

JANUARY-MARCH 2022

WV BIRTH TO THREE REGION IV NEWSLETTER

**SERVING: BOONE, CABELL, LINCOLN,
LOGAN, MASON, MINGO, PUTNAM
& WAYNE COUNTIES**



Strawberry Banana Smoothies

Strawberry Banana Smoothies are a great kid friendly snack or breakfast.

Total Time 5 minutes

Servings 1 smoothie

Author Brynn at The Domestic Dietitian

Ingredients

- 1 cup milk
- 1 cup frozen strawberries
- 1/2 frozen banana

Instructions

1. Combine the ingredients in a blender and puree until smooth
2. If the smoothie is too thick, add more milk

Special events

- Recipe
- Rituals & Traditions That Nurture Strong Families
- February Calendar
- March Calendar
- Valentine's Day Color Sheet
- St Patrick's Day Color Sheet



**To make a referral to WV Birth to
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Rituals & Traditions That Nurture Strong Families – Surviving the Family Vacation

We all love vacations – including children. Vacations give children something much more than a location and something far more important: Connection with you! Usually, parents are more relaxed, more fun, more emotionally available. It's common for kids to say that their favorite summer memory is something simple and free of charge, like lying on a blanket looking at the stars with the family. These sweet pleasures are the golden experiences that shape rich childhood memories.

But vacation can also be stressful. Kids often stay up late, get disconnected from parents, and melt down from the overload. Of course, parents often experience their own version, whether from extended family tensions, grandparents judging their parenting, or logistical pressures. So, the first rule for a restful vacation is to find a way to restore your own peace when you get off balance and avoid tears and tantrums. Here are tips to help you manage life during vacation so you can maximize the joy and minimize the tears.

Before you leave

- **Give plenty of warning about upcoming events so they know what to expect.** Before traveling with young children, you might make a little book to show them what will happen each day. Your book doesn't have to be fancy -- print out photos on loose-leaf paper and put them in a 3-ring binder. Or, you can have kids who love to draw create a picture of what will be happening each day to add to your book. This helps them both enjoy the anticipation and conquer any fears. And seeing those smiling faces in advance helps them warm up more quickly to relatives they don't see often.
- **Coach your kids about the social behavior you expect.** Role play with them in the car before you arrive, or make a game of it before you go:
 - *"In the hotel hallways, we use inside voices, and we don't run. Why do you think that is?"*
 - *"What do you do when Uncle Norman wants to hug you hello?" (Don't force kids to hug if they don't want to but teach them to offer a hearty handshake instead.)*
 - *"What if you don't like the dinner that's served?"*
 - *"When you want to leave the table, how do you ask?"*
 - *"The airplane is like a flying village with everyone close together, so there are special rules to be safe and considerate. Let's see if we can guess what they are... It can be hard to stay in your seat...what do you think you could do on the plane if you get bored?"**"What will you do if the cousins start arguing?"*

Traveling-Flying

- **plan to arrive early enough that they get to "run" a bit in the airport hallway after sitting still in the car and before sitting still on the plane.**
- **Make sure to change diapers and use the bathroom just before boarding.** If you use overnight diapers (more absorbent), you might get lucky and avoid diaper changes on the flight.
- **Bring small wrapped "presents" – books, treats, chapstick, puzzles, simple crafts – for each child.** Kids can look forward to getting one as soon as they've buckled their seat belts, and more whenever you need a distraction mid-flight.
- **Blue painter's tape always comes in handy, too -- you can make a tic-tac-toe board on the tray table, use it for crafts, tape up blankets around his seat to make a cozy fort, and even make a hopscotch board in the airport while you're waiting.**

- **Be sure to bring bottles, sugar-free lollipops, or something else to suck on during take-off and landing if your child isn't nursing (sucking on anything will help equalize the air pressure on those tiny ear drums.)**
- **And even if you don't usually use screens with your child, it's smart to have movies downloaded and at the ready so your child has something to watch even if there's no Wi-Fi on your flight.**

Driving

- **Plan time for extra stops to allow little ones to move**
- **Overnight diapers might eliminate potential accidents when you cannot stop quickly**

