

OCTOBER-DECEMBER 2024

# WV BIRTH TO THREE REGION 3



## WHAT'S HAPPENING?!

SEPT 21- DOWN SYNDROME BUDDY  
WALK AT THE CAPITAL 10AM-2PM

SEPT 25- COMMUNITY BABY  
SHOWER AT RISEN CITY  
CHURCH(CHARLESTON) 12-2PM

OCT 17- FALL FESTIVAL AT  
CAPITAL HIGH 5:30-7:30

OCT 18- STEP BY STEP RESOURCE  
FAIR AT RISEN CITY  
CHURCH(CHARLESTON) 5-7PM

OCT 22- KIDDIE HEALTH FAIR AT  
SHARON DAWES ELEMENTARY  
5:30-7:30

OCT 24- TRUNK OR TREAT AT  
RISEN CITY CHURCH(CHARLESTON)  
6-8PM

OCT 30-TRUCK OR TREAT AT  
KANAWHA CITY COMMUNITY  
CENTER (CHARLESTON) 6-8PM

## WELCOME TO THE NEW SEASON



Fall has arrived! It's time to enjoy all those "wonder-fall" autumn changes happening outside. One thing I love about exploring fall with my littles is that they approach every change and experience with so much enthusiasm. Whether it's jumping into a pile of leaves, visiting a pumpkin patch, or trick or treating in your neighborhood! Its such a wonderful time of year!!



# AUTUMN THEMES FOR LITTLES

## **Pumpkin theme**

Pumpkins and fall go hand-in-hand. Introduce the children to pumpkin seeds and discuss how they grow. Consider gathering a few pumpkins for activities like painting faces on pumpkins. You can also explore how pumpkins are harvested and even make pumpkin pie. You could explore the different colors, sizes and shapes of all the pumpkins.

## **Animal theme**

Fall is an ideal time to discuss how animals prepare for colder months. Outdoor activities such as scavenger hunts and mini-safaris are great options to explore. You can also help the children draw or paint their favorite hibernating animals.

## **Leaves theme**

Discussing leaves and how they change allows your little ones to explore the science behind fall. Have the children collect various leaves and put them in a scrapbooking album. Chat with your little one about the colors and how to rake the leaves into a pile and even letting them jump into them.







# PUMPKIN Collage Art



Mom Inspired Life



# TRICK OR TREATING WITH TODDLERS



If you're a seasoned parent like me, you have picked up a few tricks along the way each Halloween. Here is my playbook for Halloween night for Littles.

## 1. SERVE A HEALTHY DINNER BEFORE TREATS

MAKING SURE YOUR TODDLER HAS A NUTRITIOUS, HEALTHY DINNER BEFORE HEADING OUT TO KNOCK ON DOORS WILL PREVENT A LOW BLOOD SUGAR MELTDOWN.

## 2. HEAD OUT EARLY

YOUR LITTLE ONE WILL BE HAPPIER IF YOU HEAD OUT RIGHT AFTER DINNER--IT WILL STILL BE LIGHT ENOUGH TO SEE AND LATE ENOUGH THAT HOUSES WILL BE READY. ADDITIONALLY, HEADING OUT EARLIER MEANS THAT YOU MAY AVOID THE SCARIER COSTUMES OF THE LATE NIGHT CREW.

## 3. CONSIDER COSTUME SAFETY

WHEN YOU'RE SELECTING YOUR TODDLER'S TRICK-OR-TREATING ATTIRE, IT'S IMPORTANT TO KEEP SAFETY IN MIND. EXPERTS ADVISE AGAINST MASKS FOR TODDLERS. AS IT GETS DARK OUTSIDE, IT CAN BE HARD FOR TODDLERS TO SEE WITH A MASK OBSCURING THEIR VISION. YOU COULD ALSO CARRY FLASHLIGHTS .

## 4. PRACTICE AHEAD OF TIME

TODDLERS ARE NOTHING IF NOT CREATURES OF HABIT. PRACTICING HOW TO KNOCK ON THE DOOR AND SAY "PLEASE" AND "THANK YOU" AHEAD OF THE BIG NIGHT MAY MAKE FOR A BETTER TRICK-OR-TREATING EXPERIENCE.

