

# WV Birth to Three RAU 1

Thanksgiving/Christmas Newsletter by

Parent Partners: Pat Elliott & Laura Gearde

# Happy Holidays!

## I KEEP MY SNOWMAN IN THE FREEZER

by  
Ian McMillan

I keep my snowman in the freezer  
Just behind the pies  
He likes it there, he told me so  
I can see it in his eyes.

I made him on a cold, cold morning  
When the snow was fresh and deep  
Now he sits in the freezer  
Near the fish that we got cheap.

I keep my snowman in the freezer  
And look at him each day.  
If I'd left him in the garden  
He'd simply have melted away.

But now he's like my Grandma  
Living somewhere safe and nice;  
He's in a frosty, snowy palace  
On a throne of coldest ice.

I keep my snowman in the freezer  
Near a lump of frozen beef  
And I've got a treat for him in August:  
I'm taking him to Tenerife!



Happy Thanksgiving

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Contact your Parent Partners for more information.

#### Wheeling

Pat Elliott

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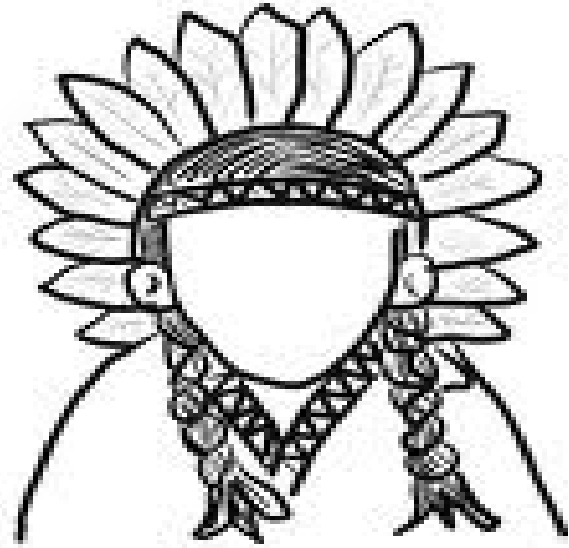
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#### Morgantown

Laura Gearde

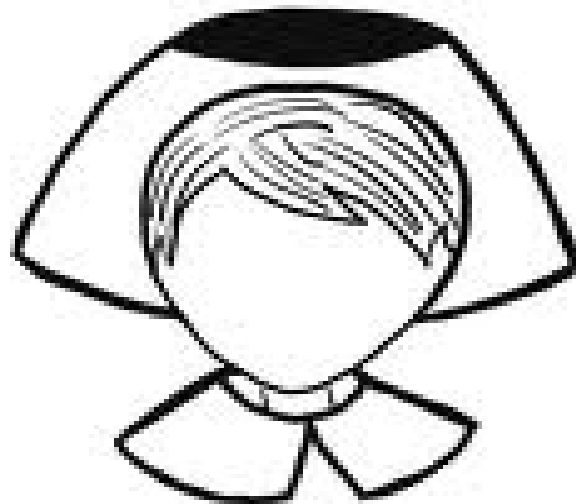
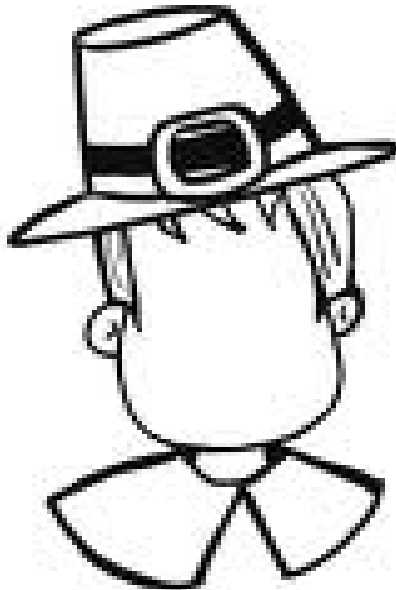
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DRAW THE INDIANS FACES