Those same “presents” shared above will work here too, along with snacks and downloaded movies too

Once you are at your vacation spot

- **Keep kids on their usual schedule as much as possible.** Kids need the security of familiar routines. They get stressed by unfamiliar events and what feels to them like chaos and unpredictability. Do what you can to keep them on schedule and be patient when they get hyped-up or irritable.
- **Plan no more than one event per day** What you want to avoid, of course, is racing around, getting stressed out by a busy trip that includes lots of meltdowns, and returning home in need of a vacation. Kids tend to get cranky and stressed with travel and schedule changes, so plan to do less. You'll all enjoy it more.
 - **Have age-appropriate expectations** - A young child can't be expected to sit quietly while you enjoy a fancy dinner. If you're doing a lot of visiting with adults, be sure the kids have something to occupy them. Even if you usually have dinner as a family, vacations are a great time to feed kids early-- less pressure on the kids to "behave" at a table of adults, and the adults can enjoy a chance to talk at dinner. Remember, you need to recharge your own batteries, too!
 - **Physical Activity** Be sure your schedule includes plenty of visits to the playground or other opportunities for the kids to get wild.
 - **Down time-** Kids need downtime, just to chill out, snuggle, and do whatever relaxes them. If they don't get it, they can't really be blamed for melting down when the over-stimulation gets to them. Make sure every day includes a little downtime with your child's favorite activity to help him regroup.

Soothing activities for little ones ...that work for most kids:

- **Sand play** - Put some sand in a lasagna pan on the deck, add small figurines, vehicles, and a strong spoon for digging.
- **Water play** - At the beach or lake, of course. But even on a back deck with a spaghetti pot of water. For variety, add ice cubes, paint brushes, sponges, plastic water pitchers. Toddlers love to "paint" the deck or wash the picnic table.
 - **Bubbles-** You'll have to help the little ones, but all kids love bubbles and blowing bubbles reduces stress. You can easily make your own bubble mix (Add 3 Tbsp of Glycerine and 2/3 cup of dish soap -- Joy & Dawn are best -- to a gallon of water.) Any twig with a loop of yarn can be used as a bubble wand.
 - **Clay-** If you're in a rented space on vacation, limit clay to a tray, pan, or outside. But clay, sculpey or playdoh is a wonderful, tactile way for kids to knead and pound out the stresses that inevitably accompany all new experiences.

Plan time with you

- **Snuggle with your child every morning before getting out of bed.** It's very grounding for kids to connect with you and review how the day is expected to unfold -- even if it will be a lot like yesterday.
- **Your kids may be chasing the older cousins, but they still want, and need, time with you.** This is a perfect opportunity to **turn off your cell phone and see what an inspired parent you are** when you have a chance to relax and revel in just being alive. Spend five

minutes in the water with your child. You'll be amazed how much more alive -- and connected to your child -- you feel after a five-minute water fight, and how much more willing your child is when you need their cooperation.

Mealtimes

Watch your kids' food intake in the midst of too many treats and hyped-up schedules Many tantrums originate from hunger. All parents recognize the sugar high that sends kids bouncing off walls and then crashing into tears. If necessary, speak with others in advance about limiting treats, and carry small protein-rich snacks with you so your child doesn't have a melt-down while the adults are negotiating where to go to dinner.

Bedtime

- **Schedule decompression time before bed** – bring some favorite, comforting books from home. And don't forget stuffed animals and blankets!
- **White noise machines can be invaluable** both to keep kids sleeping longer in the morning, and to block out the sound of adults and older kids carousing, so little ones can settle down. **Bring black out curtains** to keep your child sleeping longer in the morning and to help your child settle on those summer evenings when the sun is shining so long.

Take Care of You!

