

Let's Welcome Melissa Spencer

(New Parent Partner Region V)



Hi, my name is Melissa Spencer and I live in Elkins W.V. I want to start by saying that I am very excited to be working as a Parent Partner in RAU 5. I cannot wait to start attending meetings, seminars and to meet everyone! I have two wonderful children; I have a two-year-old son and a one-year-old daughter. My first-born child was diagnosed with autism eight months ago and it has been the challenge of a lifetime. I have done research and therapies around the clock to get my son's diagnosis

lifted. Now my son is finally like a normal two-year-old boy!!! We have gone above and beyond to get him the help that he needs. Therefore, I was very excited to get this job; I have so many resources and much enthusiasm for this job. I cannot wait to start meeting children and families and to help them get the resources they need. I have also started an autism support group for families that need someone to lean on; that understands what they are going through. The support group will allow parents to get together and share resources and stories. If you ever have questions or concerns or would like to be linked or referred to other resources or supports, please feel free to give me a call. I look forward to meeting you all soon!



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Counties Served: Barbour,
Lewis, Preston, Randolph,
Taylor, Tucker and Upshur

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Counties Served: Monroe,
Summers, Greenbrier,
Pocahontas, Nicholas,
Braxton and Webster

Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.

~

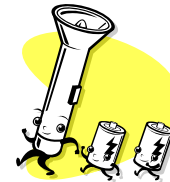
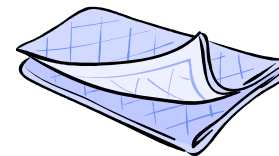
Edith Sitwell

Winter Travel Tips

Be prepared for winter travel, now is the time to put the emergency travel kit in the car.

This kit may include the following:

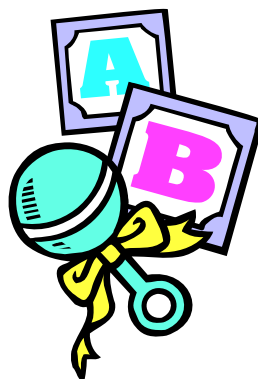
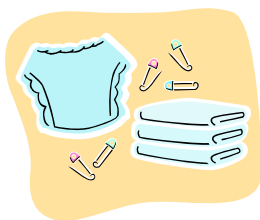
- ◇ Water
- ◇ Traction chains or a bag of salt, sand or kitty litter
- ◇ Non-perishable food; canned fruits or nuts and a can opener
- ◇ Bottled water
- ◇ Matches & candles
- ◇ Blankets
- ◇ Window scraper
- ◇ Paper towels
- ◇ A red flag or cloth
- ◇ Flashlight w/spare batteries
- ◇ Basic tools (screwdriver, pliers, adjustable wrench)
- ◇ Extra windshield washer fluid
- ◇ An emergency supply of any medication needed regularly
- ◇ Extra warm clothes (mittens, overshoes, and ski caps)
- ◇ Transistor radio with spare battery
- ◇ First aid kit
- ◇ Flares
- ◇ Jumper cables
- ◇ Small shovel



If you have an infant or toddler along:

(Make sure they are secured in a properly installed safety seat.)

- ◇ Formula
- ◇ Diapers
- ◇ Extra cloths and blankets
- ◇ Medicines if needed
- ◇ Age appropriate food
- ◇ Items to entertain



Fire Risk Typically Increases During Winter Holidays

During the winter season there are specific hazards that you must avoid to protect your family and prevent a fire in your home. It's important for parents to follow some very easy steps to ensure their decorations, candles, Christmas trees, and lights are safe. Also, no matter what the season, parents need to ensure that all home heating equipment and smoke alarms are working properly.

Eliminate Hazards

- ◇ Keep matches, lighters and other fire sources out of children's reach.
- ◇ Keep clothing, furniture, newspapers or anything flammable at least 3 feet from a fireplace, heater or radiator.
- ◇ Turn off all portable heaters when you leave the room or go to sleep.
- ◇ Never overload electrical outlets.
- ◇ Replace old or frayed electrical wires and appliance cords, and do not cover them under rugs.
- ◇ Store all flammable liquids, such as gasoline, outside and away from the home.
- ◇ Have heating equipment and chimneys inspected and cleaned every year.

