



# BTT Bits

Fall Issue

2011

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Hello,

I recently joined the staff of Region 2 RAU as a Parent Partner. I am the mother of a three year old son, who was born with Torticollis. I immediately contacted WV Birth to Three. Michael started having febrile seizures, usually caused when a fever spikes over 102.1, at 13 months. His were different than most, they usually last ten to fifteen minutes, but his would last for hours. He would have to be life-flighted to West Virginia University hospital or Columbus Children’s Hospital. He had a total of eight seizures before they put him on daily seizure medication. The seizures have caused some speech and developmental delay. Michael had seen so many doctors he began calling himself doctor. Having a child with seizures is very scary, but with the help of WV Birth to Three services, Michael’s development has improved remarkably. WV Birth to Three linked me with services in the community along with providing incredible emotional support.

I know the stress of everyday situations can sometimes take its toll on you and your family. It is my goal to provide encouragement, support, and resource information as you participate in WV Birth to Three. Please do not hesitate to contact me for resource information or other supports.

Thank you,

Shannon Morgan  
 Parent Partner  
 WV Birth to Three  
[shannon.morgan@arcwd.org](mailto:shannon.morgan@arcwd.org)  
 304-485-2000



## 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!"




  
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If you have any questions  
 please feel free to  
 contact our office at  
 304-485-2000 or  
 1-866-401-8919

## Food and Fun

### *After School Muffin Pizza*

What you need:

1 English muffin or bagel, split and toasted  
4 teaspoons pizza sauce or tomato puree  
3 tablespoons shredded part- skim mozzarella cheese

What you do:

Place English muffins on clean work surface. Spread each toasted muffin with 2 teaspoons pizza sauce and 1-1/2 tablespoons cheese. Spread with topping choices. Place on baking sheet or place in toaster oven and bake at 350°F, about 10 minutes or until hot and cheese has melted.

### *Peanut Butter Play Dough*

2 cups peanut butter

1 cup powdered sugar

1 cup flour

Mix sugar and flour. Add peanut butter and mix well.

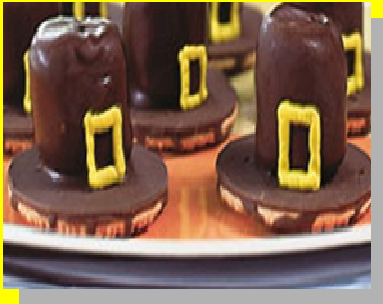
Can be played with then eaten!

**\*Note that some children may have a severe allergic reaction to peanuts, and peanut products so use caution.**

## Art: Homemade Finger Paint

**Materials:** 1/4 cup cornstarch, 1/4 tsp salt, 1 1/2 tbsp sugar, 1 cup cold water, saucepan, containers (like baby food jars), food coloring

**Directions:** Measure cornstarch, salt, sugar, and water into the saucepan. Cook over low heat for about 10 minutes, stirring constantly. The mixture will begin thin, but will thicken. When it thickens, remove the pan from the heat, and cool. Divide into small containers and stir in a few drops of food coloring. Use white butcher wrap, shiny side done, for finger paint paper.



## Thanksgiving Treats: Marshmallow Pilgrim Hats

Ingredients

- 24 chocolate-striped shortbread cookies
- 12-ounce package of chocolate chips
- 24 marshmallows
- tube of yellow decorators' frosting

1. Set the chocolate-striped cookies stripes down on a wax-paper-covered tray, spacing them well apart.
2. Melt the chocolate chips in a microwave or double boiler.
3. One at a time, stick a wooden toothpick into a marshmallow, dip the marshmallow into the melted chocolate, and promptly center it atop a cookie.
4. Using a second toothpick to lightly hold down the marshmallow, carefully pull out the first toothpick.
5. Chill the hats until the chocolate sets, then pipe a yellow decorators' frosting buckle on the front of each hat.



## October is National Dental Hygiene Month

### Sippy Cup Tips

To Reduce the risk of Cavities, please read the following:

- The Sippy Cup is designed to be a training tool to help children transition from a bottle to a cup. It should not be used for a long period of time. The Sippy cup is not a bottle or a pacifier
- Unless being used at mealtime, the sippy cup should be filled ONLY with WATER. Remember, frequent drinking of any liquid, even if diluted, from a bottle or no-spill training cup should be avoided
- Sippy cups should not be used at naptime or bedtime unless they have only water in them. Always use caution with a sippy cup when your child is in bed. Remember to clean your child's teeth before placing him or her in bed.
- Schedule regular visits with your pediatric dentist to help keep your child cavity-free.

## WIC

### A Healthy Start for New and Expectant Moms and Children up to Age 5

WIC offers families personalized nutrition consultations, vouchers for free, healthy food, and tips for eating well to improve health. WIC helps you save on groceries so you have more money to spend on other things your family needs.

WIC is for all kinds of families—married and single parents, working or not working, receiving other types of aid or not participating in any other programs. If you are a father, mother, grandparent, foster parent or other legal guardian of a child under age 5, you can apply for WIC for your child.

For more information or for the WIC clinic nearest you, call 304-558-0030.

## Shaken Baby Syndrome (SBS)

- Shaken Baby Syndrome (SBS), also known as Abusive Head Trauma is most often triggered when a baby's caregiver can't cope with long periods of crying
- Shaking a baby or hitting a baby's head can cause serious injury, even death.
- Symptoms of SBS may include irritability, difficulty staying awake, tremors, vomiting, seizures, difficulty breathing and coma.
- If you think your baby has been shaken call 911 or go to the hospital immediately. Early treatment can make a big difference.

