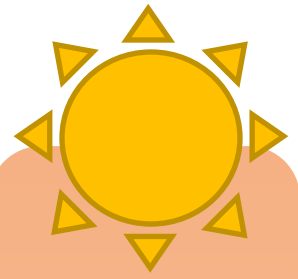


# WV Birth to Three RAU 2



Happily serving Calhoun , Doddridge, Gilmer, Harrison,

## Meet Your New Parent Partner!

Hi everyone! I'm Olivia Parsons, your new WV Birth to Three Region 2 Parent Partner. I am a lucky mom to Derek, 6; Ellie, 5; and Fletcher, 3. I am so excited to be a part of the organization that helped both of my boys get on track with their development.

Birth to Three came into my life when my oldest was 17 months old. At the time, I was working with other one year olds and I noticed that Derek wasn't talking as much as the children I had in my care at work. Since I worked in childcare I knew there was someplace I could call to see if his speech was delayed or if I was just a worry wart. Enter WV Birth to Three! We discovered Derek had a large delay in speech and a small fine motor delay. In the year and a half he was in the program he made huge strides and continued that when his therapy transitioned to the school system. Now Derek is six and an absolute chatterbox!

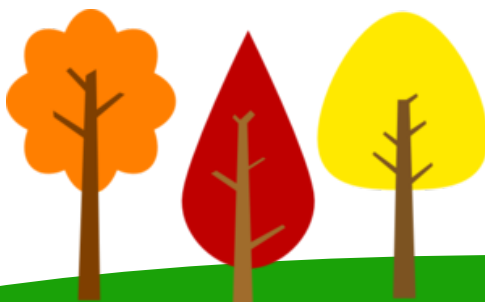
I thought when Derek transitioned out at 3 that our journey with Birth to Three was over, but I was wrong! When my youngest started to walk he liked to walk up on his tip toes, but we had no idea that it was a serious issue that needed fixed. It wasn't until a year and a half ago, shortly after Fletcher turned two, that we realized we needed Birth to Three again. We were out and about when a physical therapist friend of ours noticed Fletcher's toe walking and pointed out that we might want to call and get him evaluated. I called the very same day and we discovered that in addition to the toe walking, he had a small social/emotional delay. The only thing I wish I could change about Fletcher's Birth to Three journey is that I had called sooner! In the short 6 months that he was in the program he got braces for his feet and we were given all the tools we needed to help him succeed.

WV Birth to Three has been an irreplaceable part of our journey as a family these last 5 years and we are forever grateful to everyone here. It is such an honor to get to work with a program that changes children's lives every day. I am here to make your lives easier so please feel free to get a hold of me if you need to!

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*Olivia A Parsons*

# Featured Family

## The Cunningham Family

### This Season's Featured Family

**RORY'S STORY** was shared with us earlier in the year and we are thrilled to share it now with permission, to you. Thank you Amanda for sharing with us all. If you would like to share your child(ren)'s story with us to be in an upcoming newsletter contact me at :

[olivia.parsons@thearcmov.org](mailto:olivia.parsons@thearcmov.org)



“We are optimists. We believe in come back stories, inclusion, and love. We are in a season of life that is covered in grace. We want to bring hope to others who feel hopeless. Equipping you to run your race with confidence.

Rory, our sweet little girl joined the Cunningham crew on May 2nd, 2017. She came seven days early, just like her brother four years prior.

Shortly after her arrival— in dramatic fashion— we were informed that our baby girl, Aurora (Rory), had arrived with Down Syndrome. Her birth diagnosis has etched deep grooves into our hearts.

We are committed to encouraging families with children who have received an unexpected medical diagnosis. Creating tools that will aid you in this journey as a special needs parent.”

- Amanda Cunningham, Rory's mom



Rory's mom, Amanda, is also the creator of The Glory Days planner, uniquely designed to meet the needs of families and caregivers loving little ones with special needs. Amanda has graciously donated planners to our Harrison County Birth to Three families, just ask your Service Coordinator for details.

For more information about Amanda and The Glory Days, please visit:

<https://www.facebook.com/theglorydaysco/>

# Somewhere for West Virginians To Turn with COVID Related Stress

Operators of several 24-hour help lines in West Virginia have now created a specific line to help West Virginians who are dealing with increased anxiety brought on by all of the factors involving COVID-19. First Choice Services has unveiled what it calls “Help 304, West Virginia’s Emotional Strength Line.”

