

WV BIRTH TO THREE NEWSLETTER

Region 4. Serving Boone, Cabell, Lincoln, Logan, Mason, Mingo, Putnam, and Wayne Counties.



GOOD-BYE WINTER

BY BECKY SPENCE



GOOD-BYE WINTER!
SPRING IS IN THE AIR.
FLOWERS ARE IN BLOOM.

YOU SEE COLORS EVERYWHERE.

BIRDS BUILD THEIR NEST IN BRANCHES WAY UP HIGH.
BUT OUT MY WINDOW, THAT LOUD BIRD WOKE ME UP
AGAIN...SIGH!

IN THIS ISSUE:

PAGE 1-DEVELOPMENTAL CONCERNS
PAGE 2-FAMILY GUIDE
PAGE 3-PARENT CONNECTION
PAGE 4-PLAYGROUPS
PAGE 5-SNACKS/ACTIVITIES
PAGE 6-CAR SEAT SAFETY
PAGE 7-GIVING LIBRARY
PAGE 8-BABY/TODDLER SIGN LANGUAGE
PAGE 9-PARENT CONNECTION
PAGE 10-CHALLENGING BEHAVIOR
PAGE 11-COLORING PAGE

Do you know a child who is not *moving, hearing, seeing, learning or talking* like others their age?

By 3 months, does your baby...

- grasp rattle or finger?
- hold up his/her head well?
- make cooing sounds?
- smile when talked to?

By 6 months, does your baby...

- play with own hands/feet?
- roll over?
- turn his/her head towards sound?
- hold head up and look around without support?

By 9 months, does your baby...

- sit alone or with minimal support?
- pick up small objects with thumb and fingers?
- move toy from hand to hand?

By 12 months, does your baby...

- wave goodbye?
- play with toys in different ways?
- feed self with finger foods?
- begin to pull and stand?
- begin to take steps?

By 18 months, does your baby...

- cling to caretaker in new situations?
- try to talk and repeat words?
- walk without support?

By 24 months, does your baby...

- point to body parts?
- walk, run, climb without help?
- get along with other children?
- use 2 or 3 word sentences?

If you are concerned about your child's development, get help early.
Every child deserves a great start.
WV Birth to Three supports families to help their children grow and learn.

To learn more about WV Birth to Three services in your area:



1-866-321-4728



www.wvdhhr.org/birth23



WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.





Growing Together Through WV Birth to Three A Family Guide

These are the steps your family will go through in the early intervention process.



*** You, as a family, may choose to proceed at your own pace, stop eligibility determination, or withdraw from the program at any time. ***



1. Referral

- You, your physician, or others with a concern about your infant/toddler's development (age birth to 35 months) can make a referral to WV Birth to Three (WVBTT).
- The first step to getting help is to make a referral by calling 1-866-321-4728.

2. First Visit

- When a referral is received, an Interim Service Coordinator (ISC) will call you to schedule a home visit, at a time that's good for you, to explain the WVBTT process and begin planning for the next steps.

3. The Evaluation

- If your child has a substantial delay in an area of development* or has certain risk factors, he/she may be eligible for WVBTT services.
- You will select 2 WVBTT professionals who will work with you and gather information to determine if your child is eligible to receive services.
 - Eligibility is not based on income.

*Areas of Development

- thinking and learning
- motor (including vision and hearing)
- speech
- social/emotional
- self-help skills

4. The Individualized Family Service Plan (IFSP) Meeting

- If your child is eligible, with your consent, you will help develop an IFSP within 45 days of the referral.
- Your IFSP team will help you decide which services you need to help you help your child learn and grow.

5. Delivery of Services

- Your IFSP services will be provided in your home or community.
- IFSP services should begin no later than 30 days after you signed the consent.
- The IFSP will be reviewed at least every 6 months, or sooner, if you request.
- WVBTT supports and services are provided at no charge to the families.

6. Service Coordination

- At the initial IFSP meeting, you met your ongoing service coordinator who will work with you to make sure your IFSP services are meeting your needs.
- The ongoing service coordinator will also link your family to other available community services, as needed.