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DRAW THE PILGRIMS FACES

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# FAMILY FUN DAY



WV BTT Region One hosted the  
FIRST WV BTT Family FUN Days on  
August 11, 2011 for Wetzel/ Tyler Counties

Attendees included: Interim Service Coordinator Melinda Graham,  
Parent Partner Pat Elliott, Ongoing Service Coordinators Carla  
Hudson and Sarah Feick

September 22, 2011 in Marshall County

Attendees included: Parent Partner Pat Elliott, Interim Service  
Coordinator Amanda Rockwell, Ongoing Service Coordinators  
Carla Hudson, Developmental Specialist Felicia Neihaus

## Toy Safety

- Tips to help choose appropriate toys for children:
- ✦ **Magnets** — For children under age six, avoid building sets with small magnets. If swallowed, serious injuries and/or death can occur.
- ✦ **Small Parts** — For children younger than age three, avoid toys with small parts, which can cause choking. Look for sturdy construction, such as tightly-secured eyes, noses and other potential small parts.
- ✦ **Ride-on Toys** — Riding toys, skateboards and in-line skates go fast and falls could be deadly. Helmets and safety gear should be sized to fit.
- ✦ **Projectile Toys** — Projectile toys such as air rockets, darts and sling shots are for older children. Improper use of these toys can result in serious eye injuries. For all children under 8, avoid toys that have sharp edges and points.
- ✦ **Chargers and Adapters** — Charging batteries should be supervised by adults. Chargers and adapters can pose thermal burn hazards to children.

**Be a label reader when shopping for toys!** Look for toy labels that give age and safety recommendations and use that information as a guide. And, before allowing your child to play with a toy that he has received as a gift, read the instructions carefully.

- To prevent both burns and electrical shocks, don't give young children (*under age ten*) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated. Pay attention to instructions and warnings on battery chargers. Some chargers lack any device to prevent overcharging.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Children under age 8 can choke or suffocate on uninflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.
- Immediately discard plastic wrappings on toys before they become dangerous playthings.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.



## Holiday Shopping for Children **REMEMBER SAFETY!!**

\*Tip\* Any parts small enough to fit through a toilet paper roll are considered a choking hazard\*

### Toy Safety

—Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards for younger children



# Family FUN Holiday Recipes!

## Pumpkin Recipe Pancakes

- 2 1/2 Cups pancake mix
- 2 Tablespoons brown sugar
- 1 Tablespoon cinnamon
- 1 12-ounce can evaporated milk
- 1/2 Cup pumpkin
- 3 Tablespoons vegetable oil
- 2 teaspoons vanilla extract
- 2 eggs

raisins or chocolate chips for decorating the face  
 Mix first pancake mix, brown sugar and cinnamon in bowl. Add in milk, pumpkin, vegetable oil, vanilla and eggs and blend together until smooth. Fry on griddle or skillet. Then have kids decorate



## Traditional Pumpkin Pie

- 3/4 Cup sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 2 large eggs
- 1 -15 oz can pumpkin
- 12 oz. evaporated milk

unbaked 9 inch deep dish pie shell

Mix dry ingredients (first 5) in small bowl and set aside. Beat eggs in large bowl and stir in pumpkin. Then add dry ingredients. Gradually stir in evaporated milk and pour into pie shell. Bake in a 425 degree oven for 15 minutes then reduce temperature to 350 degrees and bake 30-40 minutes, until knife inserted near center comes out clean.



\*\*1 3/4 teaspoon pumpkin pie spice can be substituted for the cinnamon, ginger and cloves

## Bread and Celery Stuffing

- 1 (1 pound) loaf sliced white bread
- 3/4 cup butter or margarine
- 1 onion, chopped
- 4 stalks celery, chopped
- 2 teaspoons poultry seasoning
- salt and pepper to taste

1 cup chicken broth  
 Let bread slices air dry for 1 to 2 hours, then cut into cubes.