“A lot of people frankly don’t need a referral, they need to talk to someone and sit down, process their emotions, and get some stress management strategies in place,” said Sheila Moran with First Choice Services.

According to a recent poll conducted by the American Psychiatric Association, 36 percent of Americans say COVID-19 is having a serious impact on their mental health and 59 percent says it is having a serious impact on their day-to-day lives.

“There’s a real big need for this in West Virginia. Studies have shown anxiety has gone up tremendously in the United States and West Virginia already was ranked as one of the least mentally healthy states where people were suffering from a lot of anxiety and depression. This pandemic has certainly worsened that,” she said.

First Choice Services already operates the Help4WV addiction and mental health line, the Problem Gamblers Help Network of WV, the Suicide Lifeline, the Tobacco Quitline, the Jobs and Hope program which helps those in recovery find employment, the ACA Navigator program which assists with enrollment in free and reduced-cost health insurance, and 211, which helps locate resources such as food banks and housing assistance.

According to Moran their impact on West Virginians suffering anxiety will be two-fold. They can obviously be a sympathetic ear but moreover also offer professional counseling services on the phone. The conversation alone can help people work through whatever their stressful situation might be. She added because of the other services First Choice provides, they could also direct people to additional resources to get added help.

“If somebody calls and says, ‘I think my husband is an alcoholic.’ We can direct them to resources. If they call and have lost their job and have no money for food or rent, we have a partnership with the United Way to operate the 2-1-1 line to get them to feeding centers and food pantries in their area,” Moran said.

Those suffering added stress and anxiety brought on by the pandemic or any other reason can call the helpline at 1-877-HELP-304 or go to [help304.com](https://help304.com) to chat with somebody online.

Reprinted from MetroNews Staff (August 11, 2020). Somewhere for West Virginians to turn with covid related stress. Retrieved from: <https://wvmetronews.com/2020/08/11/somewhere-for-west-virginians-to-turn-with-covid-related-stress/>



# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Blueberry Popsicle Day	3	4 National Wildlife Day	5 National Cheese Pizza Day
6	7 Labor Day	8 Int'l Literacy Day	9 Teddy Bear Day	10	11 Patriot Day	12 Chocolate Milkshake Day
13 National Grandparents Day	14 National Coloring Day	15	16 Playdough Day	17	18	19 National Dance-Day
20	21 Miniature Golf Day National Dog Week (21-27)	22 First Day of Fall	23	24	25 National Cooking Day	26 Better Breakfast-Day
27	28 Good Neighbor Day	29 Family Health and Fitness Day	30	<b>September is...</b> National Sewing Month Baby Safety Month National Classical Music Month		

# October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>October is...</b> National Pasta Month National Dinosaur Month National Pizza Month National Fire Safety Month				1 Homemade Cookies Day	2 World Smile Day	3 National Poetry Day
4 World Animal Day  Fire Prevention Week (4-10)	5 Child Health Day	6	7 Chocolate Covered Pretzel Day	8	9	10 World Mental Health Day
11	12 Farmer's Day	13 National Fossil Day	14	15 Global Handwashing Day	16	17 National Pasta Day
18	19 World Pediatric Bone and Joint Day	20 Monster Mash Day	21	22 National Nut Day	23	24 Make a Difference Day
25 National Art Day	26 National Pumpkin Day	27 National Black Cat Day	28 National First Responders Day	29	30 Candy Corn Day	31 Happy Halloween!

# November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cookie Monster's Birthday	3 National Sandwich Day	4	5	6	7 Basketball Day
8 Milton Bradley's Birthday	9 Go To An Art Museum Day	10 Sesame Street Day	11 Veteran's Day	12	13 World Kindness Day	14 National Family PJs Day
15 National Recycling Day	16	17 GERD Awareness Week (17-23)	18 Mickey and Minnie Mouse's Birthday	19 National Camp Day	20 Universal Children's Day	21 National Gingerbread Cookie Day
22 Go For a Ride Day	23	24	25 National Parfait Day	26 Happy Thanksgiving!	27 Native American Heritage Day	28 Small Business Saturday
29	30 Stay Home Because You're Well Day	<p align="center"><b>November is...</b></p> <p align="center">National Novel Writing Month</p> <p align="center">National Healthy Skin Month National Diabetes Month</p> <p align="center">National Family Caregivers Month</p> <p align="center">National Epilepsy Awareness Month</p>				