



Parent Blocks

NEWSLETTER



"Providing resources to parents throughout West Virginia"

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Health and nutrition not just for children

We all understand the importance of health and nutrition for children. Children need lots of structured and unstructured activity and good nutri-

tion to not only grow and thrive, but to also have healthy social and emotional development.

However, good health practices and nutrition are also good for parents and

professionals caring for children. This is sometimes overlooked by adults in the hustle and bustle of everyday life. By the time we care for others, we sometimes have very little energy left to take care of ourselves. But caring for ourselves is critical. We can also model the importance of taking care of ourselves for children. And just like for children, good nutrition and health practices leads to improved mental health in adults.

Exercise, healthy nutrition, stress management, and good sleep will all have a positive impact in your overall health.

WV Parent Blocks Newsletter is a project of West Virginia Early Childhood Training Connections and Resources, a collaborative project of West Virginia Department of Health and Human Resources/Bureau for Children and Families/Division of Early Care and Education; WV Head Start State Collaboration Office; Office of Maternal, Child and Family Health/West Virginia Birth to Three; West Virginia Department of Education/Office of Special Education; and West Virginia Home Visitation Program and is supported and administered by River Valley Child Development Services.

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Say **YES** to Safe Sleep

MOST (99%) of West Virginia parents agree the safety of their babies is most important when thinking about where their babies sleep.

YES

Baby always sleeps alone, on her back and in her crib

YES

Crib is clear of toys, heavy or loose blankets, bumper pads & pillows

YES

It's safest for baby to sleep in the room where you sleep, but not in your bed.

YES

Dress your baby in light sleep clothing and keep the room at a comfortable temperature

YES

Mattress is firm & fits close to the sides

YES

Baby sleeps in a smoke-free room

Data from West Virginia Positive Community Norms Parent Survey Key Findings Report, March 2014.

Did you know?

One baby dies every 10 days in West Virginia as a result of unsafe sleeping.

MOST (99%) of West Virginia parents agree they want to do what's best for their children.

What's best for infants is saying **YES** to safe sleep.

For video + more information visit:

SafeSoundBabies.com

Our Babies: safe&sound

The West Virginia Children's Trust Fund

Claude Worthington Benedum Foundation

TEAM
for West Virginia Children

This program is being presented with financial assistance as a grant to the TEAM for West Virginia Children from the WV Department of Health and Human Resources.

Vaccination Tips

Submitted by Jennifer Conkle, West Virginia Child Care Health Educator

Preparing for children to receive vaccinations can cause anxiety and stress for parents and children alike. The Centers for Disease Control and Prevention (CDC) offers recommendations to reduce the uneasiness before, during, and after a doctor visit for immunizations.

Here are some ways to prepare before the vaccinations:

- Write down any questions you have after reading any vaccination materials that you may have received from your child's physician.
- Visit www.cdc.gov and review the immunization schedule for the ones recommended for your child's age.
- You may learn more about the benefits and risks of vaccines by reviewing the Vaccine Information Statements available on the Center for Disease Control and Prevention website (www.cdc.gov).
- Bring your child's personal immunization record to your appointment.
- Bring an item that your child finds soothing and comforting.
- If your child seems to not be feeling well consult your physician before postponing the vaccinations. It may not be necessary to postpone.



During the vaccinations:

- Distract and comfort your child. Provide them with the comfort item you brought.
- Smile and remain calm. This will help your child know everything is ok.
- Read, tell stories, and discuss interesting things to provide a distraction.
- Older children can practice taking deep breaths to help with relaxation.
- When possible, hold your child in your lap during the administration of the vaccine.
- Support your child if he or she cries or becomes upset. Avoid scolding.

After the vaccinations:

- Review any information your physician gives you about the vaccinations your child received.
- Use a cool, damp cloth to reduce redness, soreness, and swelling at the injection site.
- A cool sponge bath may help with a slight fever. The physician may also recommend a non-aspirin pain/fever reducer.
- Provide plenty of liquids to your child.
- Pay extra attention to your child for a few days. If anything causes you concern, contact your physician.

Growing Together Through WV Birth to Three A Family Guide

These are the steps your family will go through in the early intervention process.



1. Referral

- You, your physician, or others with a concern about your infant/toddler's development (age birth to 35 months) can make a referral to WV Birth to Three (WVBTT).
- The first step to getting help is to make a referral by calling **1-866-321-4728**.

2. First Visit

- When a referral is received, an Interim Service Coordinator (ISC) will call you to schedule a home visit, at a time that's good for you, to explain the WVBTT process and begin planning for the next steps.

3. The Evaluation

- If your child has a substantial delay in an area of development* or has certain risk factors, he/she may be eligible for WVBTT services.
- You will select 2 WVBTT professionals who will work with you and gather information to determine if your child is eligible to receive services.
 - Eligibility is not based on income.

*Areas of Development

- thinking and learning
- motor (including vision and hearing)
- speech
- social/emotional
- self-help skills

*** You, as a family, may choose to proceed at your own pace, stop eligibility determination, or withdraw from the program at any time. ***



4. The Individualized Family Service Plan (IFSP) Meeting

- If your child is eligible, with your consent, you will help develop an IFSP within 45 days of the referral.
- Your IFSP team will help you decide which services you need to help you help your child learn and grow.

5. Delivery of Services

- Your IFSP services will be provided in your home or community.
- IFSP services should begin no later than 30 days after you signed the consent.
- The IFSP will be reviewed at least every 6 months, or sooner, if you request.
- WVBTT supports and services are provided at no charge to the families.

6. Service Coordination

- At the initial IFSP meeting, you met your ongoing service coordinator who will work with you to make sure your IFSP services are meeting your needs.
- The ongoing service coordinator will also link your family to other available community services, as needed.

7. Transition

- Your child will leave the WVBTT system when he/she turns three years of age.
- Your service coordinator and IFSP team will help you with the transition process, including exploring other possible services.



For more information about WV Birth to Three, please visit www.wvdhhr.org/birth23.

WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the WV Department of Health and Human Resources, Office of Maternal, Child and Family Health.