In a Dutch oven, melt butter or margarine over medium heat. Cook onion and celery until soft. Season with poultry seasoning, salt, and pepper. Stir in bread cubes until evenly coated. Moisten with chicken broth; mix well.

Chill, and use as a stuffing for turkey, or bake in a buttered casserole dish at 350 degrees F (175 degrees C) for 30 to 40 minutes.





We would like to welcome our **NEW**  
WV BIRTH TO THREE  
RAU-REGION ONE  
DIRECTOR MRS. WENDY MILLER.



Wendy has served at Catholic Charities West Virginia for the last 8 years as an employee of Child Care Resource Center. She has served in both a case managers position and as the Infant and Toddler Specialist with the agency. She has over 24 years experience in working with children and families in the State of West Virginia. Wendy recently was chosen as a National Presenter with the Zero to Three Institute. Wendy has facilitated state and national trainings and peer-mediation groups.

We are VERY EXCITED to welcome her to our " WV BTT TEAM" and are looking forward to working with her.



## Region One Staff

### Wheeling Office

**Region One Director**

Wendy Miller

**Interim Service Coordinators**

Amanda Rockwell

Nancy Baranski

**Parent Partner**

Pat Elliott

**Administrative Assistant**

Pauline Boring

**Data Entry**

Geralyn Hemmann

### Morgantown Office

**Interim Service Coordinators**

Liz Smailes

L

Meghann Tenney

**Parent Partner**

Laura Gearde

### New Martinsville Office

**Interim Service Coordinator**

Melinda Graham

Would you like to speak with a parent  
who can  
offer support?

Our offices have Parent Partners who  
can

Offer support, provide resources, and answer  
questions.

#### Wheeling Office

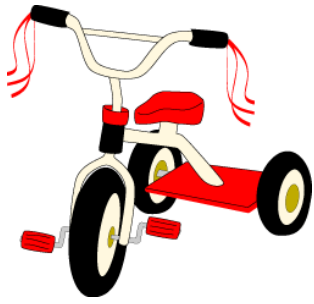
Pat Elliott(304) 214-5775

#### Morgantown Office

Laura Gearde (304) 296-3660

(304) 296-3660





# Assistive Technology Equipment List

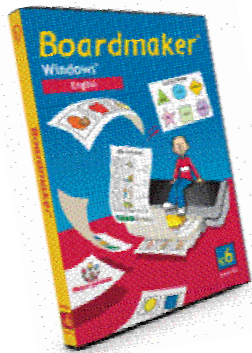
Assistive Technology (**FREE** to borrow) available for WV BTT families in our WV BTT RAU—Region One Wheeling Office. If interested please call 1-800-619-5697.

As of 6-28-11 we have available:

- Fisher Price Bouncer—Cloth Covered with Mobile
- Water Chair by Riffton -Large size—Fair Condition
- Small Support Chair—(tub use for small child)
- Table Top—Purple
- Booster Chair—Small Green
- Gazelle Stander
- Walking Wings—Vest Harness to aid walking
- Giraffe Stander
- Super Stander
- Kelliquilt Weighted Blanket 20#
- Small Square Versa Form
- Kid Kart Express Booster Base
- Small Brace For Injured Collar Bone



**NEW** to the Wheeling office is Mayer-Johnson, "Board Maker" Computer software. At the RAU-One Office in Wheeling we are offering the Board maker program for use at our office for practitioners and families, This is a GREAT picture card making program with generic pictures and also is able to import your own pictures. This software is great for creating visual schedules, matching games, Picture Exchange Communication System, and MUCH MORE!!!



This will be offered at a very small cost per sheet printed and laminated. Call RAU-One for more information.