- **Don't try to work on vacation** -- this is family time. Forgo organized evenings in favor of family board games and keep your focus on connecting rather than sight-seeing or structured activities.
- **If friends and family criticize your parenting...**Parenting in public is always hard and kids are often not at their best when they're out of their usual routine and schedules. Stay calm, smile, and acknowledge the other person's concern. Then do whatever you can to address their concern. Don't worry, this is just a case of conflicting needs, not a referendum on your parenting.
- **Manage yourself so you can stay calm** - You're on vacation with your child or children, so this is by definition a "working vacation." And traveling is stressful for everyone. But remember that your kids depend on you not only to regulate their environment, but also to help them regulate their moods -- so you need to maintain a state of well-being yourself. Besides, you deserve a vacation too! Make sure you take this opportunity to trade off childcare responsibilities with other adults, if possible, so you get a chance to replenish your own spirits. You're never too old to have a summer vacation you'll always remember.



February 2022 National Days































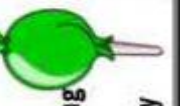



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5</p> <p>American Heart Month</p>	<p>1</p> <p>Serpent Day</p>	<p>2</p> <p>Groundhog Day</p>	<p>3</p> <p>Wedding Rings Day</p>	<p>4</p> <p>Thank a Mail Carrier Day</p>	<p>5</p> <p>Chocolate Fondue Day</p>	
<p>6</p> <p>Frozen Yogurt Day</p>	<p>7</p> <p>Ballet Day</p>	<p>8</p> <p>Boy Scout Day</p>	<p>9</p> <p>Pizza Day</p>	<p>10</p> <p>Umbrella Day</p>	<p>11</p> <p>White Shirt Day</p>	<p>12</p> <p>Abe Lincoln's Birthday</p>
<p>13</p> <p>Kiss Day</p>	<p>14</p> <p>Valentine's Day</p>	<p>15</p> <p>Hippo Day</p>	<p>16</p> <p>Almond Day</p>	<p>17</p> <p>Cabbage Day</p>	<p>18</p> <p>Drink Wine Day</p>	<p>19</p> <p>Tug of War Day</p>
<p>20</p> <p>Cherry Pie Day</p>	<p>21</p> <p>Grain Free Day</p>	<p>22</p> <p>Margarita Day</p>	<p>23</p> <p>Banana Bread Day</p>	<p>24</p> <p>World Bartender Day</p>	<p>25</p> <p>Quiet Day</p>	<p>26</p> <p>Pistachio Day</p>
<p>27</p> <p>Strawberry Day</p>	<p>28</p> <p>Science Day</p>	<p>29</p> <p>National Cherry Month</p>	<p>30</p> <p>Library Lover's Month</p>	<p>1</p> <p>Always The Holidays</p>		

March 2022

National Day Calendar

March
20

First Day
of Spring

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>3 National Nutrition Month</p> 	<p>1 Peanut Butter Lover's Day</p> 	<p>2 International Rescue Cat Day</p> 	<p>3 I want you to be happy day</p> 	<p>4 Toy Soldier Day</p> 	<p>5 Potty Dance Day</p> 	<p>6 Dress Day</p> 	
<p>7 Cereal Day</p> 	<p>8 Preschooler's Day</p> 	<p>9 Barbie Day</p> 	<p>10 Pack Your Lunch Day</p> 	<p>11 Johnny Appleseed Day</p> 	<p>12 Girl Scout Day</p> 	<p>13 Jewel Day</p> 	
<p>14 Learn About Butterflies Day</p> 	<p>15 Everything You Think is Wrong Day</p> 	<p>16 Panda Day</p> 	<p>17 St. Patrick's Day</p> 	<p>18 Forgive Mom & Dad Day</p> 	<p>19 Let's Laugh Day</p> 	<p>20 World Storytelling Day</p> 	
<p>21 Flower Day</p> 	<p>22 World Water Day</p> 	<p>23 Puppy Day</p> 	<p>24 Cocktail Day</p> 	<p>25 Medal of Honor Day</p> 	<p>26 Spinach Day</p> 	<p>27 World Theater Day</p> 	
<p>28 Something on a Stick Day</p> 	<p>29 No Homework Day</p> 	<p>30 Pencil Day</p> 	<p>31 Crayon Day</p> 	<p>MUSIC IN OUR SCHOOLS MONTH</p>			<p>Always The Holidays</p>



