

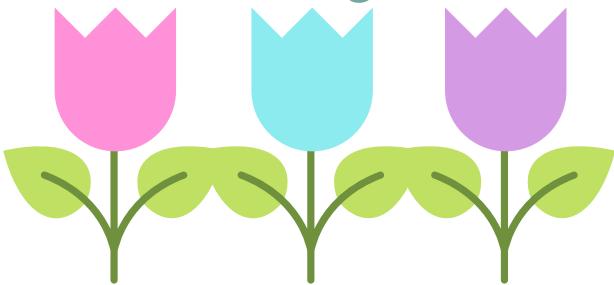
SPRING 2021-REGION 4

# WV BIRTH TO THREE

## QUARTERLY NEWSLETTER



**Spring**  
Goodbye Winter.  
So long snow.  
It's time to watch the  
flowers grow.



### In this issue:

What is WV Birth to Three

Page 1

Car Seat Safety

Page 2

Love Language of Children

Page 3

Love Language of Children Cont.

Page 4

Spring Scavenger Hunt

Page 5

Masks

Page 6

Giving Library

Page 7

Coloring Sheet

Page 8



## What is WV BTT ?

*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*

# 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.



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.



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.



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 middle 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.



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.

The back seat is the safest place. Children should ride in the back seat until they are 13 years old.

Seat belts do not usually fit until children are between 8-12 years old and about 4'9" tall.

Attend a car seat checkup to be sure your child is in the right seat and the seat is installed correctly.

Artwork and theme from NHTSA. Layout/design copyright © Child Safety Solutions, Inc.

2-3602E

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

# The 5 Love Languages of Children

Different kids crave different kinds of attention and affection. Dr. Gary Chapman, author of The 5 Love Languages and The 5 Love Languages of Children, believes that we all express love, and experience it through physical touch, gifts, words of affirmation, acts of service and quality time, but each of us has one way that matters most to us. Our job as parents is to know how to communicate with each of our children so they genuinely feel loved.

The first step in identifying your child's primary love language is to pay attention to how he shows you love. Why? We all tend to offer affection in the way we wish to receive it. As we get older, we learn that the Golden Rule can backfire in our relationships because we need to give love unto others in the way that works best for them. But since kids generally don't pick up on that, they offer the brand of affection they crave. The other piece of the puzzle is what your child requests.

Though Dr. Chapman believes that love languages are like personality traits that stay with us for life, your child's preference might seem to change from moment to moment and stage to stage. A toddler who craves snuggles may grow into a 7-year-old who likes to roughhouse. A kid who basks in praise might become skeptical of your reassurance at some point and instead just need a little quality time.

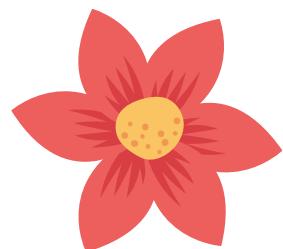
Stay tuned in to what your child's reactions and behaviors say about the type of love she needs in any given moment and there's no doubt that you'll continue to connect—and reconnect—as she grows.

Article Adapted from – Cornwall, G. (April 2, 2019). The 5 love languages of children. Retrieved from <https://www.parents.com/parenting/better-parenting/advice/love-languages-of-children/>.

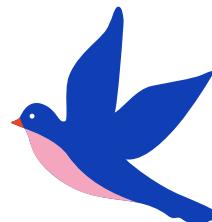
# The 5 Love Languages of Children

Language	What we see	What can you do	Common Pitfalls
Physical Touch	When you come home, does your child run to the door, grab your leg and climb all over you? If children are constantly in your space, touching you, or playing with your hair, that is a signal that they need to be touched more.	<ul style="list-style-type: none"> <li>Snuggle on the <u>couch</u></li> <li>Ask your kid if she wants to sit on your <u>lap</u></li> <li>Offer hugs and high fives.</li> <li>Holding hands</li> <li>Rough house play</li> <li>Have a secret <u>handshake</u></li> <li>Good morning/night hugs</li> </ul>	A slap or spanking is hurtful to any child, but it is devastating to one whose primary love language is touch.
Gifts	Someone whose primary love language is gifts tends to care about how a present is wrapped, and he often remembers who gave him what for months or years after the fact, may have trouble getting rid of things someone gave him, even if he <u>hasn't</u> looked at them in ages.	<p>Your child sees a gift as a symbol of your love. Although it's fine to keep a closet full of wrapped dollar-store toys, you don't need to spend money.</p> <ul style="list-style-type: none"> <li>Leaving a precious object for the child to find (rock, flower, car, crayon or others)</li> <li>Stickers</li> <li>Hanging their artwork</li> <li>Have a "precious things" table for their creations</li> </ul>	Be careful about overdoing gifts. Give kids gifts that are appropriate for their age and that will be helpful to them, rather than just what they want. Resist the temptation to shower children with presents instead of also using the other love languages.
Words of Affirmation	For kids who listen intently and speak sweetly, your loving words matter most. If your child beams whenever you praise her or offers you lots of sweet <u>feedback</u> she probably relishes words of affirmation.	<p>Babies and Toddlers – at eye level</p> <ul style="list-style-type: none"> <li>Tell them "You are the best thing in my life. You are so important to me."</li> <li>Gossip with a favorite stuffed animal about how wonderful your kid is</li> </ul> <p>Older children</p> <ul style="list-style-type: none"> <li>Little notes in their lunch box</li> <li>Texts</li> <li>Even a bracelet with something like "my hero" printed on it</li> </ul>	Insults cut deep it is particularly important for these kids to hear the words "I love you" standing alone, rather than, "I love you, but ..." that can imply that your love is conditional.
Acts of Service	Acts of service is the most peculiar-sounding love language, but kids who speak it appreciate thoughtful gestures, he may beg you to tie his shoes for him, fix a broken toy, or fluff his pillow. As a result, parents of these kids often end up feeling like servants.	<ul style="list-style-type: none"> <li>Make exceptions to a general rule (helping the child to pick up toys)</li> <li>going above and beyond (such as warming clothes in the dryer on a cold morning)</li> <li>Encourage self-reliance and expect them to do what they can for themselves, the best act of service you can provide is teaching him, step-by-step, how to be more capable</li> </ul>	Do not jump at every request, sometimes a thoughtful response will do, even if it's to deny an ask. And watch out for how those exceptions to rules pile up – how many times have you picked up the toys alone, stop and rethink it!
Quality Time	These children feel most valued when you choose to spend time with them. A child who often says, "Watch this!" or "Play with me," is begging for quality time.	<ul style="list-style-type: none"> <li>Just being together</li> <li>Offer your undivided <u>attention</u></li> <li>Create "special time" it can be short, but let your child choose the <u>activity</u></li> <li>One-on-one time or chat</li> </ul>	For the child craving quality time, isolating them in time out away from you, <u>that's</u> a severe punishment to her. says Also, <u>don't</u> assume that spending extra time together means that you need to abandon your to-do list. Have them help with it or even read beside your child when <u>she's</u> absorbed in her own play will let her feel your warm presence.

