

WV Birth to Three

Region 1 Newsletter by Parent Partners: Pat Elliott & Laura White

Summer 2011



The Starfish

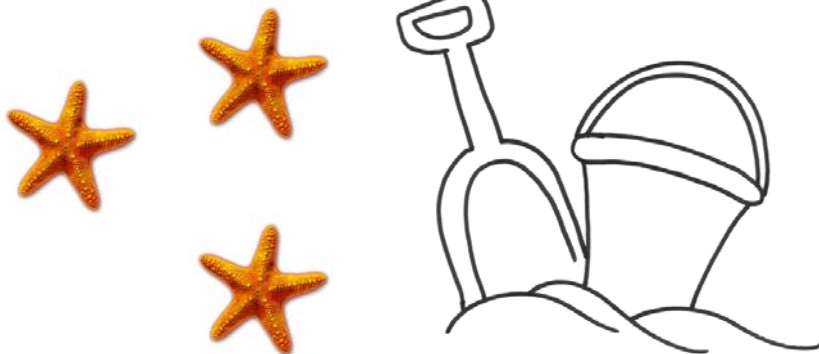
An old man was walking down the beach just before dawn. In the distance he saw a young man picking up stranded starfish and throwing them back into the sea. As the old man approached the young man, he asked; "Why do you spend so much energy doing what seems to be a waste of time?" The young man explained that the stranded starfish would die if left in the morning sun. "But there must be thousands of beaches and millions of starfish, exclaimed the old man. "How can your efforts make any difference?" The young man looked down at the small starfish in his hand and as he threw it to safety in the sea, he said;

"It makes a difference to this one!"



Inside this issue:

Sharing Stories	3
Parent Advocacy	7
Lending Library/Staff	11
Ages and Stages	6
Upcoming Events	10



Contact your Parent Partners for more information.

Wheeling

Pat Elliott

304-214-5775

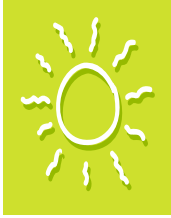
pelliott@stratuswave.net

Morgantown

Laura White

304-296-3660

Laura.l.white@wv.gov



Share the LOVE of Birth to Three

with others

Has your child benefited from services with West Virginia Birth to Three?

Would you like to share your experiences with other parents?

If you answered YES to either of these questions

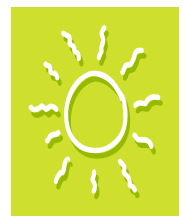
WV BTT Region One would like to invite you to talk about your positive experiences with other parents that you know or come in contact with in your daily life – at school, church or the grocery store.

Volunteer to be a “Friend” of Birth to Three

No cost or extra time required

Just spread the LOVE so other children can benefit too!

