



## Outside Play Ideas for Snowy Days

Snowy days give children an opportunity to try new things. Here are some ideas to get started:

- \* Catch snowflakes on black construction paper and use a magnifying glass to get a good look at them.
- \* Catch snowflakes on your tongue. How many can you catch? What does it feel like when it melts?
- \* Look for animal tracks in the snow and try to identify them. Make your own tracks!
- \* Build kid-sized snow forts or homes for the snow fairies.
- \* Go sledding. Even without hills, children will enjoy pulling one another on the sleds.
- \* Shovel snow just for fun or shovel the snow into a maze that children can navigate.
- \* Use traditional sand play toys, such as buckets, shovels and trucks, to mold and shape the snow, just as you would sand.
- \* Use squirt bottles filled with colored water to snow paint. Food coloring is non-toxic.



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Now you can find us on Facebook.



**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) 267-3593 or 1-866-681-4957.**

- \* Freeze water with food coloring, sand or other textures in clear plastic containers so that children can see what is inside and use them as blocks. If it is cold enough, let the containers freeze outside.
- \* Bubble Freeze – blow bubbles and catch one on the bubble wand. If it is cold enough, it will freeze like a crystal ball and then shatter!
- \* Freeze blocks of ice and build small igloos. You can freeze ice in bread pans, ice cube trays, etc.
- \* Go on a nest hunt. With all the leaves off the trees, nests are much easier for children to spot. Look high and low for bird and squirrel nests. Keep count. How many can you spot in your neighborhood, the local park, or on your center grounds? Encourage children to flap their arms like a bird or scamper like a squirrel each time they spot a nest.
- \* Search for and collect the colors of winter. Although more challenging than in other seasons, there are still plenty of colors about in winter. For an added challenge, search the crayon box for the closest matches to the colors found outdoors.
- \* Decorate bare trees with paper snowflakes, colored lights and bells.



Find more play ideas at [www.naturalearning.org](http://www.naturalearning.org)



## Five Little Snowmen

Five little snowmen standing in a row.  
(Hold up five fingers; stand up straight.)

Each had two eyes and a carrot nose.  
(Point to eyes; point to nose.)

Along came the sun and shone all day,  
(Form sun with hands; wipe sweat from brow.)

And one little snowman melted away.  
(Hold up one finger; slowly "melt" to the ground.)

Four little snowmen...  
Three little snowmen...



**Easy Craft Ideas for Winter**  
Add a loop of yarn & hang them on a tree!



## It's Easy to Make Your Own Playdough!

Playdough is a classic childhood toy everyone can have fun with, and it's so easy to make at home!

2 cups flour  
2 cups warm water  
1 cup salt  
2 tablespoons vegetable oil  
1 tablespoon cream of tartar  
(optional for improved elasticity)

Food coloring, (liquid, powder, or unsweetened Kool-Aid or similar drink mix), or scented oils.

## Mark Your Calendars

- \* November 21, Santa arrives at the Martinsburg Mall. (Pet photos with Santa, Dec. 11 & 18)
- \* November 27 - December 5, Santa's North Pole Express Train Excursion, starting at 300 Jefferson Street, Moorefield. Call 304-530-2080 or visit <http://heritageweekend.com>
- \* November 28, 5:00 Christmas Festival of Lights, Hampshire County Parks & Recreation, Romney. 304-822-7300 or visit <http://hampshirecountyparks.com>
- \* November 27—December 20, 2015. Christmas in Shepherdstown. Enjoy a festive holiday celebration in historic Shepherdstown on the weekends between Thanksgiving and Christmas.
- \* December 4 & 5, "A Christmas Carol" at Church of Annunciation of Our Lord in Ft. Ashby. Visit [www.townplanner.com/keyser/events](http://www.townplanner.com/keyser/events)
- \* December 4, 5, 12 & 13, Dickens of a Christmas, Berkeley Springs, WV. TreeFest at The Ice House at Independence and Mercer Streets. Check DickensChristmasinBerkeleySprings on Facebook.
- \* December 4-6 and December 12-13. The 45th Annual Harpers Ferry Olde Tyme Christmas. Live entertainment, children's activities, and extended shopping hours.
- \* December 5, Charles Town & Ranson Annual Christmas Parade - For additional information please call 304-725-2311 or visit [www.charlestownwv.us](http://www.charlestownwv.us)
- \* December 3 -13, The Old Opera House presents "The Music Man." Family entertainment at its best! Call 304-725-4420 or visit [www.oldoperahouse.org](http://www.oldoperahouse.org) for tickets and show times.
- \* December 11-12, SnowFlake Express Train Ride with Santa Southside Depot, Petersburg WV. Passengers ride the train enjoying entertainment on the way to Welton Park to view the Christmas Festival of Lights. Visit [southsidedepot.com](http://southsidedepot.com)