## 5. CONSIDER FOOD ALLERGIES

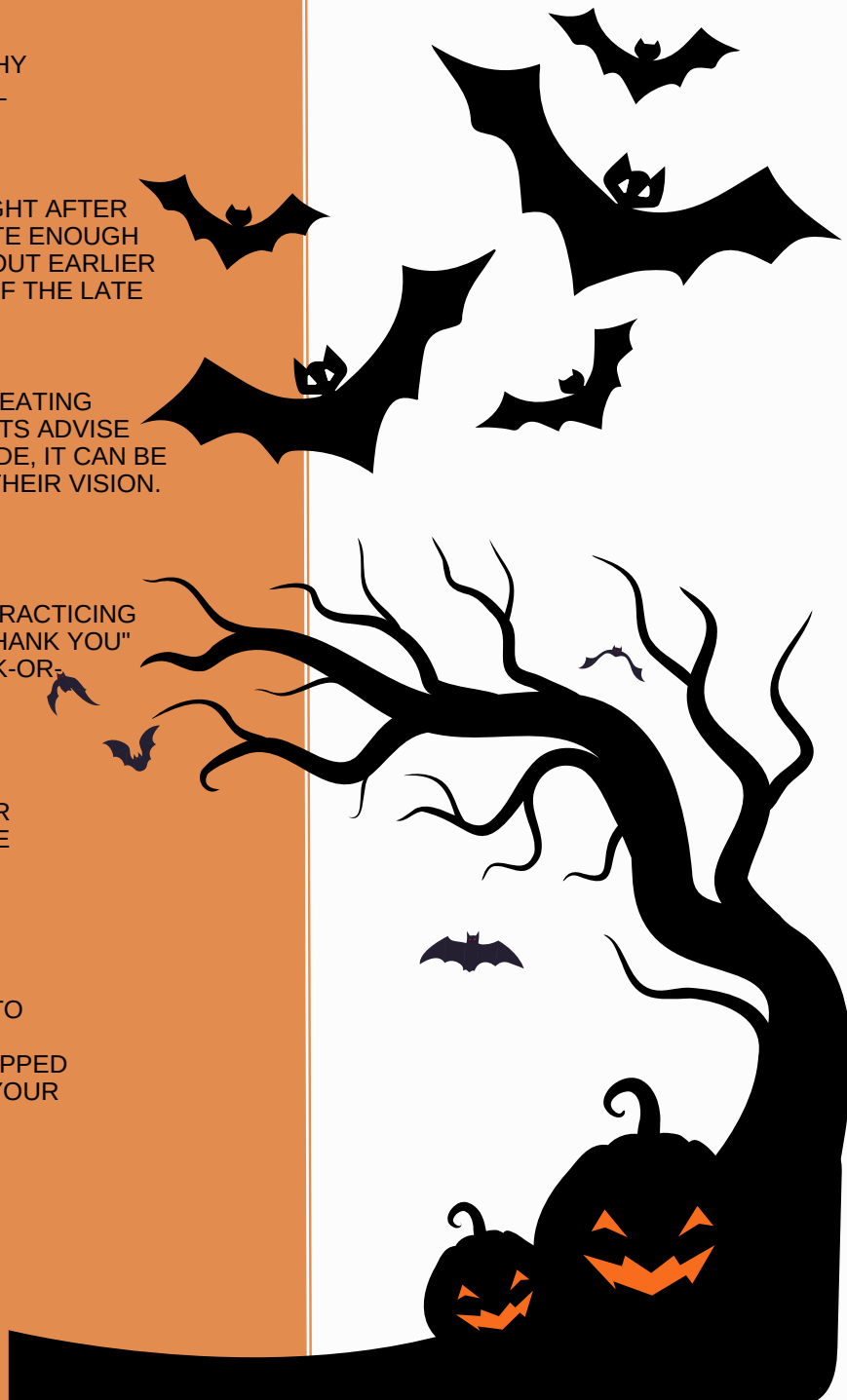
TRICK-OR-TREATING DOESN'T NEED TO BE OFF LIMITS FOR TODDLERS WITH FOOD ALLERGIES. ITS OK WHILE YOU ARE WALKING TO SLIGHTLY CHECK THE BAG AND POCKET THE CANDY IN QUESTION.

## 6. CHECK ALL CANDY

AS IS THE CASE WITH OLDER CHILDREN, IT'S IMPORTANT TO CHECK YOUR TODDLER'S CANDY BEFORE LETTING THEM CONSUME ANY TREATS. ENSURE THAT ALL CANDY IS WRAPPED (AND NOT COMPROMISED IN ANY WAY) BEFORE LETTING YOUR CHILD HAVE A TASTE.

