

APRIL-JUNE 2022 SPRING

# WV BIRTH TO THREE REGION III NEWSLETTER

SERVING: KANAWHA, CLAY, JACKSON AND ROANE COUNTIES

## FUN SENSORY PLAY FROZEN DINOSAUR EGGS SENSORY PLAY

Have wonderful fun with these frozen dinosaur eggs for sensory play and scientific discovery! So easy to make and play with as part of imaginative, small world play scene and great for dinosaur loving kids. Playing with ice is an absolute favorite sensory and science activity for small kids to explore! We have often enjoyed freezing and thawing objects, trying to work out how to release them from the ice blocks and cooling down from the heat of the day in the process!

This time we decided to make some super cool dinosaurs frozen inside ice eggs for a fun twist!

HOW TO MAKE FROZEN DINOSAUR EGGS.

### YOU WILL NEED:

- Ballons
- Mini dinosaur figures
- Water
- Glitter(If you choose)

For younger kids they'd be great to hide in the undergrowth or inside a (insulated) box to open up and surprise them for a bit of awe and wonder! Play with them after reading some favorite dinosaur story books or use them as a story telling prompt together, inventing a part each.

Or simply set them out as part of a sensory table or small world scene alongside some basic tools and spray bottles and wait to see what they make of it. Let us know how you choose to play!



# DEVELOPMENTAL MILESTONES

BY: CDC(CENTER FOR DISEASE CONTROL AND PREVENTION)

Toddlers (1-2 years of age)

Skills such as taking a first step, smiling for the first time, and waving “bye-bye” are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

During the second year, toddlers are moving around more, and are aware of themselves and their surroundings. Their desire to explore new objects and people also is increasing. During this stage, toddlers will show greater independence; begin to show defiant behavior; recognize themselves in pictures or a mirror; and imitate the behavior of others, especially adults and older children. Toddlers also should be able to recognize the names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.



## Positive Parenting Tips

Following are some of the things you, as a parent, can do to help your toddler during this time:

- Read to your toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Encourage him to explore and try new things.
- Help to develop your toddler’s language by talking with her and adding to words she starts. For example, if your toddler says “baba”, you can respond, “Yes, you are right—that is a bottle.”
- Encourage your child’s growing independence by letting him help with dressing himself and feeding himself.
- Respond to wanted behaviors more than you punish unwanted behaviors (use only very brief time outs).  
Always tell or show your child what she should do instead.
- Encourage your toddler’s curiosity and ability to recognize common objects by taking field trips together to the park or going on a bus ride.

# A SUMMER SCHEDULE THAT'LL KEEP KIDS OCCUPIED & MOM SANE

Want a *peaceful summer* so the kids aren't fighting like cats and dogs OR in front of a screen for 10 hours a day?? I can help! Inside: Want to have more freedom during your day this summer without sacrificing the order and predictability a routine brings? Here are some ideas for a summer schedule for kids.

Since all my children are in different age ranges, there are pros and cons to spontaneity. The obvious pros are they get to do different things, stay up later, get up later, go on vacations, and just enjoy the season.

The cons are they don't actually function well without routine. Basically... they thrive on routine.

So in an effort to make the most of summer, loosen the reigns, and still maintain the benefits of routine you just have to be a tad more purposeful. Here are some ways to do that.

## 1. Find a new rhythm

Go for a week or so and see what changes you're naturally making. I found we were wanting to swim every day and eat dinner later. So I noticed what we tended to do and began tweaking our routine. Instead of putting kids in their rooms for independent play time closer to lunch, you might move it earlier in the morning so you are free until lunch or afternoon.

## 2. Change sleep times, but don't sleep less

Kids don't want to go to sleep in the dark. I get that. However, if they start staying up later but still get up at the same time you're going to have cranky kids on your hands. Try buying your kiddo some black out curtains or shades. If you move bedtime back for a week and notice the kids are not sleeping any later in the morning or making it up during naptime, weigh whether their behavior is negatively affected. You'll know if it's going to work for everyone.