Questions call RAU One 1 800 619 5697



~~~Exceptional Families SHARE Their Stories~~~



"With the help of WVBTT, Holden can feed and dress himself with little assistance and can run, climb and play with children his own age."

-Photo on left: Pictured from left Jessie, holding son Holden, and Carrie Shaver WV BTT Service Coordinator holding Jessie's other son Trey both age 4. Both children benefited from WV BTT services.



-Photo on right: Occupational Therapist Beth Andlinger and Trey.



I am writing to let you all know that if it wasn't for WV BTT , I might have never been able to know what Josiah wanted , they are teaching him sign language and it is a blessing I know what he wants without him getting upset me trying to guess what he wants , they are wonderful and he loves them coming in our home and he is learning so much and using what they teach him it's just an awesome thing that they do and I thank God for them, they answer my questions and help me in every way they can, Thank you for this awesome program without it I don't know where we would be.

Sincerely yours,

Josiah's grateful family

Photo on Left: Josiah, age 2.

Would you like to SHARE your child's story in our next News Letter  
Please contact your Parent Partners for more information.

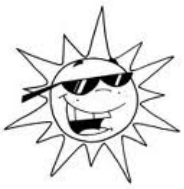
Wheeling

Pat Elliott  
304-214-5775  
pelliott@ccwva.org

or

Morgantown

Laura White  
304-296-3660  
Laura.l.white@wv.gov



## Drink Up!

Drinking water is an important part of staying healthy, especially when it's hot outside. When you're sweating, you lose water that your body needs to work properly. Plus if you're playing a sport or running around in the sun, you lose even more water, because you sweat that much more.

So drink up and don't wait until you're thirsty — drinking before you feel thirsty helps keep the water level in your body from dropping too low (dehydration) when it's hot or you're sweating a lot with exercise. If you forget and suddenly feel thirsty, start drinking then. There are lots of cool-looking water bottles around, so get one you really like, fill it up, and drink up!

## Hey Moms and Dads!

Not all sun protection comes in a bottle. There are lots of ways to protect your child's skin all year long. Here are five you can try.

**Hide and Seek.** UV rays are strongest and most harmful during midday, so it's best to plan indoor activities then. If this is not possible, seek shade under a tree, an umbrella or a pop-up tent. Use these options to prevent sunburn, not to seek relief once it's happened.

**Cover 'me Up.** Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. AT-shirt, long shorts or a beach cover-up are good choices, too - but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible.

**Get a Hat.** Hats that shade the face, scalp, ears and neck are easy to use and give great protection. Baseball caps are popular among kids but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.

**Shades Are Cool.** And they protect your child's eyes from UV rays, which can lead to cataracts later in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

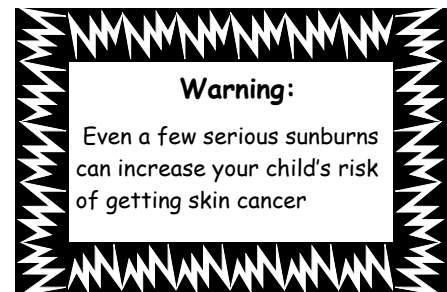
**Rub on Sunscreen.** Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside.

## Sunscreen Scoop

Sunscreen may be easy, but it doesn't protect your child's skin completely. Try combining sunscreen with other "Choose Your Cover" options to prevent UV damage. Sunscreen comes in a variety of forms - lotions, sprays, wipes or gels. Be sure to choose one made especially for kids with:

- Sun Protection Factor (SPF) of 15 or higher
- both UVA and UVB protection

