



BTT Bits

Winter Issue

2012

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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



Children Learn What They Live (1998)

by Dorothy Law Nolte (1924 - 2005)

If children live with criticism, they learn to condemn.
 If children live with hostility, they learn to fight.
 If children live with fear, they learn to be apprehensive.
 If children live with pity, they learn to feel sorry for themselves.

If children live with **ridicule**, they learn to feel shy.
 If children live with jealousy, they learn to feel envy.
 If children live with **shame**, they learn to feel **guilty**.
 If children live with **encouragement**, they learn confidence.

If children live with tolerance, they learn patience.
 If children live with **praise**, they learn appreciation.
 If children live with acceptance, they learn to love.
 If children live with approval, they learn to like themselves.

If children live with recognition,
 they learn it is good to have a goal.
 If children live with sharing, they learn generosity.
 If children live with honesty, they learn truthfulness.
 If children live with **fairness**, they learn justice.

If children live with **kindness** and consideration,
 they learn respect.
 If children live with security,
 they learn to have faith in themselves and in those about them.
 If children live with friendliness,
 they learn the world is a nice place in which to live.

FOOD AND FUN

Snacks of the Month

Tortilla Flats Take a small whole-grain tortilla, top with some shredded low-fat cheese, and warm in the microwave.

Roll up and eat!

Yogurt Graham Spread half of the graham cracker with fruit-flavored, low-fat yogurt and top with the other half of the cracker. Wrap in plastic wrap and refrigerate to chill.

Banana Bugs– Peel a banana and poke pretzels in the sides for legs. Make spots with the peanut butter. Stick raisins on the peanut butter. Add pretzel “antennae.”

~Please use caution using raisins or peanut butter ~

Cardboard Tubes

Use Paper Towel or

Toilet Paper Rolls

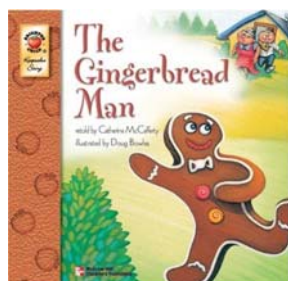
Make a Tunnel. Tape tubes together with colored masking tape and roll toy cars or small rubber balls through the tunnel.

Walkie Talkie. Toddlers love to hear voices echo through a tube. Tape a paper cup to one end as the earpiece and talk.

Build a Tower. Using cardboard tubes and glue build a tower tall and wide. Add to it overtime using action figures or little dolls to pretend play.

Inside Snowman

If you have snow on the ground, but it's just too bitter cold to play outside, go out and get 3 snowballs and 2 small twigs if you can find them. Bring them inside and construct a Snowman in a bowl. Make him a hat out of black construction paper and give him arms with the twigs. You could make eyes with little buttons or whatever you can find that will look like eyes to a toddler (with caution). Keep him in the freezer for days.



I'm a Gingerbread Baby,
Lucky as can be,
To be living in a house,
That _____
made for me!

Gingerbread House

You will need:

paper milk cartons, paper plates,
graham crackers, white frosting,
assorted candy decorations

Use small paper milk cartons for your base and frosting for your glue. First frost the bottom of the milk carton and place it on a white paper plate. Next, frost graham crackers and cover the milk carton on all sides. Decorate the house and the yard (plate) with assorted candies, pretzel sticks, marshmallows, etc...

Teddy Bear . Teddy Bear

Teddy Bear, Teddy Bear, turn around.
Teddy Bear, Teddy Bear touch the ground.

Teddy Bear, Teddy Bear, reach up high.
Teddy Bear, Teddy Bear, touch the sky!

Teddy Bear, Teddy Bear, go upstairs.
Teddy Bear, Teddy Bear, say your prayers.

Teddy Bear, Teddy Bear, turn off the light.
Teddy Bear, Teddy Bear, say goodnight!

Interesting Websites:

<http://www.babytalk.com/subscribe>

<http://www.parenting.com>



EYE OPENERS

Baby peeper problems can plague nervous new parents; fortunately most are a not big deal!

- **Clogged tear ducts** It's common for newborn tear ducts to clog and for tears to overflow onto baby's cheeks. The remedy: Apply a warm compress to the eye's inner corner and massage it gently. If you see crusting when your baby wakes up, wipe it with a damp cotton ball. If crusting lasts throughout the day, call the pediatrician.
- **Crossed eyes** Many babies cross their eyes because the muscles that control them are still weak. However, if your child is 4 months or older and frequently cross-eyed an eye exam is warranted.
- **Infection** if the whites of one or both of your tot's eyes are very red, and the eye is perhaps crusty or draining pus, he may have conjunctivitis (pink eye). Call the doctor ASAP. A prescription topical ointment usually relieves it in just a couple of days.

A Backward Glance at Car Seat Safety

Calling all parents of tots under 2 years old:

The American Academy of Pediatrics (AAP) recently issued new advice on the safest way for child to ride in the car. For the past decade, the AAP has recommended that children sit in rear-facing seats in the vehicles backseat until they're at least a year old or 20 pounds, But research shows that kids under 24 months of age are 75 percent less likely to die or suffer a serious injury when they ride facing the back of the vehicle. The evidence is so compelling that the AAP has revised its official policy to state that small ones should remain in rear-facing seats until at least age 2 (or until they are too big to do so).

