

Melissa Spencer

Region 5, Parent Partner

1200 Harrison Avenue

Suite 220

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1-800-449-7790

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

Gale Cole

Region 6, Parent Partner

PO Box 1610

Lewisburg, WV 24901

1-866-229-0461

gale.y.cole@wv.gov

Counties Served:

Monroe, Summers, Green-
brier,
Pocahontas, Nicholas,
Braxton and Webster

Halloween Safety Tips

ALL DRESSED UP:

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes fit properly to prevent tripping, entanglement, or contact with flames.
- Consider adding reflective tape or striping to costumes and Trick-or-Treat bags to provide greater visibility.
- Consider non-toxic makeup and decorative hats as a safer alternative to masks which can limit or block eye sight.
- Provide your child or escort with a working flashlight.

PUMPKIN DECORATING:

- Children can draw faces with markers. Then parents can do the carving.
- Children can also use water base paints to do the faces.
- Votive candles are safest for candle-lit pumpkins.
- Always place Lit pumpkins on a sturdy surface, away from curtains and other flammable materials.

ON THE TRICK-OR-TREAT TRAIL

- A parent or responsible adult should accompany children
- Older children going alone, discuss route that is acceptable to you and agree on a specific time they should be home.
- Stay in a group
- Only go to homes with porch lights on
- Stay on well lit streets and stay on sidewalks
- Never cut across yards or use alleys
- Never enter a strangers home or car for a treat
- Walk at the far edge of road way facing traffic

HEALTHY HALLOWEEN:

- Provide a good meal before activities, this will help discourage youngsters from filling up on treats.
- Consider purchasing non-food treats for those that visit your home.
- Wait until children are home to sort and check treats.
- Ration treats for the days that follow Halloween

Family Story



Meet Avery

My name is Susan and my husband and I were expecting our second child, a daughter, in June of 2009. We also had a 9 year old son at that time who was desperately wishing for a little brother. After a few months of hoping for a change,

our son decided that having a little sister might not be so bad! The pregnancy progressed with a few minor health concerns with but nothing of great worry. We were getting ready for our new little girl, Avery!

On April 28, 2009, I went into preterm labor. For 24 hours I was given medication to stop labor, all to no avail. At 2pm on the 29th of April, the doctor advised the nurses to stop all efforts to end labor and Miss Avery Cale was born at 3:08pm weighing 3 lbs and 12ozs and measuring 16 ¾ inches long. She was immediately assessed by her pediatrician and was then taken by ambulance to Women’s and Children’s Hospital in Charleston.

Avery spent 9 days in the Neonatal Intensive Care Unit (NICU) then was transferred to the Pediatric Intensive Care (PICU) Step-down unit where she stayed for an additional 8 days. During her stay, she progressed very well and had only one minor setback, a slight case of Jaundice. She was discharged from the hospital on May 17, 2009, weighing 4lbs and 3 oz. She is our little miracle girl and has truly been a blessing to our family!

Avery continued to grow and develop as typical for a premature baby however our family began to notice a delay in her speech. As I was familiar with WV Birth to Three, I made a referral to the program and she was approved for services. She began Speech Therapy with Special Instruction less than one month later. She initially used only gestures and grunts as her primary mode of communication. After only a few months of services, Avery is currently using 3-4 word phrases on a consistent basis. She will use words appropriately to describe objects and her feelings as well as in general conversation. WV Birth To Three has given her the encouragements and support that she needed in order to communicate with others effectively. Our family will forever be grateful for the wonderful services provided by WV Birth to Three!

Greenbrier County, family



Points of Interest

Region VI

Greenbrier County:

PAT Playgroup
Rainelle Medical Center
Tuesdays 10-11:30 am
304-646-8347

Teen and Young Parent Support Group
Greenbrier Valley Medical Center Annex 1
Tuesday 4:30-6:30 pm
304-646-2275 or 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

Nicholas County:

Summersville Public Library
304-872-0844

Craigsville Public Library
304-742-3532

Richwood Public Library
304-846-6222

Pocahontas County:

PAT Playgroup
McClintic Library
Thursday 10-11:30am
304-646-8347

Durbin Public Library
304-457-3142

Green Bank Public Library
304-456-2011

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

Hinton Railroad Days
October 15, 16 & 22, 23, 2011
www.hintonwva.com/rrdays.html
206 Temple St Hinton WV 25951
304-466-5420

Summers County Library
304-466-4490

Monroe County:

Autumn Harvest Festival
September 24, 25, 2011
Union, WV
304-772-3003

Union Public Library
304-772-3038

Peterstown Library
304-753-9568

Braxton County:

Burnsville Library
304-853-2338

Gassaway Library
304-364-8292

Sutton Library
304-765-7224

Webster County:

Cowen Public Library
304-226-5332

Webster-Addison_Public_Library
304-847-5764



A Support Group for Parents or Loved Ones of a Child with Delays

The goal for this support group, **POGS**, is to provide support for parents and families that have or know a child with a developmental delay and provide resources and linkages to those families and children. As parents/ caregivers we are often times left to navigate the “Developmental Delay/ Disability” realm alone with no support or guidance and the intent of POGS is to provide an atmosphere where families can share their story, successes, heartbreaks and breakthroughs.

