



# Connecting the Dots...

West Virginia Birth to Three RAU-1, Catholic Charities WV– Fall Newsletter 2024

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## A Note From our Parent Partner

Hi! My name is Megan Ours, and I'm the Parent Partner for Region One and the writer of the quarterly newsletter. I am a boy mom through and through to two boys, who have both been a part of Birth to Three.

Fall is among us! My favorite part about fall is when all the leaves change colors. Making big ole piles of leaves, for the kids to jump into! What is your favorite thing about fall?

Please do not hesitate to reach out to Megan Ours, Parent Partner, at (304) 214-5775 or via e-mail at [mours@ccwva.org](mailto:mours@ccwva.org), and please follow us on Facebook at West Virginia Birth to Three RAU-1, Catholic Charities for the latest program updates, new resources, and activities for you and your family.

## Make a referral:

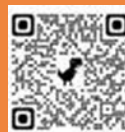
Please Call 1-800-619-5697

Or email: [referralsWVBTTrau1@ccwva.org](mailto:referralsWVBTTrau1@ccwva.org)

## To access referral form visit:

<https://www.wvdhhr.org/birth23/referral.asp>

“Like” us on Facebook by searching “West Virginia Birth to Three RAU-1, Catholic Charities” or by scanning the QR code below.

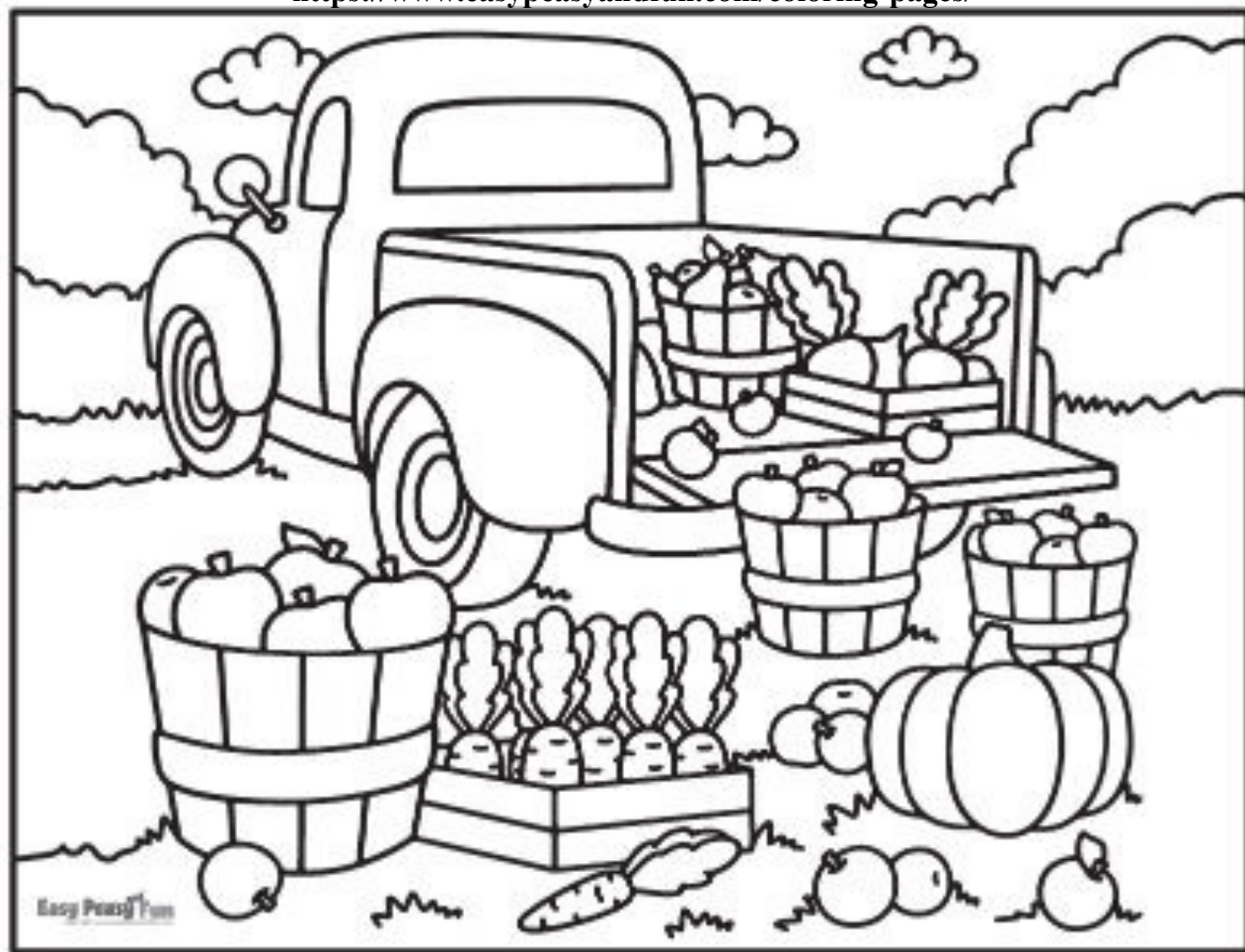


## Share Your Story

We'd 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 Megan Ours at (304) 214-5775 or [mours@ccwva.org](mailto:mours@ccwva.org)

