

Region 4 - Winter 2020-21

# WV Birth To Three

QUARTERLY NEWSLETTER

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Contact our Parent Partner to  
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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*

# Holiday Celebrations with Covid-19 in Mind

The holidays will soon be here and you are probably wondering how to plan for those important and exciting family times and keep one another safe. Please be watching for recommendations from your local and/or state guidance but these are points to consider as you are preparing.

## **Before you celebrate:**

### **1. If you are hosting the gathering –**

- a. plan for outdoor activities rather than indoor. If outdoor is not possible, avoid crowded, poorly ventilated or fully enclosed indoor spaces. – open the windows and doors if it is possible.
- b. Keep your guest list small and limit it to people you know from your local area.
- c. If you decide to have any rules in place related to COVID-19 precautions during the celebration, share those with your guests prior to the celebration. This would include the wearing of masks, hand sanitizer, tissues, etc. You might even want to ask your guests to avoid contact with people outside of their household for 14 days prior to the gathering.

### **2. If you are attending a gathering at another home –**

- a. Remember, outdoor activities are safer than indoor
- b. Check with your host for information on any COVID-19 safety guidelines they have in place
- c. Bring supplies you need to stay healthy (i.e., masks, hand sanitizer, tissues)
- d. Consider avoiding contact with people outside of your household for 14 days prior to the gathering.

### **3. If you will be traveling –**

- a. Check with your method of public transportation (i.e., train, plane) to learn of safety guidelines they have in place
- b. Wear a mask in public settings and during events, gatherings
- c. Social distance – keep yourself in a 6-foot bubble from anyone not in your household
- d. Wash your hands with soap and water for at least 20 seconds or use hand sanitizer
- e. Avoid contact with someone who is sick, and avoid touching your eyes, nose, and mouth.

## **During the Celebration:**

### **1. Social distance and limit close contact**

- a. Maintain distance of 6-feet from people you don't live with
- b. Avoid using restroom facilities at high traffic times
- c. Avoid busy eating areas during high volume mealtimes
- d. Avoid shaking hands, bumping elbows, or giving hugs. Wave and greet others verbally instead.

### **2. Wear masks**

- a. At all times when you are around people not in your household
- b. Avoid singing, chanting or shouting, especially when not wearing a mask and within 6-feet of others

### **3. Limit contact with commonly touched surfaces or shared items**

- a. Clean and disinfect commonly touched surfaces between each use
- b. Use touchless garbage cans. Use gloves when removing garbage bags or handling/disposing of trash. Wash hands after removing gloves.

### **4. Wash hands**

- a. With soap and water for at least 20 seconds after being in a public place, blowing your nose, coughing or sneezing
- b. Hand sanitizer should be your second choice when cleaning your hands. But be sure to cover all surfaces of your hands and rub until they feel dry.

### **5. Keep safe around food and drinks**

- a. Be sure everyone washes their hands with soap and water before and after preparing, serving and eating food. Use hand sanitizer if soap and water are not available.
- b. Instead of potluck style gatherings, encourage guests to bring their own food and drinks for members of their household only.
- c. Limit flow of people through areas where food is being prepared.
- d. Wear a mask while preparing food to serve to others not living in your home.
- e. If serving food, have only one person serve food to keep the numbers of individuals handling food to a minimum.
- f. Use only single use options or identify one person to serve sharable items (i.e., salad dressings, food containers, plates, utensils, and condiments).
- g. Avoid any self-serve food or drink options, such as buffets, or buffet-style potlucks, salad bars, and condiment or drink stations.
- h. If you choose to use items that are reusable (i.e., seating covers, table cloths, linen napkins) wash and disinfect them after the event.

## **After the Celebration:**

- 1. Stay home as much as possible for at least 14 days**
- 2. Avoid being around people at increased risk for severe illness**
- 3. Consider being tested for COVID-19.**

# 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!

