



## Water Safety: Not Just For the Pool!

**As we welcome the sunny days of summer and chances to play in the pool, parents need to think about water safety.**

**It is important that we remember to stay mindful of the water already in our homes.**

### Beware of toilets, bathtubs and buckets

The water in common household items can be dangerous for young children. A baby can drown in just one inch of water. A curious toddler can fall into a toilet, bucket or fish tank. Taking these precautions can help:

#### Keep the bathroom door closed

Install a safety latch or door knob cover on the outside of the door.



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

#### Supervise bath time

Never leave a child alone in the bathtub or in the care of another child. Drain water from the tub immediately after use.

#### Shut toilet lids

Install child-proof locks on toilet lids.

#### Store buckets safely

Empty buckets and other containers immediately after use. Don't leave them outside, where they may accumulate water. Of course, even if you're diligent about water safety, accidents are still possible. Prepare for an emergency by learning cardiopulmonary resuscitation (CPR). Quick action can save a life.

### When you go to the pool, take the following precautions:

#### Remove toys

Don't leave pool toys in the water. A child may fall into the water while trying to retrieve a toy.

#### Keep your eyes peeled

Never leave children unsupervised near a pool or hot tub. During social gatherings, adults who know how to



swim can take turns being the "designated watcher." Don't rely on air-filled or foam toys, such as water wings, noodles or inner tubes, to keep children safe.

#### Beware of drains

Don't allow children to play near or sit on pool or hot tub drains. Body parts and hair may become entrapped by the strong suction. Use drain covers, and consider installing multiple drains to reduce the suction.



#### Keep emergency equipment handy

Store a safety ring with a rope beside the pool. Make sure you always have a phone in the pool area.



**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.**

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# How to Share Books with 2 and 3 Year Olds

**Even toddlers can enjoy books and learn from sharing books with you. Sharing books with your children can help them learn to talk better and get them ready to listen and learn in school.**

## **Make Books a Part of Your Child's Bedtime Routine**

Set aside 10 to 20 minutes with the TV off for sharing books as part of your regular bedtime routine. Regular bedtime routines started when children are young help prevent future bedtime struggles. Teaching your children how to fall asleep alone by putting them in bed awake helps prevent future night wakings.

### **Two-year Olds Can**

- ♥ Choose a book to share.
- ♥ Enjoy sharing the same book over and over and over again!
- ♥ Repeat some of the words and phrases you say or read.
- ♥ Ask you questions, such as: "What's that?"
- ♥ Enjoy a trip to your local public library for *Story Time* or to borrow some books.

### **What Parents Can Do:**

- ♥ Find a quiet, comfortable place for book sharing.
- ♥ Use book sharing as a way to calm and comfort your child.
- ♥ Start a conversation by repeating an important word your child has just said, You can say: "Balloon. Lots of balloons. The girl has lots of balloons." Then wait for your child to say something more.
- ♥ Count pictures and wait for your child to repeat the numbers after you.

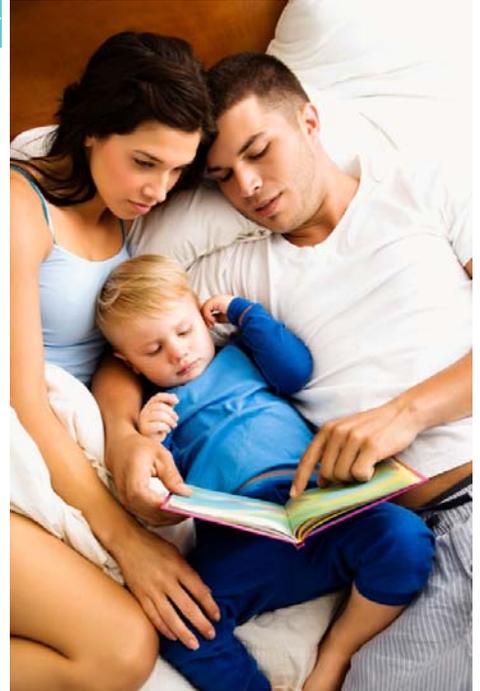
- ♥ Respond with enthusiasm to your child's questions and comments.