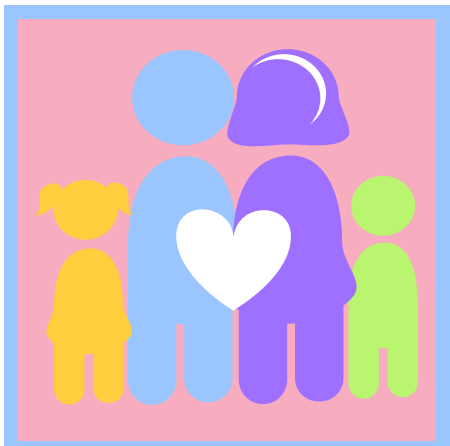
7. Transition

- Your child will leave the WVBTT system when he/she turns three years of age.
- Your service coordinator and IFSP team will help you with the transition process, including exploring other possible services.



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We want to dedicate a page of our newsletter to parents and caregivers who want to share the challenges they face while caring for their children. We all face different struggles whether your child is special needs, medically complex, or facing developmental delays. Sometimes reading others stories reminds us that we are not alone and can inspire us to keep advocating for our children. Contact our Parent Partner to share your story.

***Elizabeth Smith-
Parent Partner
Cell: 304-634-7580
Email:
Esmith@rvcds.org***



BENSON'S STORY

Written by Benson's mother

Our journey with the WV Birth to Three program was beneficial and life changing for Benson. He entered the program at about a year and a half old with deficits in many areas for his age group. By age two he was completely non-verbal and rejected most foods, he didn't show love and affection to close family, and had no interest in playing with other kids, among many other obstacles.

We were lucky enough to be paired with an amazing team of therapists that provided our family with tools and knowledge needed to implement into our daily lives to help Benson be more successful and catch up to what was typically expected of his age. Our team was not only wonderful with Benson, but they also understood and acknowledged the need for parent and family support and involvement to help develop plans and strategies that worked for us.

When it came time to transition into the school system when Benson aged out of Birth to Three, our team was very supportive and helpful in navigating the process and helping us advocate for what we felt was best for Benson. The impact that Birth to Three had on our child and family is immeasurable. Benson left the program much more confident and happy in life, with some verbal and sign language communication abilities, a willingness to show love to the people around him, and smarter than ever. He has now at almost four years old overcome many of those obstacles that were placed on him, and we know most of it is because of the groundwork and effort made by our Birth to Three team and their commitment to working with us for Benson's success.



WV BIRTH TO THREE PLAY GROUPS

WVBTT RAU IV is offering free play groups to Birth to Three families. We currently have monthly playgroups in Cabell, Logan, Mason, and Putnam counties. We will be adding groups in Boone, Lincoln, Mingo, and Wayne counties soon. For more information on our playgroups visit our Facebook page or contact our Parent Partner.

PARENT SUPPORT GROUPS

WVBTT RAU IV will be starting support groups in our region. If you are interested in attending a group in your county please contact our Parent Partner.

Elizabeth Smith-Parent Partner

Cell: 304-634-7580 Email: esmith@rvcds.org

[Facebook.com/wvbtttrau4](https://www.facebook.com/wvbtttrau4)

Spring Fun and Yum!

Check out our Pinterest boards to see more activities and snacks!!

[Pinterest.com/wvbttrau4](https://www.pinterest.com/wvbttrau4)

flower Pretzel Bites



RAINBOW Paper Plate Craft



Homemade Foam Dough



gluten-free April Showers cookies



FROZEN BANANIMALS



MOST PARENTS DON'T KNOW THEY ARE USING THE WRONG CAR SEAT. DO YOU?

KNOW THE AGES & STAGES!



- **Age is important** The younger children are, the more fragile they are, and the more protection they need.
- **Know the limits!** ALWAYS follow the weight and height limits of the car seat.
- **Fits your vehicle** Not every car seat can be installed correctly in every car, try before you buy.

- **Easy for you to use** Try out the features of the car seat, choose one that will make it easy for you to use correctly every time.
- **Maturity matters** A booster is designed for children mature enough and big enough to sit still in the proper position for the whole ride.



SAFE
KIDS
WORLDWIDE

Tethers Make a Difference

What's a tether?



It's the **strap with a hook** hanging on the back, at the top of your child's car seat. When attached and tightened to one of the vehicle's **tether anchors**, a tether helps keep a forward-facing car seat from tipping forward.

Car Crash Using a Tether



Is it necessary?

