



Day One Newsletter

Day One Program receives new funding

West Virginia
Hospital Association

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Children's Health
Insurance Program



The West Virginia Hospital Association's Healthcare Education Foundation (HEF) has received new funding from the Claude Worthington Benedum Foundation and the West Virginia Healthcare Authority to expand the Day One program. This provides us with a perfect opportunity to review the program and fine-tune it to meet the needs of all who are implementing the Day One Program.

As many of you remember, the Day One Program lost its funding as part of the major cuts in the TANF funding through the West Virginia Department of Health and Human Resources. WVHA was fortunate to have had a supply of the Day One materials and could continue providing them to hospitals during a period of time when we were not receiving any outside funding.

I recently sent a survey out to get an update on which hospitals are offering Day One. The survey consisted of various questions such as: How they are doing it? At what point do they offer it (prenatal vs. post natal)? I have received some useful information but I did not receive survey responses from several hospitals. I know everyone is busy and I understand that spare moments are few and far between for most of you. If your hospital has not responded to the survey it would be helpful to me if you could take a few moments to complete and return it to me. The survey is 10 short questions (most are yes/no answers) with a section for comments and suggestions. If you are not sure if your hospital has submitted a completed survey, please contact me at 304/344-9744, Cell: 304/419-0899; or e-mail: ckittle@wvha.org.

As Day One Project Director, I serve on the EARLY LANGUAGE AND LEARNING DEVELOPMENT PROJECT Steering Team. This is a project of the West Virginia KIDS COUNT FUND, funded by the Claude Worthington Benedum Foundation, to improve the language and literacy skills of West Virginia's youngest children, birth to age three. This is an exciting initiative, one that is a perfect match for the Day One program. I am learning a lot and will share the information with everyone on an on-going basis. Please see page three of the newsletter for related information for you and your Day One parents.

News to Use

It's garage sale season again

— a time when bargain-hunters of all ages devote their Saturday mornings to combing the neighborhood for deals on a variety of household items. One of the hottest-selling types of items at garage sales is baby equipment, but what many parents and parents-to-be fail to realize is that it's not always a good idea to purchase used baby equipment. Here's a list of what types of items you should think twice about before purchasing secondhand.

Humidifiers, bottle-warmers, and other small appliances:

It's rarely a good idea to pick up small appliances at garage sales. According to the Canadian Standards Association (CSA), the problem with purchasing these items secondhand is that you have no idea how old the appliance is, whether it has been used properly or misused, and whether it meets current safety standards.

Playpens made before 1976:

It's unbelievable how long certain types of baby equipment manage to remain in use, and playpens are a prime example. Even though playpen standards were revised in 1976 to ensure that mesh-sided playpens were made of mosquito-type netting with holes that were small enough to prevent a child from becoming entangled, you'll still find some prehistoric playpens kicking around at garage sales. Unless you're certain that a playpen is reasonably new and that it is in good working order (e.g. it won't collapse while your child is in it), just say no to the bargain.

Baby gates made before 1990:

Accordion-style baby gates with diamond-shaped openings and large Vs at the top have been off the market for nearly a decade, but you'll still find them at garage sales. Avoid them at all costs.

Car seats:

It's generally a bad idea to purchase a secondhand car seat. The problem is that you can never be 100% sure that the car seat hasn't been involved in a car accident. (Even a minor fender-bender can make a car seat unsafe.) Even if you're certain that the car seat hasn't

been involved in an accident, you still need to think twice about the purchase: you'll want to pass on the chance to purchase a car seat that is more than 10 years old or that is missing its installation instructions.

For more information about purchasing secondhand baby equipment, contact:

**Infant and Toddler Safety Association,
385 Fairway Road South, Suite 4A-230
Kitchener, Ontario N2C 2N9.
1-519-570-0181**

IS YOUR CRIB SAFE?

- ♥ Before you put your baby to sleep in a used crib, check to be sure it's safe. A safe crib has —A firm, tight-fitting mattress
- ♥ No loose, missing, or broken hardware or slats
- ♥ No more than 2 3/8" between the slats (about the width of a soda can)
- ♥ No corner posts over 1/16" high
- ♥ No cutout designs in the headboard or footboard

**If your used crib isn't safe, don't use it.
For more information, contact:**

**U.S. CONSUMER PRODUCT
SAFETY COMMISSION
Washington, D.C. 20207**

TOLL-FREE HOTLINE

800-638-2772

www.cpsc.gov

What is Early Literacy Development?



The term early literacy development may make you start thinking about some formal education program that requires hours of special training. Early literacy development actually refers to all of the things that children learn that enable them to read and communicate as they learn and grow. Learning how to hold a book and realizing that the pages can be turned, relating to the pictures as a way to tell a story and that the picture relates to the letters and words, all of these things help prepare young children to be the best learners that they can be.

The following are some effective ways to promote early literacy development in young children.

- ♥ Interact with children in a positive, engaging and nurturing manner. Encourage learning through play and active engagement, and set up learning environments rich in literacy activities and materials.
- ♥ Talk and sing often to children, beginning at the time of birth. Play games like “where’s your nose” point out familiar objects and talk about them; describe what baby is doing during activities such as eating, bathing or getting dressed. Engage children in conversation by asking questions and being interested in what they say; add new words to conversations to expand vocabulary. Point out words and letters on signs while walking, driving, shopping, etc.
- ♥ Play rhyming games to help develop awareness of language sounds; play clapping games to sound out syllables of words; have children find objects that start with the same sound and read poems and stories that have rhymes.
- ♥ Share stories with children every day by reading books or telling stories. Be cozy and comfortable while sharing the stories to make it an even more pleasurable experience. Point to pictures in the book and talk about them. Pick books with brightly colored pictures and easy to read print. Read favorite stories over and over. Encourage children to explore books— hold them, turn them over, turn the pages, lift the flaps, touch any different texture.
- ♥ Have lots of books around for children to explore. Have paper, crayons, markers, arts and crafts materials, old magazines, magnetic letters and numbers accessible. Based on readiness of the child, take the child to the library,

Reading together cuddled up on a porch swing, after being tucked into bed or even while waiting to see the doctor, can be wonderful lifelong memories for children and their parents.

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Address Label



Building Blocks for a Bright Baby



Information & Reminders

The West Virginia Children's Health Insurance Program (WV CHIP) provides working families free or low-cost health care coverage for their children. Since the program began, WV CHIP has covered more than 45,000 West Virginia children from birth to age 18. This program offers many services important to growing children, including immunizations, dental and vision care, doctors' visits, hospitalization, prescription drugs and more.

For example, a family of four earning more than \$36,000 a year could still qualify for CHIP. Plus, families may be eligible for several income deductions that could help them meet the eligibility requirements. There is no cost to apply and no premiums or deductibles to pay. To apply, or learn more about WV CHIP, call the toll-free help line at 1-877-WVA-CHIP.

WV CHIP has provided several items that are now included in the Day One parent information supplies that are available to all hospitals that serve as Day One sites.

The Day One staff would like to thank everyone that returned the survey that was sent to all hospitals. If your hospital hasn't done so yet, it is not too late. Contact Cinny Kittle for more information.