



RAU IV NEWSLETTER FALL 2023

Making a referral is easy!
Contact us:
304-523-5444
referb23@rvcds.org

WHAT'S NEW AT THE RAU?

Meet Your Parent Partner

Who am I?

Hello! My name is Valerie Gue I'm the Parent Partner for RAU IV I serve Boone, Cabell, Lincoln, Logan, Mason, Mingo, Putnam, & Wayne Counties.

What do I do?

As your Parent Partner, I can link you with community resources in the county which you reside in, trainings, parenting groups, play groups, and provide resources on child development.

How can I help you?

I can also provide transition support from WV BTT into:

- County School Systems
- Childcare
- Community Settings

How to reach me:

304-634-7580 or vgue@rvcds.org



VISIT OUR
FACEBOOK PAGE





FAMILY SPOTLIGHT

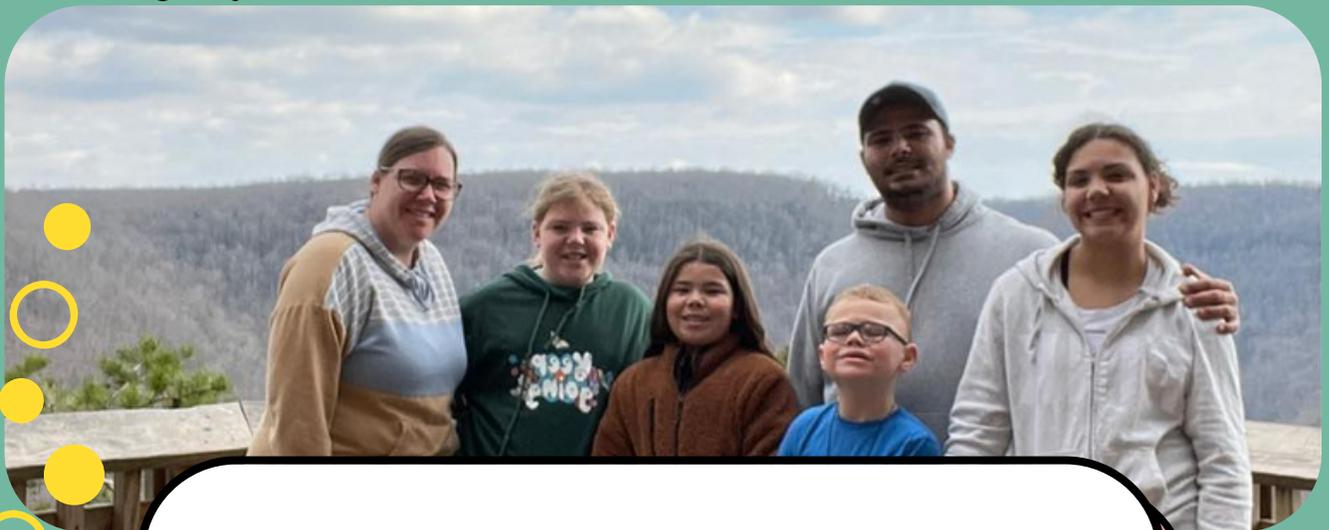


MEET THE STUBBLEFIELDS!

When our son was born, he was now the youngest of four. When we were told in the hospital that our child failed his vision screening, so many questions were running through our head, with little knowledge on where to go from there. Our journey with WV BTT started when Ambrose was just 4 weeks old.

When an interim BTT service coordinator reached out we were at the WVU eye institute having Ambrose's first procedure. We were scared, worried and overwhelmed. Not only did they provide Vision, PT or OT, but always linked us with our community resources. From the first phone call at 4 months old to the exit meeting when our boy turned 3, our BTT family was there with us every step of the way.

Family... That's what I call our BTT team, because they were more than just a group of coordinators, parent partners or specialist, they had become our family. Our son got the early intervention that he needed to be as successful as possible when he transitioned to school-age services at the age of 3. We will forever be grateful for our time with their agency.



MY FAMILY WILL ALWAYS BE AN ADVOCATE FOR WV BTT!



BIRTH TO THREE SUCCESS STORY

Sara had recurring ear infections to the point her pediatrician felt it was necessary to refer Sara to an ENT specialist. At Sara's ENT appointment, the doctor confirmed Sara could not hear. The ENT specialist told us that Sara needed tubes to prevent permanent hearing loss and to stop the recurring ear infections. Sara had her tubes placed in 2022, two days before her first birthday. After Sara's surgery, almost immediately, she started babbling and walking. My husband and I were delighted. I was worried that she was a little behind, but I was thankful to already see major improvement.

My older sister reached out to me and told me that she felt Sara would benefit from speech therapy. She told me that she knew a speech therapist that worked with the Birth to Three program and that she had mentioned Sara's name to her. The speech therapist put in a referral and shortly after, I received a call from Jamie Reed (Interim Service Coordinator for the RAU). I was given all the resources I needed to pick out Sara's ALL-STAR team of providers. Each therapist/specialist evaluated Sara and created goals and areas of focus to help get her caught up developmentally and physically.