For most effective protection, apply sunscreen generously 30 minutes before going outdoors. And, don't forget to protect ears, noses, lips and the tops of feet which often go unprotected. Take sunscreen with you to reapply during the day, especially after your child swims or exercises. This applies to "waterproof" and "water resistant" products as well. Keep in mind, sunscreen is not meant to allow your kids to spend more time in the sun than they would otherwise. Sunscreen reduces damage from UV radiation, it doesn't eliminate it. The American Academy of Pediatrics now advises that sunscreen use on babies less than 6 months old is not harmful on small areas of a baby's skin, such as the face and back of the hands. But your baby's best defense against sunburn is avoiding the sun or staying in the shade.





## NEW BOOKS TO OUR LENDING LIBRARY

- 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**



*“Partners in Early Intervention”  
First Northern Panhandle Early Childhood Conference*



Pictured above from left front: Carrie Shaver, Alison Kreger, WV BTT Director Judy Bischof, Liz Smailes, Pat Elliott. Back Row: Meghan Tenney, Amanda Rockwell, Melinda Graham, Holly Barbour, FRN Director Claudia Raymer, GERALYN Hemman, Pauline Boring, Nancy Baranski, Laura White.

WV Birth to Three was so excited to host the “Partners in Early Intervention” First Northern Panhandle Early Childhood Conference. It took place at Wheeling Hospital on May 20, 2011, workshop topics included, Apraxia, Early Childhood Development, Autism, Sensory Needs, and Addressing Challenging Behaviors. It was very successful with 160 participants, 18 volunteers, and national recognized speakers. All participants had a GREAT time and we are looking forward to hosting another in May 2012. This conference was open to parents, practitioners, care givers and educators at a very low cost and stipends were available for families.



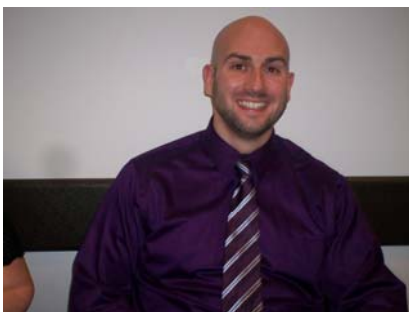
Pictured on left: Sheila Zickefoose Developmental Specialist WV BTT



Pictured above Judy Bischof Director WV BTT.



Above from left: Parent Partner Pat Elliott, Autism Consultant Sr.. Jim Ball, and Interim Service coordinator Nancy Baranski



Pictured Above: Behavioral Specialist Jim Harris



Pictured Above: Parent Partner Laura White and Courtney Pride TA for RAU-1.



**WV Birth to Three RAU-1 Region  
Is Having A  
“FAMILY FUN DAY”  
to CELEBRATE serving WV BTT Families!**

**Wetzel County Center for Families and Children  
August 11th  
11am-1pm  
Activities include Food Games and Fun!**

**Please call your Parent Partner to share ideas for Family Fun Days for  
Brooke, Ohio; Marshall; Hancock; Monongalia; and Marion Counties:**

**Morgantown**

Laura White  
304-296-3660  
Laura.l.white@wv.gov

OR

**Wheeling**

Pat Elliott  
304-214-5775  
pelliott@ccwva.org





Stop in and see us at our **NEW** location, View your child's records, and meet our staff!! We are open Monday thru Friday 8:30-4:30, 2000 Main Street, Wheeling, Suite 121. 304-214-5775.



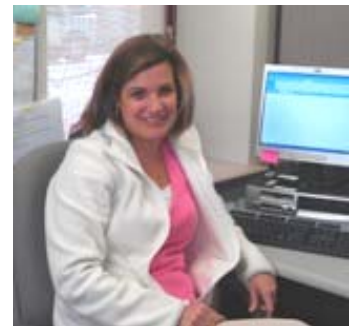
Judy Bischof  
Director WV Birth to Three



Pat Elliott  
Parent Partner



Pauline Boring  
Administrative Assistant



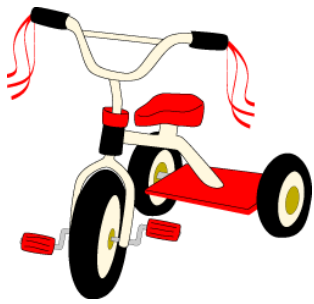
Nancy Baranski  
Interim Service Coordinator



GERALYN HEMMANN  
Data Entry



Amanda Rockwell  
Interim Service Coordinator



# 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

Hippo Car Seat—by Britax—Blue

Water Chair by Riffton -Large size—Fair Condition

Small Support Chair—(tub use for small child)

Table Top—Purple

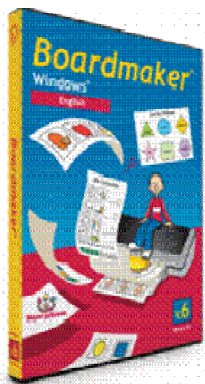
Booster Chair—Small Green

Gazelle Stander

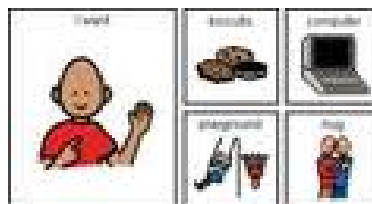
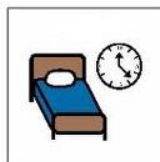
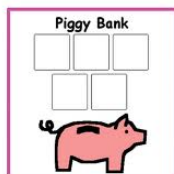