When life throws us a curve ball, sometimes we don't know how to hit it. So instead of stepping up to the plate and striking out we step back and observe how others hit the curve ball. It's through sharing information we learn. Finding and navigating your way through the “system” with a child that has a disability isn't an easy thing to accomplish. The intent of this support group is to find out how we each have dealt with these issues personally and offer support and suggestions to one another. We are the best resource center and support, we are also the greatest advocate and voice for our children.

POGS meets the first Monday of every month from **6:00 pm to 8:00 pm**, if the weather is nice we meet at the **Elkins City Park** or during inclement weather we meet inside the back entrance of the **First Baptist Church**, right in front of the park. It is also important to note that **ALL** children are welcome at POGS, that is in fact why we are meeting! Since the support group meets during dinner time everyone is welcome to bring dinner for themselves and their children, sometimes we all contribute money and order pizza, we are an informal group:)

Group Chair Person: Kitty Judy 304-227-4159
 Alternate Contact: Melissa Spencer 304-621-1887
 Alternate Contact: Sam McWhorter 304-614-7269

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

Children's Festival September 17th
 Stockert Youth Center 10a-2p

Upshur County:

Upshur County Library
 Buckhannon WV
 304-473-4219

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

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

2011 Buddy Walk

October 8, 2011
 West Virginia Capitol Complex
 10:00 am
 304-342-3358

Disability History Week

October 10-14, 2011

32nd Bridge Day Festival

October 15, 2011
 Fayetteville, WV
 1-800-927-0263

75th Mountain State Forest Festival

October 1-9, 2011
 Elkins, WV
 304-636-1824



Ways to Prevent Infection this Fall and Winter

Vaccines

In addition to making sure your child has a flu vaccine, keeping her up-to-date with all her regular immunizations will protect her from pneumonia, meningitis, ear infections, and whooping cough

Clean Hands

Wash them often -- especially before eating or after coughing or sneezing. Tell your child to scrub with soap or use alcohol-based hand gel. Also teach her to keep her hands away from her face so she won't transmit germs into her eyes, nose, or mouth, says pediatrician and *Parents* advisor Ari Brown, M.D.



Good Food

Serve a variety of fruits, veggies, whole grains, dairy products, and other nutritious foods. If your child gets less than 400 IU of vitamin D daily from her diet, she should take a supplement. A vitamin D deficiency could increase the risk of many illnesses, including a cold and flu.

Sleep

Well-rested children are less likely to get sick, so make a regular bedtime non-negotiable. A lack of sleep can disrupt the function of white blood cells called T cells, which play an important role in helping fight off infections.

Source: <http://www.parents.com/toddlers/health/cold>

Cold/flu fighters/ Feel Good Foods



Chicken Soup

Why it's a [cold/flu](#) fighter: When you have a cold or the flu, a major symptom includes congestion in the nose, chest, and throat. Chicken soup has specifically been shown in studies to thin mucus secretions. Broth and noodles provide carbohydrates for maintaining your energy levels, potentially helping you feel less lethargic. If you add vegetables, you'll boost the level of nutrients in the soup, which will help support immune function. Slurp away on low-sodium soups that contain 30% less salt. You want the soup to contain some salt, though, because sodium helps regulate the amount of fluid in the body. Basically, the saltiness in soup may help encourage hydration, says Lawrence D. Rosen, MD, chair of the Integrative Pediatrics Council, and author of [The Whole Child blog](#). This is important because [fevers](#) can contribute to dehydration.

Hand Washing Song

(make hand washing fun with your toddler)

Wash, wash, wash your hands.

Wash them nice and clean.

Wash them on top, wash them on bottom and fingers in between.

Wash, wash, wash your hands.

Wash them nice and clean.