## Community Resources & Upcoming Events

**All Counties:** Celebrating Connections Feb. 21-24 at Charleston Civic Center. Call RAU-One for more details!!!

**Marshall:** "FREE" Play Groups at Benwood-McMechen Housing for ages 2-5 every Monday and Wednesday .

**Autism/Special Needs Support Group meets** the first Thursday of every month at Sanford Center in Moundsville at 6pm. Call Pat Elliott 304-238-3985 for more details.

**Brooke and Hancock Counties":** Follansbee Library Story hour is the first three Mondays of the month at noon.,

Brooke County Library Story hours will be on Wednesdays from 11am to Noon. Autism support group meets on the first Thursday of the month at 5:30 at Brooke/Hancock County FRN.

**Ohio County:** Ohio County Public Library Story hours Ages 3-5 7pm Mondays and Tuesdays at 10am and Wednesdays at 1pm; ages Birth to two will be 10:30am on Fridays.

**Monongalia County:** A Sensitive Santa will be at the Morgantown Mall on December 4th from 8am to 11am for children who have autism. The Santa area will be sensory friendly with lower lighting and quieter surroundings.

**Marion County:** The celebration of lights will begin on the weekends in December at Morris Park. \$5 per car. Oldies Dance will be December 2nd from 7pm to 10pm at the Elks Lodge #294. For more information you can contact the United Way at 304-366-4550.

**Wetzel County:** New Martinsville Public Library Story Time is every Tuesday at 11am unless Wetzel County Schools are cancelled, call 304-455-4545 to pre-register your child.

**New Martinsville Christmas Parade—December 2!**

**Tyler County:** Middlebourne Library Story Hour every Thursday at 1pm. Call library at 304-758-4303 to pre-register your child.

*West Virginia Birth to Three Region 1 RAU is a program of Catholic Community Services and the Diocese of Wheeling/Charleston. West Virginia Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health.*



# Lending Library

## Available in the Wheeling and Morgantown Office

- Easy Baby Tummy Time Program—DVD
- Understanding SSI Disability for Children- VHS & book
- 1-2-3 Magic: Managing Difficult Behavior in Children 2-12 years- DVD & book
- Beyond Baby Talk: A Parent's Guide to language development- DVD & book
- Caring for Your Baby and Young Child-birth to age 5- book
- What to do When Your Child Gets Sick-book
- Creative Activities For Young Children-book
- Steps To Independence ( A Skills Training Guide for Parents and Teachers of Children with Special Needs)-book
- Developmental Disorders of Language-book
- 1,2,3, The Toddler Years-book
- Someone Special Just Like You-book
- Infections in Children-book
- Exercise Program for Young Children 4weeks to 4 years-book
- The Art of Sign Language, By: Christopher Brown
- The Everything Sign Language Book; By: Irene Duke
- Pecs Training Manual, By Lori Frost and Andy Bondy
- 1001 Great Ideas for Teaching and Raising Children With Autism; By:Ellen Notbhom/Veronica Zysk
- Ten Things Every Child With Autism Wishes You Knew; By:Ellen Notbohm
- Thinking in Pictures; By:Temple Grandin
- The Late Talker What to do if your child isn't talking yet; By: Marilyn C Agin, MD., Lisa F Geng, , and Malcolm J. Nicholl
- Early Intervention Games; By: Barbara Sher
- Working with Families of Young Children with Special Needs; By: Karne R Harris, and Steve Graham
- Routine-Based Early Intervention; By:RA McWilliam



***WV Birth to Three  
Region 1 RAU***

**Wheeling Office**

2000 Main St.  
Suite 121  
Wheeling, WV 26003  
(304) 214-5775

**Morgantown Office**

965 Hartman Run Rd.  
Suite 1103  
Morgantown, WV 26508  
(304) 296-3660

**New Martinsville Office**

1236 North State  
Route 2  
New Martinsville, WV 26155  
(304) 455-0920 ext: 251



**1-800-619-5697**

***[www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)***



Or Current Resident

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