



JANUARY-MARCH 2026 WINTER



WV BIRTH TO THREE REGION III NEWSLETTER

SERVING: KANAWHA, CLAY, JACKSON & ROANE COUNTIES



RAU III CONTACT INFORMATION

304-414-4460 (office)
304-414-4461 (fax)



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Hey Friends!!

Do you know a child who is not moving, hearing, seeing, learning, or talking like other children, their age?

Make a referral today!



Winter Activities

FOR TODDLERS



Snow Painting

Materials:

- Water
- A few small bowls
- Food coloring
- Paint brushes
- A bin of snow



Snow painting is a great activity for creative kiddos. Although it may be less messy to try snow painting outside, it can be done inside on the colder days. Start by mixing water with a drop or two of food coloring in each of your bowls. Set the bowls in a snowy area and place a paint brush in each bowl. Then, let your kid create!



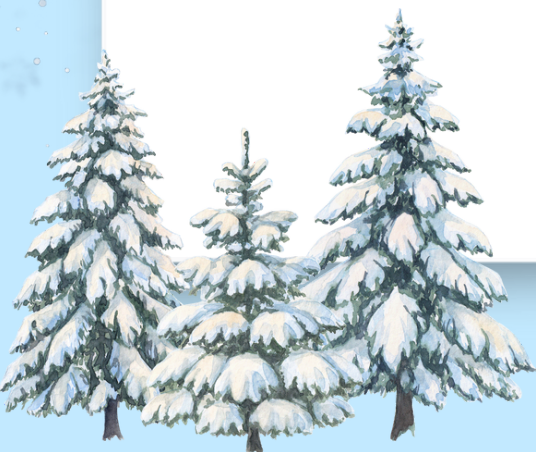
ADVICE FROM THE PARENT PARTNER

Building Flexible Routines as the seasons change, so do family schedules—especially with the return of school, older sibling's activities and earlier sunsets. Routines provide comfort and predictability. For example, if dinner is later than usual, move story time up to keep things fun. Flexibility helps children adapt to change and reduces stress for everyone.

Tip: Try creating a visual schedule with pictures or symbols. Even toddlers benefit from seeing what's coming next, making transitions smoother for the whole family.

–Parent Partner:

Brittanie



Local Resources



Gabriel Project - Kanawha Valley

They are open to custodial families with children ages 2 and under. Available at no cost: diapers, wipes, formula, clothing, and more. Car seats and Pack 'n Plays are available for \$15 each.

Sites are available in the following counties: Kanawha and Jackson. Call for more info: 304-414-4666



This program helps you with SNAP, Medicaid, WVCHIP, WVWORKs, etc., get benefits notices online at wvpath.wv.gov.

304-558-0684



Valley Health WIC offices

Kanawha: 304-746-7880

Upper Kanawha: 304-595-3283



RIGHT FROM THE START

Right From The Start (RFTS) is a statewide program that helps West Virginia mothers and their babies lead healthier lives by offering home visitation services with a Designated Care Coordinator.

Phone: 304-558-5388