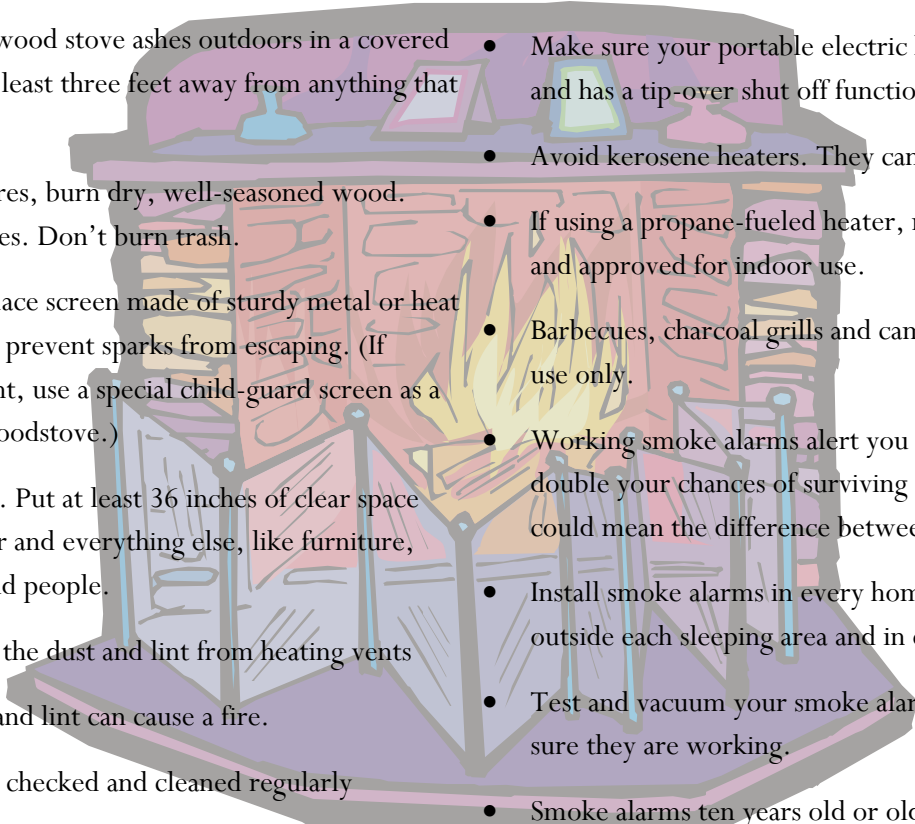
Wash them on top, wash them on bottom and fingers in between.

Source— <http://www.earthkids.com/>



Heating Safety Tips

- Inspect your chimney and fireplace for creosote build-up, cracks, crumbling bricks and obstructions.
- Place fireplace or wood stove ashes outdoors in a covered metal container at least three feet away from anything that burns.
- To prevent flue fires, burn dry, well-seasoned wood. Burn small, hot fires. Don't burn trash.
- Always use a fireplace screen made of sturdy metal or heat-tempered glass to prevent sparks from escaping. (If children are present, use a special child-guard screen as a barrier for your woodstove.)
- Give heaters space. Put at least 36 inches of clear space between the heater and everything else, like furniture, curtains, papers and people.
- Vacuum and clean the dust and lint from heating vents
- A buildup of dust and lint can cause a fire.
- Have your furnace checked and cleaned regularly
- Check the cord on portable electric heaters. If the cord gets hot, frayed or cracked, have the heater serviced.
- Never use extension cords with portable electric heaters. It can overload the circuit and cause a fire.
- Turn off portable heaters when family members leave the house or are sleeping.
- An adult should always be present when a space heater is used around children.
- Make sure your portable electric heater is UL-approved and has a tip-over shut off function.
- Avoid kerosene heaters. They can emit poisonous fumes.
- If using a propane-fueled heater, make sure it is designed and approved for indoor use.
- Barbecues, charcoal grills and camp stoves are for outdoor use only.
- Working smoke alarms alert you to a fire and more than double your chances of surviving a fire. In a fire, minutes could mean the difference between life and death.
- Install smoke alarms in every home, on every level, outside each sleeping area and in each bedroom.
- Test and vacuum your smoke alarms each month to make sure they are working.
- Smoke alarms ten years old or older need to be replaced with new units.



Make a home escape plan and practice it with your whole family at least twice a year.

DID YOU KNOW?

Timely Services

Your Service Coordinator is responsible for helping you to coordinate and monitor the delivery of your child's Individualized Family Service Plan (IFSP) services in order to assure that services are meeting your child and family's needs and are being provided as called for on the IFSP. Under Part C of the Individuals with Disabilities Education Act (IDEA), WV Birth to Three must assure that eligible children receive early intervention services in a timely manner. Regardless of the intensity/frequency of the service on the IFSP, the initial delivery of service (including service coordination) must occur within 30 days of the parent consent/IFSP start date, unless the parent chooses to have the service start at a later date. If you have questions about the timely delivery of your child's services, please contact your Service Coordinator or the WV Birth to Three Regional Administrative Unit for your region.

We need children's photos for the 2012 Early Childhood Calendar!

This year, West Virginia Early Childhood Training Connections and Resources would like to design the 2012 Early Childhood Calendar on families, partnerships, and leadership.

We need photos of children and families/adults participating in:

- ⇒ Talking together
- ⇒ Helping one another
- ⇒ Reading together
- ⇒ Enjoying each other
- ⇒ Cooking together
- ⇒ Exploring nature
- ⇒ Spending time together
- ⇒ Working together

Children should be infant, toddler, or preschool age.

Please include the child's name and age, name of person submitting photo, address, and phone number. All photos must be accompanied with a WVECTCR photo release. Download a copy of the release at www.wvearlychildhood.org/resources/photorelease.PDF. If sending photos via email, please do not resize pictures.

Sent to:

WVECTCR

611 Seventh Avenue, Ste. 322

Huntington, WV 25701

Attn: 2012 Calendar

Or e-mail the photos to tcr@rvcds.org

Deadline: September 16, 2011



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.