

July–September 2024 Summer

# WV BIRTH TO THREE REGION III NEWSLETTER

Serving: Kanawha, Clay, Jackson and Roane counties

## Upcoming Events

**Pirate & Mermaid Party**  
Aug 21:10-Noon  
(Kanawha City Rec Center)

**Community Baby Shower:**  
Hosted By Connect: Sept 25  
12-2pm (Risen City Church)

**Step By Step Resource Fair**  
Oct 18: 5pm-7pm  
(Risen City Church)

**Trick or Trunk**  
Oct 24: 6pm-8pm  
(Location: TBA)



## Thank You

Greetings from Miss Brittanie!

I would personally like to take a moment to thank all of the caregivers. Moms, Dads, Foster Parents, Uncles, Aunts and Friends for always attending events. For making sure all of our kiddos get the help they need. We would like to say Thank You! We know everyone is so busy and the world is so crazy. Thank you for allowing our Birth to Three family be apart of your family.

**Visit the online  
page**

<https://www.facebook.com/WVBTT3/>



# Lets Talk about Langage

Parents normally ask: What can i change about myself that will make it easier for my child to learn?

Before we can change a child, we often must change ourselves first! This means that we need to adjust the things we do, as the adult, before we can expect any improvements in the child we're working with. We'll keep the same goal and strategies; we just change our own personal approach.

For Example:

- Be More Fun and animated!

Late talkers who are innately quiet and sensitive could sense that you are too mission-oriented and focused on 'making them talk' which is difficult. The antidote is...loosen up and play! Lots of times this simple shift can turn things around.

- Slow Down

Another simple fix is slowing down our pace. We may be amped up. Pull back the reigns! Try a more relaxed pace. Breathe. Give the child and yourself a chance to regroup.

- Adjust your expectations

Rather than pursuing immediate change, we may need to enjoy meeting a child where he or she is. One big mistake all of us make, is starting our work with a child at the long term goal, or end result. For example, with a nonverbal child, an SLP might begin her therapy sessions by trying to elicit words, even though the child ignores, and doesn't complete any request. At first glance, you may think, well of course she's trying to get him to talk--that's why he's in speech therapy! However, when we take a step back and ask ourselves if talking is a realistic short-term outcome for my child at the moment, You must meet your child where he or she is.

- Focus on building a relationship with a child, not just building skills

All of us enjoy being with other people who 'get us' who like us, who want to be with us just because. Kids are like that too. They innately sense when you are somehow unhappy with them and how things are going. When this is the case, focus on being together first before you move on to working on a 'goal'.

# Mommy to Mommy

## Signs of Over feeding In Babies

1. Frequent spit up
2. Gassiness
3. Fussiness & Irritability
4. Unsettled Sleep
5. Rapid weight gain
6. Short feeding interval



Baby Feeding Chart for Newborn to 12 months

Age of Baby	Average Amount of Breast Milk or Formula per Feeding	Expected Number of Feedings per Day
Newborn	1 to 2 ounces	8 to 12 feedings
2 weeks	2 to 3 ounces	8 to 12 feedings
1 month	3 to 4 ounces	8 to 10 feedings
2 months	4 to 5 ounces	6 to 8 feedings
4 months	4 to 6 ounces	6 to 8 feedings
6 to 12 months	7 to 8 ounces	4 to 6 feedings

**\*Every baby is different, adjust according to their needs**



# 31 Days of Family Fun:

1. Visit the library
2. Walk around the neighborhood
3. Shop a Farmers' Market
4. Work a jigsaw puzzle
5. Bake cookies
6. Look at old photo albums together
7. Sing a song -- in rounds
8. Take a family bike ride
9. Play a board game
10. Stroll through a local museum (many offer free admission once a month)
11. Play tag
12. Pop some corn and watch a movie
13. Play Putt-Putt
14. Fix dinner together -- let the kids plan the menu
15. Go for a nature hike
16. Make ice cream sundaes
17. Read a riveting story aloud
18. Climb a tree
19. Stage a family sit-up, push-up, or chin-up competition
20. Go to the playground
21. Count your blessings
22. Play the hat game
23. Go garage sale hunting -- see who can find best bargain
24. Go bowling (you can make your own lanes with tin cans and sidewalk chalk)
25. Jump rope
26. Have a staring contest -- give prizes to the winner
27. Go on a photo shoot -- see how many different animals, flowers, or bugs you can photograph
28. Start a prayer journal
29. Build something together
30. Visit a nursing home -- bring the residents some handmade cards
31. Dress up for a formal family dinner



# Fish For A Song



Engage your little ones in a fun and interactive musical activity with "Fish For A Song." Using a plastic fishbowl filled with paper fish, each inscribed with a different song title like "Twinkle, Twinkle, Little Star", "ABC Song," "Mary Had a Little Lamb," you create an exciting and unpredictable way to choose songs for circle time.

