

APRIL-JUNE 2023 Pring lews e er



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

APRIL EVENTS

- Article-Tips on Temperament
- Daily Holiday Calendar
- April is Autism Acceptance Month
- April 5th Spring Fling
- April 9th Easter
- April 11th-13th Book Tour
- April 17th-18th Book Tour
- April 20th & 27th Book Tour
- April 29th Healthy Kids Day at the YMCA
- April 29th Rally for Autism

MAY EVENTS

- Daily Holiday Calendar
- May 8th Kindermusik C-K Library
- May 10th Book Tour
- May 11th Family Fun Day Carnival In The Park
- May 14th Mother's day
- May 17th Superhero Event
- May 22nd Kindermusik Danville Community
- May 24th Kindermusik First Church of the Nazarene
- May 25th Kindermusik Gathering Station

JUNE EVENTS

- Daily Holiday Calendar
- June 18th Father

REFERRALS/ QUESTIONS

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TIPS ON TEMPERAMENT



EVERY CHILD IS BORN WITH THEIR OWN WAY OF APPROACHING THE WORLD—A TEMPERAMENT. HERE'S HOW YOU CAN TUNE IN TO YOUR CHILD'S TEMPERAMENT TO ANTICIPATE HOW THEY WILL REACT IN CERTAIN SITUATIONS. GENERALLY, THERE ARE FIVE CHARACTERISTICS THAT DESCRIBE AN INDIVIDUAL'S TEMPERAMENT:

- **EMOTIONAL INTENSITY**
 - · ACTIVITY LEVEL
- FRUSTRATION TOLERANCE
- REACTION TO NEW PEOPLE
- REACTION TO CHANGE

TEMPERAMENT IS NOT SOMETHING YOUR CHILD CHOOSES, NOR IS IT SOMETHING THAT YOU CREATED. A CHILD'S TEMPERAMENT SHAPES THE WAY THEY EXPERIENCE THE WORLD. A CHILD WHO IS CAUTIOUS AND NEEDS TIME TO FEEL COMFORTABLE IN NEW SITUATIONS AND A CHILD WHO JUMPS RIGHT IN ARE LIKELY TO HAVE VERY DIFFERENT EXPERIENCES GOING TO A CLASSMATE'S BIRTHDAY PARTY. A CHILD WHO CAN HANDLE A LOT OF SENSORY STIMULATION WILL EXPERIENCE A TRIP TO THE SUPERMARKET DIFFERENTLY FROM A CHILD WHO HAS DIFFICULTY WHEN A PLACE HAS A LOT OF NOISE AND ACTION.

UNDERSTANDING YOUR CHILD'S TEMPERAMENT HELPS YOU BE A BETTER PARENT. RECOGNIZING PATTERNS IN YOUR CHILD'S BEHAVIOR THAT ARE INFLUENCED BY TEMPERAMENT CAN HELP YOU ANTICIPATE YOUR CHILD'S RESPONSES TO CERTAIN SITUATIONS. IF YOU KNOW THAT YOUR CHILD HAS A HARD TIME MAKING TRANSITIONS, YOU CAN GUESS THAT PICK-UP TIME AT CHILD CARE MIGHT BE CHALLENGING. YOU COULD SHARE THIS OBSERVATION WITH YOUR CHILD'S TEACHER AND TALK ABOUT HOW YOU CAN WORK TOGETHER TO MAKE THE END OF THE DAY EASIER.

YOUR CHILD CAN ADAPT

A CHILD'S BEHAVIOR AND APPROACH TO THE WORLD ARE SHAPED BY EXPERIENCES AND ESPECIALLY BY THEIR INTERACTIONS WITH YOU. FOR EXAMPLE, CHILDREN WHO ARE TEMPERAMENTALLY SHY CAN BECOME MORE OUTGOING AND COMFORTABLE IN NEW SITUATIONS WHEN THEIR PARENTS HELP THEM SENSITIVELY AND SLOWLY ADAPT TO NEW EXPERIENCES.

ALSO, NO MATTER HOW CONSISTENT A CHILD'S PATTERNS MAY APPEAR TO BE, SOMETIMES CHILDREN CAN—AND WILL—CATCH YOU OFF GUARD BY ACTING IN WAYS THAT YOU DO NOT EXPECT. A CHILD WHO IS USUALLY WARY OF STRANGERS MIGHT FALL MADLY IN LOVE WITH THEIR NEW TEACHER. THE FACT THAT YOUR CHILD CAN SURPRISE YOU IS ONE OF THE MOST EXCITING AND EVEN DELIGHTFUL REWARDS OF PARENTHOOD.