## Community Events

~ Election Day October 4, 2011 Don't Forget to Vote ~

### Calhoun

October 22

Women's Health Fair

Minnie Hamilton

### Harrison

God's Special Gifts Support Group

Bridgeport Methodist Church

Email [matt.groves@usa.net](mailto:matt.groves@usa.net)

Toddler Gym Time

Bridgeport Methodist Church

Every Wednesday 10-12p.m.

Christmas Angel tree

applications starting end of September contact Criss Cross

October 2

Local Buddy Walk, 2 p.m.

VA Park

October 6-October 9, 2011

Salem Apple Butter Festival

For information on Down Syndrome Support, Social Skills, and Autism support groups contact the PERC at (304) 326-7693 or e-mail at [hcperc@yahoo.com](mailto:hcperc@yahoo.com)

DAYLIGHT SAVINGS TIME ENDS

NOVEMBER 6 AT 2:00 a.m.

### Pleasants

September 30-October 2

Blue and Gray Days

October 14

Breast Cancer Awareness Wreath Hanging

Pleasants County Court House 2 p.m.

October 28

Community Baby Shower

Jim Spence Center 12-2 p.m.

November 23

Blood Drive

Saint Marys Marina 12-6 p.m

### Ritchie

Third Weekend in October

Pioneer Days

Cairo Town Square

October 20

Kinship Workshop 6 p.m.

Call Ritchie County Family

Resource Network for information

### Wirt

October 20-21

Women's Health Day

### Wood

October 11

Fetal Alcohol Syndrome Training

Judge Black Annex, P.burg, WV

Market Street

8:30 a.m.-11:30 a.m.

Call 304-422-3151 to register

October 14-15

Creative Camp 2011

Butcher Bend 4-H Camp

Contact 304-428-8321 for more information

October 19

Birth to Three Parent Meeting

Children's Home Society

Pizza Provided

11:30-1 p.m.

Call (304) 485-2000

October 26

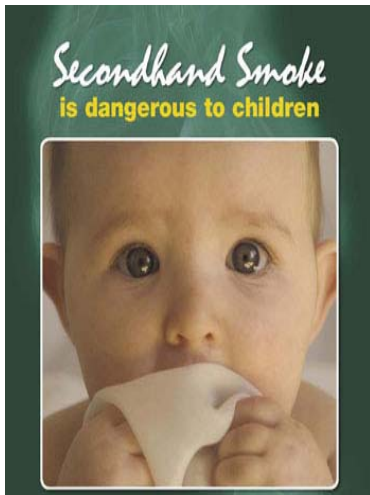
WVU-P Health Fair

9 a.m.- 2 p.m.

**Holiday in the Park**

**November 19-December 31**

**City Park & Southwood Park**



## Secondhand Smoke

by Jamie Jacobsen

As a parent you are always concerned about the safety of your children. You are careful about whom they spend time with, what they watch on television, and you childproof your home. But could there still be danger lurking around your home? If there is a smoker in your home, or smokers who visit your home, you could be exposing your children to thousands of chemicals every day. When smokers light up in your home over 7,000 chemicals are released into the air. These chemicals which are found in the smoke exhaled by the smoker and in the smoke from the burning end of a cigarette are known as *secondhand smoke*. The chemicals in secondhand smoke include:

Arsenic-Used in Rat Poison  
Nickel-Metallic Element  
Formaldehyde-Used to preserve dead bodies

So how much exposure to secondhand smoke is safe? None. Just five minutes of exposure is the same as smoking one cigarette. After two hours of exposure you are at greater risk of experiencing an irregular heartbeat.

Exposure to secondhand smoke has been linked to many diseases, complications, and developmental issues in children. Some of these are caused by exposure to secondhand smoke before birth and some are caused by exposure after birth. Children who are exposed to secondhand smoke during pregnancy are at higher risk for SIDS (sudden infant death syndrome), low birth weight, and higher levels of behavior problems. Each year 1,900 to 2,700 deaths are caused by SIDS related to secondhand smoke exposure.

Children who are exposed to secondhand smoke are at higher risk for bronchitis, pneumonia, and ear infections than those who are not exposed. Exposure to secondhand smoke results in 100,000 to 1.6 million physician office visits each year and 7,500 to 15,000 hospitalizations each year. Children with asthma are at risk of having a severe asthma attack that may require a visit to the hospital and could lead to death.

It is not enough to designate one room of your home as a smoking area. Smoke travels through ventilation, windows, doors, and cracks from one room to another. The only way to ensure that your children are not exposed to secondhand smoke is to make your home a smoke-free environment.

If you are a smoker who wants to quit, there is free help. The West Virginia Tobacco QuitLine is a free service available to all West Virginia residents. The QuitLine provides counseling, information, support and nicotine replacement therapy. The West Virginia Tobacco QuitLine phone number is 877-966-8784. In addition to the QuitLine you may contact Jamie Jacobsen at the Mid-Ohio Valley Health Department for more information or to find out about tobacco cessation support groups in the area.

THE ARC OF THE MID OHIO VALLEY  
WVBTT REGION II RAU  
912 MARKET STREET  
PARKERSBURG, WV 26101

Non-Profit  
US Postage  
PAID  
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Call- 1-304-485-2000 or  
1-866-401-8919  
[www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)



## Lending Library Reminder

We have a variety of books and DVDs to choose from in our library that are available to parents. Our library is at 912 Market Street, Parkersburg. Please call or stop in to see what is available. Topics include child development, behavior, discipline, autism many other subjects. There are children's books preparing them for a new sibling, potty training, a brother or sister with special needs, etc. For more information just contact the WVBTT RAU 2 at 304-485-2000

## Interesting Websites

<http://www.toddler toddler.com>  
<http://www.momseveryday.com>  
<http://www.parents.com>  
<http://www.familyeducation.com>  
<http://www.autismspeaks.org>  
<http://www.speechtherapyweb.com>