

hello SUMMER

Connecting the Dots...

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

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

Summer has arrived! My favorite Summer activity is taking my boys to the water park and letting them burn off all that energy! What's your favorite summer activity?

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 eferralsWVBTTrau1@ccwva.org
or call 1-800-619-5697.

To access referral form visit:

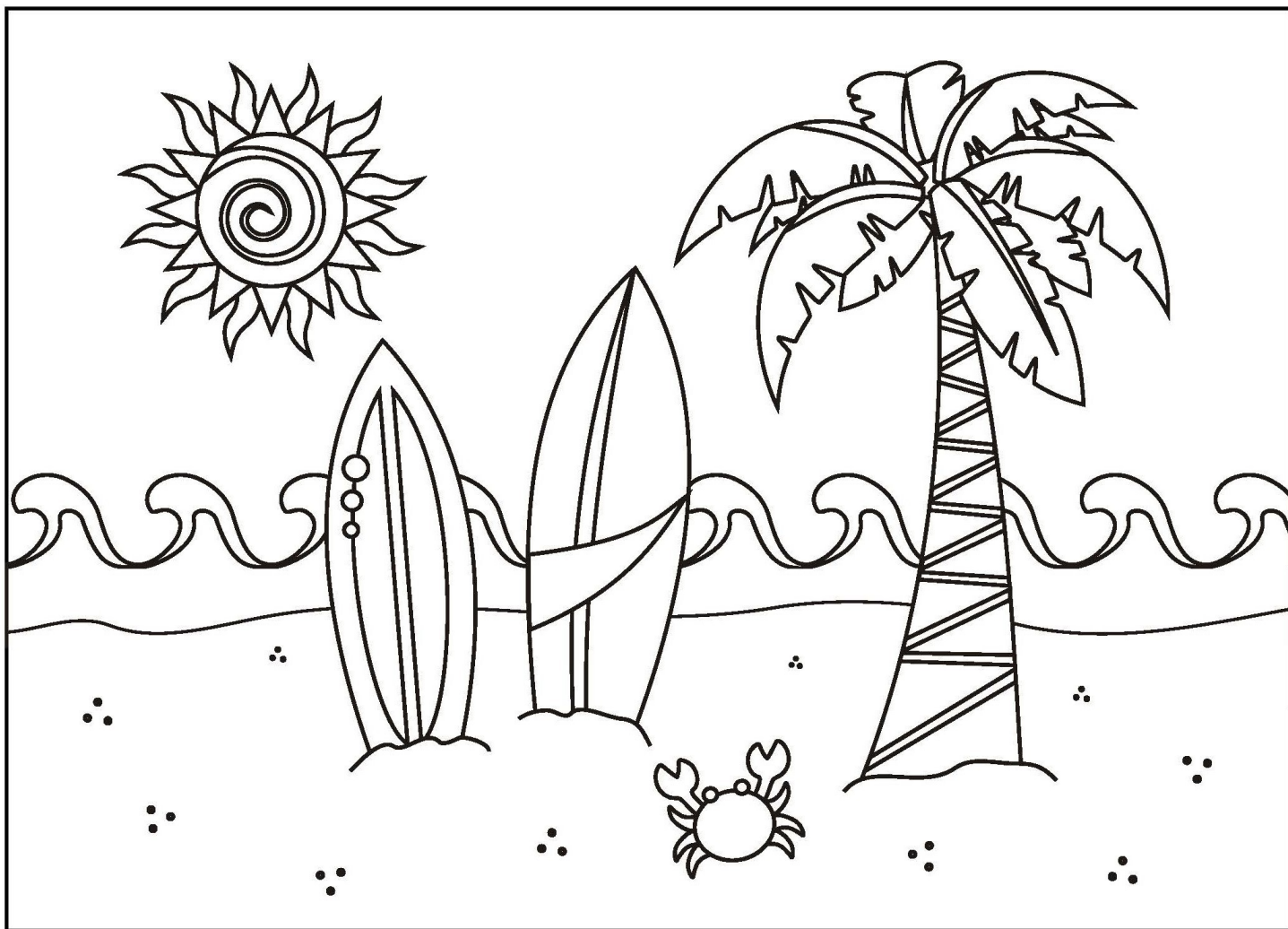
<https://www.wvdhhr.org/birth23/referral.asp>

“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



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FROZEN PAINT



For this activity you will need Acrylic Paint, Dish Soap, Water, an Ice Cub Tray, and Popsicle sticks

Mix the paint. Each mixture of paint is going to be 1/4 paint, 1/4 dish soap and 1/2 water. Next, cut your popsicle sticks in half and place them into each ice cube. Lastly, place your ice cube tray in the freezer and leave it overnight. Once the paint is frozen you are ready to go.

