

Connecting the Dots...

West Virginia Birth to Three RAU-1, Catholic Charities WV– Spring Newsletter 2025



In this Edition

A Note from Our Parent Partner - 1

Spring Coloring Page, Spring Poem, and Counties RAU One Serves - 2

Spring Carrot Craft and Spring Treat - 3

How Grandparents Can Share Traditions with Grandchildren- 4

A Family Story-5

Helpful Websites for Resources & Contact Information-6

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 three boys, two of which have been a part of Birth to Three.

Hooray, Winter is over! Spring has come! I am so excited to get out side after being cooped up for months. Daily walks are our family's favorite! What does your family like to do together?

Please do not hesitate to reach out to Megan Ours, Parent Partner, at (304) 214-5775 or via e-mail at 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.

Did you know anyone can make a referral:

- There are no income guidelines
- Services are provided at no cost to our families.
- Services are provided in the child's natural environment.

To make a referral:

Please email referralsWVBTTraul@ccwva.org

or call 1-800-619-5697.

To access referral form visit:

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

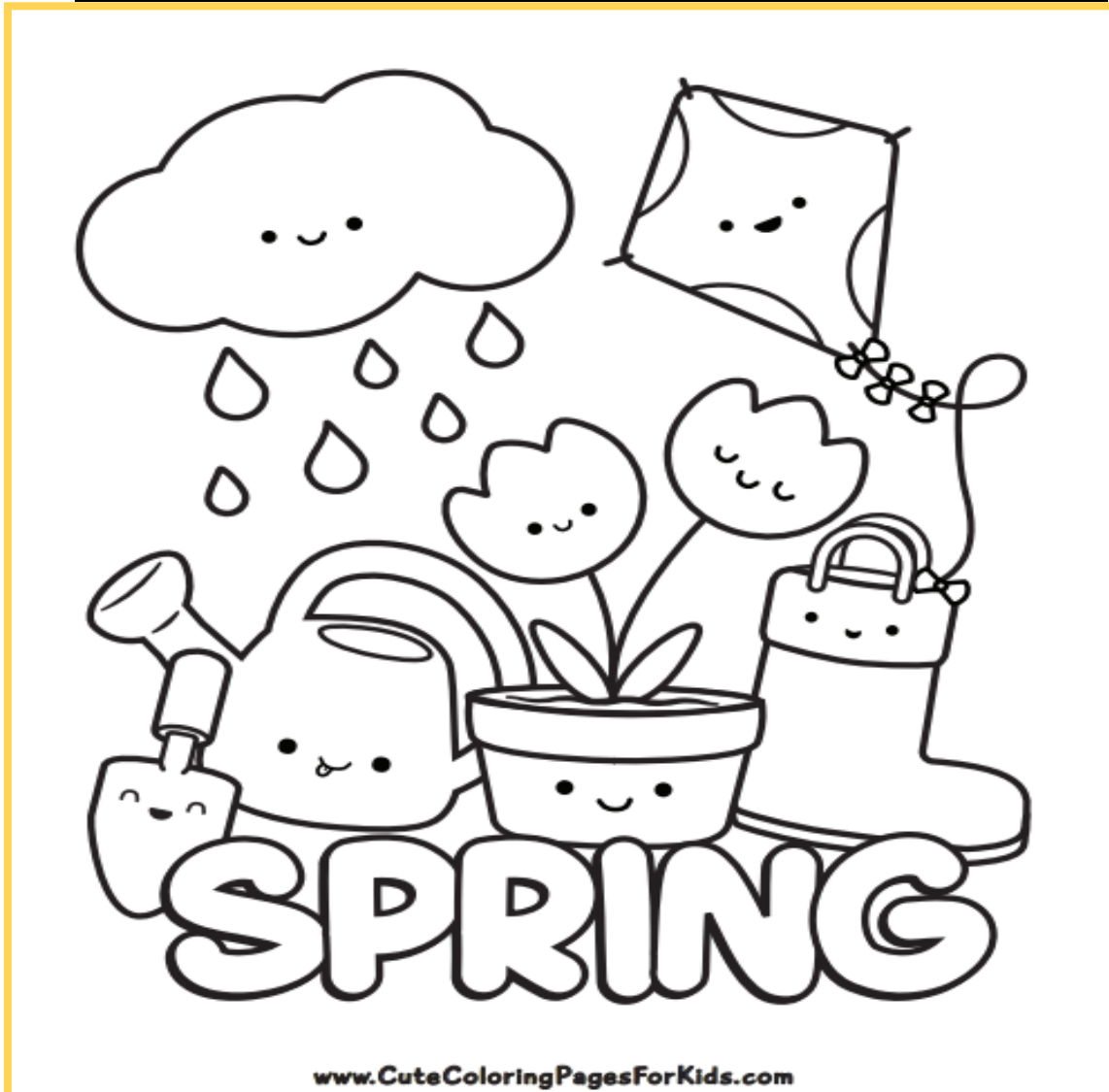
"Like" us on Facebook by searching "West Virginia Birth to Three RAU-1, Catholic Charities" or by scanning the QR code below.



