

SPRING 2020-REGION 4

WV BIRTH TO THREE

QUARTERLY NEWSLETTER



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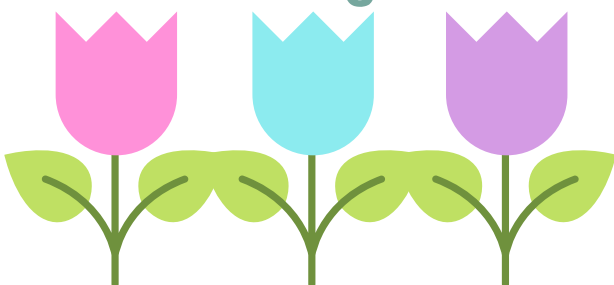
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Spring

Goodbye Winter.

So long snow.

It's time to watch the
flowers grow.



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

Best Toys for Babies & Toddlers

Zero to Three

As parents, you are always thinking about how to choose toys that will spark your child's imagination and stand the test of time.


Children explore the world through play, figuring out how things work and how people think, feel, and act in different situations. Play also provides lots of practice in using language, telling stories, and solving problems. Here's how to choose toys that that will spark your little one's imagination and stand the test of time.

What about electronic toys? Don't be fooled by claims that fancy toys will make your baby smarter. There is no research that shows that adding lights and sound boosts a child's brain power. Remember: the more the toy is doing, the less your child is learning.

So, what toys should you consider?

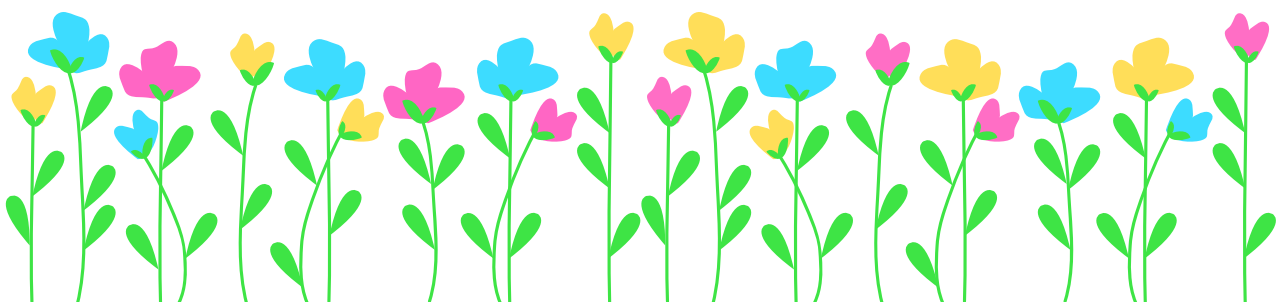
Babies birth to 9 months	<ul style="list-style-type: none">• Sensory-rich toys like mobiles, rattles, and teethingers.• Pop-up toys (like baby-friendly jack-in-the-boxes) and busy boxes.• Early pretend play toys like baby-safe rolling vehicles and dolls.• Simple musical instruments (like maracas, drums, or xylophones).• Board books like<ul style="list-style-type: none">• <i>Please Mr. Panda</i> (by Steve Antony),• <i>Black Bird, Yellow Sun</i> (by Steve Light),• <i>Wheels on the Bus</i> (by Paul O. Zelinsky), or• <i>Peek-a-Who</i> (by Elsa Mroziewicz).
Babies 9 months to Toddlers 18 months	<ul style="list-style-type: none">• Toys that imitate real life, such as toy tools, play food, and animal figurines.• Problem-solving toys, such as stacking cups, stacking rings, and simple puzzles with knobs.• Push and pull toys and balls that encourage active toddlers to move.• Great stories like:<ul style="list-style-type: none">• <i>Pete the Cat</i> (by James Dean and illustrated by Eric Litwin),• <i>A Good Day for a Hat</i> (by T. Nat Fuller and illustrated by Nate Hodgson),• <i>Here George</i> (by Sandra Boynton and illustrated by George Booth), or• <i>Hello Hello</i> (by Brendan Wenzel).
Toddlers 18 to 36 months	<ul style="list-style-type: none">• Art materials like play dough, crayons, washable markers, and child-safe finger paints.• Pretend play props like dress-up clothes, kitchen items, doctor's kit, telephone, toy figurines, toy vehicles/tools, dolls, and stuffed animals.• Problem-solving toys like puzzles with knobs, shape-sorters, and different types of blocks (foam blocks, wooden blocks, chunky interlocking plastic blocks)• Active play toys like balls or toddler-friendly bowling sets.• Fun books like:<ul style="list-style-type: none">• <i>Don't Let the Pigeon Drive the Bus!</i> (by Mo Willems),• <i>Escargot</i> (by Dashka Slater),• <i>From Head to Toe</i> (by Eric Carle), or• <i>When's My Birthday</i> (by Julie Fogliano and illustrated by: Christian Robinson).