## Fall Coloring Page and Apple Craft

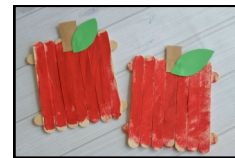
<https://www.easypeasyandfun.com/coloring-pages/>



### Popsicle Stick Apples Craft

For this craft you will need: Popsicle sticks (9 per apple), glue, red paint, paint brush,  
Green cardstock, brown cardstock, and scissors.

First assemble the base of your apples. For each, simply glue your popsicle sticks together to look like a fence (even next to each other and two across) Set aside to let them dry completely. Next have your child paint the front of the popsicle stick fence completely red. Now cut out a stem and small leaf out of the brown & green cardstock. To finish off the Popsicle Stick Apples kid craft, glue on the paper embellishments to the front and let it all dry completely, before displaying proudly. You can also add other embellishments to really make it your own.



Adapted from <https://makeandtakes.com/popsicle-stick-apples-kid-craft>

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

## How to Help Your Toddler Adjust When the Big Kids Go Back to School

All summer long, your toddler has had all their favorite people around. Big siblings have been available for playtime nearly 24/7. Bedtimes have been a little less strict and snuggles have been plentiful, and then fall arrives.

Suddenly, there's the hustle and bustle of a whole new routine. Everyone's a little stressed racing to get out the door in the morning. Those big siblings who have been giving your littlest one all that round the clock attention? They're off somewhere big, new and mysterious that your toddler can't go, leaving them confused, lonely, and definitely feeling the stress of transition.

As we head into this season of joy, change, and new routines, here are a few easy ways to reassure your toddler that they are an essential part of the family - even when the day-to-day of family life is changing. Let's look at what you can do!

### Getting Ready

Before the bell rings on the first day of school, you can help toddlers feel like part of the party by letting them help with prep by:

- Taking them school shopping along with older siblings and letting them pick out a few "school supplies" of their own (new outfit, toddler size backpack, art supplies).
- Filling them in on the plan. Toddlers may be little, but they still like to know what to expect. Show them the school building where their siblings will be attending. Talk about what school is, what siblings will do all day, and how they'll get to go to school, too, when they get older.

### The First Week

The first week of school is ALWAYS hectic. Your toddler knows what's coming, but that doesn't mean they (or older kids, for that matter) are going to cheerfully participate in the routine from day one. Try:

- Making sure everyone gets to sleep a little earlier than usual and waking everyone up a little earlier than necessary to keep the morning from tumbling into running late mayhem. For example, lay out clothes ahead of time, prep breakfasts as much as possible.
- Letting toddlers be part of the action. Help little siblings make a special card or drawing to put in sibling lunch boxes and let them help pack the lunches for the big siblings. You can even make a back-to-school lunch for your toddler to eat later in the day.

### Ease the Sad Thoughts

It's normal for your younger child to feel sad and lonely when their older sibling goes off to school. When your child feels down about missing their big brother or sister, help them to think positively about how soon they'll be reunited and how fun it will be to tell them about the new craft they made, the new dance move they learned, or the puzzle they put together. It can be exciting for both children to share their daily experiences and help them stay bonded throughout the school year.

### Establishing a Routine

Once you've got the first few weeks of school under your belt, take the time to start making a few new family routines or traditions that guarantee your youngest child gets some of the whole-family-together time they crave. Plans like:

Setting aside a family day, or even a few family hours, over the weekend. Make sure as many members of your family are available as possible during family time, and play a game, go on an adventure, or have a meal together as a whole family.

Planning occasional "field trips" with your toddler - just like the big kids - maybe even visit the same places! Check out the zoo, the museum, anywhere your kids in school might go. That way, your little one can say "me too!" when they talk about all the wonderful things they saw.

Sign your child up for something - It is hard to watch the siblings all go and do fun things. The youngest can really feel left out and left behind. Find a dance class, tumbling class, music class, or free fun activities at local libraries and community centers.

Give them a job - kind of. Kids can gain confidence, independence, and learn responsibility by helping with chores around the house, even when they are as young as 18 months. Often, they love to be involved and feel like they are helping you.

A playgroup can be a really fun thing for your little one. Find something in the community or you can set up your playgroup for similar age kids playing together.

