

WINTER NEWSLETTER

WV Birth To Three

Region 4 serving Boone, Cabell, Lincoln, Logan,
Mason, Mingo, Putnam, and Wayne counties



A cute little snowman,
had a carrot nose.
Along came a rabbit,
and what do you
suppose. That cute
little rabbit, looking for
his lunch. Ate that
snowman's carrot
nose. Nibble, nibble,
crunch!

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[FB.com/wvbttrau4](https://www.facebook.com/wvbttrau4)

Contact our Parent Partner to subscribe
to our quarterly newsletter.
Elizabeth Smith-Parent Partner
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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.



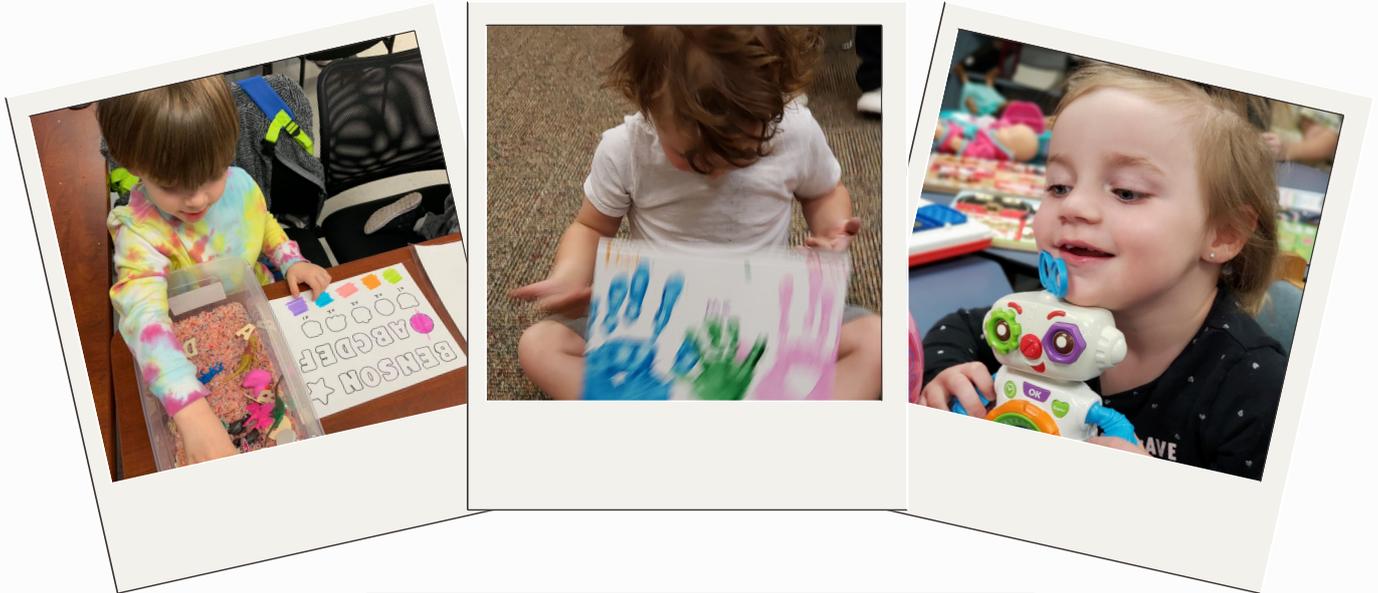
A child may have delays in one or more of the following areas:

- 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

Monthly Playgroups

Hosted by WV Birth To Three



Cabell County Playgroup
1st Friday of each month
11am @ Cabell County Library

Putnam County Playgroup
3rd Monday of each month
11:15am Putnam County Library

Logan County Playgroup
1st Wednesday of each month
12:30pm Logan Area Public Library

Our playgroup activities are geared for children ages 0-3. We focus on activities that encourage parent and child interaction. Activities for each month vary between free play, story time, crafts, sensory activities, and more. Follow our Facebook page or contact our Parent Partner for more information.

Elizabeth Smith-Parent Partner
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[FB.com/wvbttrau4](https://www.facebook.com/wvbttrau4)

Toddlers Want to Help and We Should Let Them

We more often think of children as sources of extra work than as sources of help. We often think that trying to get our children to help us at home or elsewhere would be more effort than it would be worth. We also tend to think that the only way to get children to help is to pressure them, through punishment or bribery, which, for good reasons, we may be reluctant to do. We ourselves generally think of work as something that people naturally don't want to do, and we pass that view on to our children, who then pass it on to their children.

But researchers have found strong evidence that very young children innately want to help, and if allowed to do so will continue helping, voluntarily, through the rest of childhood and into adulthood. For them, helping is not because they want or expect something from it, they just want to be doing what we are doing, with us!