Adapted from <https://taminglittlemonsters.com/frozen-paint-process-art-for-kids/>

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

Choosing Quality Child Care

Finding the right child care for your child is an important decision that can sometimes be a stressful experience. There's a lot of information to consider. It may feel overwhelming at times. You need to feel comfortable with your choice and be confident that your child is in a safe and caring environment.

Here are some simple steps that can guide your child care search and make sure you have all the information needed to make the best choice for your child.

What Are Your Options

Understanding your child care options are the first step. Are you interested in a center or a family care provider? What's the difference? Are they licensed and regulated to ensure your child is healthy and safe? That's a lot to consider. Here are some resources to start:

[**Child Care Resource and Referral Agencies**](#) exist in every region in the state and can help you find just the right space for you and your family. They can talk with you about the different types of child care providers in your area and help you to consider specific needs your family may have. They can also create a list of child care providers for you to contact. They can also assist you in understanding any financial assistance available to support your family.

WV has a website listing all the licensed child care providers in the state you can research on your own – [**Find a Child Care Provider**](#)

Do Your Homework

Are the centers in my area licensed and regulated to ensure your child is healthy and safe? Have they passed health and safety inspections? Are staff in the centers well trained in meeting the needs of children?

Here's where the [**Child Care Resource and Referral Agencies**](#) can be helpful in helping you to understand licensing, center regulations and staff training requirements.

The [**Find a Child Care Provider**](#) link provides you not only the names of child care providers, but will include an findings from recent inspections.

Call Providers

Before you contact the providers make a list of questions you can ask over the phone to make sure you are visiting providers that meet your needs. These questions may include:

- Does the provider have space for my child?
- What are the provider's hours of operation?
- Is the provider location convenient for me?
- What are the program costs?
- Are there any discounts or scholarships available?
- Does the provider participate in a child care assistance program?

You want to make sure the provider you choose is affordable and accessible to your family. Asking straightforward, specific questions will help you determine whether or not to consider this provider. There are programs available to help pay for child care if your family qualifies.

Choosing Quality Child Care Continued

While it is always recommend that you visit any child care provider or program you're considering, sometimes a visit is just not possible. If you need child care right away and don't have time to take a tour, this [checklist for Choosing Quality Child Care on Short Notice](#) has questions to ask over the phone before making your decision.

Take The Tour

Use a [checklist](#) to help you make the right choice for your family. Ask the child care provider for references and ask questions about other families' experiences with the program. When touring the child care center, use your five senses:

Sight – Do you see staff engaged with children? Do you see children actively playing with one another and the staff? Do you see any health and safety concerns? Do you see that there are enough materials for the children to play with?

Sound – Do you hear a “buzz” in the setting, where teachers are talking in warm, positive tones to the children? Do you hear providers using respectful language?

Taste – How does the food taste that is served to the children look in appearance and how does it taste?

Touch – Do you see physical affection between teachers and children, such as hugging, pats on the head, children sitting on provider's laps, or any other types of positive touch?

Smell – Is there a pleasant smell in the child care setting? Can you smell perfume, smoke, or any other odor that might be unpleasant for your child?

[Here](#) you will find additional guides to help you “Look, Listen and Ask” questions while visiting child care providers.

Additional Considerations

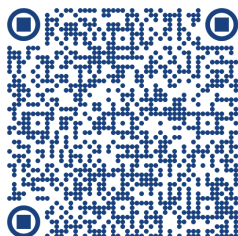
Every family has special needs and considerations to explore when choosing an appropriate child care provider for their child. Here are resources for some of those special considerations.

[You need care during non-traditional hours](#)