## 3. Add in daily rituals to your summer schedule

That means I have tons of things lined up in my head and up my sleeve best done in summer months. Days at the park, beach, and pool can become a new norm in your routine. Make a summer bucket list. Choose "days of the week" to do certain things. Monday is pool day. Tuesday is park day, etc. This will help set a rhythm to your week. Embrace the season. Take evening walks, eat meals on the patio, or read books outside on a blanket. Choose a normal part of your daily routine and give it a summer spin.

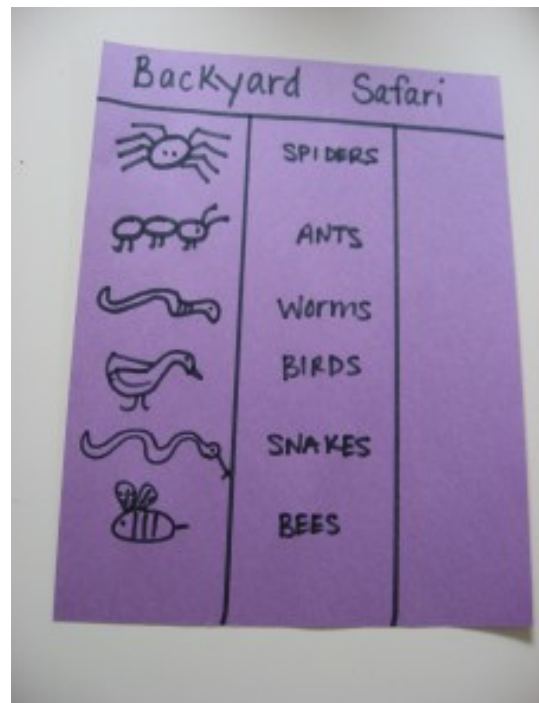




# FIND AND COUNT BUG HUNT



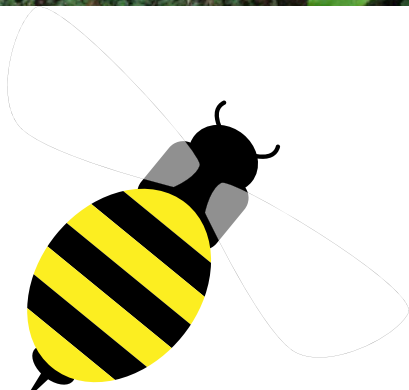
Gather your materials. You will need a clip board, a marker and a piece of paper. If you want grab a magnifying glass and a plastic jar if you want to collect what you find.



Make a simple check list with bugs you normally find in your yard. It's okay if you don't find some of the things on your list but if you come up completely empty handed that would be a huge bummer. So take their suggestions but fill in some gaps if all they suggest are lions, and tigers and bears! Unless you have those in your yard.

We drew pictures as well as spelled out the words.

Out you go!  
Start searching!



# Helping Your Child Grow and Thrive



In February 2022 the developmental milestone checklists for children were updated for the first time in nearly 20 years. Along with the updates, new screening checklists were developed for young children at 15 and 30 months of age. The reason for the update was to look at the ages for when most children (75%) would be expected to achieve developmental milestones. While it is important to remember that all children develop at their own pace, one of the key factors in identifying concerns with a child is your knowledge of your child and their ability to participate in the life of your family.

You may have questions about what these changes may mean for you and the conversations you are having with your child's physician. The resources below will provide you links to valuable materials to review to help you to understand your child's development and assist in those conversations. As a result, you and your child's physician will have a better way of responding to developmental concerns, including earlier identification of autism and other social-communication concerns. That also means earlier connections to services and supports like WV Birth to Three to help you help your child.

If you are concerned about your child's development, talk to your child's doctor. They can assist you in looking at any medical concerns that need looked at and can help connect you to programs like WV Birth to Three to help support you and your child.



