

JULY-SEPTEMBER 2023

Summer Newsletter

WV BIRTH TO THREE REGION IV
SERVING BOONE, CABELL, LINCOLN, LOGAN, MASON, MINGO, PUTNAM &
WAYNE COUNTIES

JULY EVENTS

- Article- How To Support Language in Young Children
- Family Events Page
- Daily Fun Calendar

AUGUST EVENTS

- Daily Fun Calendar
- Recipe-Watermelon Lemon Frozen Treats

SEPTEMBER EVENTS

- Daily Fun calendar
- Recipe- DIY Trail Mix

REFERRALS/ QUESTIONS

CONTACT

304-523-5444 (Office)

304-523-5556 (Fax)

866-982-8855 (Toll Free)

Valerie Gue AAS

Parent Partner RAU IV

304-634-7580

vgue@rvcds.org



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If you scan the QR code below with your phone it will take you to family resources





How to support **LANGUAGE** in young children



Why is this important to know?

The first few years of life are so important for young children and set the foundation for a lifetime of learning. Learning to speak and communicate is very powerful! Children learn how to interact and share ideas and feelings. They also learn how to solve problems, be curious about the world around them, and learn who they are as people. This helps children make sense of all their experiences as they prepare for school and adulthood.

COVID-19 has changed life for families. With child care centers closed, changes in parents' employment and juggling other responsibilities, changes in family routines, and increases in passive screen time, important opportunities for children to talk and learn with peers and adults has been limited. While the long-term impact of COVID-19 on language development remains unclear, a recent study in Rhode Island found that "Children born during the pandemic have significantly reduced verbal, motor, and overall cognitive performance compared to children born pre-pandemic." However, this does not mean that it is too late! Taking the time each day to read together, talk together during everyday routines, and engage in play with your child, will go a long way in getting development back on track.

(Sparks, S.D. April, 07, 2022. Babies are saying less since the pandemic: Why it's concerning. <https://www.edweek.org/teaching-learning/babies-are-saying-less-since-the-pandemic-why-thats-concerning/2022/04>)

Download the
Learn the Signs. Act Early. app to track and celebrate your child's milestones



Here are some everyday ideas to help your child grow and learn:

Newborns and babies:

- Talk during your daily routines like diaper changing or bath time ("Let's change your diaper. First, we need to get a clean diaper. After we change your diaper, we'll take a nap.")
- Read books together (Check out [Dolly Parton's Imagination Library](#))
- Notice your baby babbling or smiling at you and respond ("I see you smiling at me. You must be happy.")
- Sing and play nursery rhyme games (Peek-a-Boo, Pattycake, This Little Pig)

Young children:

- Talk together during your routines such as during grocery shopping, bath time, driving in the car, or on walks. You can talk about something you see or something you are doing. ("Look at those red peppers. What is something else that is red that we can eat?")
- Put screens down during mealtimes. Use the time to talk about daily routines or family plans.
- Read and make books together. Ask your child what is happening in a picture.
- Cook together (check out this great, short video on [making banana pudding together](#))
- Make up stories together about your child's favorite toys or people
- Sing and play simple children's games such as Ring Around the Rosey or Head Shoulders Knees and Toes
- Play together, adding to the words your child uses. "You're right, that is a car. It's red just like Papaw's car".



If you have concerns about your child's language development, talk to your child's:

- *primary care physician*
- *child care teacher*
- *home visitor or the [West Virginia Home Visitation program](#)*
- *[West Virginia Birth to Three](#) or 1-800-642-8522*
- *[Help Me Grow](#) or 1-800-642-8522*
- *[West Virginia Early Head Start](#)*



West Virginia Infant/Toddler
Mental Health Association
Supporting the social and emotional well-being of children

www.nurturingwvbabies.org

FAMILY EVENTS



FEEL THE WHEELS

TUESDAY, JULY 18
10AM • POCA LIBRARY

PUTNAM LIBRARY

UPTOWN MUSIK
AND FINE ARTS
DANCE & ART CAMP

BLUEY

9:30AM TO 12:00PM | AGES 3-8

PARTICIPANTS MUST BE
POTTY TRAINED.

