



RAU 3 & 4 Newsletter

Period of Purple Crying

I was unaware of the Period of Purple Crying campaign until it became very important in my life! I have four children and it wasn't until this last child that I needed to learn how to walk away from that screaming, inconsolable CRYING! baby. I finally understood why "inconsolable crying is the number one trigger that precedes a shaking event". I knew that it is never okay to shake or harm a baby and I needed to give myself permission to walk away when I was extremely frustrated that my efforts to end the crying were not working. The letters in the word "PURPLE" describe the properties of "normal" infant crying that are frustrating:

P for Peak of Crying - Crying peaks at around 2 months, then decreases at around 3 to 5 months (*my daughter didn't get that memo and cried until right around 6 months!*);

U for Unexpected - Crying comes and goes unexpectedly, for no apparent reason;

R for Resists Soothing - Crying continues despite all soothing efforts by caregivers;

P for Pain-like Face - Infants look like they are in pain, even when they are not;

L for Long Lasting - Crying can last as much as 5 hours a day, or more;

E for Evening - Crying occurs more in the late afternoon and evening.

For more information visit: <http://www.purplecrying.info/>



Annual Families Conference Deadline Approaching

West Virginia Family Leadership First, a statewide group which supports and encourages families to speak for themselves and others, will hold their *18th Annual Families Conference April 20-22, 2012* at Canaan Valley. Families who attend the conference are accepted from the applications received from all across the state. All meals, lodging, child care and conference materials are paid for and participants receive a gas stipend at the close of the event. The deadline to apply is February 28, 2012.

Contact Vanessa VanGilder at VKVanGilder@yahoo.com or 304 421-0915 for additional information.

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Special points of interest:

- ☺ Annual Families Conference Deadline February 28th!
- ☺ Local Play Groups

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Kid-Friendly Veggies and Fruits

In June of 2011 the federal government launched a new food icon, My Plate, to replace the food pyramid image. Their website is full of valuable information. The following tips were found in the article "kid-friendly veggies and fruits".

1. **Smoothie Creations** - Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice.
2. **Delicious Dippers** - Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic.
3. **Caterpillar Kabobs** - Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob.
4. **Personalized Pizzas** - Set up a pizza-making station in the kitchen. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings.



U.S. Department of Agriculture. ChooseMyPlate.gov Website. Washington, DC. 10 Tips Nutrition Education Series: Kid-Friendly Veggies and Fruits. www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf. Accessed February 2012.

Some Local Play Groups and Gatherings

- *Mother's Day Out* Westmoreland Baptist Church (304) 428-1384
- *MOPS* For children birth to 5 and their mothers www.mops.org
- *The Mother's Club of Huntington* huntingtonmomsclub@yahoo.com
- *Moms Club of Teays Valley*—teaysmomsinfo@gmail.com
Chastity Moore - President <http://teaysvalleymomsclub.weebly.com/>
- *Play Pals* at Milton United Methodist Church 304-743-6461
- *Moms and More Meets* at 7:00, p.m. the first Tuesday of each month at the Unitarian Universalist Congregation www.charlestonmothers.webs.com
- *Moms In Common*
trinalaverty@aol.com
- *"Cow" Tales* at 10:0am on Tuesdays Chick-Fil-A @ Melody Farms Special Preschool Daytime Story with activities and Music
- *Sharon Dawes Play Group*
Tuesdays and Thursdays 11:30-1:30
Sharon Dawes Elementary Cabin Creek Road Miami, WV 25134
304-595-3323
- *Tot Circles* - \$5.00
Fridays 9:30-10:30 South Charleston Memorial Ice Arena 20 RHL Boulevard Charleston, WV 25303 304-744-4423
- **Kanawha Public Library**
<http://kanawhalibrary.org/news/programming.html>
Baby & Me
Tuesday, February 7, 10:00 a.m.
Story time program for ages birth to 18 months. register online
Tiny Tots
Wednesday, February 8, 10:00 a.m. Story time program for ages 18 to 36 months. register online
Playgroup at the Library
Thursday, February 9, 10:00 a.m.