Walking Wings—Vest Harness to aid walking



**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. Available after July 15th, Call RAU-One for more information.



## Community Resources & Upcoming Events

**WV Birth to Three Orientation Training:** - August 23rd, at the Morgantown Public Safety Building 300 Spruce Street, Morgantown WV and August 27th, 2011—9am-12n at the Morgantown Public Library Room A- 373 Spruce St. Morgantown, WV. Parents can register go online [www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23). Orientation trainings are open to the public and free of charge.

**All Counties:** WV Early Intervention Interagency Coordinating Council is accepting parent nominations to make a Difference. If you are interested please call: 304-471-3443.

**Marshall:** ALL Summer for ages 2-5 every Monday and Wednesday "FREE" Play Groups at Benwood-McMechen Housing. Marshall County Schools Back to School Fair

**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. Do you want to get involved in your community?

Would you like to give input from a parent's point of view?

If you're interested in helping children in Ohio County live free from abuse, please consider becoming a parent representative for the Ohio County Partners in Prevention.

For more information, contact Claudia Raymer at (304) 232-5600 or [ohiocountyfrn@yahoo.com](mailto:ohiocountyfrn@yahoo.com)

**Monongalia County:** 2011 Conference on Environmental Toxicity and Neurodevelopment Disorders—Morgantown Water Place Hotel—\$25 Fee- Register on [www.envirotoxicityandkids.com](http://www.envirotoxicityandkids.com) or contact Mary Green at 1-877-982-2200

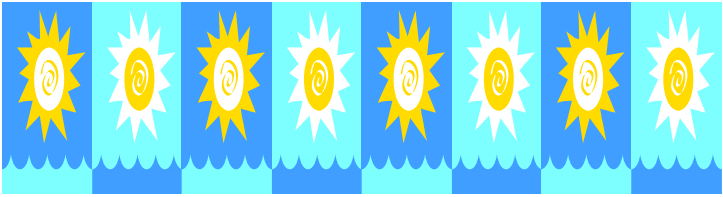
**Marion County:** The Wave Tec Pool located at East Marion Park will be open until Labor Day 11am to 6pm. Wave Tec offers cool water and the chance to ride the waves along with a water slide. Located at 2-98 Wave Tech Pool Road, Fairmont, WV 26554. Phone: 304-363-9077

**Wetzel County:** Wetzel County Center for Families and Children will be having "WV BTT Family Fun Day" on August 11th from 11am to 1pm. Please RSVP Melinda 304-639-2905 and join us for activities, food, and fun.

Local Libraries hold Summer Reading Program: Contact New Martinsville Public Library at 304-455-4545 and Paden City Public Library at 304-337-9333

Wetzel County Fur Fin Feather Club is sponsoring a Fishing Derby on July 9, 2011. Derby to held on Huff Ridge in New

*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

### PLUS

The new books added on page 5.

### Call your local office:

Wheeling 304-214-5775  
Morgantown 304-296-3660

## Region One Staff

### Wheeling Office

#### Region One Director

Judy Bischof

#### Interim Service Coordinators

Amanda Rockwell

Nancy Baranski

#### Parent Partner

Pat Elliott

#### Administrative Assistant

Pauline Boring

#### Data Entry

Gerilyn Hemmann

### Morgantown Office

#### Interim Service Coordinators

Liz Smailes

Meghann Tenney

#### Parent Partner

Laura White

### New Martinsville Office

#### Interim Service Coordinator

Melinda Graham



## ~~Parents~~

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

Our offices have Parent Partners who can speak with you offering support and services

### Wheeling Office

Pat Elliott(304) 214-5775

### Morgantown Office

Laura White (304) 296-3660

(304) 296-3660

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

**Wheeling Office**

2000 Main St.  
Suite 121 Mull Center  
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

NONPROFIT ORG  
US POSTAGE PAID  
WHEELING WV  
PERMIT NO. 20

Catholic Charities WVa  
WV Birth to Three  
2000 Main Street Suit 121  
Wheeling, WV 26003