During circle time, invite a child to select a fish from the fishbowl, revealing the song that you will sing together.

To accommodate children who cannot yet read, each song title can be accompanied by a symbol representing the song, such as a bus for "Wheels on the Bus." This activity not only adds an element of surprise and anticipation to your music sessions but also helps develop decision-making skills and encourages participation from all children. It is a delightful way to make music time even more enjoyable!



All summer long, your toddler has had all their favorite people around. Big siblings have been available for playtime nearly 24/7. Maybe you've gone away to a vacation home as a family or spent time at an amusement park. Bedtimes have been a little less strict and snuggles have been plentiful, and then fall arrives.

Suddenly, there's the hustle and bustle of a whole new routine. Everyone's a little stressed racing to get out the door in the morning. And those big siblings who have been giving your littlest one all that round the clock attention? They're off somewhere big, new and mysterious that your toddler can't go, leaving them confused, lonely, and definitely feeling the stress of transition.

As we head into this season of joy, change, and new routines, here are a few easy ways to reassure your toddler that they are an essential part of the family - even when the day-to-day of family life is changing. Let's look at what you can do!

### Getting Ready

Before the bell rings on the first day of school, you can help toddlers feel like part of the party by letting them help with prep by:

- Taking them school shopping along with older siblings and letting them pick out a few "school supplies" of their own (new outfit, toddler size backpack, art supplies).
- Filling them in on the plan. Toddlers may be little, but they still like to know what to expect. Show them the school building where their siblings will be attending. Talk about what school is, what siblings will do all day, and how they'll get to go to school, too, when they get older.
- Explore if the school offers family events you can attend together.

### The First Week

The first week of school is ALWAYS hectic. Your toddler knows what's coming, but that doesn't mean they (or older kids, for that matter) are going to cheerfully participate in the routine from day one. Try:

- Making sure everyone gets to sleep a little earlier than usual and waking everyone up a little earlier than necessary to keep the morning from tumbling into running late mayhem. For example, lay out clothes ahead of time, prep breakfasts as much as possible.
- Letting toddlers be part of the action. Help little siblings make a special card or drawing to put in sibling lunch boxes and let them help pack the lunches for the big siblings. You can even make a back-to-school lunch for your toddler to eat later in the day.
- Doing something extra special with just your littlest. If your schedule allows, make a special stop on the way home from school drop off with your toddler to do something they really love. A short trip to the library, park, or play space can distract them from the feeling that they're missing out on something new their siblings are doing.

### Ease the Sad Thoughts

It's normal for your younger child to feel sad and lonely when their older sibling goes off to school. When your child feels down about missing their big brother or sister, help them to think positively about how soon they'll be reunited and how fun it will be to tell them about the new craft they made, the new dance move they learned, or the puzzle they put together. It can be exciting for both children to share their daily experiences and help them stay bonded throughout the school year.

### Establishing a Routine

Once you've got the first few weeks of school under your belt, take the time to start making a few new family routines or traditions that guarantee your youngest child gets some of the whole-family-together time they crave. Plans like:

- Setting aside a family day, or even a few family hours, over the weekend. Make sure as many members of your family are available as possible during family time, and play a game, go on an adventure, or have a meal together as a whole family.
- Planning occasional "field trips" with your toddler - just like the big kids - maybe even visit the same places! Check out the zoo, the museum, anywhere your kids in school might go. That way, your little one can say "me too!" when they talk about all the wonderful things they saw.
- Sign your child up for something - It is hard to watch the siblings all go and do fun things. The youngest can really feel left out and left behind. Find a dance class, tumbling class, music class, or free fun activities at local libraries and community centers. Just something to look forward to and something to help your child feel like she has a life, also.
- Establish a special tradition with your toddler. Just you and them, no big kids allowed!
- Give them a job - kind of. Kids can gain confidence, independence, and learn responsibility by helping with chores around the house, even when they are as young as 18 months. Often, they love to be involved and feel like they are helping you.
- A playgroup can be a really fun thing for your little one. Find something in the community or you can set up your playgroup for similar age kids playing together.

It's easy to get caught up in the long back to school lists for older kids. It's a LOT of work, on top of the already packed schedules of most parents. It might seem scary and you might worry that your child won't know what to do with himself. It is an adjustment for everyone, but it can also be a joy and will build sweet memories. Remember the sweet times when you had just one child? You may have worried over the change that would come to that bond and that sweet time when baby number two was on the way. When you are down to just the youngest at home, this is when you revisit that one-on-one time - this time with a different child.

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