Yes! A forward-facing car seat secured only at the bottom may tip dangerously forward in a crash, which can result in the child's head hitting the back of the front seat, other occupants or even the console, causing serious harm. **Using the tether could be the difference between a brain injury or no injury at all.**

Car Crash Not Using a Tether



How do you use a tether?

Find the tether anchor then attach the hook on the tether strap to it and tighten. Depending on the type of vehicle you have, the tether anchor will likely be found one of three places.



Check your vehicle owner's manual to find your tether anchors. Look for this symbol.

Most Common Tether Anchor Locations



Did you know?

In our study, 64% of parents were **not** using the tether on a forward-facing seat.



Now you know – Look for the tether anchor symbol. Hook and tighten the tether on it. Safe travels!



NEVER PUT AN INFANT CARRIER ON TOP OF A SHOPPING CART!!

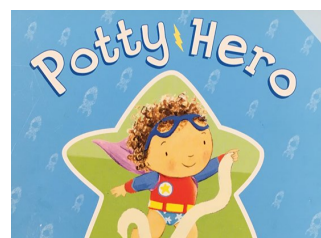
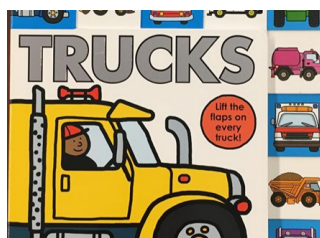
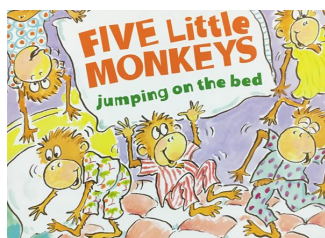
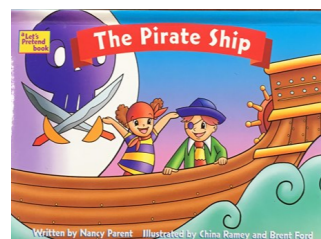
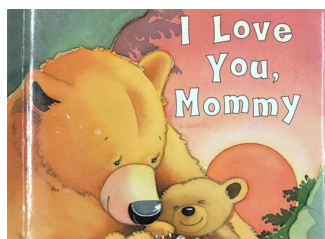
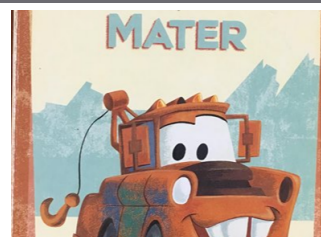
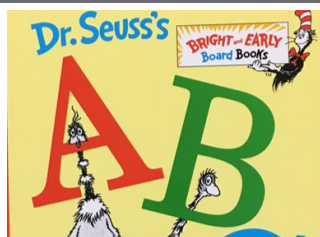
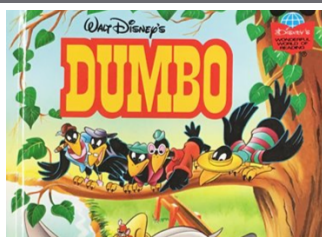
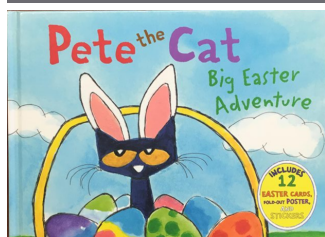


It's not safe. Even if you hear the "click".

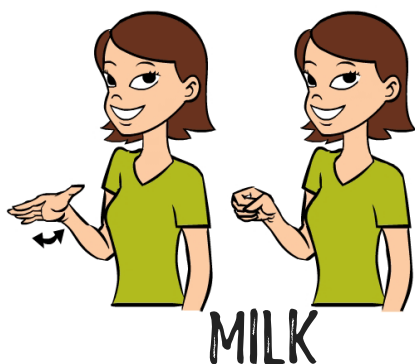
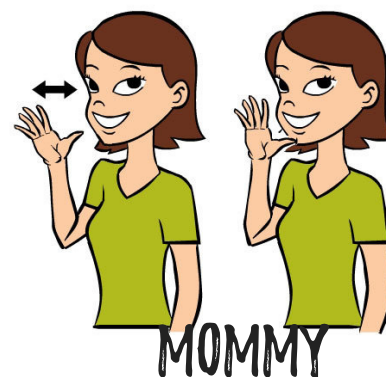
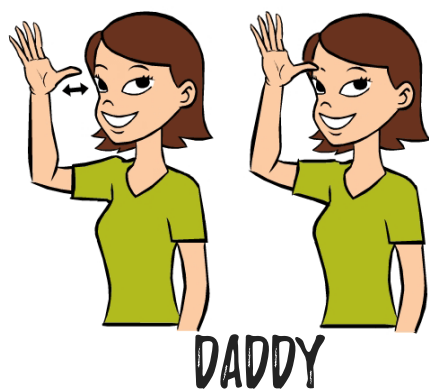