We parents, tend to make two mistakes regarding our little children's desires to help. First, we brush their offers to help aside, because we are in a rush to get things done and we believe (often correctly) that the toddler's "help" will slow us down or the toddler won't do it right and we'll have to do it over again. Second, if we do actually want help from the child, we offer some sort of deal, some reward, for doing it. In the first case, we present the message to the child that he or she is not capable of helping; and in the second case, we present the message that helping is something a person will do only if they get something in return.

Additional research clearly shows that by beginning to "help" in toddlerhood, children become truly helpful as they grow up. They become a "partner" in the work it takes to be a part of a family. As that partner, they value being a part of caring for their home and their family. Whether they are picking up toys, straightening the living room, or helping to care for family members and pets, the child is validated in their early role of contributing to the quality life of their family.

So, what are some suggestions on how to help your child become a partner with you in taking responsibility for the family work, you should do the following:

- Assume it is the family work, and not just your work, which means not only that you are not the only person responsible to get it done but also that you must relinquish some of the control over how it is done. If you want it done exactly your way, you will either have to do it yourself or hire someone to do it.
- Assume that your toddler's attempts to help are genuine and that, if you take the time to let the toddler help, with perhaps just a bit of cheerful guidance, he or she will eventually become good at it.
- Avoid demanding help, or bargaining for it, or rewarding it, or micromanaging it, as all of that undermines the child's intrinsic motivation to help. A smile of pleasure and a pleasant "thank you" is good. That's what your child wants, just as you want that from your child. Your child is helping in part to reinforce his or her bond with you.
- Realize that your child is growing in very positive ways by helping. The helping is good not just for you, but also for your child. He or she acquires valued skills and feelings of personal empowerment, self-worth, and belonging by contributing to the family welfare. At the same time, when allowed to help, the child's inborn altruism is nourished, not quashed.

Adapted from Psychology Today

<https://www.psychologytoday.com/us/blog/freedom-learn/201809>

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.



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.



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.



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.



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



Magic Snow Recipe

You will need:

- 4 cups of frozen baking soda
- 1-2 cups of cold water (added slowly)
- A large bowl or container

Method:

Begin by pouring 4 cups of frozen baking soda into a large bowl or container.

Freezing the baking soda isn't necessary, but it makes the "snow" extra icy & cold. Slowly begin to add cold water and mix, slowly adding more water and mixing until the desired consistency is reached.

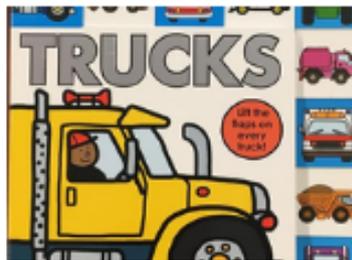
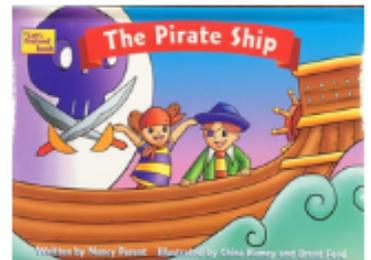
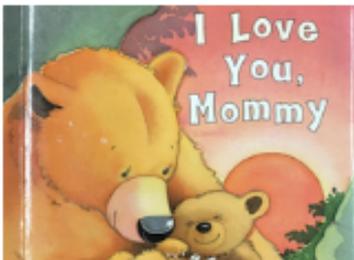
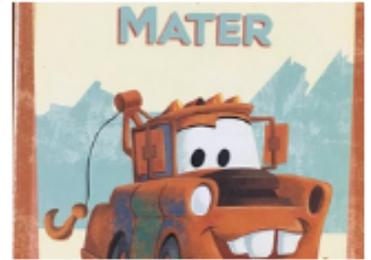
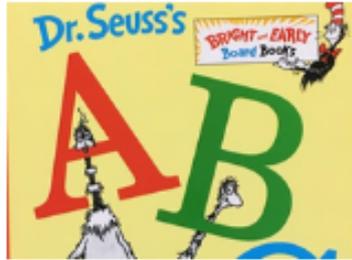
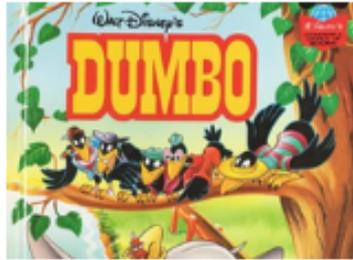
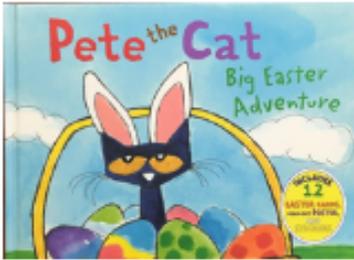
As you mix the water into the baking soda the most amazing fluffy snow will form!

<https://www.growingajeweledrose.com/2013/01/erupting-snow-recipe.html?m=1>



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

