

SUMMER 2020-REGION 4

WV BIRTH TO THREE

QUARTERLY NEWSLETTER

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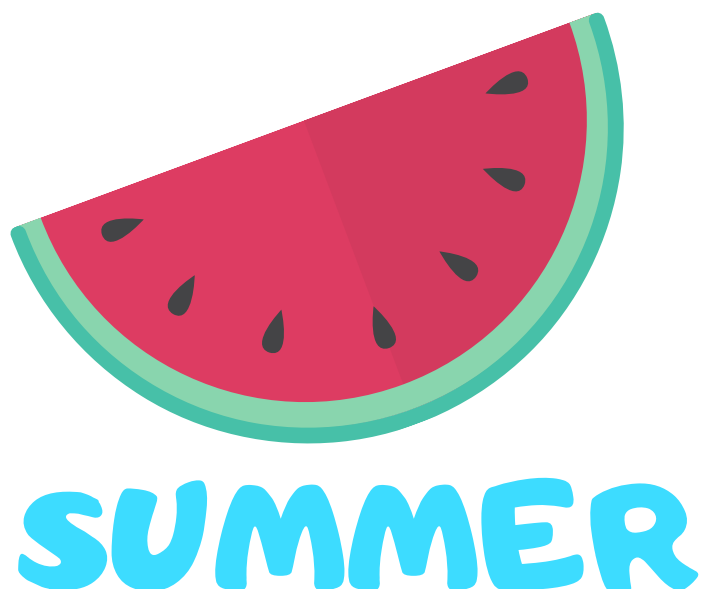
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What is WVBTT ?

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.

Who is eligible?

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

To make a referral contact our Regional Administrative unit at 304-523-5444

Car Seat Safety

Is Your Child in the Right Car Seat? How to know for sure:

Each stage offers less protection than the previous stage. Keep your child at each stage as long as possible, until your child reaches the maximum height or weight allowed in the car seat instructions.

1



REAR-FACING
CAR SEAT

Babies and toddlers need to ride rear-facing as long as possible.

Rear-facing offers the best protection for small children. Keep children rear-facing until they reach their car seats' highest weight or height limits. Most convertible and 3-in-1 car seats have higher height and weight limits for rear-facing (compared to rear-facing-only seats). The higher limits allow many children to ride rear-facing for two years or more.

2



FORWARD-FACING
CAR SEAT

Use a forward-facing seat with a harness and tether when . . .

your child outgrows the rear-facing height or weight limits. He/she should ride in a forward-facing seat with a harness and tether up to the highest weight or height allowed in the car seat instructions. Use the top tether strap based on your car seat and vehicle manufacturer's instructions. The tether (and harness) limit your child's movement in a crash and reduce the likelihood of injury.

3



BOOSTER SEAT

Use a belt-positioning booster when . . .

- your child outgrows the height or weight limits of the forward-facing seat with the harness; or
- your child's shoulders are above the highest harness adjustment; or
- the middles of your child's ears are above the top of the car seat.

Boosters help keep the seat belts on the strongest parts of a child's body. The lap belt stays low on the pelvis and touches the tops of the legs. The shoulder belt is centered on the shoulder and chest to protect the head and neck.

4



SEAT BELT

Is your child ready to ride with only the seat belt?

Have your child sit with his/her hips against the back of the vehicle seat and check:

- Do his/her knees bend comfortably over the edge of the seat?
- Is the lap belt low on the pelvis, touching the top of the child's legs?
- Does the shoulder belt cross the center of the child's shoulder and chest? (Never put it behind a child's back; it won't protect them.)
- Can your child sit like this for the entire trip?

If you answered "no" to any of these questions, your child needs to keep using a booster.

Always check your vehicle and car seat manufacturers' instructions to be sure your child's car seat is installed and used correctly.

Seat belts do not usually fit until children are between 8-12 years old and about 4'9" tall.

The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

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Is your child's car seat installed correctly?

Is your child strapped in correctly?

Correctly used child safety seats can reduce the risk of death by as much as 71 percent. Contact our Parent Partner for a free car seat safety check!

Elizabeth Smith- Esmith@rvcds.org or 304-634-7580

Summer Bucket List

for Kids



Blow Bubbles

Go Swimming

Have Ice Cream

Make a Lemonade Stand

Have a Picnic

Go on a Bike Ride

Go for a Hike

Read Summer Books

Make S'mores

Go to an Outdoor Concert/Movie/
Festival

Sleep in!



Have a Water Balloon Fight

Make Summer Art

Make Your Own Popsicles

Catch Fireflies

Do a Summer Science Experiment

Returning to “Normal” After COVID-19

We have all struggled with the everyday life changes and everybody has different feelings about going back to ‘normal’.

Children may struggle with significant adjustments to their routines (e.g., schools and child care closures, social distancing, home confinement), which may interfere with their sense of structure, predictability, and security. Even infants and toddlers are keen observers of people and environments, and they notice and react to stress in their parents and other caregivers, peers, and community members.