DaDada Baby (September 5, 2022). How to help your toddler adjust when the big kids go back to school. Retrieved from [https://dadadababy.com/blogs/dadada-daily/how-to-help-your-toddler-adjust-when-the-big-kids-go-back-to-school?srsltid=AfmBOoqUb\\_01Szeemcr63xWbGilWWnRrA4rFuR-yCUlIVxdHRMIS6wp7](https://dadadababy.com/blogs/dadada-daily/how-to-help-your-toddler-adjust-when-the-big-kids-go-back-to-school?srsltid=AfmBOoqUb_01Szeemcr63xWbGilWWnRrA4rFuR-yCUlIVxdHRMIS6wp7).

Kids R Kids (2022). Tips to help toddlers when older siblings go back to school. Retrieved from <https://kidsrkids.com/avalon-park/2022/09/21/tips-toddlers-back-to-school/>.

Plowman, V. (August 25, 2021). What to do with a young child while siblings are at school. Retrieved from <https://www.babywisemom.com/what-to-do-with-youngest-child-while/>.

Sisson, K. (August 18, 2023). How to ease sibling separation anxiety when your olders goes off to school. Retrieved from <https://theeverymom.com/sibling-separation-anxiety-school/>.

The Book Mommy (September 3, 2015). When big sis starts school. Retrieved from <https://whattoreadtoyourkids.com/2015/09/03/sibling-relationships-by-lori-nichols/>.



### Chocolate Acorns

- 1/2 cup semisweet chocolate chips
- 50 mini Nilla wafer cookies
- 50 milk chocolate Hershey's kisses , unwrapped
- 50 mini chocolate chips

Line a baking sheet with parchment paper; set aside. In a small microwave safe bowl, melt the semisweet chocolate chips in the microwave for about 45 seconds; stir until smooth. Continue microwaving in 15 second intervals, if necessary. Using a spatula, transfer melted chocolate to a small Ziploc bag; snip off a tiny corner. Pipe a small amount of the chocolate onto the flat side of each cookie and immediately press a Hershey's kiss on top to attach it. Place on the prepared baking sheet, cookie side down, and repeat with the remaining cookies and kisses; place in the freezer for 5 minutes to set. Pipe a smidge of the melted chocolate onto a mini chocolate chip and attach it to the top of the wafer to create the stem. Place back onto the baking sheet until all the acorns are finished. Freeze for another 5 minutes to set completely.

<https://bellyfull.net/chocolate-acorns/>

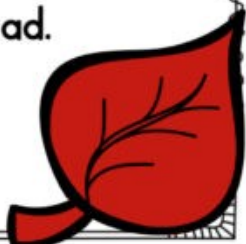
**Small items and parts can pose as choking hazards. Food allergies are also a risk, adult supervision is required.**

## **The Leaf**

Written by Lauren Shirk

The tree was empty,  
No green in sight,  
Until a little leaf  
Grew at night.

It was green,  
Then changed to red,  
Turned dark brown,  
And fell on my head.



### *Looking for fun activities? Try some local Libraries!*

- Brooke County Public Library: 945 Main St, Wellsburg, WV 26070
- Lynn Murray Memorial Public Library: 601 Railroad Ave, Chester, WV 26034
- Marion County Public Library: 321 Monroe Street, Fairmont, WV, 26554
- Moundsville- Marshall County Public Library: 373 Spruce St, Morgantown, WV 26505
- Morgantown Public Library: 373 Spruce St, Morgantown, WV 26505
- Ohio County Public Library: 52 16th St, Wheeling, WV 26003
- Tyler County Public Library: Main St, Middlebourne, WV 26149
- Wetzel County Public Library: 160 Washington St, New Martinsville, WV 26155

## Local Family Resource Networks

\* **Brooke Hancock Family Resource Network**

945 Main St, Wellsburg, WV 26070

(304) 748-7850

\* **Marshall County Family Resource Network**

1501 2nd St, Moundsville, WV 26041

304-845-3300

\* **Marion County Family Resource & Support Network**

200 Fairmont Ave, Suite 106, Fairmont, WV 26554

304-366-4445

\* **United Way of Monongalia and Preston Counties**

278 Spruce St, Morgantown, WV 26505

304-296-7525

\* **Ohio County Family Resource Network**

141 Key Ave, Wheeling, WV 26003

304-232-5600

\* **Tyler County Family Resource Network**

302 Main St, Middlebourne, WV 26149

(304) 758-5046

\* **Wetzel County Center for Children and Families**

128 Main Street, New Martinsville, WV 26155

(304) 455-2468



## Contact us!

West Virginia Birth To Three RAU-One

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!

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



WV Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Act (IDEA) and administered through WVDHHR-Office of Maternal, Child and Family Health, Bureau for Public Health, West Virginia Department of Health. WVBTT RAU One is a program of

