



Fall

2015

Tidbits

Volume 2, Issue 3

Fill up Your Toddler's Senses with Lots of Outside Play Time!

According to the U.S. Department of Health and Human Services, children should have at least 60 minutes of physical activity each day (even more if you're a busy toddler)!

Here are some fun ideas for outdoor play in the Fall.

Classic Games

They're classics for a reason! Try Kickball, Red Light - Green Light, Capture the Flag and Mother May I?

Themed Walks

Try a Senses Walk (What do you hear? What do you feel?). Take a Color Walk and find as many things of a certain color that you can. Take along a camera!



Take a Shape Walk to see how many shapes you can find. Make up your own theme or try an ABC's walk, a counting walk, a nighttime walk or a bird walk.

Scavenger Hunts

Fun! Pair big kids with little kids to hunt for different Fall leaves, pinecones, bark, moss or feathers.

Obstacle Courses

You can use noodles, pine cones, leaves and rocks. Time your children or let them use a stopwatch.

Visit an Apple Orchard or a Pumpkin Patch

Create a family Fall tradition and follow it up with yummy apple treats or your next jack-o-lantern.

www.letslassothemoon.com

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Now you can find us on Facebook.



Autism Summit: Strategies for Success

Several members of the West Virginia Birth to Three staff attended the second annual Autism Summit for Teachers sponsored by Eastern Panhandle Indigo Children (E.P.I.C.) on July 27, 2015. The keynote speaker was Dr. Marc Ellison, Executive Director of the West Virginia Autism Training Center located at Marshall University. Participants also heard from Grafton Applied Behavioral Analyst Sanjana Rau and Occupational Therapist Michelle Woolwine. The theme of the summit was building relationships with educators to maximize positive educational experiences for those who may be on the autism spectrum.

If you have questions or concerns about autism and resources available, visit E.P.I.C. at www.epic-wv-autism.org or the Marshall University Autism Training Center at www.marshall.edu/atc or call 1-800-344-5115.



Do you know of a child who is not moving, hearing, seeing, learning or talking like others his age? WV Birth to Three may be able to help.

Call (304) 267-3595 or 1-866-681-4957.



Apple Mummies! Find more ideas at www.twohealthykitchens.com

**A is for Apple,
Round and Sweet,
Red Red Apple,
So good to eat!**

Cute & Easy Craft Ideas!

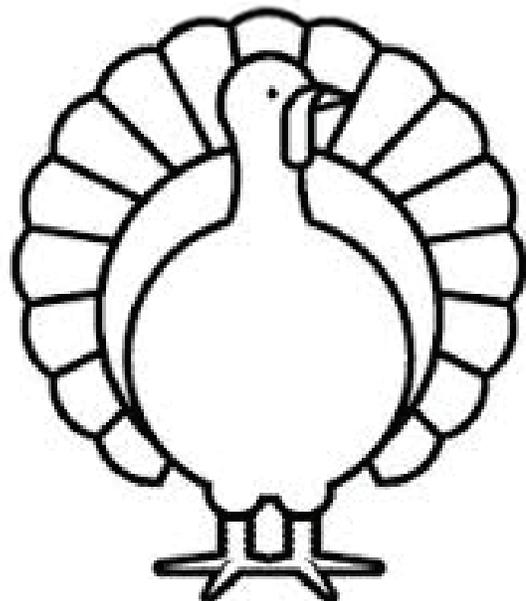
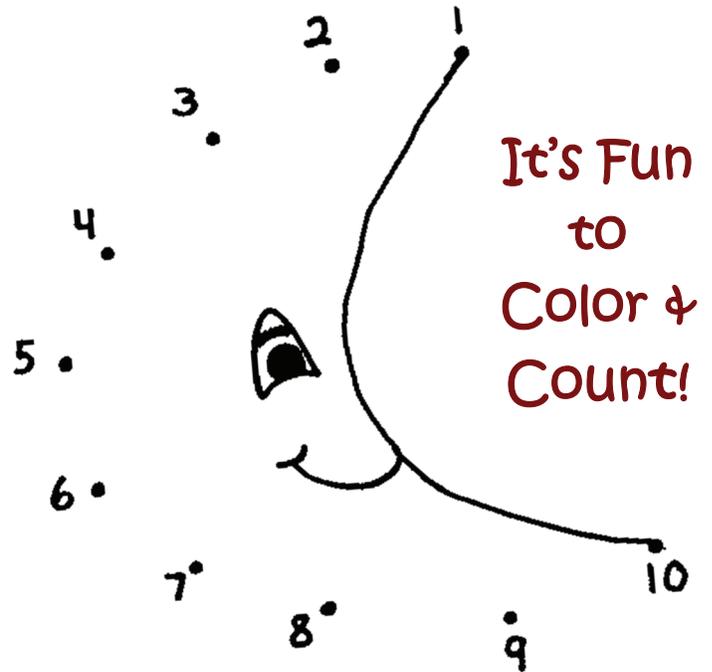


Easy Homemade Apple Sauce

Peel and slice 4 - 6 apples into 1-inch chunks. Add a little water, and simmer over low heat until tender, about 10 minutes.