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

Spring Coloring Page, Spring Poem, and Counties RAU One Serves



Five Little Flowers

Five little flowers growing in a row.
The first one said, "I'm purple as you know."
The second one said, "I'm pink as pink can be."
The third one said, "I'm blue like the sea."
The fourth one said, "I'm a very red fellow."
The fifth one said, "My color is yellow."
Then out came the sun, big and bright,
And five little flowers smiled in delight.



Counties Served by RAU One

1. Brooke
2. Hancock
3. Ohio
4. Marshall
5. Marion
6. Monongalia
7. Wetzel
8. Tyler



Spring Carrot Craft and Spring Treat



Materials Needed: Washable kids paint (Orange, Green and Black), white cardstock, and paint brush

Place a little bit of green paint onto a paper plate. Get those little hands to work and dip or use a paintbrush to get every bit of their palms and fingers covered in green paint. Stamp onto the white cardstock onto the left side, keeping the cardstock horizontal, so the carrots are be “laying” when the craft is finished. Repeat steps 2-3 to get a total of two or three carrots. Using the paintbrush, draw the carrots using orange paint. Draw small lines on the carrot using the black paint to make the carrots more realistic. Let dry. You can write “Happy Spring” at the top using colored permanent markers/crayons/markers if desired.

Adapted from toddleratplay.com

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



Apple Cookies

Ingredients:

- 1 apple
- ¼ cup peanut butter
- ¼ cup almonds, sliced
- ¼ cup walnuts, chopped
- ¼ cup shredded coconut
- ¼ cup chocolate chips

Slice the apple into thin rings and remove the core. Spread peanut butter over one side of the ring. Top with almonds, walnuts, coconut, and chocolate chips.

Adapted from <https://www.inspiredbythis.com/dwell/10-healthy-spring-snack-recipes-for-kids/>

How Grandparents Can Share Traditions with Grandchildren

Almost 24% of grandchildren under 5 are cared for by grandparents. That's no small feat! Sharing care across the generations has many benefits. This time of year seems to have many of us reminiscing about memories of time shared with our grandparents and the traditions they established.

Traditions are routines and rituals that we repeat across time and across generations that provide a sense of family connection and family identity. When you think about your family what stands out as things you want to share with your children as they grow?

What are traditions from your childhood that you remember?

Are there special foods or decorations that were important?

What were your favorite songs or books as you grew up?

What family traditions do you want to establish for your children or grandchildren?

Young children, who already thrive on routines, seem to especially enjoy participating in family traditions. Also, traditions are special times, usually full of love and a sense of closeness and nurturing. Here are some tips to include young children in your family traditions.