CAMP INCLUDES DANCE
MODE, A PERFECT
CRAFT, STICKY GECKO
GAME, AND A SNACK...
OBVIOUSLY MUFFINS.

TUESDAY, JULY 25TH
ASHLAND, KY

WEDNESDAY, AUGUST 9TH
HUNTINGTON, WV

TUESDAY IS FOR TODDLERS

Sponsored By: UNICARE.

JOIN US IN CENTER COURT
EVERY TUESDAY AT 11AM!

STORY TIME
ACTIVITY
SNACK

Huntington Mall

HuntingtonMall.com • MallGiftCards.net

10am to 9pm, Mon.-Sat. • 11am to 6pm, Sun. • 500 Mall Rd. & I-64 Barboursville, WV 25504 • 304.733.0492

Daily Fun with Your Little One!

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Help your child get ready to learn to read!

Each day features a fun activity that will help your child build pre-reading skills. Activities are color-coded by skill. Ask your children's librarian for more ideas on how to promote early literacy skills with daily activities at home.

2 Songs

It's World UFO Day. Look up songs about space for kids or make up your own together.

3 Rhymes

Read *We Go Together* by Todd Dunn with your child. Point out rhyming pairs and try to think of more together.

4 Writing

Happy Fourth of July! Get black construction paper and brightly colored paints, oil pastels, or gel pens to make firework art.

5 Play

On Graham Cracker Day, make edible rainbows! Spread blue frosting on a graham cracker, then add rainbow candy strips and marshmallow clouds.

6 Science

Make apple boats and watch them sail in a bathtub, sink, pool, or pond.

7 Math

Write the numbers 1-10 on colored index cards and hide them around the room. Have your child find the cards and put them in the right order.

8 Sounds

Go on a treasure hunt in your home for things that start with a 'K' sound.

9 Songs

Make DIY maracas and perform a song together.

10 Stories

Look through photo albums together and tell the story of what is happening in each.

11 Reading

It's Melon Month! Use pieces of watermelon, cantaloupe, or honeydew melon to make letters and ask your child what each is.

12 Play

Paper Bag Day is the perfect time to make puppets and put on a show.

13 Sounds

How many words can your child think of that have the same beginning sound as "July"?

14 Rhymes

Sing a song with rhyming words, such as "Do Your Ears Hang Low?"

15 Math

Put a drop of colored paint in each well of an empty egg carton and let dry. Have your child sort buttons or other small colored objects into the correct wells.

16 Sounds

During Outdoor Month, spend time outside together and ask your child what sounds he notices.

17 Reading

Invest in a few sets of magnetic letters and a cookie sheet. Help your child put the letters in order or spell simple words.

18 Math

Divide a posterboard into six sections labeled 1-6. Provide stickers and a die. Ask you child to roll the die and add a sticker to the matching section. Repeat 20x.

19 Stories

Have your child tell you a "What if?" story, like "What would have happened if we met a dinosaur on the way to the grocery store today?"

20 Writing

Help your child use the garden hose to write letters on your dry patio or driveway.

21 Science

Put a hula hoop in a kiddie pool. Fill with water and 2 cups dish soap. Have your child stand in the middle. Bring the hoop up evenly to form a bubble around her!

22 Play

Go to a new location like a playground, library, or toy store and play "I Spy."

23 Math

Help your child find household objects that are a square, a circle, and a triangle.

24 Play

It's Tennis Month. Give this sport a try - full size or tabletop!

25 Science

Have kids predict which items will dissolve in water. Have your child keep track of the results to see if they have anything in common.

26 Songs

Help your child make a "mixtape" of their favorite songs.

27 Reading

During Wild About Wildlife Month, have your child pick out a new animal-themed book to read.

28 Rhymes

Give each other rhyming nicknames, either including your real name (like "Silly Billy") or without (like "The Fun One").

29 Play

Cut out animal shapes and attach each to the end of a popsicle stick. Turn off the lights and use a flashlight to turn the animals into shadow puppets.

30 Writing

Set up a painting station during World Watercolor Month.

31 Science

Visit a playground and use the slide to talk about gravity and friction.

July 2023

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Bold colored text indicates a live link. Click on the links to discover more information. For more programming ideas, visit demco.com/category/blog/.