Let apples cool, and then transfer to food processor & puree in batches.

Make it chunky or smooth or add a little sugar and cinnamon. Serve warm or cold for a tasty treat!



Pick-Your-Own Pumpkin Patches

Brookedale Farms, Keyser Come take a hayride out to the corn maze! This farm is open every weekend from Sept. 12 - Oct. 25. Find more at www.brookedalefarm.com or 304-298-3760 or on Facebook.

Old McDonald's Pumpkin Patch & Corn Maze, Inwood

Pumpkins, gourds and winter squash plus hayrides and corn maze plus the "Kiddie Korn Kastle." Sept. 26 - Oct. 31, 304-229-1723 Location: 1597 Arden Nollville Road. Find more at www.oldmcdonaldspumpkinpatch.com.

Orr's Farm Market, Martinsburg The pumpkin patch is open from mid-September to Halloween. Enjoy a hayride, a small corn maze and pick a pumpkin. Location: 682 Orr Drive, 8:00 - 6:00, 304-263-1168.

Ridgefield Farm and Orchard, Harpers Ferry Pick a pumpkin, enjoy a hayride, and get confused in the Corn Maze. Location: 414 Kidwiler Road, 304-876-3647.

Town & Country Nursery, Kearneysville Pick a pumpkin, take a tractor ride out to the corn and hay mazes. Feed a goat, too! Free parking & fresh produce available. Sept. 26 - November 1. Location: 1885 Darke Lane, $\frac{3}{4}$ of a mile from the Jefferson County Fairgrounds. 304-725-1252



Find a comprehensive list at www.wvagriculture.org

25 NON-CANDY TRICK OR TREATS

It's getting close to fright night, when all the little (and sometimes big) trick-or-treats will fill the streets. Are you tired of sugar-loaded sweets and want to pass out some non-candy yet fun goodies? Need to provide for a classroom party but there are allergens to avoid?

Here are 25 alternatives to candy bars and unwanted ingredients.



Bubbles

Glow sticks, necklaces, wands, glasses

Stickers

Pencils

Pencil toppers

Fake/plastic bugs

Character band-aids

Mini Play-Doh

Mini crayon packs

Hair bows, barrettes, clips

Erasers

Mini slinkies

Bouncy balls

Mini nail polish

Temporary tattoos

Spider rings

Mini bottles of water

Mini plastic army guys

Hot Wheels or Matchbox cars

Plastic vampire fangs

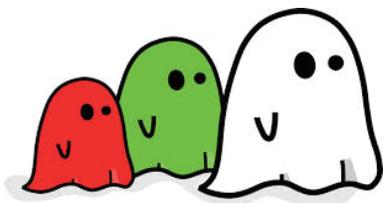
Whistles/other annoying noise makers

Mini rubber stamps

Mini water squirt guns

Costume jewelry (rings, necklaces, bracelets)

Mini coloring books





Tips for Choosing a Family Pet

Pets love us unconditionally, and they're great for our mental and physical health. Caring for pets can boost self-esteem, prevent loneliness, and even lower heart rate and blood pressure in some people.

Growing up with a pet can be wonderful for kids. But remember that although the experience gives kids a sense of responsibility, only adults can be truly responsible for a pet. Selecting the right pet is a serious decision that family members should make together.

Before You Select a Pet

A common mistake is bringing home a pet on an impulse without fully understanding the level of commitment involved. For instance, lots of people buy bunnies at Easter time without giving a thought to the 5- to 10-year commitment their family will be making to the animal. Moms and dads also often flock to the pet stores and shelters to find a dog or cat for a surprise Christmas or birthday present for their kids.



- ♥ Teach kids never to tease animals or pull their tails or ears.
- ♥ Teach kids never to bother animals while they're eating, sleeping, or tending to their young.
- ♥ Teach kids never to take a toy or bone away from a dog.
- ♥ Teach kids never to pet or try to play with an animal they don't know, even if it's someone's family pet.
- ♥ Closely supervise pets and kids. Never leave an infant or toddler alone with a pet.
- ♥ Don't put pets into scary situations. For example, if you know your cat gets nervous around too many people, then put the kitty in another room during parties.
- ♥ Teach kids to wash their hands with soap and water after handling pets.