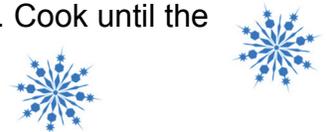
## Easy Ravioli Soup

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 2 cups frozen bell pepper and onion mix, thawed and diced
- 2 cloves garlic, minced
- 1 28-oz. can crushed tomatoes, preferably fire-roasted
- 1 15-oz. can vegetable broth or reduced-sodium chicken broth
- 1 1/2 cups hot water
- 1 tsp. dried basil or marjoram
- 1 6- to 9-oz. package fresh or frozen cheese (or meat) ravioli, preferably whole-wheat
- 2 cups diced zucchini (about 2 medium)
- Freshly ground pepper to taste

### Preparation

Heat oil in a large saucepan over medium heat. Add pepper-onion mix and garlic and cook for 1 minute. Add tomatoes, broth, water and basil. Bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.



## Answers to Common Questions about Prescribing Antibiotics to Children from the American Academy of Pediatrics (AAP)

Using antibiotics when they are not the right medicine will not help and may even cause harm to children.

Antibiotics are medicines used to treat infections and they target bacteria, not viruses. Before prescribing an antibiotic, your child's doctor will find out if it is the right medicine to treat your child's infection.

Here are some common questions about antibiotics.

### 1. My child has a really bad cold. Why won't the doctor prescribe an antibiotic?

Colds are caused by viruses. Antibiotics are used specifically for infections caused by bacteria. In general, most common cold symptoms (runny nose, cough, and congestion) are mild and your child will get better without using any medicines.

### 2. Don't some colds turn into bacterial infections? So why wait to start an antibiotic?

In most cases, bacterial infections do not follow viral infections. Using antibiotics to treat viral infections may instead lead to an infection caused by resistant bacteria. Also, your child may develop diarrhea or other side effects.

### 3. Isn't a nose draining yellow or green mucus a sign of a bacterial infection?

During a common cold, it is normal for mucus from the nose to get thick and to change from clear to yellow or green. Symptoms often last for 10 days.

There are certain signs that bacteria may be involved in your child's respiratory illness. If your child has a common cold with cough and green mucus that lasts longer than 10 days, or if your child has thick yellow or green mucus and a fever higher than 102°F (39°C) for at least 3 or 4 days, this may be a sign of bacterial sinusitis.

### 4. Aren't antibiotics supposed to treat ear infections?

At least half of all ear infections go away without antibiotics. If your child does not have a high fever or severe ear pain, your child's doctor may recommend observation initially.

Because pain is often the first and most uncomfortable symptom of ear infection, your child's doctor may suggest pain medicine. Acetaminophen and ibuprofen are over-the-counter pain medicines that may help lessen much of the pain. In most cases, pain and fever will improve within the first 1 to 2 days. Over-the-counter cold medicines (decongestants and antihistamines) don't help clear up ear infections and are not recommended for young children.

### 5. Aren't antibiotics used to treat sore throats?

More than 80% of sore throats are caused by a virus. If your

child has sore throat, runny nose, and a barking cough, a virus is the likely cause and a test for "strep" is not needed and should not be performed.

Antibiotics should only be used to treat sore throats caused by group A streptococci. Infection caused by this type of bacteria is called strep throat.

Strep throat generally affects school-aged children and not children younger than 3 years. If your child's doctor

suspects strep throat based on your child's symptoms, a strep test should always be performed. If the test is positive, antibiotics will be prescribed.

### 6. Do antibiotics cause any side effects?

Side effects can occur in 1 out of every 10 children who take an antibiotic. Side effects may include rashes, allergic reactions, nausea, diarrhea, and stomach pain. Make sure you let your child's doctor know if your child has had a reaction to antibiotics.

Sometimes a rash will occur during the time a child is taking an antibiotic. However, not all rashes are considered allergic reactions. Tell your child's doctor if you see a rash that looks like hives (red welts); this may be an allergic reaction.