The Giving Library

WV Birth to Three Region IV

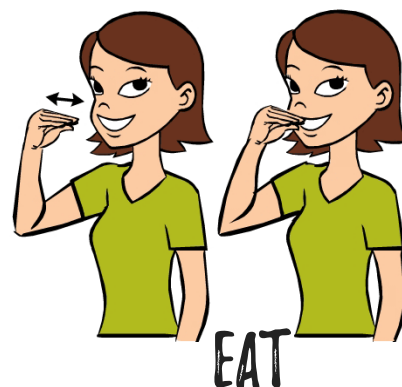


We have over 800 new and gently used children's books in our Giving Library. These books have been donated by people in our community to give to the children in our program. If you would like books for your child please contact your Service Coordinator or our Parent Partner, Elizabeth Smith at esmith@rvcds.org



BABY/TODDLER SIGN LANGUAGE

To learn more signs visit:
babysignlanguage.com



"Baby sign language has become increasingly popular over the last few decades. It is intended to help very young children to express their needs and wishes earlier than they could otherwise. Baby signing experts believe that frustration and tantrums can be avoided by closing the gap between desire to communicate and the ability to do so."

Read the full article written by Jane Collingwood at
<https://psychcentral.com/lib/teaching-your-baby-sign-language-can-benefit-both-of-you/>



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Follow us on
facebook to stay up
to date with local
events and find more
information about our
program.



ELIZABETH SMITH-PARENT PARTNER

My name is Elizabeth Smith and I am the Parent Partner for RAU IV. Both of my children have been in the WVBTT program. My oldest child had a chromosome abnormality. She was medically complex with a trach, vent, feeding tube, and list of diagnosis. She passed away at 4 years old in 2017. My son aged out of WVBTT and transitioned into a special needs Pre-K classroom. He has a speech delay and other mild developmental delays. He also experiences challenges associated with a Sensory Processing Disorder. Our journey through the medically complex community and special needs community are what make me so passionate about my position as Parent Partner. It is my hope that I can use my personal experiences to help the families in our program. My main goal is to help families cope, find resources, and link them with families facing similar struggles. I am here to be a part of your support system. Please reach out to me if there is anything I can do for you.

SUPPORTING CHALLENGING BEHAVIOR

As parents and caregivers, it can be difficult to experience challenging behaviors with children. Behaviors can sometimes feel overwhelming, and often parents are unsure of how to respond. It is important for parents to keep in mind that all behavior is communicating a message.

The good news is that parents and caregivers can learn to understand and interpret the meaning behind these behaviors. Once adults have this understanding, they can begin to support the child.

Punishing the child for exhibiting behaviors will never end the behavior. “Yelling at or punishing a child for a behavior may stop the behavior for the moment, but it does not give the child support or provide alternate ways to act in difficult situations. When adults use punishment, they are sending the message that anger is a good way to solve problems. When adults help children find positive ways to communicate their needs to others, children learn important social and problem-solving skills that will help them throughout their life.” (PBS Parents http://www.pbs.org/parents/inclusivecommunities/challenging_behavior2.html)

In addition to talking with your WV Birth to Three team about any concerns you may have with your child’s behavior, here are a few things to try to help you and your little one through those difficult times:

- Prepare your child for upcoming activities by telling them in advance what is going to happen
- Make them a part of planning for daily activities – helps them to feel a part of the family and more “in charge”
 - Give clear, simple directions
- Provide specific praise when your child has done what you wanted, such as “I really like how you put that paper in the trash” or “I like how you shared the toy with your sister”

Adapted from WV Early Childhood Provider Quarterly (Fall 2018). Supporting challenging behavior. Retrieved from http://www.wvearlychildhood.org/Early_Childhood_Quarterly.html.