### **Three-year Olds Can**

- ♥ Name the books they want to share with you.
- ♥ Pretend to read a favorite book aloud to you.
- ♥ Tell you how a story is like things they have seen or done.
- ♥ Ask you questions about books you are enjoying together.
- ♥ "Correct" you if you skip a word or page in a favorite book.
- ♥ Tell you the story in a favorite book in their own words.

### **What Parents Can Do:**

- ♥ Find a quiet, comfortable place for book sharing.
- ♥ Ask your child to tell you about the pictures and the story.
- ♥ Respond with enthusiasm to your child's questions and comments.
- ♥ Ask your child to show you all the things in a picture that are alike in some way. You can say: "Can you find all the blue things?" or "Show me all the things that can fly."
- ♥ Point out colors, shapes, numbers in their books.
- ♥ Take your child to the local public library to borrow books or to enjoy *Story Time*.



**Hampshire County Library in Romney: (304)822-3185**

**Berkeley County Library in Martinsburg: (304) 267-8933**

**Grant County Library in Petersburg: (304) 257-4122**

**Hardy County Library in Moorefield: (304) 538-6560**

**Mineral County Library in Keyser: (304) 788-3222**

**Pendleton County Library in Franklin: (304) 358-7038**

**Morgan County Libraries in Berkeley Springs: (304) 258-3350  
Martinsburg: (304) 267-8933**

**Jefferson County Libraries in Shepherdstown: (304) 876-2783  
Harpers Ferry: (304) 535-2301  
Charles Town: (304) 725-2208**

**In Summer,  
Libraries are COOL!  
Call to find out about  
Summer Reading  
Programs for Kids!**

## How can I help my child prevent tooth decay?

Tooth decay (early childhood caries) is the most common chronic infectious disease of childhood. Tooth decay may also be called *nursing caries* or *baby bottle tooth decay*.

Tooth decay develops when a baby's mouth is infected by acid-producing bacteria. It also develops when the child's teeth and gums are exposed to any liquids or foods other than water for long periods. Natural or added sugars in liquids or foods are changed to acid by bacteria in the mouth. This acid then dissolves the outer part of the teeth, causing them to decay.

The most common way this happens is when parents put their children to bed with a bottle of formula, milk, juice (even diluted), soft drinks, sugar water, or sugared drinks. It can also happen when children are allowed to drink continually from a sippy cup, or suck on a bottle filled with something other than water.

## Routines to help prevent decay:

- Never put your child to bed with a bottle or food.
- After your child gets teeth, gently wipe the child's mouth with a damp cloth after every feeding to clean the teeth and gums.
- Give your child a bottle or sippy cup filled with something other than water only during meals.

Teach your child to drink from a regular cup as soon as possible, preferably by 12 to 15 months of age. If your child must have a bottle or sippy cup for long periods, fill it with water only. Avoid feeding your child meals or snacks that are sticky, or high in sugar or starch.

From [Healthychildren.org](http://Healthychildren.org)



## Camp GIZMO 2014

July 12 - 16, 2014 at the WV Schools for the Deaf and the Blind in Romney, WV

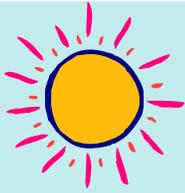
**Camp GIZMO** is a five-day, hands-on camp where parents, professionals and students learn how assistive technology can help young children (birth to age eight) with significant and multiple developmental needs. Families, professionals, college students and others who want to learn more about assistive technology should attend. A limited number of "focus" children will be accepted and assigned a team of professionals who help families identify and apply new strategies for solving their multiple assistive technology needs.

\* **Kid Camp** will be held in conjunction with Camp Gizmo. All children attending the camp with focus families or other participants will participate in Kids Camp educational and recreational activities. It's a safe, fun camp experience for children with or without disabilities.

\* **Cost for Focus Families:** \$50—child & 2 parents/\$25 each additional family member. Other Participants: \$75 per person/ \$25 each additional family member.

\* **For More Information**, contact Pam Roush, WV Birth to Three, 1-800-642-9704 or Alyson Edwards, WVECTCR, [aedwards@rvcds.org](mailto:aedwards@rvcds.org) or 1-888-983-2827.





