

Connecting the Dots....

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

A Note From Our Parent Partner

Hi! My name is Ashley Morris and I am the Parent Partner for Region 1. I am a mother of three and constantly on the go.

Spring is here! For my family, that means it is baseball season again! We also love to go camping and squeeze it in as often as possible. What does your family enjoy doing?

Share Your Story

We'd love to hear from you and would like to share your WVBTT story! Family stories are an invaluable way to show the impact that our program makes.

If you would like to share your family's story and experience, please contact
Ashley Morris at (304)215-5775 or
amorris@ccwva.org

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 by email or phone:
referralsWVBTTrau1@ccwva.org or
call 1-800-619-5697.

To access the WVBTT referral form
visit: [WVBTT - Referral](#)

Make Contact!

Ashley Morris, Parent Partner
(304) 214-5775 or amorris@ccwva.org

"Like" us on Facebook
West Virginia Birth to Three RAU-1,
Catholic Charities
for the latest program updates, new resources,
and activities for you and your family.



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Materials Needed

1. Egg carton
2. Green non toxic, washable paint
3. Red non toxic, washable paint
4. Paint brushes
5. Scissors—for adult use

Directions

1. Adult, cut a 12 pack egg carton in half, long ways, then encourage your child to:
2. Paint one end of the egg carton with red paint
3. Paint the rest of the egg carton with green paint
4. Create facial features by painting or using non toxic, washable markers.

Egg Carton Caterpillar Craft



You can also get creative and use different colors.

Adapted from www.taminglittlemonsters.com

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

**WHAT DO YOU CALL
A CATERPILLAR THAT
CAN'T STOP TALKING?**



A CHATTERPILLAR.

itsybitsyfun.com



Co-Parenting - Being on the Same Page is Important

Most of our young children have more than one person who acts in the role of parent. We often hear the term “co-parenting” when families divorce or separate. However, it is really more about the process of partnering around parenting. Whether it is Mom, Dad, Grandma, an Aunt, a babysitter, or even a foster family in the mix, consistency across caregivers is essential for our little ones. When expectations are the same in those different “homes” it will help you to grow healthy, confident and productive little people! What are some things to consider when you are sharing the all important job of raising children together?

Open communication is key between all caregivers. Children are having to adjust between different places and expectations. Work with all the people caring for your child to decide how you will all co-parent them. A meeting between the caregivers to decide on the big stuff helps to keep the best interest of your child in the forefront of everyone’s mind.

- **What are the basic rules? Examples:**
 - ◇ **When is bedtime?**
 - ◇ **What time do we eat meals - what foods does the child eat, how much and how are they fed?**
 - ◇ **What are the child’s chores?**
 - ◇ **How much tv/game time is allowed?**
 - ◇ **How are we going to potty train?**
- **What are consequences when a child pushes the boundaries? When it becomes necessary to discipline a child the adults who are sharing the responsibility of caring for them must be on the same page. Limits and consequences must be the same across caregivers.**
 - ◇ **Discuss all perspectives on discipline**
 - ◇ **Agree on what strategies might be used when and stick to it!**



Co-Parenting Continued

Have one another's back! Don't let the child manipulate or play caregivers against one another. No means no and help the little one understand that this is not ok and the decision stands. This also goes to reason that all caregivers should be supporting the decisions of you as their parent!

Ultimately you are guiding this process for your child. Have it all written down. Whether it is a paper calendar, or an app, keep track of where kids are and who they are with, including who is going to get them there. Also, all the decisions about the shared expectations - write them down and share with everyone!

Effective communication can take many forms but use the same one consistently. Texts, instant messaging, an electronic or paper notebook - whatever you choose, make sure that it goes back and forth between "homes" and ensure that everyone knows what they need to be sharing with the other caregivers. This should include important care activities (i.e., how many bottles today, when they were last fed, how long was their nap) and a way of sharing pictures and those sweet stories of what happens during the day.

Handle disagreements with maturity - When there are adults trying to agree on what's best, there will be disagreements! Keep baby in mind and be respectful of the idea's others have. Come to an agreement everyone can live with and support. It's important for the child to see their adults in a unified front. Don't throw their other folks under the bus - that frustration will impact the child's feelings about the other person.

Express gratitude, always! Say thank you and remember that you have an amazing group of people coming together to love your little one. Being a parent involves countless decisions and is exhausting! Having a group of caregivers to have your back and your baby's can make all the difference.

References

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Frozen Yogurt Barks: Simple, Refreshing, Customizable

Frozen yogurt bark is a fantastic, healthy-ish dessert that requires no baking and offers endless customization options. **(Watch for allergies and choking hazards)**

Recipe Idea: Kiwi & Berry Frozen Yogurt Bark

Ingredients:

- 2 cups plain or vanilla Greek yogurt
- 2 tablespoons maple syrup (optional, for sweetness)
- 1 teaspoon vanilla extract
- 1/2 cup sliced kiwi
- 1/2 cup fresh raspberries or sliced strawberries

Optional: a sprinkle of mini chocolate chips or granola for crunch.

Kid-Friendly Steps:

- **Mix the Base (Fine Motor):** In a bowl, have your child stir together the yogurt, sweetener (if using), and vanilla. Discuss how they are mixing liquids and creating a smooth base.
- **Spread it Out (Spatial Reasoning):** Line a baking sheet with parchment paper. Let your child use a spatula to spread the yogurt mixture evenly over the parchment paper. This is a good exercise in covering an area.
- **Decorate! (Art & Patterns):** Have them artfully arrange the sliced kiwi, berries, and any other toppings over the yogurt. They can create patterns or a mosaic of colors.
- **The Freezing Process (Science):** Place the tray in the freezer for at least 3-4 hours, or until completely solid. Talk about how the cold temperature changes the liquid yogurt into a solid, crunchy bark.

Break and Enjoy! Once frozen, break the bark into irregular pieces.

Recipe adapted from www.imthecheftoo.com



DID YOU KNOW?!?

**You can now make
referrals online!?**

**Scan the QR Code below
to get started**



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

Proudly serving Hancock, Brooke,
Ohio, Marshall, Wetzel, Tyler, Marion,
and Monongalia counties.

For local resources visit

Family Resource Network at

www.wvfrn.org/counties

Find resources available in your county



West Virginia 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, Bureau for Public Health, Office of Maternal, Child and Family Health.

WVBTT RAU One is a program of

