

Fun Spring/Summer Traveling Activities To Do With Children In the Vehicle

As Spring/summer approaches we try to find some fun activities for us to do with our children while traveling, so here is some fun activities to try with the whole family!

Travel Scavenger Hunt

This is a good game for a long spring/summer drive. Give children lists of things to watch for during the drive. Children can cooperate or compete to find all the items. You can give the child a verbal, or written list depending on age. For very young children, you might select only one item.

Toddler List:

- Tall Building
- Lake or Pond
- Person on a Bicycle
- Animal
- Specific Color Car
- Bridge
- Truck
- Stop Sign
- Store
- Person Wearing A Hat
- Bus
- Dog
- Grocery Store
- Railroad Tracks
- Billboards
- Dirt Road
- Cows/ Farm Animals
- A Fence
- Play Ground
- Flashing Lights
- Children
- Flower Garden

Cow Field Count

Watch out the window for a field of cows. First person to spot the field of cows and call out that they saw the cows in the field, gets one point for spotting the cow field (if you have little ones you can help them count). A parent needs to keep count of how many cow fields the children have seen. Whom ever sees the most cow fields, WINS!!!!

Traveling Sock Puppets

The night before you travel, you and your children make some sock puppets for a fun ride the next day. This also gives you and your children a nice relaxing activity before a travel day (if socks are not available, use brown paper bags). When the time comes to travel, you can pull out those sock puppets and the children can play different characters with them(if you only have one child, then whom ever is the passenger can play). Another fun thing to do with them is play peek a boo with the sock puppets, infants love this!!!!

**The more I talk and get upset at my child the less effective I become ...Less is more.
M.Spencer**

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Region 5, Parent Partner
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Counties Served: Barbour,
Lewis, Preston, Randolph,
Taylor, Tucker and Upshur

Gale Cole
Region 6, Parent Partner
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Lewisburg, WV 24901
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Counties Served:
Monroe, Summers,
Greenbrier,
Pocahontas, Nicholas,
Braxton and Webster

Good Tips for Meal Times With Your Little Ones!!!

You think about portion sizes. Young children should be given smaller portions than adults. Let them ask for seconds if they're still hun-

1 pancake or waffle = a 4 inch CD



3 oz. of cooked meat/fish = a deck of cards



Making Meals Baby- friendly

Bring your baby to the table without cooking an extra meal or worrying about a mess!

~Adapt Your Food~

Soup— Strain off the liquid, serve just the soft meats, veggies or noodles.

Roasted Vegetables— Roasting concentrates the flavors of veggies—and makes them easier to mash.

Chicken— Wipe sauce off cooked poultry/ or other meat before chopping finely.

Red Meats— One- Year-Olds don't have enough teeth to chew through tough meats like beef and lamb. Shred a steak, chop or roast, and stir into rice or noodles.

~Avoid A Mess~

Stay Put— Consider feeding your child in a high chair rather than a booster seat. Your child then won't have the access to grab hot or sharp objects. This also keeps the mess limited to one area versus the whole table.

Cover Up— Place a shower curtain, or a disposable plastic table cloth under your child's high chair for convenient clean up. (Discard of the item immediately due to child safety)

Keep It Small— Give your child small portions, if your child wants more let them ask for more.

It's A Wrap— Wrap two thick rubber bands around her cup to improve her grip on it.

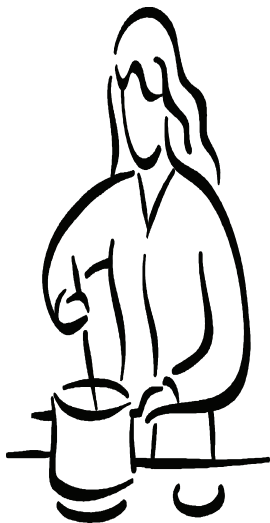
Having fun Cooking With Your Kids!!!!

Cooking with your kids isn't just fun— it's healthy too! Kids who help make meals are often more likely to eat healthy and try new foods. We gave you some tips to get started!!!

Shop Together— Take your kids to the grocery store and show them all of the colorful fruits and veggies. Have them pick out something they would like to try. You can also help them get to know their shapes and colors with the fruit.

Team Up In The Kitchen— your kids will enjoy helping you make dinner or a nutritious snack. Big kids (5 and older) can pour milk, measure ingredients, and set the table. Even 3-4 year olds can enjoy the fun by washing vegetables and tearing up lettuce. Babies can sit in the high chair and play with plastic measuring cups and wooden spoons.

Have Fun— Use a cookie cutter to cut fun shapes out of pancakes, fruits, or sandwiches. Mix things up, like serving breakfast for dinner. Nutritious foods are good any time of the day!



Turn fussy Into fun!!!

Easy Ways To Get Your Baby To Try New Foods: Introducing new foods and textures can be quite an adventure. Here are some tips for an easy mealtime.

Mix It Up: Mix a new food, like plums or prunes, with a food baby loves, like bananas.

The Switcheroo: Introduce more textures by alternating between spoonfuls of the chunkier new food and a tried- and -true pureed favorite.

Don't Push It: If baby resists, smile and try it another day. It can take 10 to 15 tries before baby accepts a new food. Offer different flavors, colors and textures with 3rd foods dinner and desserts, or fruits and veggie puffs.



Terrarium

What you'll need:

- Plastic 2 liter soda pop bottle with cap
- Very sharp scissors or craft knife
- Dirt or potting soil
- Seeds
- Water

How to make it:

Remove the label from the bottle. Discard label. Save cap!