# Ten Sensory Sensitive Activities for Summer

*From Achieve Beyond, Pediatric Therapy and Autism Services*

Summer is here!

**There are so many great activities that can be done when the weather is sunny and warm outside.**

**Here are some fun activities that can be done with special needs children that can potentially help them improve their social skills, motor skills and cognitive abilities.**

## 1. Dig for worms

This is a great exercise to improve a special needs child's fine motor skills. Re-home the worms next to that seedling you planted. The child can have fun getting their hands dirty and help your garden at the same time.

## 2. Build a fairy house

Create a miniature "fairy house" outside with your own yard's twigs, pebbles, pine cones, bark, leaves and any other materials you can find in your backyard. This is a fun and creative activity your special needs child will love.

## 3. Play hide-and-go-seek

Play hide-and-go-seek outside in your yard or on a playground with your child to teach them how to remain calm while looking for you. This will definitely help in crowded real world social settings in the future.

## 4. Paint with ice cubes

This is an easy and original activity recommended by occupational therapists for sensory integration. All you do is mix watercolor paint with water, fill an ice-cube tray (any shape) and freeze. After this you can apply the cube paints on paper and even fabric.

## 5. Make fruit kabobs

An excellent summer sensory activity that is tasty as well! Dice up your child's favorite fruit into pieces (apples, bananas, strawberries, etc.) then help your child slide these pieces of fruit onto a skewer or popsicle stick to enjoy.



## 6. Create fresh lemonade

There is nothing like fresh lemonade in the summer. Help your child create 1 cup of lemon juice (5-6 cut lemons), measure ½ cup of sugar, crushed ice and 4 cups of water. Place these in the blender and serve over ice. It will be worth the preparation.

## 7. Pick some flowers

This is a great pay it forward activity. Have you and your child pick any flowers you can find in the yard or at a park (dandelions and clovers are OK) and once they are all collected, give the "bouquet" to someone who isn't expecting them.

It will make that person's day and encourage social interaction for the child.

## 8. Go to a playground in a different neighborhood

This is an overlooked activity that can have a great benefit on the child. Instead of going to the same playground take a longer walk or drive to one in a different part of town. They may have a play pieces that allow them to work on different motor skills, they can meet new children for exciting social interactions and explore new parts of their social setting.

## 9. Cloud watching

Lie in the grass and look at the clouds. Take turns looking for shapes animals, pictures or any other you can find in the clouds as they move and sway.

This is a great mental exercise for you and your child.

## 10. Go under a sensory friendly sprinkler

The streams from lawn sprinklers may be too strong for kids with sensory issues, but some special sprinklers are light—and yes, they wiggle all over the place. These easily attach to a water hose and provide hours of fun.

[www.achievebeyondusa.com](http://www.achievebeyondusa.com)



# Make Your Own Healthier Frozen Treats

## Orange Creamsicle

**Good stuff:** Non-fat Greek yogurt gives you 2 grams of protein per pop.

**Recipe:** Blend together 1 cup frozen orange juice concentrate + 2 cups water + 1 cup Greek yogurt + 3 tablespoons honey + 1 teaspoon vanilla extract. Pour mixture into popsicle molds, insert stick and freeze until solid.

## Banana Fudgesicle

**Good stuff:** Delivers potassium and calcium for lower blood pressure and stronger bones.

**Recipe:** Blend together 2 bananas + 2 cups skim milk + 1 packet chocolate pudding mix +  $\frac{1}{4}$  cup cocoa powder. Pour mixture into popsicle molds, insert stick and freeze until solid.