### 7. How long does it take an antibiotic to work?

Most bacterial infections improve within 48 to 72 hours of starting an antibiotic. If your child's symptoms get worse or do not improve within 72 hours, call your child's doctor. If your child stops



taking the antibiotic too soon, the infection may not be treated completely and the symptoms may start again.

### 8. Can antibiotics lead to resistant bacteria?

Repeated use and misuse of antibiotics can lead to resistant bacteria. Resistant bacteria are bacteria that are no longer killed by the antibiotics commonly used to treat bacterial infection. These resistant bacteria can also be spread to other children

and adults. It is important that your child use the antibiotic that is most specific for your child's infection rather than an antibiotic that would treat a broader range of infections.

If your child does develop an antibiotic-resistant infection, a special type of antibiotic may be needed. Sometimes, these medicines need to be given by IV (vein) in the hospital.

### 9. What are antiviral medicines?

Influenza (flu) is a viral infection that can cause cold symptoms for which an antiviral medicine will work. An antiviral medicine may be prescribed for children that are at higher risk of becoming severely ill if they get the flu. For most other viruses causing cough and cold symptoms, there are no antiviral medicines that work or are recommended.

### 10. How can I use antibiotics safely?

Antibiotics aren't always the answer when your child is sick. Ask your child's doctor if the antibiotic being prescribed is the best for your child's type of bacterial infection.

Antibiotics work against bacterial infections. They don't work on colds and flu. Make sure that you give the medicine exactly as directed.

Don't use one child's antibiotic for a sibling or friend; you may give the wrong medicine and cause harm. Throw away unused antibiotics. Do not save antibiotics for later use; some out-of-date medicines can actually be harmful.

Call Poison Help at 1-800-222-1222 or check the U.S. Food and Drug Administration Website for information on the safe disposal of medicines.

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

## WV Family to Family (F2F) Health Information Center

The West Virginia Family to Family Health Information Center is part of a national information network for families of children and youth with special health care needs. The Center provides help for families who are looking for family-friendly health care information.

The goal of the Center is to improve health care and health care supports throughout West Virginia for children with developmental delays, chronic illnesses and special needs by empowering families to advocate for their children and youth.

The statewide Health Information Center reflects a family-directed focus. Family-to-Family Health Information Centers (F2F HICs) are nonprofit, family-staffed organizations that provide support, information, resources, and training to families of children and youth with special health care needs (CYSHCN) and the professionals who serve them.

For more information, call 304-293-4692 ext. 1141 or visit [www.cedwvu.org](http://www.cedwvu.org)



# Autism Speaks: 100 Day Kit

The Autism Speaks 100 Day Kit for Newly Diagnosed Families of Young Children was created specifically for families of children ages 4 and under to make the best possible use of the 100 days following their child's diagnosis of autism.

**Anyone Can Download the 100 Day Kit for Free!**



Here is a list of the 100 Day Kit sections that families can download for free at [www.autismspeaks.org](http://www.autismspeaks.org)

About Autism, Diagnosis, Causes & Symptoms

You, Your Family and Autism

Getting Your Child Services

How is Autism Treated?

Making It Happen

10 Things Your Child with Autism

Wishes You Knew

A Week by Week Plan for the

Next 100 Days

Useful Forms

Glossary and Resources

## Tips for Siblings of Children with Autism

1. Remember that you are not alone. Every family has challenges and nearly every family has difficulties to face
2. Be proud of your brother or sister. Try to discuss autism openly with others. If you can feel comfortable with the topic, others will feel more comfortable, too.
3. You may feel sad or angry about the situation, but feeling that way will not change it. It is okay to be sad, and your parents may have those feelings, too.
4. Spend time alone with your parents. Even if your brother or sister did not have autism, you would still each need to have time with Mom or Dad alone.
5. Try finding an activity you can enjoy together. Doing something together creates closeness, even if it's putting together a simple puzzle.



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





# Local WIC Offices Have Much to Offer



Lauren Korzep has been a nutritionist with the Martinsburg WIC (Women Infants & Children) office for four and a half years. She does nutritional counseling as well as taking measurements for height, weight and hemoglobin for children, babies and pregnant women. WIC programs serve expecting mothers and children until the child's fifth birthday.

Korzep says she really likes counseling and working with families.

The kids love the play kitchen and she can counsel the kids who are playing with the toy food. She enjoys using play as a way to get children and families more comfortable with foods.



