

# TIDBITS

Birth to Three RAU 8 Newsletter

EPIC

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It's that time of year again! The birds are chirping, the flowers are blooming, and the whole family is ready to get outside. Explore the outdoors, discover fun nature crafts, and learn more about the world outside our doorsteps.



When we spend time on our stoops, take a walk around the neighborhood, or visit a nearby park, our senses come alive! We can inspire our children to observe and understand nature by listening for animal sounds, feeling the texture of rocks, seeing the shade made by the trees, smelling freshly cut grass, and tasting raindrops as they fall from the sky.

## Fun Outside Adventures

**Senses walk:** Use all of your senses to experience spring. Smell the flowers or grass. Listen to birds chirping. Feel the smoothness or roughness of a rock.

**Shape scavenger hunt:** Look closely and you'll find shapes all around you. Bonus points for spotting 3D shapes such as a cube, cylinder or sphere.

**Color walk:** Find items for every color in the rainbow (remember it's ROYGBIV).

**ABC walk:** Look for items that start with each letter of the alphabet.

**Learn about trees:** Identify trees by their leaves, bark, seeds and branches.

**Nighttime walk:** Listen for nocturnal creatures such as bats and owls.



**Sticker Names**  
A FINE MOTOR SKILLS ACTIVITY  
BUSY TODDLER

Practice letters and fine motor skills with dot stickers and pre-written names. Preschoolers are bound to enjoy making a bit of personal art, and parents will love the mess-free, quiet concentration time this project requires.

## Helping Your Child Grow and Thrive

In February 2022 the developmental milestone checklists for children were updated for the first time in nearly 20 years. Along with the updates, new screening checklists were developed for young children at 15 and 30 months of age. The reason for the update was to look at the ages for when most children (75%) would be expected to achieve developmental milestones. While it is important to remember that all children develop at their own pace, one of the key factors in identifying concerns with a child is your knowledge of your child and their ability to participate in the life of your family.

You may have questions about what these changes may mean for you and the conversations you are having with your child's physician. The resources below will provide you links to valuable materials to review to help you to understand your child's development and assist in those conversations. As a result, you and your child's physician will have a better way of responding to developmental concerns, including earlier identification of autism and other social-communication concerns. That also means earlier connections to services and supports like WV Birth to Three to help you help your child.

If you are concerned about your child's development, talk to your child's doctor. They can assist you in looking at any medical concerns that need looked at and can help connect you to programs like WV Birth to Three to help support you and your child.

Resources:

[View the updated milestones](#)

[Download the new materials](#)

Download your [Milestone Tracker App](#) from your app store today!



Take your toddlers out for a day of bird sighting with their homemade binoculars! Why not try this idea of decorating TP rolls, then attaching two together with yarn to form the special, individualized specs.

## Instant Strawberry Ice Cream

*Want ice cream but you didn't plan ahead and get it going? Just too busy? No ice cream maker? I've got the answer -- and it's done in an instant. As in a minute or so! You need 3 things: frozen fruit, liquid, and a high-powered blender. Serves 4 to 5 (1-cup servings).*



### Ingredients

1 1/2 cups cream whole milk, kefir, or yogurt -- or even water or juice for sorbet

16 ounces organic strawberries frozen about 3 to 4 cups -- or mixture of berries or other frozen fruit altogether

1/4 to 1/3 cup sweetener, or to taste

1 teaspoon vanilla extract

### Instructions

Combine all ingredients in the order listed in the blender and put the lid on.



Start the speed on low and increase slowly as the fruit gets broken up fully and the mixture starts circulating pretty freely.

Stop and scrape sides as needed

When there are no longer chunks of fruit and it's all smooth, it's done.

Serve!

Recipe Notes

\*You can use a liquid sweetener such as honey, just reduce the cream or milk accordingly. Dry sweeteners should be whizzed fine in a blender beforehand to create a powdered sugar texture.

**Yummy!**