Share family stories and songs - Sing a lullaby your mother or father sang to you. Choose stories about when you were a child, games you played, places you visited, funny things your pets did.

Remember that it's the journey, not the destination - For example, you and your grandchild might have a ball baking a special family recipe together, but then your grandchild won't take a bite. The memory of pouring, stirring, and mixing is more important than the tasting.

Set your grandchild up for success - Think about what role your grandchild might have in a particular family ritual. If decorating your home is a holiday tradition, look for child-safe decorations that your grandchild can help you hang.

Linger - One of the most special things about grandparents is that they are often happy to let young children take their time. Think about how good it feels to be with someone who enjoys being with you and doesn't rush you.

Establishing new traditions can also be a meaningful way to create a stronger family bond. Maybe some of those long standing traditions just feel like a chore now and cause more stress than provide comfort. Exploring new ideas to bring you closer and help you feel like a kid again! Remember that it's never too late to begin a new tradition—one that is unique and special to you and your grandchild. Here are some ideas:

Enjoy a special mealtime tradition – Sunday morning blueberry pancakes or creating a special way to show thanks at the dinner table.

Tell a story you've made up especially for your grandchild - The memory of shared stories can last a lifetime.

Look for ways to make an everyday routine memorable - Turn a regular bathtime into a tub full of bubbles or have a winter picnic inside.

Embrace technology to create new traditions - For grandparents who talk to their grandchildren over the Internet, create a ritual for saying hello or good-bye, for example, a special way that you blow a kiss into the webcam.

Create your own holiday – Maybe is December 1 it's a hot chocolate, movies and pajamas day, or a Family Cheese fest of a cheese filled potluck dinner. Whatever seems fun and brings a sense of fun and togetherness.

Adapted from Parlakian, R. and Lerner, C. (May 3, 2012). That was then: sharing family traditions with your grandchildren. Retrieved from <https://www.zerotothree.org/resource/that-was-then-sharing-family-traditions-with-your-grandchildren/>.


A Family Story– Maize



My daughter Maize was born on June 1st, 2021. It was a stressful birth and Maize had been diagnosed with Craniosynostosis. In July of 2021, Maize was diagnosed with chromosome 9p Minus Syndrome. It was explained to us that Craniosynostosis was more common than we had thought. Maize also had the same toes on both feet fused together. I heard of Birth to Three with my oldest, who had received speech services. We were referred to Birth to Three for Maize by the doctor's. Maize was referred because of her diagnosis. Maize had developmental therapy, eating/speech and physical therapy. Maize can now crawl up the steps, stands on her tip toes, and is trying to walk. Her eating has also improved so much. Maize is exploring and learning what she can do. I always said Birth to Three spoiled us, because the therapist come into the home. The ladies I had for my daughter truly learned about my daughter and built a relationship with her and knew her the best. We are in out patient therapy now and Maize really struggles. I wish Birth to Three was Birth to Five. Birth to Three supported us as a family because of the support and encouragement they gave us with Maize. Birth to three worked with Maize in the form of getting her mobile and making her realize she could eat. I can't say anything bad about Birth to Three, I really feel that Birth to Three should be Birth to Five. In our situation, changing therapist and being in out patient therapy has been more rough than helpful.

Helpful Websites to find Resources

- <https://wv211.org/>
- <https://wvconnections.findhelp.com/>



WV Birth to
Three is always
taking
referrals!

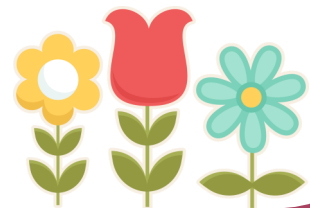
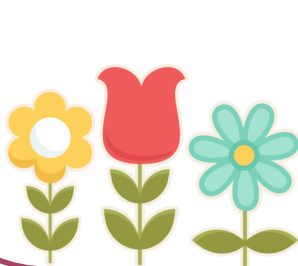
Contact us!

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



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