## Raspberry Lemonade

**Good stuff:** Raspberries are chock full of fiber to keep you from overeating later.

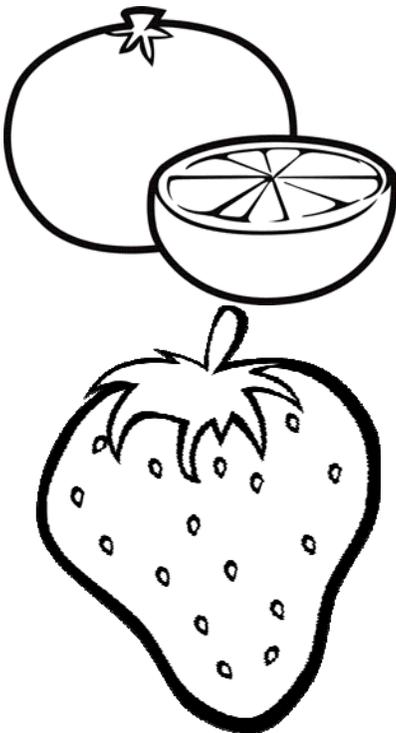
**Recipe:** Blend together 1 pints raspberries (about 3 cups) +  $\frac{1}{2}$  cup freshly squeezed lemon juice +  $\frac{1}{2}$  cup sugar dissolved in 1 cup water. Pour mixture into popsicle molds, insert stick and freeze until solid.

## Peaches 'n' Cream

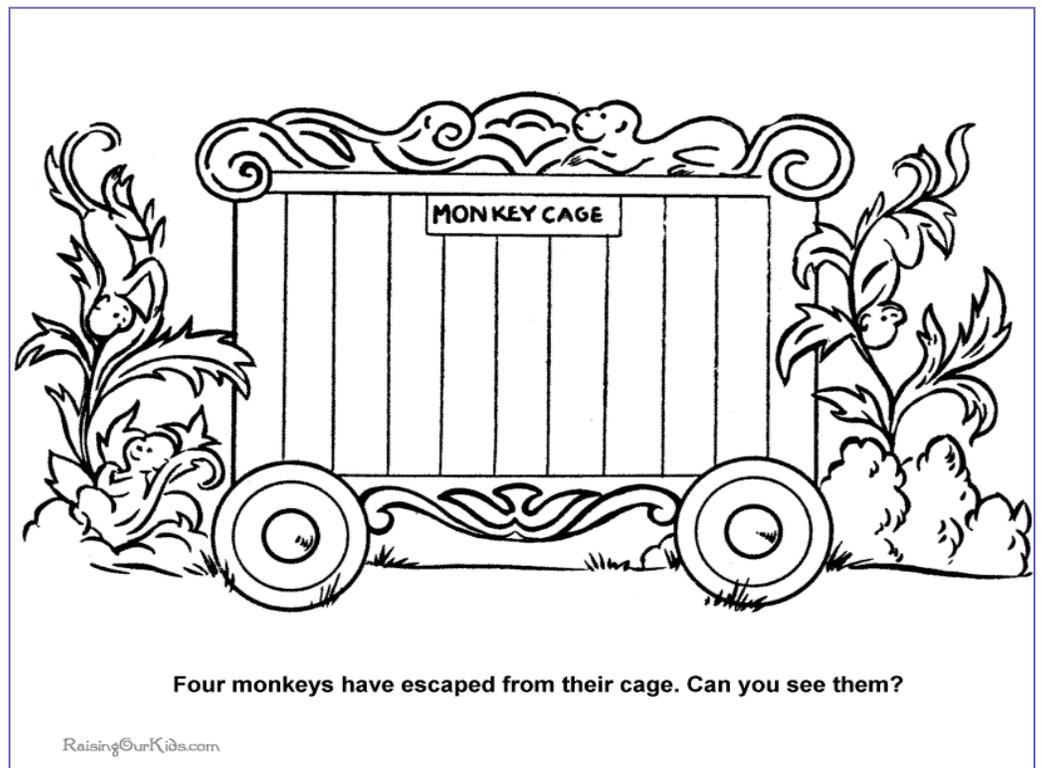
**Good stuff:** Peaches pack a double antioxidant punch with vitamin A and vitamin C.

**Recipe:** Blend together 4  $\frac{1}{2}$  cups chopped peaches (skins on) + 1 teaspoon vanilla. In a separate bowl, mix together  $\frac{1}{2}$  cup half and half cream +  $\frac{1}{3}$  cup maple syrup. Drizzle 1 tablespoon of the cream mixture into each popsicle mold, top with peach mixture and gently mix to create a swirl effect. Insert stick and freeze until solid.