# Spring Scavenger Hunt



FLOWER



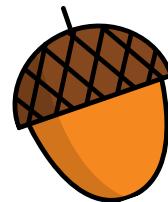
BIRD



BUTTERFLY



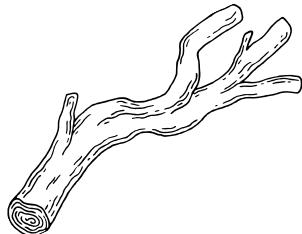
GREEN LEAF



ACORN



BUG



STICK



PINE CONE



GRASS



BEE



ROCK

How many did you find?

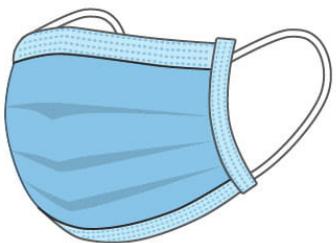
# Know your masks

Protect yourself, and everyone around you.



## N95 masks

- Should be reserved for frontline healthcare workers
- N95 masks with a valve will not filter out the virus if you are a carrier



## Surgical masks

- Should be saved for medical professionals
- Single-use – dispose after using



## DIY cloth masks

- Protects others from you
- Can make at home and re-wear – wash after each use



## No mask

- Offers no protection
- Doesn't help slow or stop the spread of COVID-19

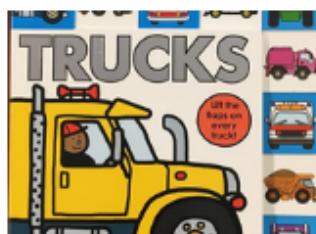
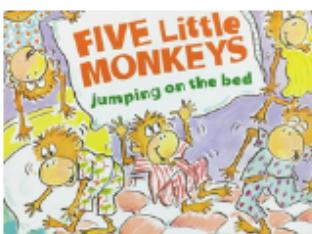
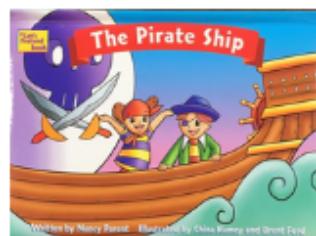
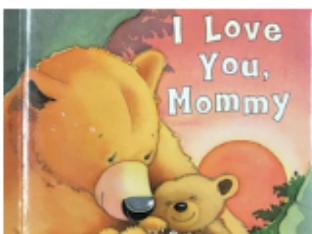
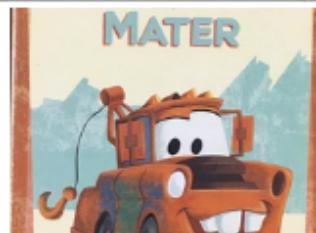
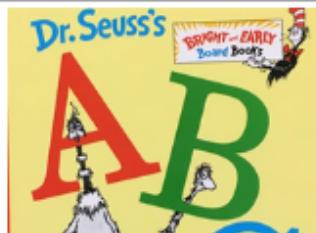
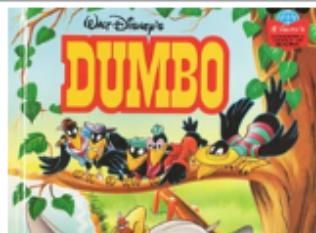
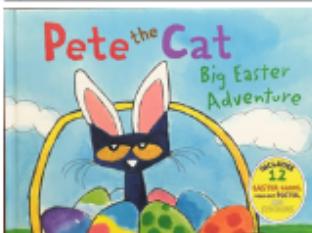
## *How to wear your mask*

Snugly covering your mouth and nose



# 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](mailto:esmith@rvcds.org)

