

## Summertime

When we were young, summertime was the best! No school, sleeping late, and staying outside all day. We swam (in the creek!), hiked up the hill, rode our bicycles, caught lightning bugs in Mason jars and made the best mud pies you never ate. We want our children to have the same summer fun. Times have changed, but we can still make wonderful memories for our children. Think of one of your best summer fun memories. Now, make a memory with your child or children. It can be as simple as letting them play in water or having a picnic in the yard.



We love our children and we want them to be safe during the summer heat. So be sure to apply sunscreen on your children. Apply sunscreen whenever your children are in the sun. Don't forget about ears, hands, feet, shoulders and behind the neck. Apply sunscreen generously. Reapply every two hours.



SUPPORTING YOUNG CHILDREN AND FAMILIES IN

# MAKING THE MOST OF FAIRS, FESTIVALS, AND PARADES

WEST VIRGINIA INFANT/TODDLER MENTAL HEALTH ASSOCIATION



Spring, summer, and fall in West Virginia often include lots of fairs, festivals, and parades. This is a great time for young children to explore different foods, music, animals, and fun new experiences. It can also mean that young children may experience unfamiliar sounds, smells, lights, and crowds. Preparing young children in advance, and a little pre-planning, will help to make the experience enjoyable for all! Fairs and festivals are a great way to explore the state, both in your own area and beyond.

[WWW.NURTURINGWVBABIES.ORG](http://WWW.NURTURINGWVBABIES.ORG)



To access more resources of the West Virginia Infant/Toddler Mental Health Association, please scan the QR code.

**Start with a plan.** Begin with making sure the festival, fair, or parade is the right fit for your family. Other considerations could be the time when you attend, how long you attend, and what activities your family would be interested in seeing. Visit the areas that your family is most interested in first, in case you need to leave early. Depending on the length of time you will be staying, you may want to bring:

- comfort item for naptime,
- snacks to stretch between meals,
- sunscreen for hot days,
- jackets for cooler evenings, or
- change of clothes for water rides.

**Consider sensitivity to sounds, lights, and costumes.** Some children LOVE loud noises, bright flashing lights, and characters in costumes. Others do not. If your child is sensitive to these things, you may consider:

- bringing ear plugs or head phones, or leaving the event earlier before all the loud noises begin.
- avoiding activities with bright lights, or attending in the daytime when the lights are not as bright.
- redirecting the child away from an area that has characters in costumes. Children should not be made to interact with characters in costume if feeling anxious or afraid.

**Recognize your child's need to have some quiet time if feeling overwhelmed.** Signs that your young child is feeling overwhelmed:

- irritable or crying,
- anxious,
- agitated, or
- clingy behavior.

Plan for breaks and look for quiet areas. Sometimes, fairs and festivals will offer a sensory room that offers young children a quiet place to rest and recharge.



# NEVER leave a child alone in a car — even for a minute!



More than twenty children have died this year already.

- Dial 911 immediately if you see an unattended child in a car. EMS professionals are trained to determine if a child is in trouble.
- Never leave a child unattended in a vehicle, even with the window slightly open.

Believe it or not, routines and distractions have caused people to mistakenly leave children behind in cars.

- Place a cell phone, PDA, purse, briefcase, gym bag or whatever is to be carried from the car on the floor in front of a child in a backseat. This triggers adults to see children when they open the rear door and reach for their belongings.
- Set your cell phone or Blackberry reminder to be sure you dropped your child off at day care.
- Set your computer calendar program, such as Outlook, to ask, "Did you drop off at daycare today?"
- Have a plan that if your child is late for daycare that you will be called within a few minutes. Be especially careful if you change your routine for dropping off little kids at day care.

Prevent trunk entrapment.

- Teach children not to play in any vehicle.
- Lock all vehicle doors and trunk after everyone has exited the vehicle — especially at home. Keep keys out of children's reach. Cars are not playgrounds or babysitters.
- Check vehicles and trunks FIRST if a child goes missing.



Outside  
Temperature  
**101° F**

Inside Vehicle  
Temperature  
**140° F**



[www.safekids.org](http://www.safekids.org)

## Summer Reading

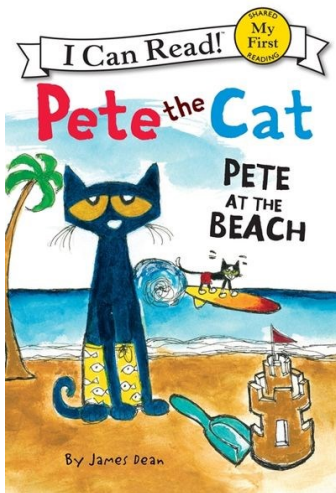


*The Wonders of Summer*  
By Kealy Connor Lonning  
Illustrated By Lora Look

This beautiful, heartwarming story, shows a little girl and her loving dad, as they experience the wonders of summer! The world is joyful and magical, when seen through a child's eyes, and the splendid season of summer, is waiting for them to explore!



Pete the Cat: Pete at the Beach  
By James Dean, Illustrated By James Dean



Pete the Cat is one groovy cat at finding shells and building sand castles at the beach. But when it gets too hot, there's only one way to cool off—jump into the ocean! Except Pete might be a scaredy-cat when it comes to the water.



WV Birth to Three/RAU 7  
1411 North Walker Street  
Princeton, WV 24740  
1-866-207-6198



**MOUNTAIN HEART**  
Community Services, Inc.  
*"Together We Can"*

Dreama Padgett, Chief Executive Officer  
Melissa Saddler, Program Director  
Janelle Knobloch, Interim Service Coordinator  
Vickie Hodges, Interim Service Coordinator  
Savannah Mullins, Interim Service Coordinator  
Katherine Dillow, Interim Service Coordinator  
Jason Gibson, Interim Service Coordinator  
Stacy Anderson, ISC Assistant  
Tammy Fleshman, Parent Partner/Editor  
Laken Williams, Clerical/Data Entry  
Danielle Williams, Clerical