## 7. KNOW WHEN TO CALL IT A NIGHT

EVEN WITH ALL THE PRE-PLANNING, YOUR TODDLER MAY STILL BE READY TO HEAD HOME EARLY. THAT'S OK--THE WALKING AROUND, NEW SIGHTS AND SOUNDS, AND DRESSING UP CAN BE VERY STIMULATING. BE PREPARED TO LISTEN TO YOUR TODDLER'S CUES AND DON'T FEEL BAD ABOUT HEADING HOME AFTER JUST A FEW HOUSES.





## How to Help Your Toddler Adjust When the Big Kids Go Back to School

All summer long, your toddler has had all their favorite people around. Big siblings have been available for playtime nearly 24/7. Maybe you've gone away to a vacation home as a family or spent time at an amusement park. Bedtimes have been a little less strict and snuggles have been plentiful, and then fall arrives.

Suddenly, there's the hustle and bustle of a whole new routine. Everyone's a little stressed racing to get out the door in the morning. And those big siblings who have been giving your littlest one all that round the clock attention? They're off somewhere big, new and mysterious that your toddler can't go, leaving them confused, lonely, and definitely feeling the stress of transition.

As we head into this season of joy, change, and new routines, here are a few easy ways to reassure your toddler that they are an essential part of the family - even when the day-to-day of family life is changing. Let's look at what you can do!

### Getting Ready

Before the bell rings on the first day of school, you can help toddlers feel like part of the party by letting them help with prep by:

Taking them school shopping along with older siblings and letting them pick out a few "school supplies" of their own (new outfit, toddler size backpack, art supplies).

Filling them in on the plan. Toddlers may be little, but they still like to know what to expect. Show them the school building where their siblings will be attending. Talk about what school is, what siblings will do all day, and how they'll get to go to school, too, when they get older.

Explore if the school offers family events you can attend together.

### The First Week

The first week of school is ALWAYS hectic. Your toddler knows what's coming, but that doesn't mean they (or older kids, for that matter) are going to cheerfully participate in the routine from day one. Try:

Making sure everyone gets to sleep a little earlier than usual and waking everyone up a little earlier than necessary to keep the morning from tumbling into running late mayhem. For example, lay out clothes ahead of time, prep breakfasts as much as possible.

Letting toddlers be part of the action. Help little siblings make a special card or drawing to put in sibling lunch boxes and let them help pack the lunches for the big siblings. You can even make a back-to-school lunch for your toddler to eat later in the day.

Doing something extra special with just your littlest. If your schedule allows, make a special stop on the way home from school drop off with your toddler to do something they really love. A short trip to the library, park, or play space can distract them from the feeling that they're missing out on something new their siblings are doing.

### Ease the Sad Thoughts

It's normal for your younger child to feel sad and lonely when their older sibling goes off to school. When your child feels down about missing their big brother or sister, help them to think positively about how soon they'll be reunited and how fun it will be to tell them about the new craft they made, the new dance move they learned, or the puzzle they put together. It can be exciting for both children to share their daily experiences and help them stay bonded throughout the school year.

### Establishing a Routine

Once you've got the first few weeks of school under your belt, take the time to start making a few new family routines or traditions that guarantee your youngest child gets some of the whole-family-together time they crave. Plans like: Setting aside a family day, or even a few family hours, over the weekend. Make sure as many members of your family are available as possible during family time, and play a game, go on an adventure, or have a meal together as a whole family. Planning occasional "field trips" with your toddler - just like the big kids - maybe even visit the same places! Check out the zoo, the museum, anywhere your kids in school might go. That way, your little one can say "me too!" when they talk about all the wonderful things they saw.

Sign your child up for something - It is hard to watch the siblings all go and do fun things. The youngest can really feel left out and left behind. Find a dance class, tumbling class, music class, or free fun activities at local libraries and community centers.

Just something to look forward to and something to help your child feel like she has a life, also.

Establish a special tradition with your toddler. Just you and them, no big kids allowed!

Give them a job - kind of. Kids can gain confidence, independence, and learn responsibility by helping with chores around the house, even when they are as young as 18 months. Often, they love to be involved and feel like they are helping you.

A playgroup can be a really fun thing for your little one. Find something in the community or you can set up your playgroup for similar age kids playing together.

It's easy to get caught up in the long back to school lists for older kids. It's a LOT of work, on top of the already packed schedules of most parents. It might seem scary and you might worry that your child won't know what to do with himself. It is an adjustment for everyone, but it can also be a joy and will build sweet memories. Remember the sweet times when you had just one child? You may have worried over the change that would come to that bond and that sweet time when baby number two was on the way. When you are down to just the youngest at home, this is when you revisit that one-on-one time - this time with a different child.

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