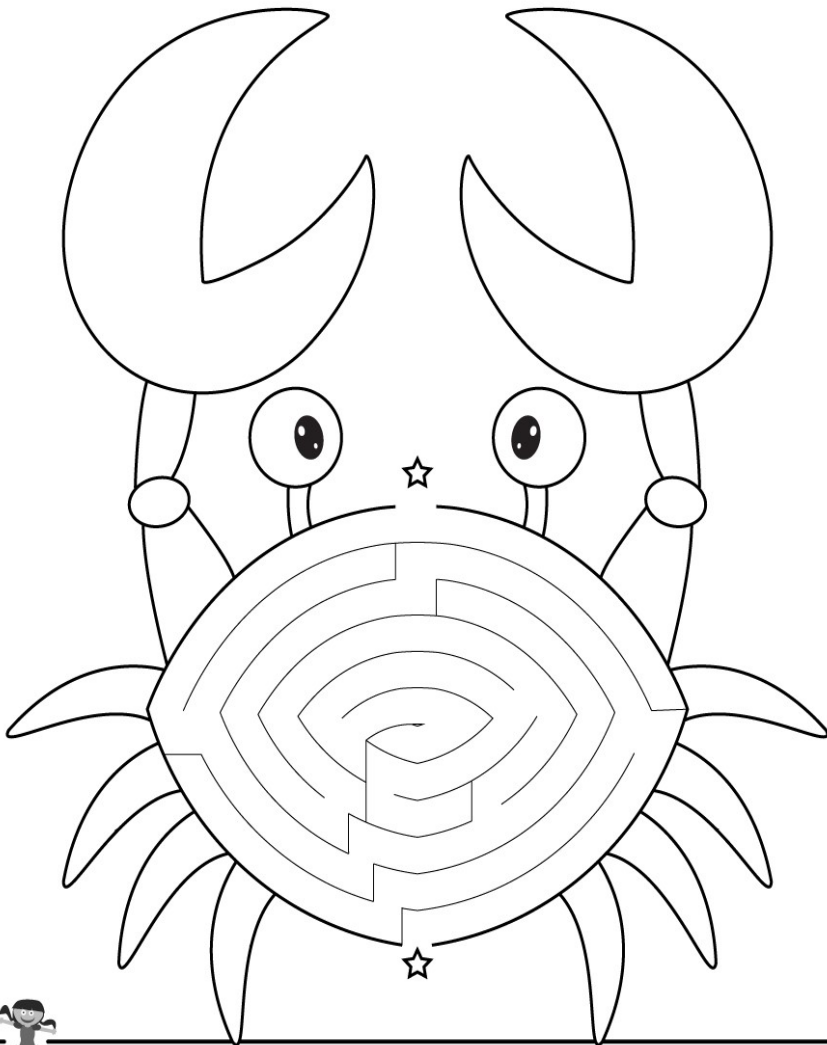
[Choosing quality child care for your child with disabilities or other high support needs](#)

SCAN ME!!!

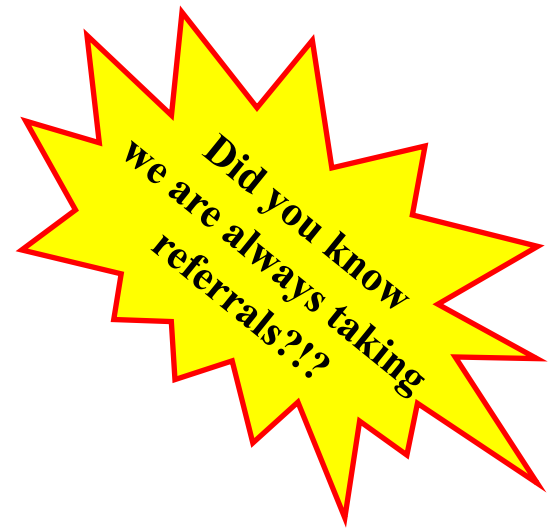
With this QR Code you can make your own online referral!



Crab Maze!



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WV Birth to Three - Region I
Catholic Charities West Virginia
Main Street, Suite 222
Wheeling, WV 26003
Local: 304) 214-5775
Toll Free: 1-800-619-5697 Serves:
Brooke, Hancock, Marion,
Marshall, Monongalia, Ohio, Tyler,
& Wetzel



Food Resources

Brooke Hancock FRN Community Pantry- Brooke & Hancock Co.

Community Bread Basket, Inc.- Brooke & Hancock Co.

Mountaineer Mobile Food Bank Mobile Food Pantry -All
counties served

Catholic Charities Neighborhood Center- Ohio Co.

Ohio County FRN Food Pantry- Ohio Co.

Shepherds Pantry- Marshall Co.

More Grace Outreach- Marion Co.

Food Resources Cont...

Catholic Charities Grafton Outreach -
Marion Co.

Morgantown Christian Help - Monongalia
Co.

Scott's Run Settlement House- Monongalia
Co.

5 Loaves Food Pantry- Tyler & Wetzel Co.

Community Resources Inc.- Tyler & Wetzel
Co.

Midsummer's Eve



Where are you going, summer breeze?
Off beyond the fields and trees.

What do you see when you blow that way?
Children jumping from bales of hay.

What do you hear as you travel the land?
People dancing to an outdoor band.

What do you smell as you rush about?
The perfume of blossoms bursting out.

What do you taste as you soar up high?
Fresh corn on the cob and apple pie.

What do you feel as you climb to great heights?
The heat of the day and the warmth of the nights.

What do you wish for as you leave?
Let all folks enjoy this midsummer's eve

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Adapted from <https://woojr.com/wp-content/uploads/2010/05/summer-kids-poem-breeze.gif>

Remember this Summer!

- ⇒ Use Sun Protection
- ⇒ Hydrate
- ⇒ Practice Water Safety
- ⇒ Beware of Insects and use Insect Repellent
- ⇒ Watch the Weather
- ⇒ Practice Playground Safety
- ⇒ Wear a Helmet

Adapted from <https://eclkc.ohs.acf.hhs.gov/publication/summer-safety-tips>

STAY SAFE THIS SUMMER!

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

WVBTT RAU One is a program of