CULTURE MATTERS

DIFFERENT CULTURES PLACE DIFFERENT VALUES ON BEHAVIORAL STYLES. FOR EXAMPLE, SOME CULTURES VALUE CHILDREN WHO ARE QUIET AND OBEDIENT. OTHERS VALUE FEISTY, ASSERTIVE KIDS. ONE DAD, WHO LIVES IN THE INNER CITY, EXPRESSED WORRY THAT HIS SON WAS TOO LAID BACK AND NOT ASSERTIVE OR TOUGH ENOUGH. HE WAS AFRAID THAT HIS CHILD WOULD GET BULLIED AND TAKEN ADVANTAGE OF BY OTHERS.

THERE IS NO RIGHT OR WRONG TEMPERAMENT

IT'S VERY IMPORTANT FOR CHILDREN TO BE ACCEPTED FOR WHO THEY ARE. IT IS TRUE, THOUGH, THAT SOME TEMPERAMENTS ARE EASIER TO HANDLE THAN OTHERS.
A PARENT WITH AN INTENSE, REACTIVE CHILD OR A CHILD WHO IS VERY SHY AND SLOW-TO-WARM-UP WILL TELL YOU THAT PARENTING THESE CHILDREN CAN BE A
CHALLENGE AT TIMES. SIBLINGS CAN BE (AND OFTEN ARE) TEMPERAMENTALLY VERY DIFFERENT. YOU MAY EVEN FEEL THAT IN YOUR HOUSE, WITH TWO KIDS, YOU
HAVE TO PARENT THEM IN TWO DIFFERENT WAYS.

MOST PARENTS PREFER SOME OF THEIR CHILD'S TEMPERAMENTAL CHARACTERISTICS TO OTHERS. FRANK IS SHY AND SLOW-TO-WARM-UP. FRANK'S FATHER SOMETIMES FEELS HIS PATIENCE DWINDLING AND WISHES THAT HIS SON FRANK WAS THE KIND OF KID WHO WOULD JUST GET ON WITH IT RATHER THAN TAKE SO LONG TO SETTLE IN. THE MOTHER OF VERY FEISTY CARLOS SOMETIMES WISHES FOR A DISAPPEARING PILL, LIKE THE DAY CARLOS' EXUBERANT HUG KNOCKED OVER A FRIEND WHO HIT HIS HEAD ON A CHAIR AS HE FELL DOWN.

PARENTS STRUGGLE WITH THESE KINDS OF FEELINGS FOR A RANGE OF REASONS. YOUR CHILD'S BEHAVIOR MAY REMIND YOU OF PARTS OF YOURSELF THAT YOU DON'T LIKE SO MUCH AND WANT TO CHANGE—LIKE BEING EASILY HURT BY SOMEONE'S UNKINDNESS. CONVERSELY, YOU MAY FEEL DISCOMFORT WITH WAYS IN WHICH YOUR CHILD IS VERY DIFFERENT FROM YOU—SUCH AS THEIR EASE AND COMFORT IN NEW SITUATIONS WHEN YOU LIKE TO TAKE THINGS SLOW. IT IS QUITE NORMAL THAT YOU WILL LIKE AND FEEL MORE COMFORTABLE WITH SOME ASPECTS OF YOUR CHILD'S TEMPERAMENT MORE THAN WITH OTHERS.

BE YOUR CHILD'S CHAMPION

HAVE YOU EVER FOUND YOURSELF FEELING ISOLATED FROM OR MISUNDERSTOOD—EVEN PUT DOWN—BY FAMILY, FRIENDS, AND NEIGHBORS WHO DISAPPROVE OF OR JUDGE YOUR CHILD? YOU ARE NOT ALONE. IT CAN BE EMPOWERING TO SEE THESE SITUATIONS AS OPPORTUNITIES TO EDUCATE OTHERS ABOUT YOUR CHILD. FOR EXAMPLE, A FATHER EXPLAINS TO HIS AUNT, WHO IS NOT GETTING THE WARM REACTION SHE WANTS FROM HER NIECE, "SOPHIE, LIKE A LOT OF OTHER KIDS, NEEDS TIME TO ADJUST TO NEW PEOPLE." DAD THEN HANDS HER SOPHIE'S FAVORITE BOOK, HELPING HIS AUNT LEARN TO APPROACH SOPHIE SLOWLY.

