



WV Birth to Three

Parent to Parent

Parent Partner Newsletter

Volume 1, Issue 1

Region 3
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Winter 2011



Playing with your child is not only fun, it's one of the most important ways you can nurture her development. There are no rules when it comes to play and you don't need fancy toys. In fact, you are your child's favorite toy.

Every child is unique. Your child may have special skills or special needs. Follow your child's lead. She'll let you know what interests her. When she sees the pleasure and delight you take in her discoveries, she'll want to play more and more.

Play will benefit you, too. Being spontaneous and having fun can relieve stress and create positive memories for both you and your child. And when your child is engaged and having fun, they are learning.

Play is truly the work of childhood. Author zero to three



Developmental Milestones

As children grow, they are always learning new things. These are just a few things you should be looking for as your child grows. Every child develops at their own pace, so they may reach these milestones slightly before or after other children.

Birth to 6 months

- Roll over from their stomach to their back
- Like to put things in their mouth

You can help you child by

- Show them books with large, colorful pictures and textures
- Give them safe toys such as

rattles, rubber rings, or soft objects

By the end of 1 year

- Imitate actions in play (clap when you clap)
- Give them safe toys ma and da

You can help you child by

- Play games such as peek-a-boo and pat-a-cake
- Sing songs that have a lot of repetition

By the end of 18 months

By the end of 3 years old

- Play make believe
- Have many tantrums because they are frustrated

You can help you child by

- Ask them questions when they play such as "What are you doing?"
- Give them opportunities to play with other children

- Walk without support but may crawl sometimes
- Use 10-15 words

You can help you child by

- Taking walks with them
- Offer choices

By the end of 2 years old

- Follow simple instructions
- Use 2-4 word sentences

You can help you child by

- Read to them often
- Help them eat with a spoon and drink from a straw

**REMEMBER
PARENTS ARE
THEIR CHILDS
FIRST
TEACHER**

Information adapted from www.cdc.gov and Children's Home Society of California

Evaluations and Assessments

Evaluation is a way to see if a child is eligible for early intervention services. The evaluation will occur only with written permission and at no direct cost to the parent or guardian. The evaluation is done with the parent, the child and early intervention professionals. Following the evaluation, the parent and other members of the team will talk about what the child is doing and identify any concerns. If there are areas of delay, the child may be eligible for early intervention services. Evaluation looks at these areas of development:

- Cognitive—ability to learn and how the child learns
- Physical—ability to move, see and hear
- Communication—ability to understand language and express needs
- Social or Emotional—ability to relate with others
- Adaptive Skills—ability to dress, eat and take care of self

Assessment is an ongoing collection of information that looks at the child's strengths and needs. Assessments are used to make sure that the child is getting the kind of help needed while the child is receiving services.

Dads Read!

January/February 2011

By Susan Oakes, Outreach Librarian, Central Children's Library, The Denver Public Library

Yes, guys read. Your children are watching you and modeling their behavior based on what they see you do. Find a great book, magazine, instruction manual or annual report and bury your nose in it! Your children will want to do what you are doing.

Dads and moms are a child's first teachers. Helping children to become speakers, listeners, readers and writers are the goals of every parent. Dads are an important part of the team.

What are some strategies you can use to lay the foundation? Talk, talk and talk some more. Children need to hear as many words as possible; there are about 850,000 words in the English language and that number is growing every day. Use every opportunity to talk with your child – while getting her up in the morning, while changing his diapers, while feeding her, while dressing him, while bathing him and while putting her to bed.

Children who arrive at school with the biggest vocabularies will become the most proficient readers.

Besides talking, singing is a very important experience to share with your children. You may not be a rock star, but you are a star to your kids! You may not sing on key, but your children love singing with you.

How about “Old MacDonald” or “Twinkle, Twinkle Little Star”? Any familiar songs are perfect because of the rhyming words, or make up your own songs! If singing is not easy, chanting or rapping the words to a song will work. The important thing is to use language!

Reading to your children builds vocabulary.

While making pancakes with your son show him the recipe you are using to create his breakfast. Do you repair your car? Show your daughter the instructions you are reading to help you choose the tools you will need. When you read a newspaper, share a cartoon or a funny story you find. Are you catching a bus to go to the movies? The bus schedule is another tool to read. The vocabulary your child learns from these experiences will build the word bank they need as future readers.

Need some suggestions for some great read aloud books? Ask your friendly neighborhood librarian for suggestions of their favorite read aloud titles.

Resources for dads to learn more about reading to their children:

Books

[Great Books for Boys: More Than 600 Books for Boys 2-14](#), by Kathleen Odean

[Read Aloud Handbook](#), by Jim Trelease

Web Sites:

www.guysread.com

www.bookdads.com

www.illinoisearlylearning.org/videos/dads-read.htm

www.literacytrust.org.uk/familyreading/parents/dads.html

[Check with your local library for available story hours to enjoy with your child](#)

Clay county—587-4254

Jackson—372-5343

Kanawha- 965-3636

Roane- 927-1130

River Valley
Child
Development
Services

Region 3
1701 5th Ave. Box 14
Charleston WV 25312
Serving
Clay, Jackson, Kanawha,
and Roane Counties
(304) 414-4460

ACTIVITY CORNER

Great Activity to promote language and literacy in your infant and toddler !!!!!!!

Make a photo album. Glue photos of your baby and the other important people in your child's life onto sturdy 4X6 index cards. Punch a small hole in the upper left hand corner and tie them together with a small piece of yarn. Share the book with your baby. They will love seeing the pictures and hearing you talk about them!