"The moment you doubt whether you can fly, you cease forever to be able to do it."

— Peter Pan by J.M. Barrie

- Holiday
- Celebration
- Birthday

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 **Happy Book Birthday to TOO MUCH!** An **Overwhelming Day** by Jolene Gutiérrez, illustrated by Angel Chang, which follows a sensory-sensitive child dealing with light, noise, and more.

2 **Coloring Book Day:** Set up a coloring station or provide take-home coloring pages, including intricate designs from **National Coloring Book Day**.

3 **Watermelon Day:** Have a watermelon tasting party! Invite patrons to bring in their favorite watermelon dish or share recipes from the **National Watermelon Promotion Board**.

4 **International Owl Awareness Day:** Share **Whooo Knew? The Truth About Owls** by Annette Whipple and browse the **amazing resources** on her website.

5 **Joan Procter's Birthday:** Share the work of this notable female zoologist by reading **Joan Procter, Dragon Doctor** by Patricia Valdez, illustrated by Felicitia Sala.

6 **Root Beer Float Day:** Teach STEM through **free, themed activities** via Teachers Pay Teachers.

7 **Lighthouse Day:** After reading Sophie Blackall's **Hello, Lighthouse**, try one of the **lighthouse crafts** from Artsy Craftsy Mom.

8 **Happy Book Birthday to Grandmothers Galore!** by Judith Henderson and Ellen Yeomans. **Jimmy's shoes** by Patricia Tanumiharaja, and **LEGO Amazing Earth** by Jennifer Swanson.

9 **Hug Month:** Read aloud **7, Rex and the Impossible Hug** by Jonathan Stutzman. Then make a **handprint hug** from Who Arted? to give to someone.

10 **Snoopy's Birthday:** Host a birthday party for this iconic lovable dog, who first appeared in comics in 1950. Browse the **official Peanuts Worldwide site** for ideas.

11 **The National Book Festival** is tomorrow in Washington, DC. Some programs will be livestreamed, and all talks can be viewed online after the Festival concludes.

12 **International Left Handers Day:** Visit **LeftHandersDay.com** for decor and ideas to create a Lefty Zone, where everything must be done left-handed.

13 **Happy Book Birthday (tomorrow) to The Pie That Molly Grew** by Sue Heavenrich, illustrated by Chamissa Kellogg, a story about a pumpkin's journey from seed to harvest.

14 **Happy Book Birthday to Paisley's Big Birthday** by Heather P. Stigall, illustrated by Natalia Bushuyeva, a picture book about a bunny's birthday and the expectations of "the big day."

15 **U.S. Back to School Month:** Browse **96 Back-to-School Bulletin Board Ideas** from WeAreTeachers.

16 **Share Becky Schamhorst's back-to-school books** to spark excitement for a new year of learning, including her newest: **How to Get Your Octopus to School**.

17 **Get Ready For Kindergarten Month:** Help parents prepare their children for this milestone with **Scholastic's 20 Skills** for kindergarten success.

18 **Crayon Collection Month:** Host a crayon collection drive with **school and community playbooks** from The Crayon Initiative.

19 **Just Because Day:** Make a jar of "just because" ideas that visitors can draw from, including things like reading an encyclopedia, eating dessert for breakfast, or singing in the car.

20 **Browse YouTube for school notebook cover decoration videos.** Bring yours in as a model, then set up a station with DIY supplies.

21 **Kwame Alexander's Birthday:** Display Kwame's books and share the **trailer for the movie adaptation** of his book **The Crossover**.

22 **Mac Barnett's Birthday:** Read Barnett's book **Telephone**, make **paper cup telephones**, and play **Whisper Down the Alley**.

23 **Waffle Day:** Gather to read the **Narwhal and Jelly** books by Ben Clanton as you serve up waffles and ice cream.

24 **Kick off International Bat Nights** (August 25–27) with a guest speaker, **bat crafts** from Kids' Craft Room, and book displays.

25 **Dori Hillestad Butler's Birthday:** Share some of this prolific author's books along with **activities and guides** from her website.

26 **Happy Book Birthday to The Secret of the Dragon Gems** by Rajani LaRocca and Chris Baron, a story told in epistolary form with a mystery, science, and friendship focus.