Holiday Decorations

- ◇ All decorations should be nonflammable or flame-retardant, and keep them away from heat sources.
- ◇ Do not burn wrapping paper or other packaging in the fireplace.

Candles

- ◇ Candles should only be used under adult supervision.
- ◇ Candles should be placed where they cannot easily be knocked over.
- ◇ Candles should always be out of reach of children.
- ◇ Never leave candles unattended.
- ◇ Never put lit candles on a tree.

Winterizing Your Pet

If it's too cold for you to go outside, then it's too cold for your pet! The basic rule of thumb, put yourself in your pet's environment and build from there. Here are some additional tips for winterizing your pets:

- ◇ Frostbite, arthritis, and upper respiratory infections are common.
- ◇ Only take dogs on short walks if the temperatures are above freezing and the weather is dry.
- ◇ Dog sweaters and boots are good.
- ◇ Keeping an insulated dog house that is near your home is the best way to keep a dog outside.
- ◇ Nail a piece of heavy canvas over the entry to keep cold winds out and warm air in.
- ◇ Make sure that they have water available.



Make a Paper Wreath from Little Hand Prints



Supplies needed:

- A lot of green construction paper
- A piece of red construction paper or a red ribbon
- Pencil
- Scissors

Glue

Optional: Glitter or glitter glue

Trace the child's hand on a piece of green construction paper. Cut out the hand print. Make about 10 paper hands for each wreath.

Glue the hand prints together in a wreath shape, with the wrists overlapping a little bit.

Be creative; use white paper and let the children decorate with items that you may have on hand.

'Our greatest natural resource is the minds of our children.'

— Walt Disney



Toddler's Trail Mix

Things You Will Need:

- Cheerios
- Chex cereal
- Gerber Yogurt Melts
- Gerber Puffs
- Mini dehydrated fruits
- Pieces of graham crackers; or teddy grahams

Large ziploc bag or other airtight container

Mix together and store in Ziploc bag or air tight container.

Chicken feed Recipe

2 cups cheerios

1 cup peanuts

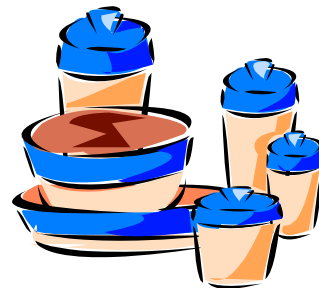
1 cup rasins

1 cup m&m's

Mix together in large bowl.

If you are not sure about nut allergies omit the peanuts and add another ingredient. I use teddy grahams.

These are a couple of fun things to do with your children. Be creative and use things that you have on hand. These are just suggested items that I have used when doing this activity.



One of the first places that families can look for engagement and quality time with their children is in the kitchen. Studies have shown that children who spend time with their parents in the kitchen eat healthier foods, are more confident and learn valuable life and academic skills when they cook with their families. Some kitchen time with your kids is a great way to spend quality time and help their development even with a busy schedule.

Points of Interest

Region V

Taylor County:

Taylor County Library
 Grafton, WV
 Story Time:
 Tuesdays @ 10:00 am
 Children 0-5 yrs.
 Please call to register; 304-265-6121

Randolph County:

Randolph County Library
 Elkins, WV
 304-637-0287

Upshur County:

Upshur County Library
 Buckhannon WV
 304-473-4219

Greenbrier County:

Free Playgroups
 Parents as Teachers
 Rainelle Medical Center
 Thursdays at 10:30
 304-646-8347

Teen Parent Support Group
 Greenbrier Valley Medical Center,
 Annex 1
 Thursdays 4:30 pm-6:30 pm
 304-646-8347

Lewisburg Public Library
 304-647-7568

Ronceverte Public Library
 304-647-7400

Rupert City Library
 304-392-6158

Rainelle Public Library
 304-438-3008

Alderson Public Library
 304-445-7221

Preston County:

Kingwood Public Library
 Kingwood, WV
 304-329-1499

Terra Alta Public Library
 Terra Alta, WV
 304-789-2724

Tucker County:

Three Rivers Public Library
 Parsons, WV
 304-478-3880

Mountaintop Public Library
 Thomas, WV
 304-463-4582

Nicholas County:

