



# Connecting the Dots...

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

## In this Edition

A Note from Our Parent Partner- 1

Snowman Cookies & Cotton Ball Snowman Craft- 2

A Sledding Song, Winter Maze, & Winter Tips– 3

-Your Child's Development Birth to Three Years-4

Growing Together Through WV Birth to Three– A Family Guide & Contact Us- 5

## 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.

Winter is among us! I hope you all are staying warm and continue to do so. I don't know about you but I'm wishing for a good snow to go sledding with my boys. What are you wishing for this winter?

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.

## 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](mailto: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](mailto:mours@ccwva.org)

## Snowman Cookies and Snowman Craft



17 ounce white fudge covered Oreo cookies look for these in the seasonal aisle of your grocery store

½ cup milk chocolate M&M candies

½ cup white chocolate almond bark

½ cup milk chocolate almond bark

½ cup mini chocolate chips

Place cookies on a large baking sheet. Melt white chocolate and milk chocolate according to package directions. In separate disposable frosting decorator bags or zip top bags, add chocolate bark. Snip off a small end of the bag so you can pipe it out. For each cookie, pipe on two dots and add mini-chocolate chip eyes. Pipe on a dot of white chocolate in middle and add an orange M&M for the nose. Pipe on either side of cookie, a dot of white chocolate. Then add matching colored full-size M&Ms for “earmuffs”. With milk chocolate, pipe on a smile. Let cookies set.

<https://www.mealplanningmagic.com/the-12-weeks-of-christmas-cookies-is-here/>

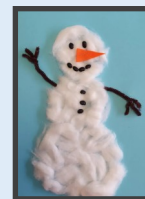
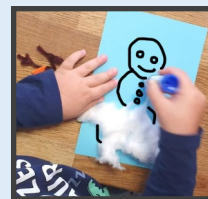
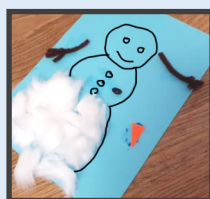
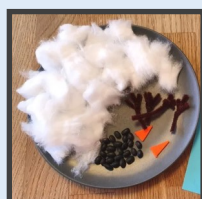
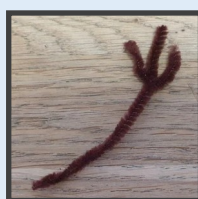
**Small items and parts can pose as choking hazards. Food allergies are also a risk. Adult supervision & participation is required.**

Winter time is here, so here’s a fun way to make a snowman that won’t melt away!

For this activity you will need:

A piece of paper of your choosing, a pencil, cotton balls, orange felt (or paper) cut in a small triangle, dried black beans (or black paper), glue twigs (or brown pipe cleaner)

To get started draw the outline of your snowman onto the piece of paper. If you are using twigs, your arms are ready to go. If you are using pipe cleaners you will need to next assemble your arms. Take 2 pieces of piper cleaner, one long and one short. Bend the short one in half and wrap it around the long piper cleaner, give a hand and arms look. Next, unroll and tear your cotton balls into pieces. Then glue the cotton balls onto your snowman outline. Add your orange paper triangle to make a nose, and your black beans or pieces of black paper to make a smile, eyes, and some buttons. Then there you will have your forever snow man



Adapted from <https://taminglittlemonsters.com/snowman-art-for-kids/>

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



## A Sledding Song

By Norman C. Schlichter

Sing a song of winter,  
Of frosty clouds in air!  
Sing a song of snowflakes  
Falling everywhere.

