

WV BIRTH TO THREE

*Regional Administrative Unit IV
November 2018 Newsletter*



National
**Family
Literacy
Month**®



NOVEMBER 2018 ISSUE

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Contact Elizabeth Smith at
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quarterly newsletter



What is WV Birth to Three?

WV Birth to Three is a statewide system of services and supports for children under age three who have a delay in their development, or may be at risk of having a delay, and their family. The Department of Health and Human Resources, through the Bureau for Public Health and the Office of Maternal, Child and Family Health, WV Birth to Three, as the lead agency for Part C of the Individuals with Disabilities Education Act (IDEA), assures that family centered, community based services are available to all eligible children and families.

Who is eligible?

To be eligible for WV Birth to Three services, an infant or toddler under the age of three can either have a delay in one or more areas of their development, or be at risk of possibly having delays in the future.

A child may have delays in one or more of the following areas:

Cognitive - thinking and learning

Physical - moving, seeing and hearing

Social/emotional - feeling, coping, getting along with others

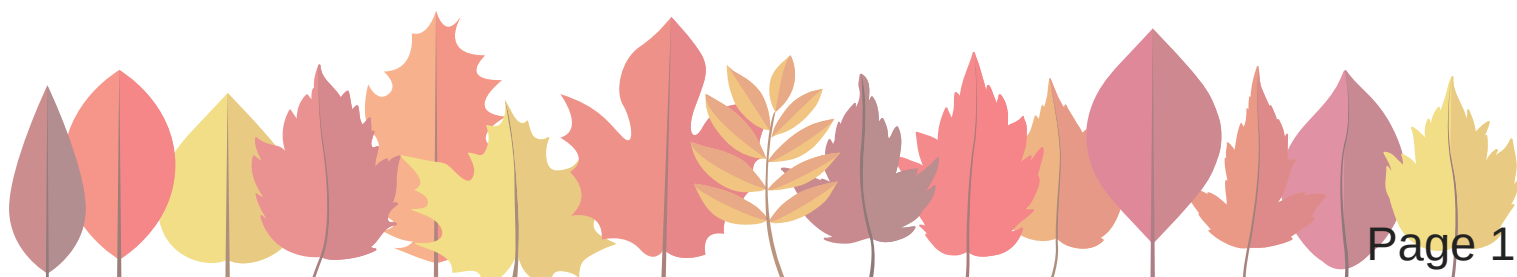
Adaptive - doing things for him/herself

Communication - understanding and communicating with others

A child may have risk factors such as:

A condition which is typically associated with a developmental delay such as Down Syndrome; or

A combination of biological and other risk factors. Some of these factors may include family stressors.



National Family Literacy

Month®

FAMILY READING TIPS

From familyreading.org

Read to Baby

Before your baby can understand the words you are saying, he or she loves to be held and listen to the sound of your voice. Start reading aloud as soon as your child is born.

Encourage Your Child

When your child tells you the ending words on a page or helps you “read” the story, celebrate together! This is the beginning of learning how to read, and will increase his or her confidence in becoming a reader.

Make Reading Together a Habit

When you read to your child every day, it becomes a routine that your child will remember as comforting. Reading together gives you time to be with your child, sharing the joy and adventure of books.

Know When to Quit

If your toddler gets bored and walks away, it’s time to stop reading. Don’t force reading time. Make it fun and a pleasure. Children develop longer attention spans the more they enjoy listening to books being read aloud.

Point Out the Details

Notice details and the small changes in the illustrations of a book. It will help your child become a good observer and eventually see differences in the shapes of letters when learning to read.

Predict the Story

What happens next? Ask your child to guess what will be on the next page of the book you are reading together. Your child will learn that events happen in a sequence.



November Events



Homework Help Center at Cabell County Public Library

Homework help every Tuesday and Thursday
during the month of November @ 4pm.

455 9th St, Huntington, WV 25701

Library Closed Thursday, November 22nd

November 17th

Kindness Santa at Huntington Mall

Kindness Santa begins at 9:00 am in Center Court for children with disabilities. The mall music will be off and instead of waiting in line a sensory friendly play area will be set up for kids. Every child deserves a chance to visit Santa and the parents will get to take home a keepsake photo of that moment. The children will also receive a train ticket during the event to get a free ride on the All Smiles Aboard trackless train.



November 22nd

Huntington's most popular 5K Run and Walk returns for a 12th year on **Thursday, November 22, 2018 at 9:00 am**. As in previous years, the race starts at the Ritter Park picnic shelter and winds its way through the park to the Memorial Arch at 7th Street West. For the 12th straight year, all proceeds from the registration fees benefit Little Victories No-kill Animal Shelter.