"Children learn as they play. Most importantly, in play children learn how to learn." ~ O. Fred Donaldson (martial arts master)

Ear Infections

Did you know that there are some ways to possibly help reduce the occurrence of ear infections in young children? These include:

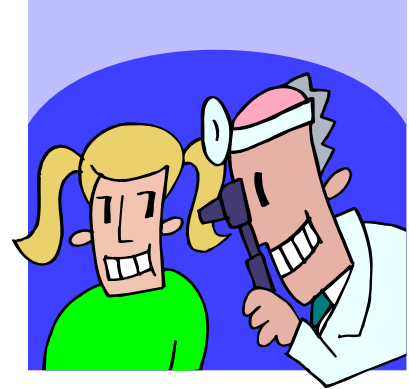
- Limiting the child's exposure to second hand smoke (it irritates mucous membranes)
- Not giving the child a bottle when they are laying down (fluid is more likely to enter the Eustachian tube in this position)
- Minimizing pacifier use in the second six months of life (again, the sucking can interfere with the function of the Eustachian tube)
- Vaccinating the child (the

pneumococcal conjugate vaccine and influenza vaccine may have the added benefit of helping reduce the occurrence of ear infections).

- Surgical management via placement of pressure equalization tubes for the management of recurrent ear infections. (Recurrent ear infections can be defined as *three or more ear infections in six months or four or more infections in twelve months.*)

The treatment for ear infections is varied and even controversial. Discuss the risks and benefits of treatment with your child's pediatrician. Be vigilant about the management if the

child is pre-verbal **and** the ear infections are recurrent because it could negatively impact communication skills.



Poison Control Centers

How can I be prepared for a poison emergency?

Call your poison center at 1-800-222-1222. The poison center can send you telephone stickers or magnets with the emergency phone number. Post that number on or near your telephones.

I have had to call poison control twice in the last year. Once when we found a piece of a plant in my daughter's mouth at a friends house. The other time my husband and I discovered that we had both given our daughter her dose of medicine. Both times, the poison control center was incredibly helpful and was able to put our minds at ease.

Poison control centers are staffed by pharmacists, physicians, nurses, and poison information providers who are toxicology specialists.

If you have a poisoning emergency call 1-800-222-1222.

Beat the Winter Blahs!

Fill containers with colored water and then let freeze outside. Thaw out enough to slip out the frozen blocks and then build with the colored ice blocks (in the snow if we ever get any). I also thought I might do this on a smaller scale and freeze colored ice in ice cube trays. Then place the cubes into the bathtub for some fun in the tub.

Find some of those "paint with water" books and use an ice cube on the paper.

Indoor pool party. Turn up the heat or get a rip-roaring fire going, place a tarp on the floor and fill up a toddler pool (or just use the bathtub). Get out the pool toys, some beach blankets, sunglasses and have a pool party. Complete the activity with an indoor picnic lunch! What fun!



River Valley Child Development Services

RAU III

1701 5th Avenue Box 14

Charleston WV 25387

Phone: 304-414-4460

RAU IV

611 7th Avenue Suite 300

Huntington, WV 25701

Phone: 304-523-5444

Parent Partner: Laura Thomas

Email: lauradthomas@comcast.net

"Serving children and Families
since 1971"

West Virginia Birth to Three Services and Supports

WV 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 Services, Office of Maternal, Child and Family Health. Regional Administrative Unit III and IV are coordinated by River Valley Child Development Services.



Ways to Share Books with Babies & Toddlers

Make Sharing Books Part of Every Day

Read or share stories at bedtime or on the bus.

Have Fun Children can learn from you that books are fun, which is an important ingredient in learning to read.

A Few Minutes is OK- Don't worry if you don't finish a story Young children can only sit for a few minutes for a story, but as they grow, they will be able to sit longer.

Talk or Sing about the Pictures You do not have to read the words to tell a story.

Let Children Turn the Pages Babies need board books and help turning the pages, but a three-year-old can do it alone. Remember, it's OK to skip pages.

Show Children the Cover Page

Show Children the Words Explain what the story is about.

Make the Story Come Alive Create voices for the story characters and use your body to tell the story.

Make it Personal Talk about your own family, pets, or community when you are reading about others in a story.

Ask Questions about the Story, and Let Children Ask Questions Too!

Use the story to engage in conversation and talk about familiar activities and objects.

Let Children tell the Story.

Children as young as three years old can memorize a story, and many children love to be creative through story-telling.



*Source: BrainWonders & Sharing Books with Babies
www.zerotothree.org/BrainWonders*