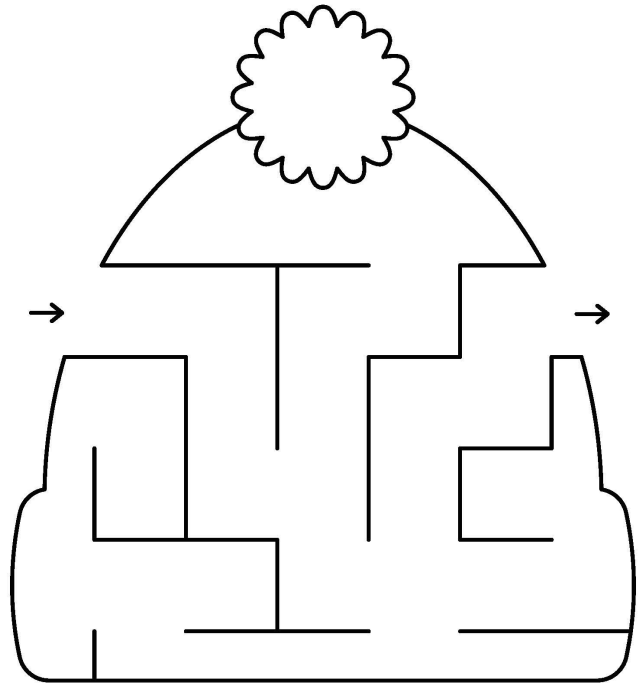
Sing a song of winter!  
Sing a song of sleds!  
Sing a song of tumbling  
Over heels and heads.

Up and down a hillside  
When the moon is bright,  
Sledding is a tiptop  
Wintertime delight.



## WINTER MAZE

Find your way through the hat maze



[www.chevronlemon.com](http://www.chevronlemon.com)

### Winter Tips

Layer up! Bitter cold and snow can cause frostbite. Dress your child in several layers, and make sure their head, neck and hands are covered. Dress babies and young children in one more layer than an adult would wear.

Play it safe. Even when roads are closed to traffic, it's not safe to play or sled in the street. Visibility may be limited due to snowbanks and ice on the roads makes braking difficult.

Beware of clothing hazards. Scarves and hood strings can strangle smaller children so use other clothing to keep them warm.

Check in on warmth. Before kids head outside, tell them to come inside if they get wet or if they're cold. Then keep watching them and checking in. They may want to continue playing outside even if they are wet or cold.

Use sunscreen. Children and adults can still get sunburned in the winter. Sun can reflect off the snow, so apply sunscreen to exposed areas.

Use caution around fires. Wood-burning stoves, fireplaces and outdoor fire-pits are cozy but can present danger – especially to small children. Use caution and put up protective gates when possible. If you've lost power or heat and are alternative heating methods like kerosene or electric heaters, be sure smoke detectors and carbon monoxide detectors are working.

Prevent nosebleeds. If your child suffers from minor winter nosebleeds, use a cold-air humidifier in their room. Saline nose drops can help keep their nose moist.

Keep them hydrated. In drier winter air kids lose more water through their breath. Offer plenty of water, and try giving them warm drinks and soup for extra appeal.

Watch for danger signs. Signs of frostbite are pale, grey or blistered skin on the fingers, ears, nose, and toes. If you think your child has frostbite bring the child indoors and put the affected area in warm (not hot) water. Signs of hypothermia are shivering, slurred speech, and unusual clumsiness. If you think your child has hypothermia call 9-1-1 immediately.

Adapted from <https://www.savethechildren.org/us/charity-stories/cold-weather-tips>



# **Your Child's Development Birth -Three Years**

## **From birth to 3 months, your baby:**

- Recognizes parents' voices, right from birth
- Discovers their own voice
- Enjoys eye contact,; smiles at people and studies faces
- Cries as a way of communicating needs
- Coos and gurgles happily when given attention
- Startles at noise and responds to sounds in time
- Stretches or moves arms and legs
- Lifts head when lying on tummy
- Holds head up to search for sounds and movement
- Rolls over to one side
- Discovers feet and hands and holds objects
- Follows moving objects with their eyes

## **From 3 to 6 months, your baby:**

- Lifts head about 90 degrees
- Sits with some support
- Stands up with help
- Rolls over from front to side and then in all directions
- Reaches for and lets go of objects
- Responds to their name
- Enjoys social interaction
- Shows interest in colours
- Recognizes faces and shows a preference for familiar people
- Laughs and squeals when happy

