

# Connecting the Dots

West Virginia Birth to Three RAU-1 Newsletter – Fall 2023

## A Note from Our Parent Partner

Hello! My name is Amber, and I am the Parent Partner for Region 1, and publisher of our quarterly newsletter. I am the mother of two amazing children, including my 3 ½ -year-old daughter, who is a graduate of the WV Birth to Three (WVBTT) program. After graduating, WVBTT assisted me in getting her into Special Needs Pre-K to allow her to continue to improve in the needed areas. She has gone from only saying a couple words and screaming for all other communication, to being able to communicate most of her needs, counting to ten, and singing along with her favorite songs, I accredit this to the help she received from WVBTT and in school. As a parent that has been through the program, I can understand the concerns and fears that you may have, and I am here to help ease them to the best of my ability.

Please do not hesitate to reach out to me at (304) 214-5775 or via e-mail at [AWood@ccwva.org](mailto:AWood@ccwva.org).

### In this Edition

A Note from Our Parent Partner-1

How to Support Language in Young Children-2,3

Fall Leaf Suncatchers-4

Helping Toddlers Cope with Big Emotions-5

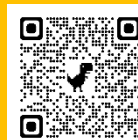
Save the Date-6

### Share Your Story

We love to hear and share your family stories! Family stories are an invaluable way to show the impact that our program makes. If you are interested in sharing your family's story and experience, please contact our Parent Partner at (304) 214-5775 or [awood@ccwva.org](mailto:awood@ccwva.org)

### Connect with Us

Please follow us on Facebook at West Virginia Birth to Three RAU-1, Catholic Charities for updates about our program, local resources and programs, upcoming events, and activities for you and your family.



## Here are some everyday ideas to help your child grow and learn:

### Newborns and babies:

- Talk during your daily routines like diaper changing or bath time ("Let's change your diaper. First, we need to get a clean diaper. After we change your diaper, we'll take a nap.")
- Read books together (Check out [Dolly Parton's Imagination Library](#))
- Notice your baby babbling or smiling at you and respond ("I see you smiling at me. You must be happy.")
- Sing and play nursery rhyme games (Peek-a-Boo, Pattycake, This Little Pig)

### Young children:

- Talk together during your routines such as during grocery shopping, bath time, driving in the car, or on walks. You can talk about something you see or something you are doing. ("Look at those red peppers. What is something else that is red that we can eat?")
- Put screens down during mealtimes. Use the time to talk about daily routines or family plans.
- Read and make books together. Ask your child what is happening in a picture.
- Cook together (check out this great, short video on [making banana pudding together](#))
- Make up stories together about your child's favorite toys or people
- Sing and play simple children's games such as Ring Around the Rosey or Head Shoulders Knees and Toes
- Play together, adding to the words your child uses. "You're right, that is a car. It's red just like Papaw's car".



*If you have concerns about your child's language development, talk to your child's:*

- *primary care physician*
- *child care teacher*
- *home visitor or the [West Virginia Home Visitation program](#)*
- *[West Virginia Birth to Three](#) or 1-800-642-8522)*
- *[Help Me Grow](#) or 1-800-642-8522*
- *[West Virginia Early Head Start](#)*



West Virginia Infant/Toddler  
Mental Health Association  
Supporting the initial and emotional well-being of children

[www.nurturingwvbabies.org](http://www.nurturingwvbabies.org)



# Fall Leaf Suncatchers

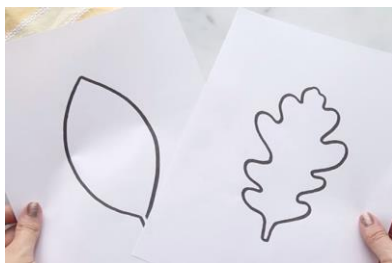
Fall is the perfect time to brighten up your windows with some beautiful suncatchers. This fall **leaf suncatcher craft** is so easy to make with these [free leaf templates](#) or by cutting out your own leaves. All you need to do is print the template out and grab some simple supplies to make these beautiful suncatchers!

## Supplies Needed to Make Fall Leaf Suncatchers

- Tissue Paper
- Clear Contact Paper or Self-Adhesive Laminating Sheets
- Scissors
- Glue Stick
- Black Construction Paper

## Instructions for Making a Fall Leaf Suncatcher Craft

First, print the fall leaf templates on white card stock or draw your own leaves and cut them out. For thicker lines, trace the templates onto black construction paper and then cut these out. You will need 2 identical leaf outlines for each suncatcher. Then place one leaf outline onto the sticky side of a piece of contact paper or self-adhesive laminating paper.



Cut up your tissue paper into small squares. Layer the tissue paper squares onto the contact paper or laminating paper. Don't worry if you go outside of the outline, this will get trimmed off later! Using a glue stick, glue the second leaf outline on top of the tissue paper. Place another piece of clear contact paper or laminating paper on top and press down to smooth out any bubbles. Trim the excess contact paper or laminating paper with scissors. Stick your suncatchers onto a window with double-sided tape and enjoy the beautiful fall colors as the sun shines through the tissue paper!

Adapted from <https://www.thebestideasforkids.com/>.

**All activities require adult supervision and participation. Please be aware of small parts that could pose a choking hazard.**





## Helping Toddlers Cope with Big Emotions

As a caregiver, you've probably experienced your fair share of hard-to-manage emotional outbursts from your toddler. Whether they're over-tired before bedtime, angry they didn't get their way, or just really excited about something, controlling their big emotions can be a challenge. Following are some strategies you can use to help your toddler self-regulate during these moments. Name emotions. Emotional self-awareness involves identifying what we're feeling when we're feeling it. Teach your toddler the names of core emotions (happy, sad, scared, angry, and excited), and talk through each emotion as your child experiences it. It might sound something like this:

"You are mad! Your sister took your doll and that makes you want to yell."

"We can't go to the park right now, and you are crying because that makes you sad."

"Look at your smile! You are happy that your cousin is coming over to play."

Teach them simple strategies. During tough times, have a few go-to strategies in your pocket to help your toddler to reset their emotions. Verbalize what they're doing that's not okay, and suggest an alternative. These suggestions could sound like this:

"When you're mad, you can't hit but you can squeeze your ball."

"When you're scared, instead of shutting down you can ask questions."

"When you're excited, you can't interrupt but you can think of what you'll say when it's your turn to talk."

Direct their energy into an appropriate outlet. If you see that your toddler is overwhelmed, distraction can help them regain their focus and calm down. For example, it might be hard for them to see someone else playing with their toy, so you could sing a song or do a dance together to help them think about something else. With your support and guidance, your toddler will learn to manage their strong emotions and reactions over the next months and years.

Save the date!

## Santa's Silent Night

a special needs and sensory friendly Santa Claus event  
hosted by West Virginia Birth to Three  
for Region One children and their immediate families.

Santa will be arriving in our Wheeling office on  
Saturday, December 9th from 9:00 AM to 5:00 PM.

An RSVP is required to participate and space is limited.  
Time slots will be filled on a first come, first serve basis.

We will begin accepting RSVPs on October 2nd, 2023.



West Virginia Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA). It is administered through the West Virginia Department of Health and Human Resources, Office of Maternal, Child and Family Health. West Virginia Birth to Three Region 1 RAU is a program of:





## Region One RAU information

Wheeling Office  
2000 Main Street, Suite 222  
Wheeling, WV 26003  
(304) 214-5775

Is your child moving, hearing, seeing, learning and talking like other children their age?  
If you have any questions, please give us a call!

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1-800-619-5697 • [www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)