27 **Get ready for back to school with John Schu's This is a School**, a story about the sense of community within a school building.

28 **Virginia Lee Burton's Birthday:** Learn more about one of children's literature's most beloved creators in **Big Machines: The Story of Virginia Lee Burton** by Sherri Duskey Rinker.

29 **Zoo Awareness Day:** Read **Leave it to Plum!** by Matt Phelan, a story about a peafowl and his zoo antics. Pair it with a **peacock craft** from Artsy Craftsy Mom.

30 **Read off International Bat Nights** (August 25–27) with a guest speaker, **bat crafts** from Kids' Craft Room, and book displays.



Written by Heidi Hopfer
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August 2023





WATERMELON LEMON FROZEN TREATS

THOSE BIG BOXES OF POPSICLES FROM THE SUPERMARKET ARE TEMPTING TO KIDS BUT TEND TO CONTAIN CORN SYRUP AND ADDED SUGAR. YOU CAN MAKE JUST AS DELICIOUS OF A POP AT HOME, AND WITH ONLY A SMALL AMOUNT OF TIME AND EFFORT.

1 SMALL SEEDLESS WATERMELON

2 LEMONS

POPSICLE MOLDS, OR DIXIE CUPS AND CRAFT STICKS

SLICE THE WATERMELON INTO CHUNKS, DISCARDING THE RIND. PUREE IN A FOOD PROCESSOR UNTIL SMOOTH. MIX IN A LARGE BOWL WITH THE JUICE FROM THE LEMONS, AND POUR MIXTURE INTO POPSICLE MOLDS. FREEZE FOR THREE HOURS, THEN SERVE.

[HTTPS://WWW.SUMMITKIDS.COM/BLOG/FIVE-RECIPES-FUEL-KIDS-SUMMER-DAYS/](https://www.summitkids.com/blog/five-recipes-fuel-kids-summer-days/)

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September

National Honey Month

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3
Pet Rock Day

4
Labor Day

5
Be Late for something Day

6
Read a Book Day

7
Salami Day

8
Date Nut Bread Day

9
Banana Day

10
Swap Ideas Day

11
Hot Cross Buns Day

12
Chocolate Milkshake Day

13
Kids Take Over the Kitchen Day

14
Eat a Hoagie Day

15
Make a Hat Day

16
Apple Dumping Day

17
Batman Day

18
Cheeseburger Day

19
Talk Like a Pirate Day

20
Punch Day

21
World Gratitude Day

22
White Chocolate Day

23
Rabbit Day

24
Cherries Jubilee Day

25
Comic Book Day

26
Key Lime Pie Day

27
Tourism Day

28
Drink Beer Day

29
Coffee Day

30
Mud Pack Day

DailyHolidayBlog.com





DIY TRAIL MIX

THERE'S A REASON WHY TRAIL MIX IS A WARM WEATHER FAVORITE AMONG ACTIVE PEOPLE. THE PROTEIN AND FIBER WILL KEEP YOUR KIDS GOING, AND THE SMALL AMOUNT OF ADDED SALT REPLACES THE SODIUM LOST WHEN KIDS SWEAT. SERVE THIS DIY TRAIL MIX WITH A CUP OF WATER ON A HOT DAY FOR MAXIMUM HYDRATION.

INGREDIENTS:

- ½ CUP SUNFLOWER SEEDS**
- ½ CUP DRIED CRANBERRIES**
- ½ CUP RAISINS**
- ½ CUP DARK CHOCOLATE CHIPS**
- ½ TEASPOON SALT**

PLACE THE SUNFLOWER SEEDS ON A BAKING SHEET AND ROAST AT 350 FOR 15 MINUTES. COOL FOR ONE HOUR. COMBINE THE SEEDS WITH ALL OTHER INGREDIENTS IN A LARGE ZIPLOC BAG, AND TOSS IN YOUR BAG TO SERVE ON THE GO!

[HTTPS://WWW.SUMMITKIDS.COM/BLOG/FIVE-RECIPES-FUEL-KIDS-SUMMER-DAYS/](https://www.summitkids.com/blog/five-recipes-fuel-kids-summer-days/) © SUMMIT KIDS ACADEMY. ALL RIGHTS RESERVED.