## **From 6 to 12 months, your baby:**

- Recognizes their name
- Responds to some words, such as 'Mommy' or 'Daddy'
- Says or repeats sounds, or babbles
- Mimics simple actions of other children or people
- Shows strong feelings and emotions about likes and dislikes
- Sits steadily without help for longer periods
- Drinks water from a lidless cup
- Stands firmly with help or when held
- Can move or shuffle on belly and then crawl
- Takes first steps and walks alone, between 8 and 18 months of age
- Loves getting a lot of attention from their caregiver
- Gets scared around strangers and cries when parents leave

## **From 12 to 18 months, your child:**

- Has a lot of energy and wants to explore everything
- Can feed themselves using fingers or a spoon
- May climb out of the crib
- Walks alone and walks upstairs 1 step at a time
- Speaks in short phrases, such as "mama go?" or "all done"
- Understands basic sentences and says 1 word sentences.
- Names pictures in a book
- Follows simple directions
- Understands much more than they can say
- Plays best by themselves and is unlikely to share toys
- Cooperates or resists limits parents set
- Cries less but may whimper or whine more
- Uses the word 'no' correctly or shakes head
- May have a special toy or blanket

## **From 18 to 36 months, your child:**

- Uses 2 or 3-word sentences
- Asks for help using words or actions
- Can count and use new words
- Understands shapes and sizes
- Shows a range of emotions
- Learns to recognize and to others' feelings
- Wants approval and needs praise
- Asks a lot of questions
- Responds to requests, such as 'Get your coat'
- Gradually uses 1 hand more than the other
- Can walk up and down stairs
- Can run, climb, kick, and throw a ball
- Dances to music
- Tries to do more independently
- Helps with simple household chores
- Has trouble sharing and says 'no' or 'mine'
- Becomes familiar with and enjoys routines
- Recognizes and names familiar people
- Shows interest in a new person, thing, or sound
- Enjoys playing alone and near other children
- By 36 months, enjoys pretend play with others
- Shows an increased attention span
- Solves problems by trial and error
- Participates in group activities
- Shows affection openly, such as hugging
- Uses social language, such as please and thank you
- Copies adult behaviors
- Gets frustrated sometimes because they want to do more than they are able to do



# Growing Together Through WV Birth to Three A Family Guide



## 1. REFERRAL

You, your physician, or others with a concern about your infant/toddlers development (age birth to 35 months) can make a referral to WV Birth to Three (WVBTT).

**Call 1-866-321-4728**

**or visit:**

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



## 2. FIRST VISIT

When a referral is received, an Interim Service Coordinator (ISC) will call you to schedule a home visit, at a time that's good for you, to explain the WVBTT process and begin planning for the next steps.

## 3. The Evaluation

If your child has a substantial delay in an area of development\* or has certain risk factors, he/she may be eligible for WVBTT services.

You will select at least two WVBTT individuals to conduct an evaluation and gather information to determine if your child is eligible for services.

### \* AREAS OF DEVELOPMENT

Cognitive - thinking and learning

Motor - including vision/hearing

Speech and language

Social Emotional

Adaptive - self-help skills

## 5. Delivery of Services

IFSP services are provided in your home or community.

IFSP services will begin within 30 days after you sign consent.

IFSP will be reviewed at least every six months, or sooner, if requested.

**Supports and services are at no cost to family.**

## 4. The Individualized Family Service Plan (IFSP) Meeting

If your child is eligible, with your consent, you will work with your team to develop an IFSP within 45 days of the referral.

Your IFSP team will help you decide which services are needed to help you help your child to learn and grow.

## 6. Service Coordination

During the initial IFSP meeting you will meet your ongoing service coordinator who will work with you to make sure that your IFSP services are meeting your needs.

Your ongoing service coordinator will also link your family to available community services as needed.

**To learn more about WV Birth to Three visit:**

[www.wvdhhr.org/birth23](http://www.wvdhhr.org/birth23)  
**or scan QR code to visit our Referral Page**



## 7. Transition

Your child will leave the WVBTT system when he/she turns three years of age.

Your ongoing service coordinator and IFSP team will help you with the transition process, including exploring other possible services.

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

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## 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)**

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WVBTT RAU One is a program of