People often associate WIC benefits with milk, cheese, and eggs. Indeed, the program originally provided those things as well as bread, cereal, fresh fruits and veggies, peanut butter or beans, and juice. In July, the food package expanded to include tortillas and brown rice, any potato, 25 more cereals. Not only are more food options available, but participants are issued an e-WIC card, and no longer use paper vouchers. This change makes it easier to spend benefits.

Additionally, participants only have to come to the office twice a year. They can also sign up for nutrition classes online. Subjects include eating healthy on a budget and how to maximize WIC benefits (benefits do not roll over to the next month).

Mothers of newborns can receive formula for six months. Mothers who breastfeed are eligible for additional support until the child's first birthday. WIC offers breastfeeding counseling from a certified lactation educator. Korzep said nursing mothers are welcome to attend a breast feeding support group that meets every Friday at 10:00 a.m. at Shenandoah Community Health. There is no need to sign up and all members of the community can attend, not only mothers receiving WIC benefits. One or two lactation consultants attend the meetings as well as the WIC breast feeding peer counselor.

Additionally, nursing mothers can check out a good quality breast pump free of charge for up to one year.

Pregnant women, and mothers of children under five who receive food stamps or who receive Medicaid qualify for the WIC program. Other families who meet their income guidelines can qualify.

To find out more, call 304-267-5477 or find an application online at <http://ons.wv.dhhr.org>.

## Contact Your Local WIC Office



### Jefferson County

107 Lancaster Circle, Ranson  
304-725-2028

### Berkeley County

99 Tavern Road, Martinsburg  
304-267-5477

### Morgan County

1644 Valley Road,  
Berkeley Springs  
304-258-6074

### Hampshire County

24940 Northwestern Pike, Romney  
(304) 788-1693

### Mineral County

Rt. 3, Box 3047, Keyser  
304-788-1693

### Grant County

Hospital Drive, Petersburg  
304-257-4936

### Pendleton County

Community Building, Mill Rd,  
Franklin  
304-358-3088

### Hardy County

712 North Main St, Moorefield  
304-358-3382

## The Youth ID Card Program

WV Department of Motor Vehicles offers a Youth ID card designed to provide identification for your child whenever needed. The DMV can instantly upload your child's picture (with your permission) and make it available to law enforcement agencies world-wide should there ever be a need.



# WV Birth to Three Family Profile: Meeting Goals & Setting New Ones!

Lori Lawson was familiar with West Virginia Birth to Three having worked with RESA8 for nearly 16 years. She knew that she could refer her own child, and she chose to do so even though, according to her pediatrician, her newborn, Luke, was making great progress. Although she felt very comfortable contacting Birth to Three, she admits she didn't really understand the process.

Children who are referred to West Virginia Birth to Three are evaluated by a minimum of two different disciplines, chosen by the family. Lori says she felt like she was "part of the team, which was cool." She found her team members friendly and "very easy to talk to."

Following a multi-disciplinary evaluation, it was determined that Luke was eligible for West Virginia Birth

to Three services. With the implementation of his Individual Family Service Plan (IFSP), the team could see that Luke was indeed making great progress. Lori said the Birth to Three team then collaborated to create new goals for Luke. Services were amended and added as needed.

Luke is now one and his big sister is four, and she is eager to be a part of the process. Lori says Luke's team members have done a great job of putting her mind at ease. She says when you have a baby and you have concerns about the child, "you're in survival mode." She has appreciated pointers from the physical therapist, occupational therapist, and nutritionist.

Lori expects that Luke will meet his milestones in good time, and she is glad she took the time to contact



Success and Fun with Physical Therapy

West Virginia Birth to Three have Luke evaluated.



## So Many Fun Options for Children Under Three at Jefferson County Parks & Rec!



**Dance Lessons**  
**Gymnastics**  
**Martial Arts**  
**Family Special Events**  
**Indoor Playground**  
**Pony School**  
**Toddler Learning Time**

For a full listing of activities, visit [www.jcprc.org](http://www.jcprc.org)

1330 Job Corps Lane  
 Shenandoah Junction  
 304-728-3207



## Infants Gain a lot From Reading Time!

While it may seem that an infant will not gain much from reading books, there are many benefits from reading to your child during their first year of life. Reading time is a great opportunity for bonding, developing early language skills, cognitive stimulation, more restful sleep as well as healthy expression and communication.

Learn more by visiting [www.earlymoments.com](http://www.earlymoments.com)

*Regional Education Service Agencies*

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A powerful engine for education

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).