Why is going back to normal challenging? There are many reasons why going back to ‘normal’ might be anxiety-provoking for you or your child. These might include:

- Yet another change in lifestyle and routines
- “Normal” won’t be the same as it was before the pandemic
- Return to pre-COVID-19 stresses
- Feeling safe at home and out-of-control in public
- Life was better in isolation – you were able to spend more time as a family
- Fear of second wave of COVID-19

To support your family, remember varied reactions from each family member is normal and may be different from day to day as different stressors come to mind. As a family you can,

- Get back into a routine as similar to what you had in place prior to having to stay at home - Routines are safe and familiar which can help reduce anxiety.
- Focus on what you can control - It’s hard getting caught up in the unknown and ‘what-ifs’? As a family, identify what you can control and practical things you can do so everyone can be more in the present moment and reduce anxiety.
- Revisit social distancing rules and good hygiene practices - Reviewing these can help everyone feel more at ease about their safety when in public spaces.
- Provide reassurance - Sometimes there doesn’t seem to be a solution to all the problems we and our children have, but they don’t always need one – just to feel understood and supported is sometimes enough.
- Explore the positive and be curious - Talk about the things they may be looking forward to (returning to school, childcare, trips to the playground, playdates). Even if they are worried it can be helpful to chat through these together if they seem open to this. Ask open questions and actively listen to understand more about your child’s thoughts and feelings.
- Validate their feelings - This means letting them know that what they are feeling is normal, other people feel the same way and that there is nothing wrong with their feelings. Use simple words to name those feelings, such as scared, worried, afraid, cautious, etc.
- Help them limit exposure to media - If they are younger, this might include reducing their exposure to the news. If they are older, it might be helping them to critically think about media messages they are exposed to or ensuring they are accessing reputable sources.
- Create a plan around transitioning - Planning can help alleviate some anxiety, especially fear of the unknown. Having a plan for the first day returning to old routines can help.
- Take small steps to re-integrate into society - Some fears can be alleviated with small, controlled exposures. For instance, a great first step might be a quick trip to the supermarket or organizing for your child to meet and hangout with one friend in a park.

If you are interested in more ideas on helping to prepare your family to return to ‘normal’, please reach out to the Parent Partner at your WV Birth to Three RAU!

Child Trends. Resources for Supporting Children’s Emotional Well-being during the COVID-19 Pandemic.
<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Returning to normal after COVID-19. KidsHelpLine. <https://kidshelpline.com.au/parents/issues/returning-normal-after-covid-19>

Coronavirus

Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



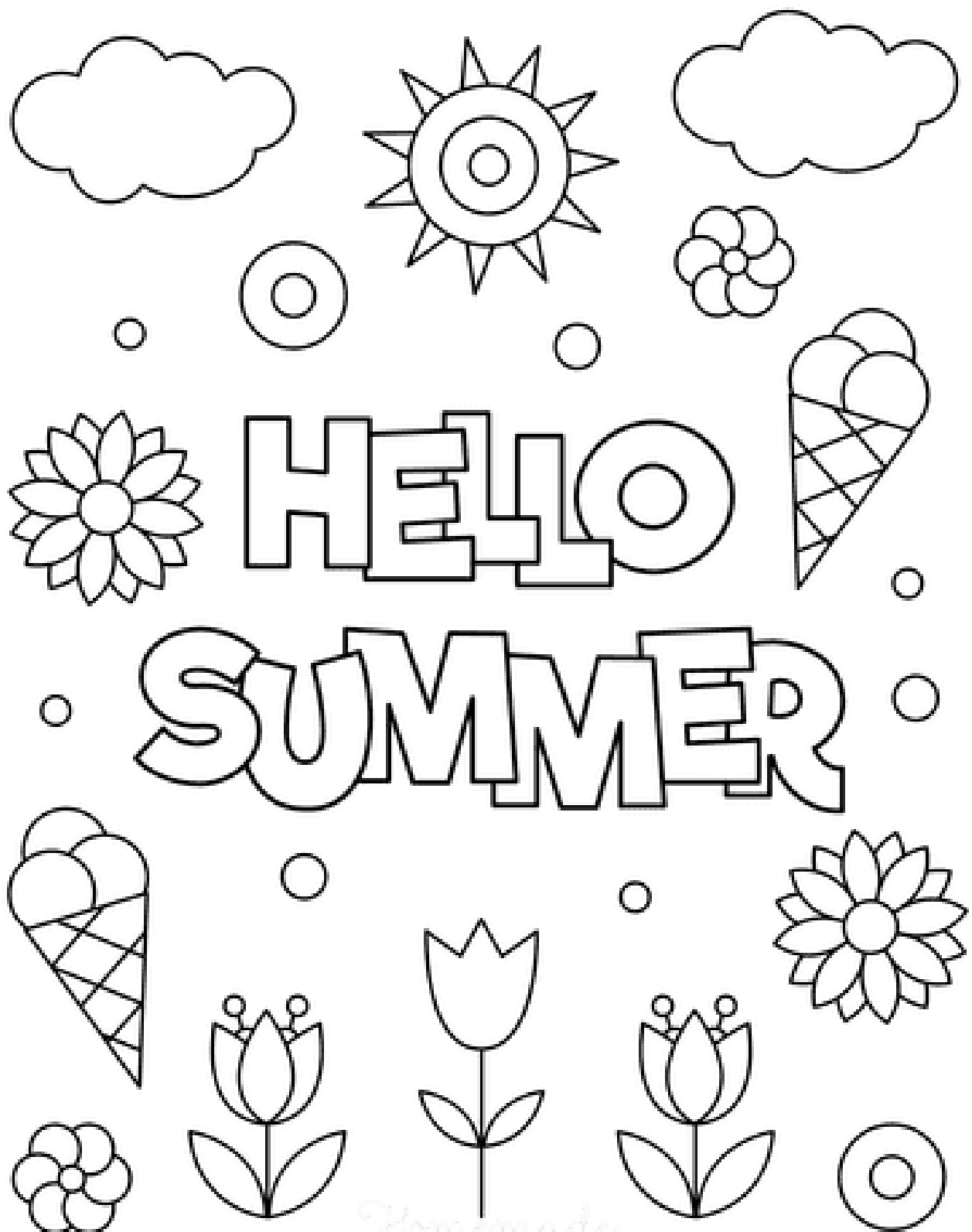
The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.





Homeworks