

All in for Kids

A Birth to 3 Program Family Newsletter

All in for Kids is a newsletter created to keep you and your family informed about the services available through the Birth to 3 Program. The newsletter is published by the Wisconsin Department of Health Services.



Beat the Winter Blues!

At this time of year, many people experience the winter blues: feeling sad, low-energy, or irritable. Both adults and kids can get the winter blues. But you don't have to just wait around for spring to get here—you can take action to ease the winter blues.

Note: The winter blues is not a medical diagnosis. If you have a mood shift that is severe, lasts more than a few days, or affects all parts of your life—from work to personal relationships—talk to your health care provider.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

What causes the winter blues?

During the winter, there are fewer hours of daylight and not as many sunny days. Sunlight affects your body and its “internal clock.” Too little sunlight can cause your body to:

- Make too much of the hormone that causes sleepiness.
- Make less vitamin D. Vitamin D plays a part in your mood, sleep, appetite, and energy levels.

These changes in the body may make you lose interest in hobbies or spending time with friends or family, which can add to feeling lonely and sad.

How can I ease the winter blues?

If the winter blues have you feeling down, here are some things to try:

- Plan one activity each week that excites your whole family. For example, order your family’s favorite take-out meal for dinner, have a game night, or pop some popcorn and watch a family favorite. Having something to look forward to can boost your mood.
- Get more vitamin D through supplements (vitamin pills) or foods such as:
 - Egg yolks.
 - Milk, orange juice, or cereal that has added vitamin D (check the nutrition label).
 - Tuna or salmon (canned or fresh).
- Get more light by:
 - Heading outside for a family walk, especially on a sunny day.
 - Opening curtains or blinds all the way.
 - Turning on lights so the room is bright. You may want to use full-spectrum light bulbs, which give off the same type of light as the sun.
- Do something active. Whether it’s exercising, bundling the family up to take a walk in the fresh snow, or even doing energetic housework with your favorite music, every little bit helps!
- Follow good sleep habits, such as:
 - Going to bed and waking up at the same time each day. This is important for both kids and adults!
 - Staying off screens for at least 30 minutes before bedtime. (Screens give off light that can fool your brain into thinking it is daytime.)

Paying attention to your moods and having a plan for handling the winter blues can help keep you and your family happier and healthier this season.



The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

What to Watch for as Your Child's Vision Develops

From the day babies are born, they start learning about the world through their senses: vision (sight), hearing, smell, taste, and touch. If one of their senses is delayed or impaired, getting support early can help.

Children with vision differences may learn about the world in different ways than children with typical vision. The Birth to 3 Program can help find ways to explore and learn about the world that fit each child's unique abilities.

Vision can play a part in your child's relationships with others and future school success. As a parent or caregiver, you can help make sure your child's eyes and vision are developing properly.

Vision Develops as a Child Grows

Babies do not see well at birth. A baby's vision goes through many changes in the first year of life. Your child's health care provider should check their vision at birth, by their first birthday, and once more before they turn 3. These vision screenings are usually done during a routine check-up.

Your child may have vision problems if their eyes:

- Do not follow a moving object, like a toy or your finger, when it passes in front of their face (for babies older than 3 months).
- Cross inward or drift outward (for babies older than 4 months).
- Blink faster or more than normal.
- Seem very sensitive to light.
- Have issues such as:
 - Redness that does not go away in a few days.
 - Swelling.
 - White or grayish color in the pupil (the black center of the eye).
 - Watering.

If you have concerns about your child's vision, you can:

- Tell your child's health care provider what you notice about your child's eyes or vision and why you are concerned. They may recommend an appointment with an eye doctor.
- Ask the Birth to 3 Program service coordinator to screen your child's vision. Screening will show if there are warning signs that should be looked at by an eye doctor. ❖

JOIN OUR EMAIL LIST

For faster delivery, sign up to receive the electronic version of this newsletter and other emails about the Birth to 3 Program. Go to www.dhs.wisconsin.gov/aboutdhs/alerts.htm and then scroll down and click the "Birth to 3 Program Information for Families" link on the left side.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

Parent Members Are Needed for the Birth to 3 Program Interagency Coordinating Council

What Is the Interagency Coordinating Council?

The Interagency Coordinating Council (ICC) shares ideas and recommendations for how the Birth to 3 Program can help children with delays and disabilities and their families.

Some council members are parents from different backgrounds who have children with delays or disabilities. Parents are valuable council members who provide information about their experiences and the needs of families. Their ideas help shape Birth to 3 Program practices and policies.

Other council members include advocacy groups, Birth to 3 Program staff, and other county and state agencies.

Join the Interagency Coordinating Council

The ICC is looking for parent members. Members' terms last 3 years.

The ICC meets four or five times a year. Right now, meetings are held remotely (with attendance online or by phone). Future meetings may be held in person in Madison, Wisconsin with the option to attend remotely.

If you are interested in becoming a council member, go to the ICC member webpage to learn more about the council at www.dhs.wisconsin.gov/b3icc/members.htm, then scroll down to the link to find the online application.

Be a Part of an Interagency Coordinating Council Meeting

You can be a part of an ICC meeting even if you are not a member. You can share your thoughts and comments about the Birth to 3 Program with the ICC at the meeting.