Pet ownership has many benefits, and doing a little research before taking the plunge will help make your new pet a welcome addition to the family!

<http://kidshealth.org>

Taking Your Pet Home

Take your new pet for a checkup as soon as possible. According to the American Veterinary Medical Association, a breeder, shelter, or pet store should allow you to have an animal examined and returned within an agreed-upon time if it's unhealthy. Read the fine print on any pet-purchase contracts to make sure.

- ♥ Teach kids how to handle and pick up pets, to never squeeze them too tightly, drop them, fall on them, or pick them up too fast.



For a state-wide list of animal shelters, visit
www.wvanimalshelter.org



Something to Talk About

Here are some ideas for talking with young children who communicate without words.



Sing simple songs with your child, especially ones with actions, like “Row Row Row your Boat.” Build in opportunities for him to participate. This is a fun way for him to learn to take his turn in an interaction, as well as to learn new words.

Sing a new song the same way a few times so your child learns the song and its “high point.” High points are the most interesting parts of a song. In “Row, Row, Row your Boat”, the high points are the rocking back and forth while you and your child sit on the floor, holding outstretched hands, and saying the last word after a long pause – i.e., “dream.”

Once your child is familiar with the song, pause before a high point and *wait* for him to respond. For example, when singing “Row Row Row your Boat,” sing the song through once or twice and then, still holding his hands, *WAIT* for him to ask you to sing it again (he will probably make a sound or rock back and forth to ask you to do it again).



Or, you can slow down and pause before the last word (“dream”), so he can make a sound - any sound - to end the song.

To take his turn during songs, your child may wriggle, make a sound, look at you, point to something or perform an action. Accept *anything* as his turn and then continue immediately. The most important thing is that your child takes a turn and has fun while doing it.



Here are some ideas for talking with young children who have just started talking.

Use many different *kinds* of words when talking with your child. Make a point of highlighting a variety of word types when talking to your child, not just the names of things. It is important for your child to learn a variety of word types in order to talk in short sentences.

Therefore, emphasize action words (sleep, eat, run, push, squeeze, break), descriptive words (soft, hot, big, sticky, funny, tired), location words (up, down, in, on, under), words about belonging (my, your, his, Mommy’s), and feeling words (sad, sick, happy, angry), as well nouns or names of things (dog, book, bed, cup).

Repeat these words often and make them stand out when you use them by exaggerating your intonation and slowing down a bit. For example, “Mommy is very... **TIRED** (yawn). I must go to bed because I need to have a good sleep. Then I won’t be so tired.”

Parents can sign up to receive tips by e-mail by visiting www.hanen.org

New and Returning Faces to the West Virginia Birth to Three RAU8

West Virginia Birth to Three is pleased to have Christa Keppler join the team. Christa started in the Martinsburg office on August 3. Originally from Pennsylvania, Christa has lived in Martinsburg for the past 10 years. Before coming to Birth to Three, Christa worked with BB&T bank. She is currently pursuing a degree in education from Western Governor's University.



Christa enjoys spending time with her husband and two children. She loves crafting and especially upcycling, recasting used items into something new.

On August 3, West Virginia Birth to Three also welcomed Jessica Coulson back as an Interim Service Coordinator for RAU8. Jessica recently completed her master's degree in counseling at Waldon University. She earned her BA in psychology at Shepherd University.

Jessica worked as an intern in counseling at Winchester Community Health Center, Inc. She enjoys running, hiking, biking, camping and reading.



West Virginia Birth to Three partners with families and caregivers to build upon their strengths by offering coordination, support, and resources to enhance children's learning and development.

If you have or know a child who is not moving, hearing, seeing, learning or talking like others their age, you can refer the child to West Virginia Birth to Three. No medical diagnosis is necessary for a referral. Just call 304-267-3595 or 1-800-624-8522.

For additional information, check out our Facebook page for WV Birth to Three RAU8.

Some Useful Resources For Parents

West Virginia Parent Training & Information, Inc. (WVPTI) Programs and services provided by WVPTI are based on the concept of parents helping parents. Their mission is to empower parents of youth and children with disabilities in their roles as parents, decision makers, and advocates for their children. Visit their website at www.wvpti.org or follow them on Facebook and Pinterest.