MOVE YOUR FEET BEFORE YOU EAT
NOVEMBER 22, 2018

Hug Your Kids

Latest research reveals the more you hug your kids – the smarter they get. Are you the kind of parent that's always hugging your kids? If the answer is yes then don't stop doing what you're doing.

According to new research, physical affection during a baby's development period is even more important than we thought. The more you hug a baby, the more their brains grow, according to a recent survey from the Nationwide Children's Hospital in Ohio. 125 babies, both premature and full-term, were included in the study, which looked at how well they responded to being physically touched. The results indicated that premature babies responded to affection less than babies who were not born premature. What was also revealed, however, was that babies that were subjected to more affection by parents or hospital staff showed stronger brain response.

According to researcher Dr. Nathalie Maitre, this last revelation tells us that something as simple as body contact or rocking your baby in your arms will make a big difference in how their brains develop. "Making sure that preterm babies receive positive, supportive touch such as skin-to-skin care by parents is essential to help their brains respond to gentle touch in ways similar to those of babies who experienced an entire pregnancy inside their mother's womb," Maitre tells Science Daily.

Basically, affection is vital for the development of the brain. So, cuddle and hug your babies as much as you can – and don't forget to share this research to show everyone out there how important it is to be loving to our children!

Retrieved June 19, 2018 from <https://en.newsner.com/family/latest-research-reveals-the-more-you-hug-your-kids-the-smarter-they-get/>.



Fall Sensory Activity

PUMPKIN PLAY DOUGH

sensory fun for kids

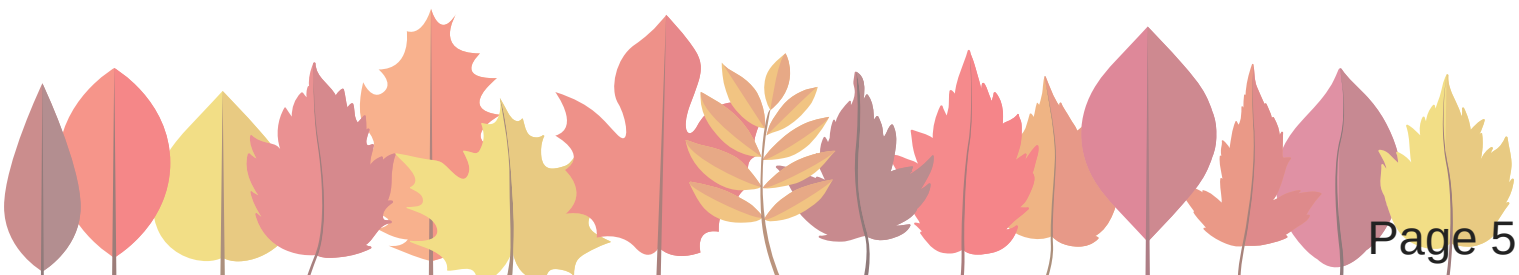


To make pumpkin play dough, you will need:

- Flour • Cinnamon • Nutmeg • Allspice • Pumpkin pie spice
- Oil • Salt • Cream of tartar • Orange food coloring

Directions:

- Mix 1 cup of flour, 1/2 cup of salt, 1 tablespoon of vegetable oil, 1 tablespoon of cream of tartar, and a sprinkle of each spice in a small saucepan. Add orange food coloring to make your pumpkin dough orange.
 - Add one cup of hot water and mix. You may need to add a little more flour if your dough is sticky.
 - Knead the dough until it is soft and smooth to the touch, and completely cool.
- Full tutorial can be found at raisinglifelonglearners.com



Fall Snacks

Thanksgiving Pretzel Turkey

Ingredients: Pretzels, Candy Corn, Rolos, Reese's Pieces, Sugar Pearls

Instructions: Preheat oven to 300. Lay your pretzels salted side down with the double rounded end pointed toward you. Place three candy corns on the single round end.

Gently lay an unwrapped Rolo on top of the candy corns.

Place the tray in the oven until the Rolos are soft, 2 minutes.

Apply 2 pearls for the eyes and half of a Reese's pieces for the beak. Take a toothpick and dab it in the melted chocolate at the edge of the Rolo and dab it in the center of the pearl to finish the eye.

Let cool at least 30 minutes before moving to a serving tray or airtight container. Enjoy!

Find this recipe at mommyoctopus.com



Pumpkin Pie Dip Recipe

1 -15 oz. can pumpkin puree

1 -8 oz. container Cool Whip, thawed

1 package 1.5 oz. Vanilla Instant Pudding Mix

1 teaspoon pumpkin pie spice

Directions: Cream together all ingredients with an electric mixer until well combined and fluffy. Chill in the fridge until ready to serve. Serve with Vanilla Wafers, Cookies, or Graham Crackers.

Find this recipe at hip2save.com