YOU CAN ALSO HELP OTHERS SEE YOUR CHILD'S BEHAVIOR FROM A DIFFERENT PERSPECTIVE. A MOM DESCRIBES HER DAUGHTER, TESS, TO A NEIGHBOR WHO IS CRITICAL OF TESS'S FEISTY NATURE. "TESS KNOWS WHO SHE IS AND WHAT SHE WANTS. SHE IS LOVING AND SHE IS FIERCE. SHE PUTS HER WHOLE HEART INTO EVERYTHING."

REMEMBER, THE GOAL ISN'T TO CHAN<mark>GE YOUR CHILD</mark>'S TEMPERAMENT, BUT TO HELP THEM MAKE THE MOST OF THEIR UNIQUE TEMPERAMENT—BOTH ITS STRENGTHS
AND THE AREAS WHERE THEY MAY NEED MORE SUPPORT. BY WATCHING AND LEARNING FROM YOUR CHILD, YOU CAN BEGIN TO SLOWLY AND SENSITIVELY HELP
YOUR CHILD ADAPT, TO EXPAND THEIR WORLD, AND TO FEEL MORE CONFIDENT ABOUT THEIR PLACE IN IT.

ADAPTED FROM: ZERO TO THREE, FEBRUARY 22, 2022. TIPS ON TEMPERAMENT. RETRIEVED FROM HTTPS://WWW.ZEROTOTHREE.ORG/RESOURCE/TIPS-ON-TEMPERAMENT/



"LEARN THE SIGNS OF AUTISM"

ONE OF THE MOST IMPORTANT THINGS YOU CAN DO AS A PARENT OR CAREGIVER IS TO LEARN THE EARLY SIGNS OF AUTISM AND BECOME FAMILIAR WITH THE TYPICAL DEVELOPMENTAL MILESTONES THAT YOUR CHILD SHOULD BE REACHING

WHAT ARE THE SIGNS OF AUTISM?

THE AUTISM DIAGNOSIS AGE AND INTENSITY OF AUTISM'S EARLY SIGNS VARY WIDELY. SOME INFANTS SHOW HINTS IN THEIR FIRST MONTHS. IN OTHERS, BEHAVIORS BECOME OBVIOUS AS LATE AS AGE 2 OR 3.

NOT ALL CHILDREN WITH AUTISM SHOW ALL THE SIGNS. MANY CHILDREN WHO DON'T HAVE AUTISM SHOW A FEW. THAT'S WHY PROFESSIONAL EVALUATION IS CRUCIAL.

THE FOLLOWING MAY INDICATE YOUR CHILD IS AT RISK FOR AN AUTISM SPECTRUM DISORDER. IF YOUR CHILD EXHIBITS ANY OF THE FOLLOWING, ASK YOUR PEDIATRICIAN OR FAMILY DOCTOR FOR AN EVALUATION RIGHT AWAY:
BY 6 MONTHS

- FEW OR NO BIG SMILES OR OTHER WARM, JOYFUL AND ENGAGING EXPRESSIONS
- LIMITED OR NO EYE CONTACT

BY 9 MONTHS

- LITTLE OR NO BACK-AND-FORTH SHARING OF SOUNDS, SMILES OR OTHER FACIAL EXPRESSIONS BY 12 MONTHS
- LITTLE OR NO BABBLING
- LITTLE OR NO BACK-AND-FORTH GESTURES SUCH AS POINTING, SHOWING, REACHING OR WAVING
- LITTLE OR NO RESPONSE TO NAME