Bottom line: Don't rush to put your tiny one in a forward-facing seat. The longer he faces the rear of the car, the safer he will be in the car.

For more information go to

<http://www.newparent.com/news/car-seat-safety-tips/>



What is Head Start?

Head Start is a comprehensive preschool program funded by the Department of Health & Human Services serving 3 & 4 year-old children from low-income families, including children with disabilities. There is no fee for children to attend Head Start. Children attending Head Start receive a variety of services including transportation to school (in most cases), health screenings, nutritious meals, a widely recognized educational program from certified Teachers and Aides, as well as training opportunities for parents. Head Start accepts referrals from Birth to Three and other agencies for 3 year-olds to transition into Head Start; from Head Start, 4 year-olds are prepared for the transition into Kindergarten.

Appalachian Council Head Start serves Calhoun, Doddridge, Pleasants, Wirt and Wood
1 877-490-5437

Central WV Community Action Head Start serves Gilmer, Harrison, and Ritchie County
(304) 622-8495

COMMUNITY EVENTS

January 17-18 Disability Advocacy Day at the Capitol

Harrison

God's Special Gifts Support
Group
Bridgeport Methodist Church
Email matt.groves@usa.net

Toddler Gym Time

Bridgeport Methodist Church
Every Wednesday 10-12p.m.

Social Skills Group

Meets Monthly 6 p.m.
Call Saryle Maher at
304-288-2711

Autism Support Group

6 p.m.
contact hcperc@yahoo.com

December 31st
New Year's Eve

January 1st
Happy New Year's

Pleasants

Free Gift Wrapping
December 18
Elks activity Center
11 a.m.-7 p.m.
American Red Cross

Christmas Caroling
December 22 5:30 p.m.
Jim Spence Center
American Red Cross

Ritchie

Breakfast with Santa
North Bend State Park
December 17
9:00 a.m.-11:00 a.m.
Adults \$8.95
Children 12 and under free

January 16
Martin Luther King Day

February 14
Valentine's Day

Wood

Holiday in the Park
November 19-December 31
City Park & Southwood Park

Friendship Kitchen Christmas Party

Noon, Free Christmas meal

Christmas Day Dinner

Noon to 2:30 p.m.
First Presbyterian Church
Contact 304-422-5426

Dashing through the Snow
Mountwood Park, January 21
Bring your kids, family and
friends and enjoy a day of slay
riding and hot chocolate to
keep you warm.

EARN WHILE YOU LEARN PROGRAM!

Life Choice Pregnancy Resource Center of Clarksburg is offering the ***Earn While You Learn program***. Through regular lessons that include videos and worksheets, you'll learn important and interesting information about your pregnancy and your baby. With each lesson you complete you will earn credits, called "mommy money," for baby supplies and other materials. Some of the materials you could earn include: baby clothes, diapers, formula, wipes, blankets, toiletries, and other much needed baby supplies. All materials are donated and in new or like-new condition. Classes are held once a week. These are individual classes, not group classes, since each lesson is designed to go along with where you are at in your pregnancy or with the age of your child. Pregnancy and parenting are filled with lots of uncertainty and this program helps to answer many of the questions you may have. Call **304-622-1953** to get started or to learn more!

There's the Rub

What can you do to soothe baby's teething cries now that the Food and Drug Administration (FDA) has advised against teething pain relievers containing benzocaine (the local anesthetic in most over-the-counter teething gels)?



Try these Tips:

- Offer a chilled (but no frozen) teething ring made of firm rubber
- Gently massage or rub baby's gums with a clean finger.
- If you choose to use benzocaine consult your physician.
- Use a vibrating teething item.

What's wrong with benzocaine?

The FDA says it can cause a rare but serious condition called methemoglobinemia, which reduces the amount of oxygen in the bloodstream.

Allergy Alert

What makes your little one react badly to certain foods? Hint: It might be in his DNA—eggs, peanuts, soymilk, oh my! Food allergies are quite common in little ones: One out of every 17 children age 3 and under suffers from them. Here are some facts, tips, and suggestions.

1. **Know your allergens** Beware of most common allergens: cow's milk, egg whites, wheat, peanuts, tree nuts such as pecans and cashews, fish, shellfish, and soy.
2. **Allergies can be hand-me-downs** Food allergies can be hereditary, hence babies whose parents have allergies are at higher risk for developing them. Most children outgrow them by the age of 5 years.
3. **Breastfeed if you can** Studies have shown that breastfeeding may help protect your baby from developing certain food allergies. If you're not breastfeeding, ask your pediatrician to recommend a formula to avoid food allergies
4. **Spot the Signs** Look for any of the symptoms of an allergic reaction. They include but are not limited to hives, rashes, throat tightness, vomiting, diarrhea, pale skin and lightheadedness.

Friendly Reminder from your Parent Partner

I will be sending out e-mails with current activities and other relevant information. If you are interested in receiving these e-mails please provide your e-mail address to me shannon.morgan@arcwd.org or your service coordinator if you are interested.

THE ARC OF THE MID OHIO VALLEY
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Call- 1-304-485-2000 or
1-866-401-8919
www.wvdhhr.org/birth23



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2012 Celebrating Connections

Feb. 21-24, 2012 • Charleston Civic Center

Keynote Speakers: Shawn Brown & Steve Spangler

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