To see the dates and agendas of upcoming meetings, visit the ICC meetings webpage at www.dhs.wisconsin.gov/b3icc/meetings.htm. For the link to the next online meeting or for more information about the council, go to the ICC webpage at www.dhs.wisconsin.gov/b3icc/index.htm. ❖

The Birth to 3 Program Wants Your Family Stories and Photos!

The All in for Kids newsletter is for families, and we want to feature your photos and experiences for other readers to enjoy!

SPREAD THE WORD

If you know of a child who might be helped by the Birth to 3 Program, spread the word! Tell other parents about the program, pass along this newsletter, or share the website address with them.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

You can share things like:

- A positive experience with the Birth to 3 Program or an example of how it has helped your family or child.
- A photo or story of an activity you did with your child.
- A photo of artwork or something else your child has made.

Email your family story or photo to dhsbirthto3@dhs.wisconsin.gov with “All in for Kids” in the subject line. You can also send ideas for stories you would like to see in the newsletter. We look forward to hearing from you! ❖

Birth to 3 Program Child Outcomes Data Is Now Available

The Birth to 3 Program is here to help children grow and learn to their fullest potential. One way to know how well the Birth to 3 Program is helping kids across Wisconsin is by looking at these three **child outcomes**:

- Positive social-emotional skills
- Gaining and using knowledge and skills
- Using healthy behaviors to meet needs

We look at these outcomes when children enter the program and when they leave the program. Each year we combine all the child outcomes results and study them. This shows how the Birth to 3 Program is helping children grow. It also helps us know how we can improve the program.

The Wisconsin Department of Health Services (DHS) website now has the child outcomes data in charts and graphs called a dashboard. We are sharing this information to help families, partners, and Birth to 3 Program service providers understand how each county program is doing in helping children develop, learn, and thrive.

To use the dashboard, go to www.dhs.wisconsin.gov/birthto3/reports/child-outcomes.htm. Scroll down to How To Use the Dashboard for instructions.

The dashboard is just below that, under the Birth to 3 Program Child Outcomes banner. You can use the dashboard to see:

- State targets for child outcomes. (These are the statewide child outcomes goals that we are aiming for.)
- How children around the state are doing on child outcomes.
- How children in each county in Wisconsin are doing on child outcomes. ❖

FOR YOUR INFORMATION

To learn more about child outcomes, watch the short video at ectacenter.org/eco/pages/videos.asp.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

Helpful Resources for Families

Latest information about COVID-19, including information about vaccinations for children, vaccine booster doses, and testing:

www.dhs.wisconsin.gov/covid-19/index.htm

Everyone aged **6 months and older** can get a free COVID-19 vaccination from their health care provider, community-based vaccination clinic, local or tribal health department, or pharmacy. Find out how at:

www.dhs.wisconsin.gov/covid-19/vaccine-get.htm

New! Everyone 5 years and older needs an updated (bivalent) booster dose to stay up to date with COVID-19 vaccinations. The updated booster protects against the virus variants that cause most current COVID-19 cases. Information about booster doses:

www.dhs.wisconsin.gov/covid-19/vaccine-booster.htm

New! COVID-19 at-home testing program. Get free rapid COVID-19 tests sent to your home. Learn more at:

<https://www.dhs.wisconsin.gov/news/releases/111722.htm>

How to prevent the flu:

www.dhs.wisconsin.gov/influenza/prevention.htm

Information about children's eye health, vision, and screening:

www.aao.org/eye-health/tips-prevention/tips-children-eyes-vision

www.aao.org/eye-health/tips-prevention/children-eye-screening

Warning signs of vision problems in babies and children:

www.healthychildren.org/English/health-issues/conditions/eyes/Pages/Warning-Signs-of-Vision-Problems-in-Children.aspx

[Warning-Signs-of-Vision-Problems-in-Children.aspx](http://www.healthychildren.org/English/health-issues/conditions/eyes/Pages/Warning-Signs-of-Vision-Problems-in-Children.aspx)

FOR YOUR INFORMATION

Vaccination is the most effective way to prevent COVID-19. You can also help stop its spread by:

- Wearing a mask on public transportation or at crowded gatherings. You can wear a mask even if it is not required.
- Staying home when feeling sick.
- Getting tested if you have symptoms or after close contact with someone who has COVID-19.

The information provided in this newsletter is published in accordance with U.S. Department of Education, Individuals with Disabilities Education Act (IDEA), Part C Regulations Early Intervention Program for Infants and Toddlers with Disabilities.

All in for Kids is a newsletter published by the Wisconsin Department of Health Services for children and families in the Wisconsin Birth to 3 Program.

The Wisconsin Birth to 3 Program is an early intervention program committed to serving children under the age of 3 with developmental delays and disabilities and their families. The program partners with families to assist the child's development and support the family's knowledge, skills, and abilities as they interact with and raise their child. For more information, visit www.dhs.wisconsin.gov/children/index.htm.

Para leer este boletín en español, visite www.dhs.wisconsin.gov/library/akidsb-3-2022.htm.

Xav nyeem tsab ntawv xov xwm no ua Lus Hmoob, mus xyuas www.dhs.wisconsin.gov/library/akidsb-3-2022.htm.

For other languages (繁體中文, 简体中文, Deutsch, العربية, русский, 한국어, Tiếng Việt, Deitsch, ພາສາລາວ, Français, Polski, हिंदी, Shqip, Tagalog, Soomaali): 608-266-8560.