[Todaysparent.com](http://Todaysparent.com)



Coloring Fun!



[RaisingOurKids.com](http://RaisingOurKids.com)

# Use Car Seats Correctly! Easy Car Seat Guidelines:

<u>Age Group</u>	<u>Type of Seat</u>	<u>General Guidelines</u>
Infants/ Toddlers	Rear-facing only seats and rear-facing convertible seats	All infants and toddlers should ride in a <b>Rear-Facing Car Seat</b> until they are at least 2 years of age or until they reach the highest weight or height allowed by their car seat's manufacturer.
Toddlers/ Preschoolers	Convertible seats and forward-facing seats with harnesses	Any child who has outgrown the rear-facing weight or height limit for their convertible car seat should use a <b>Forward-Facing Car Seat</b> with a harness for as long as possible, up to the highest weight or height allowed by their car seat manufacturer.
School-Aged Children	Booster seats	All children whose weight or height is above the forward-facing limit for their car seat should use a <b>Belt-Positioning Booster Seat</b> until the vehicle seat belt fits properly, typically when they have reached 4 feet 9 inches in height and are between 8 and 12 years of age.



**It is important to read all about how to correctly install and use your car seat. Find a car seat inspection station with this handy locator:**

**[www.safercar.gov](http://www.safercar.gov)**

## Does Your Child Meet Appropriate Speech Milestones?

### 8 - 12 Month Old Children

- ◆ Respond to simple verbal requests
- ◆ Respond to "no"
- ◆ Make simple gestures such as shaking head for no
- ◆ Babble with inflection
- ◆ Babble "dada" and "mama"
- ◆ Use exclamations such as "uh-oh"

### 12 - 24 Month Old Children

- ◆ Point to objects or pictures when named
- ◆ Recognize names of familiar people, things and body parts
- ◆ Say several single words
- ◆ Use two-word sentences
- ◆ Follow simple, one-step instructions
- ◆ Repeat words overheard in conversations

### 24 - 36 Month Old Children

- ◆ Recognize and identify almost all common objects and pictures
- ◆ Understand most sentences
- ◆ Understand physical relationships (on, in, under)
- ◆ Say name, age and gender
- ◆ Use pronouns (I, you, me, we, they)
- ◆ Begin speaking clearly enough for strangers to understand most words



# Calendar of Community Events



## BERKELEY COUNTY

**15th Annual Norwalk Soap Box Derby** June 7 (rain date June 14) Corner of King & Queen Streets in Martinsburg. Contact Trey Knepner at [norwalksbd@gmail.com](mailto:norwalksbd@gmail.com), (304) 886-3630.

**27th Annual June Jubilee**, June 8, 11:00 - 5:00 at War Memorial Park in Martinsburg. Arts & Crafts, Food, Antique & Custom Cars

**6th Annual Bloomin' Bash**, July 12 9:00 - 5:00 to benefit the Berkeley County Humane Society. \$10 adults, children under 5 are free. 1105 Giles Mill Road, Bunker Hill [www.hillbillydaylilies.com](http://www.hillbillydaylilies.com)

**Bluegrass Weekends at Orr's Farm Market**, last weekend of the month, 11:00 - 4:00, (304) 263-1168

## JEFFERSON COUNTY

**Indoor Playground for Children ages 1—5**, Thursdays & Fridays, 9:00—1:00, \$5 each child. Jefferson County Parks & Recreation Building, Shenandoah Junction. (304) 728-3207 [www.jcprc.org](http://www.jcprc.org)



**Independence Day Craft**, Jefferson County Community Center, June 26, ages 3—6, \$8. Shenandoah Junction. (304) 728-9746

**July 4, Independence Day Parade**, 11:00, downtown Shepherdstown. 12:00 - 3:00 Community Picnic at Morgan's Grove Park. (304) 876-1139

## GRANT & HARDY COUNTY

**4th of July Celebration in the Park**, Petersburg City Park. Parade in the morning, live concerts in the afternoon & fireworks. [www.grantcountywva.com](http://www.grantcountywva.com)