BY 16 MONTHS

VERY FEW OR NO WORDS

BY 24 MONTHS

- VERY FEW OR NO MEANINGFUL, TWO-WORD PHRASES (NOT INCLUDING IMITATING OR REPEATING) AT ANY AGE
- · LOSS OF PREVIOUSLY ACQUIRED SPEECH, BABBLING OR SOCIAL SKILLS
- AVOIDANCE OF EYE CONTACT
- PERSISTENT PREFERENCE FOR SOLITUDE
- DIFFICULTY UNDERSTANDING OTHER PEOPLE'S FEELINGS
- DELAYED LANGUAGE DEVELOPMENT
- PERSISTENT REPETITION OF WORDS OR PHRASES (ECHOLALIA)
- RESISTANCE TO MINOR CHANGES IN ROUTINE OR SURROUNDINGS
- RESTRICTED INTERESTS
- REPETITIVE BEHAVIORS (FLAPPING, ROCKING, SPINNING, ETC.)
- UNUSUAL AND INTENSE REACTIONS TO SOUNDS, SMELLS, TASTES, TEXTURES, LIGHTS AND/OR COLORS IF YOU HAVE CONCERNS, GET YOUR CHILD SCREENED AND CONTACT YOUR HEALTHCARE PROVIDER THE M-CHAT (MODIFIED CHECKLIST FOR AUTISM IN TODDLERS ™) CAN HELP YOU DETERMINE IF A PROFESSIONAL SHOULD EVALUATE YOUR CHILD. THIS SIMPLE ONLINE AUTISM SCREEN, AVAILABLE ON OUR WEBSITE, TAKES ONLY A FEW MINUTES. IF THE ANSWERS SUGGEST YOUR CHILD HAS A HIGH PROBABILITY FOR AUTISM, PLEASE CONSULT WITH YOUR CHILD'S DOCTOR. LIKEWISE, IF YOU HAVE ANY OTHER CONCERNS ABOUT YOUR CHILD'S DEVELOPMENT, DON'T WAIT. SPEAK TO YOUR DOCTOR NOW ABOUT SCREENING YOUR CHILD FOR AUTISM.

A DIAGNOSIS OF AUTISM IS AN IMPORTANT TURNING POINT IN A LONG JOURNEY TO UNDERSTAND YOUR CHILD'S WORLD.
AUTISM SPEAKS HAS MANY RESOURCES FOR FAMILIES WHOSE CHILDREN HAVE RECENTLY RECEIVED A DIAGNOSIS.
THESE INCLUDE AUTISM SPEAKS FIRST CONCERN TO ACTION TOOL KIT AND FIRST CONCERN TO ACTION ROADMAP.
SIGNS OF AUTISM IN ADULTS AND TEENS

DO YOU SUSPECT THAT YOUR FEELINGS AND BEHAVIORS INVOLVE AUTISM? MANY PEOPLE WHO HAVE MILDER FORMS OF AUTISM GO UNDIAGNOSED UNTIL ADULTHOOD. FIND OUT MORE IN OUR GUIDE: "IS IT AUTISM AND IF SO, WHAT NEXT?" PLEASE VISIT TREATMENT OF AUTISM AND OUR AUTISM SPEAKS DIRECTORY FOR MORE INFORMATION. HAVE MORE QUESTIONS? AUTISM SPEAKS' AUTISM RESPONSE TEAM CAN HELP YOU WITH INFORMATION, RESOURCES AND OPPORTUNITIES. CALL US AT 888-288-4762 (EN ESPAÑOL 888-772-9050) OR EMAIL HELP@AUTISMSPEAKS.ORG.

RECENT RESEARCH CONFIRMS THAT APPROPRIATE SCREENING CAN DETERMINE WHETHER A CHILD IS AT RISK FOR AUTISM AS YOUNG AS ONE YEAR. WHILE EVERY CHILD DEVELOPS DIFFERENTLY, WE ALSO KNOW THAT EARLY TREATMENT IMPROVES OUTCOMES, OFTEN DRAMATICALLY. STUDIES SHOW, FOR EXAMPLE, THAT EARLY INTENSIVE BEHAVIORAL INTERVENTION IMPROVES LEARNING, COMMUNICATION AND SOCIAL SKILLS IN YOUNG CHILDREN WITH AUTISM SPECTRUM DISORDERS (ASD). HTTPS://WWW.AUTISMSPEAKS.ORG/RESOURCE-GUIDE

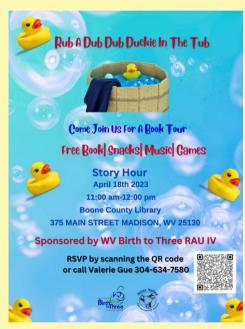


















Please Join Us
for the 22nd Annual
Ruth Sullivan
Rally for Autism
Saturday, April 29, 2023
Join a Team Now!



\$25 Early Bird Now -February 28, 2023







Are you interested in being a sponsor for the 2023 Rally for Autism?

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