Your presence is the best present you can give your child. Birthdays and holidays are a time to build traditions and make memories. Be sure to make time to slow down and "just be" during these special times. You are your little one's favorite toy and your attention is everything. Make time for special traditions, as well as everyday moments to play and connect.



Spring Bucket List

- SWING AT THE PARK
- RIDE A BIKE
- SPRING CLEANING
- PUDDLE JUMPING
- PLANT FLOWERS
- SIDEWALK CHALK
- EAT ICE CREAM
- HUNT FOR BUGS
- PLAY HOPSCOTCH
- READ BOOKS
- HUNT FOR 4 LEAF CLOVER
- FEED SOME DUCKS
- CLOUD WATCHING
- CHASE BUTTERFLIES
- WATCH THE SUNRISE
- WATCH THE SUNSET
- PAINT ROCKS
- GO BAREFOOT IN GRASS
- FLY A PAPER AIRPLANE
- GO FOR A RUN
- WASH THE CAR
- FLY A KITE
- LOOK AT THE STARS
- VISIT A NEW PARK
- BLOW BUBBLES
- HAVE A PICNIC
- PAINT A RAINBOW



Car Seat Safety

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.

1



REAR-FACING
CAR SEAT

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.

2



FORWARD-FACING
CAR SEAT

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.

3



BOOSTER SEAT

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.

4



SEAT BELT

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 checkout 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?

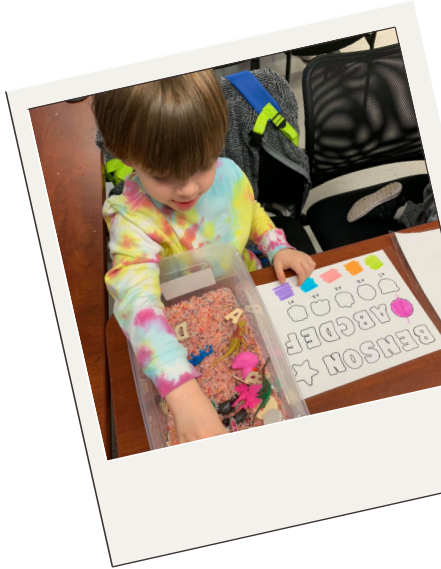
Is your child strapped in correctly?

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

Monthly Playgroups

Hosted by WV Birth To Three



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

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

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

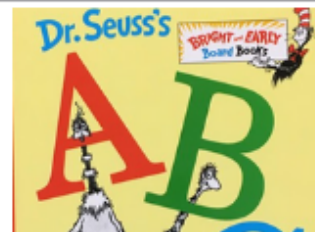
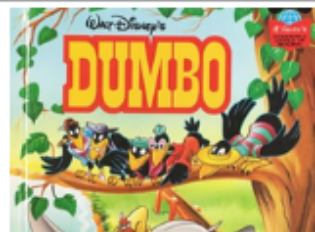
Our playgroup activities are geared for children ages 0-3. We focus on activities that encourage parent and child interaction. Activities for each month vary between free play, story time, crafts, sensory activities, and more.

Elizabeth Smith-Parent Partner
304-634-7580 or Esmitth@rvcds.org
[FB.com/wvbttrau4](https://www.facebook.com/wvbttrau4)



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