- Wash and rinse out the bottle and cap.
- Cut the bottle close to the bottom. There may be a "line" near the end of where the label was, that's a good place to cut. You can cut it higher if you wish.
- Lightly place dirt or potting soil in the base.
- Plant a few seeds in the dirt.
- Lightly water.
- Put the cap on the bottle.

Cover the base with the top of the bottle. You will have to fiddle with it a bit to fit back inside the base. Place in a sunny spot and watch for your seeds to grow.

When the plants are ready, repot them or plant them in your garden.

Tips:

- If your soil starts to look a little dry before your seeds come up, you can unscrew the cap and insert the head of spray bottle of water. Spritz several squirts into the terrarium.
 - This project can also be done with individual sized water bottles. Don't plant more than two seeds in a small bottle like this or they will be overcrowded and won't grow.
- This makes a great classroom project, just ask each student to bring in a water bottle or 2 liter bottle. Ask students if any of their parents have a garden and would be willing to donate seeds. Bird seed will work for the project as well!

Deviled Egg Boats

Ingredients

- 12 hard-boiled eggs
 - 2 teaspoons Dijon mustard
 - 2 teaspoons vinegar (white or cider)
 - 1/4 to 1/2 cup mayonnaise
 - 2 red, orange, yellow, or green bell peppers
- Paprika

Instructions

1. Peel the eggs, then slice each one in half to make boats. Place the yolks in a medium-sized bowl and mash them with a fork. Add the mustard and the vinegar, then add the mayonnaise, stirring until the consistency is smooth but not soupy.
 2. Next, make the sails. To do this, cut each pepper into 1-inch-wide strips, then cut the strips into 1-inch squares and slice each square in half diagonally.
- Fill the egg-white halves with the yolk mixture. Stick the sail upright into the filling and sprinkle with paprika. Makes two dozen.



Parent's Advocacy Guide to Special Education Available This Spring

The West Virginia Developmental Disabilities Council and West Virginia Advocates have collaborated to develop a comprehensive, but readable guide to the policies and procedures that govern special education services in West Virginia. The Guide, which is free of charge to parents who have children in special education programs, specifically covers West Virginia Policy 2419 and Section 504 of the Rehabilitation Act. The DD Council and WVA worked with parents to develop the Guide, which in addition to summarizing policies, includes tips for record keeping, working cooperatively with school personnel, and resolving disagreements.

Parents who have pre-school children or adult sons or daughters who receive special education services will benefit from the Guide. Parents will find understandable answers to these questions and more:

- ◇ What does "Free and Appropriate Education" mean for my child?
- ◇ What is the eligibility process, and how do I challenge a finding?
- ◇ How can I assure that my child is in the most integrated school setting?
- ◇ What is my role in the Individualized Education Program planning process?
- ◇ What are "Related Services"?
- ◇ What is the school's responsibility in transition planning for life after high school?
- ◇ Who can I contact in my community or in West Virginia to help me in understanding policies and regulations?

The Guide will be available for statewide distribution this spring.

For more information about the Parent's Guide project, please contact :
WVA at (800) 950-5250 or (304) 346-0847 or
WVDDC at (304) 558-0416.

The Guide can be reserved by contacting:

Tiffany Wiseman
(Voice) 304-558-0416
(TDD) 304-558-2376
(Fax) 304-558-0941
(facebook)
Tiffany.C.Wiseman@wv.gov

Or write to:

Tiffany Wiseman, Communications Specialist
WV Developmental Disabilities Council
110 Stockton Street
Charleston, WV 25387

2011 - 2012 Partners in Policymaking Class

The WV Developmental Disabilities Council is currently taking applications for the Partners in Policymaking is a leadership program for adults with developmental disabilities and parents of young children with developmental disabilities. Partners become familiar with the policymaking and legislative process at the local, state and federal levels. The program teaches skills necessary for individuals to become advocates who can influence the system of services for people with developmental disabilities.

The program will begin in September and run through May. One two-day training session will be held each month and will begin at noon on Friday and end on Saturday afternoon. All sessions are held at a centrally located hotel in Charleston, WV. Meals and lodging are provided and stipends for transportation, personal assistance services and respite care are available upon request.

Learn more or request an application:
www.ddc.wv.gov

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"I can honestly say that being a part of this group has changed my life and the life of my son and for that I am eternally grateful."
Gale Cole

"All that is valuable in human society depends upon the opportunity for development accorded the Individual."

Albert Einstein

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

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

Region VI

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

Nicholas County:

Summersville Public Library
 304-872-0844

Craigsville Public Library
 304-742-3532

Richwood Public Library
 304-846-6222

Nicholas County Early Childhood Conference
 May 9, 2011 @ Armory
 8am-3pm
 Must attend full day to qualify for prizes.
 Marla Short, 304-846-4479

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

Children's Healthy Fair
 April 29, 2011
 Memorial Building
 10am-2pm
 JoAnn Miller,
 304-466-2226

Monroe County:

Monroe County Kiddie Fair
 April 12th-15th
 Lindsie Methodist Church
 Jeana Carr, 304-772-3284

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

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

Rylee's Rally is pleased to introduce...



**One event for all needs,
for all ages**

Disability Expo 2011

www.one4alldisabilities.org

One4All Disability Expo 2011

April 30, 2011

10am-2pm

Veteran's Memorial Field House

Huntington, WV

Free Admission

**Same great event, growing to include resources for everyone.
Committed to meeting the needs in our community.**

Printing donated by Cabell Huntington Hospital



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.