West Virginia Birth to Three provides parents and professionals with resources that can assist them in providing outstanding care for their children with developmental delays. Visit www.wvdhhr.org/birth23 and click on the Resources tab for family resources, research, child health and development as well as state and national resources.

Parent Educator Resource Centers (PERC's) are housed in various locations throughout the state and they help to connect the dots between home and school and to encourage parent participation. To find your local Parent Educator Resource Center, call 800-642-8541. Links to resources can also be found online at <https://wvde.state.wv.us.osp./perc.htm>

Five Minutes of Peace - Simple Stress Relievers

Escape for a While - find someone you trust to babysit and take a walk, listen to music, or call a friend. Give yourself a "time out."

Take Action - Relieve some stress by exercising, singing or trying a relaxation technique.

Be Realistic - Stop for a minute, take a deep breath and look at the situation. How bad is it, really? What is the very worst that can happen? Will you even remember this in a year?

Make a Change - Even small changes can relieve stress and help us see things from a different angle.

Ease Up - Go easy with criticism of yourself and others. Let go of the idea that things need to go exactly as you planned.

Keep It Simple - Take one thing at a time, break big problems or chores into smaller steps. Do you really need to do it all a certain way?

Humor - Laughter is a great stress reliever. Promise yourself that every day you will find some thing humorous to laugh about.

Play - It's good for your body, your brain, and your attitude. Play with your friends, play on your own and especially take time to play with your child!



From "Hands on Help for Parents," 1998, MELD



Helpful, Necessary (& Sometimes Expensive!)

In the United States, nearly 11 million children under the age of five are in some kind of child care setting each week. On average, the children of working mothers spend 35 hours each week in child care. About 1/3 of those are in a multiple-child care arrangement.

How does West Virginia measure up? Of the 1,855,392 residents, there are 177,299 families with children under the age of 11, and of those, 45,102 are families in poverty. The U.S. Census bureau estimated that the number of children who need child care is approximately 67,700.

for infants to \$4,800 for children under five. Before and after care for school-aged children can cost \$6,600 per year.

Child care costs in West Virginia are lower than the national average, but a single working mother can spend up to 44% of her income to keep an infant in a child care center.

For families who need assistance choosing a preschool or child care program, the WV Department of Health & Human Services has information and can sometimes help pay.

Check the WVDHHR website at www.wvdhhr.org/bcf/ece/earlycare.



Annual fees for full-time care in a child care center range from nearly \$8,000

Getting Ready for Preschool

Going to preschool is a big deal and parents may be approaching this major milestone with conflicting emotions. You're probably excited about all the fun your child will have and the new friends he'll make. At the same time, you may feel a little sad that your baby is venturing out into the big world without you! These emotions are normal. Your child is also bound to have a host of feelings about this transition; feeling proud to be a big kid but at the same time worried about being separated from you and starting something new.

Having Fun with Preschool Prep

Making too big a deal out of this milestone may cause your child to end up being more worried than excited. Here are some ideas to keep the focus on fun.

Use pretend play to explore the idea of preschool.

Take turns being the parent, child and teacher. Act out common daily routines, such as saying good-bye to mommy and/or daddy, taking off your coat, singing

songs, reading stories, having circle time, playing outside, and taking naps. Reassure your child that preschool is a good place where he will have fun and learn. Answer his questions patiently. This helps children feel more in control which reduces their anxiety.



Read books about preschool.

There are many books about going to preschool available from the public library in your area. Choose several to share with your child before school starts. Talk about the story and how the characters are feeling. Ask how your child is feeling.



Make a game out of practicing self-help skills.

Things like unzipping a coat, hanging it on a hook, putting on a backpack, and fastening shoes can boost confidence and make a toddler ready for a classroom environment. For example, you might want to have a "race" with your child to see how quickly he can put on his shoes. Play "school" together and give your child the chance to practice

taking off his coat, zipping his backpack, and sitting "criss-cross applesauce." If your child will be bringing a lunch, pack it one day before school starts and have a picnic together. This will give him the chance to practice unzipping the lunch box and unpacking his food -- important skills for the first day!

Visit your new preschool. Ask when you can tour the school with your child. Play on the school playground a few times before your child starts the program. These visits increase your child's comfort with this new setting.

www.zerotothree.org



Region 8 Regional Administrative Unit

109 South College Street

Martinsburg, WV 25401

Regional Education
Service Agencies

RESA
• eight •

A powerful engine for education

WV Birth to Three is administered by the Department of Health and Human Resources, Bureau for Public Health, Office of Maternal, Child and Family Health in cooperation with the Early Intervention Interagency Coordinating Council (ICC).