**June 15 is Father's Day**

**Tri-County Fair**, July 27 - August 2, at the Tri-County Fairgrounds in Petersburg, WV. [www.tri-countyfairwv.com](http://www.tri-countyfairwv.com)

**Smoke Hole Caverns, Daily 9 - 5:00**, 13 miles north of Seneca Rocks. Children under 5 are free, tours take about 45 minutes. 1-800-828-8478

## HAMPSHIRE & MINERAL COUNTY

**Walker International Events Circus**, June 13, Spring Green Park, shows at 5:30 & 7:30. \$15 adults, 1 child under 14 free with adult. [walkerinternationalevents.com](http://walkerinternationalevents.com)

**Potomac Eagle Train Ride to Ridgedale**, June 8, 11:00 a.m. at Wapocomo Station in Romney. Tickets \$35, includes food & events

**South Branch Valley Bluegrass Festival & Fireworks Show**, June 28, Wapocomo Campground 5 miles west of Romney. 11 - 10:00 p.m. Only parking fee of \$8

## MORGAN COUNTY

**Art in the Park**, July 6, 20 & Aug. 3 & 31, 10 - 4:00 Berkeley Springs State Park. (304) 258-6419

**Cacapon State Park**, cabins, hiking, golfing, lake activities. (304) 258-1022

## PENDLETON COUNTY

**Great American Backyard Campout**, June 28. National family event aimed to connect families with nature. [www.backyardcampout.org](http://www.backyardcampout.org)



# Former Birth to Three Mom Uses Drive and Innovation to Help Kids

## MightyTykes Infant & Child Weights

Isabella Yosuico became part of the West Virginia Birth to Three family when her son, Isaac, diagnosed with Down Syndrome, was referred by the Winchester NICU following discharge.

At the time, Yosuico says she was grateful to have the Birth to Three practitioners come to her house because “they were so stabilizing when everything seemed so hectic.” Physical Therapist Dr. Mary Jane Baniak was especially instrumental to Yosuico’s future endeavors by explaining Isaac’s hypotonia, or low muscle tone. Dr. Baniak then applauded Isabella’s first little weights made from sandbox sand and some left-over fleece.

While most parents would be adapting and learning to cope, this *momtrepreneur* recalls that early on, she felt driven and focused. Isabella said her Birth to Three team provided encouragement by becoming familiar with Isabella’s own family life and then thinking about how the weights could benefit other families.

The result: MightyTykes, LLC. MightyTykes weights are an interchangeable ankle and wrist weight system which can be used by small children and infants. MightyTykes Infant & Child weights can help with overall weakness, one-sided weakness, toe walking, sensory issues, low muscle tone, and tremors.

The company officially launched May 2 at the Abilities Expo for Children with Special Needs following three years of “extraordinary amounts of work,” some miraculous turns of events and some well deserved investment. Read more (and get yourself a set!) on their website: [www.MightyTykes.com](http://www.MightyTykes.com).

We wish Isabella and Isaac and her family much success!



## RAU-8 Bids Farewell to Two Staff Members

After nearly 42 years of combined service, West Virginia Birth to Three staff members, Susan Barse and Donna Leatherman are retiring.

“I have been so proud to work in a program with caring professionals who go out of their way to make the hardest job in the world, parenthood, a little easier,” Interim Service Coordinator Susan Barse said. “Although I hope I have done some good along the way, I have received much more than I could have ever given.”

Donna Leatherman says she will miss working with the RAU-8 Birth to Three team. “It has been a wonderful learning experience working with this great program.” Donna adds, “I have made many life-long friends and for that I am truly grateful.”

“The best advice I could give a new parent (besides trying to get some sleep when your baby is sleeping - the dishes can wait a little longer) is to know that there is no way you can “spoil” a baby. The more touches, hugs and kisses you give your baby only makes her/him more sure of herself and ready to take those first steps away from you with assurance in herself and you as the firm ground under her feet. It really is the gift that keeps on giving through generations,” added Barse.

Thank you, Donna and Susan!

Regional Education  
Service Agencies

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Region 8 Regional Administrative Unit  
109 South College Street  
Martinsburg, WV 25401

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).