Summersville Public Library
 304-872-0844

Craigsville Public Library
 304-742-3532

Richwood Public Library
 304-846-6222

Webster County:

Cowen Public Library
 304-226-5332

Webster-Addison Public Library
 304-847-5764

Summers County:

REACH-FRC; Starting Points/PAT
 Play groups held every Tuesday
 11:00 am-1:00 pm
 Hinton, WV
 JoAnn Miller,
 304-466-2226

Barbour County:

Belington Public Library
 Belington, WV
 304-823-1026

Philippi Public Library
 Philippi, WV
 304-457-3495

Lewis County:

Louis Bennett Public Library
 Weston, WV
 304-269-5151

Monroe County:

Union Public Library
 304-772-3038

Braxton County:

Burnsville Library
 304-853-2338

Gassaway Library
 304-364-8292

Sutton Library
 304-765-7224

Pocahontas County:

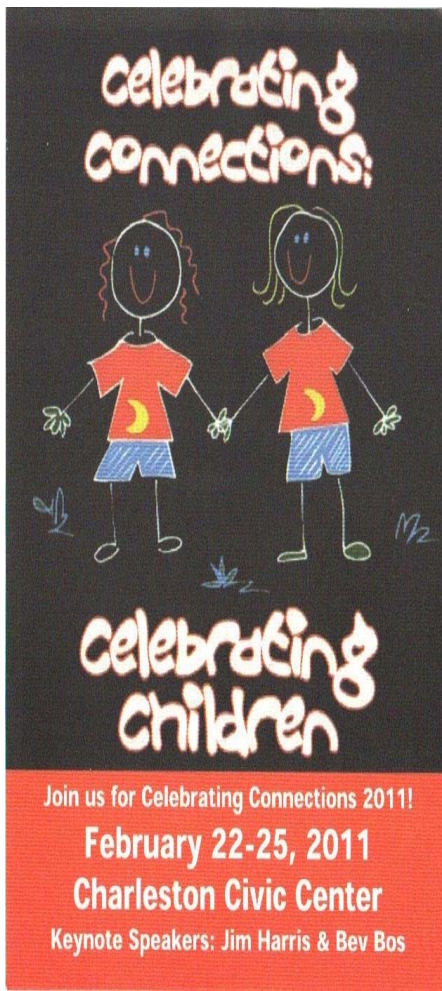
Free Playgroups
 Parents as Teachers
 Thursday at 10am
 McClintic Public Library
 Marlinton WV
 304-646-8347 or 304-799-6000

Durbin Public Library
 304-457-3142

Green Bank Public Library
 304-456-2011



Region VI



There are Stipends Available:

Stipends are available for *parents of children with special needs, birth through eight years and child care providers* who are unable to receive financial support from their affiliated agency. Stipend availability date will be provided in the current year's program. As part of receiving stipend support to attend the conference, stipend recipients will be asked to monitor one or more of their sessions. Monitoring includes assisting the presenter as needed (if requested) and passing out handouts, attendance sheets, and evaluation forms. Monitors will receive an instruction sheet with all the directions needed to complete this task and a list of the assigned sessions. If you are interested in applying for a stipend, please contact Alyson Edwards at West Virginia Early Childhood Training Connections and Resources (WVECTCR) at 304-529-7603 or 888-983-2827 for eligibility and award amounts. Stipends are available on a first-come, first-serve basis and funds are LIMITED. Stipends will be awarded based upon number of days of attendance. Child care centers will be limited to 3 stipends. WVECTCR reserves the right to decline an application for a stipend at any time. If you receive a stipend and are unable to attend the conference, please let WVECTCR know immediately so the funds can be allocated to someone else.

West Virginia's Annual Early Childhood Conference is sponsored by:

WV Department of Education:

Office of Special Programs.

WV Dept. of Health & Human Resources:

Bureau for Public Health

Office of Maternal, Child and Family Health/WV Birth to Three.

Bureau for Children and Families/Division of Early Care and Education

WV Head Start State Collaboration Office



RAU 5
1200 Harrison Avenue
Elkins, WV 26241

Mailing Label

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 Resources, Office of Maternal, Child and Family Health. Regional Administrative Units V, VI, are coordinated by MountainHeart Community Services, Inc.