Office
Associate
Tammy Fleshman, Parent Partner/Editor