Sara has been with Birth to Three for 6 months, and the results are truly amazing. Sara started out not talking, walking well or interacting with her peers. Now Sara speaks in 3 to 4 word phrases and can tell me what she wants or needs. She walks but prefers running. She is playing, sharing, and communicating with her peers and has made friends in her daycare classroom. We continue working on her core strength, but she is getting stronger everyday. I am so proud of how far Sara has come, and I am so thankful for her Birth to Three team. They are truly a blessing. I love and highly recommend Birth to Three!

Learn more
about
WVBTT



FROM THE FIELD

What is the role of a Service Coordinator?

While other Practitioners provide support to your child/children directly through hands-on therapy, Service Coordinators provide support to you, the caregivers! In addition to managing your child's WVBTT IFSP Services, we are here to serve your family holistically; including linking you to needed financial, medical, health, safety, educational, social, or other community resources, without judgement. Every family is unique and deserves to be treated with dignity and mutual respect. It's OK to ask us for help! We want to help you and your child/children succeed! It's important to stay in touch with your Service Coordinator so we know how to help (and to maintain your child's eligibility to receive WVBTT services).

Amanda Kinder, MBA
Service Coordinator



Parent Partner Corner

TASTY TREATS: CHEWY PUMPKIN OATMEAL COOKIES

Ingredients:

- ½ cup butter softened
- ½ cup white sugar
- ½ cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- ½ cup pumpkin puree- blotted blot the pumpkin with a paper towel, see notes for more details.
- 1 cups flour
- ¾ cup rolled oats sometimes these are called "old fashioned oats"
- ½ teaspoon baking soda
- 1 teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon salt

Instructions:

- Preheat oven to 350F. Layer a cookie sheet with parchment paper and set aside.
- In a large mixing bowl cream together the butter and the white and brown sugar.
- Add the egg and vanilla to the butter and sugar mixture until mixed. Then stir in the pumpkin to the wet batter.
- In a medium bowl mix together the flour, oatmeal, baking soda, cinnamon, nutmeg, and salt.
- Stir the dry flour and oatmeal mixture into the wet pumpkin batter a little at a time just until a dough forms and all there is no visible flour.
- Chill the dough for 30 minutes in the refrigerator.
- Drop batter with a cookie scoop by the spoonful onto the cookie sheet covered in parchment paper.
- Bake for 18-21 minutes until cookies are soft and chewy, then enjoy!



UPCOMING COMMUNITY EVENTS

October

- October 7th @ 11AM | Health and Safety fair | Mountain Health Arena
- October 12th @ 6:00PM | Story Hour with WV Hands and Voices via ZOOM
- October 26th - 6-9PM | Fright Market @ Valley Park
- Safe trick or Treat - 6-9PM | Presents by City of Huntington @ Mountain Health Arena
- Trick or Treat: Check our Facebook Page for all servicing counties!



November

- November 30, 2023 8 - 10 pM | “lets hang out” Hosted by WV Hands and Voices via ZOOM



December

- December 21st at 6:00 PM “Do you want to build a snowman?” | Via ZOOM



FOR MORE DETAILED INFORMATION OR
TO CHECK OUT ALL OF THE COMMUNITY EVENTS
IN OUR SERVICING COUNTIES..

SCAN THE QR CODE!



Tips on Helping Your Child Develop Confidence

Adapted from: <https://www.zerotothree.org/resource/tips-on-helping-your-child-develop-confidence/>

Self-confidence is an essential ingredient for all aspects of your child’s healthy development and a key ingredient for school success. Here’s how you can help your child develop the self-confidence they need for future success.

Confidence is a belief in your ability to master your body, behavior, and the challenges you encounter in the larger world. Children who are confident are eager to learn new skills and face new challenges. They also expect adults to be helpful and supportive of their efforts. Self-confidence is also crucial for getting along with others and working out the many social challenges—such as sharing, competition, and making friends—that children face. Self-confident children see that other people like them and expect relationships to be satisfying and fun.

How does self-confidence develop? Babies are born with no real sense of themselves as separate and distinct beings. They learn who they are primarily through their interactions and experiences with others. Primary caregivers—parents, relatives, caregivers, and teachers - reflect back to children their unique strengths and special attributes. Watch how confidence grows across the first three years of life:

- A newborn cries and is comforted by her parent. This baby is learning that she is loved, important, and worthy of soothing.
- An 8-month-old shakes a rattle and smiles at the sound it makes. His caregiver says, “You figured out how the rattle works!” This baby is learning he is a clever problem-solver.
- A toddler takes a stool to reach her dad’s cell phone on the countertop. “I can’t let you play with my phone,” says the girl’s father, “But how about playing with this?” He hands her a toy phone and she happily begins making calls. This toddler is learning that her interests are important and will be respected and supported (within limits) by those who love her.
- A 3-year-old sobs as his parents leave for a night out on the town...without him. They help him calm down and get settled with his babysitter. This toddler is learning that his feelings are important and that his parents will listen and respond to him when he is distressed.

Here are ways you can nurture your child’s self-confidence through your everyday interactions together.

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Establish routines with your child	When events happen at the same approximate times each day, your child will feel safe, secure, confident and in control of their world. Not having a routine can cause children a lot of anxiety. When children know what to expect, they are free to play, grow and learn.
Allow for and facilitate plenty of play	Through play, children also learn how <ul style="list-style-type: none">• to solve problems and develop confidence• it feels to be someone• to try on new roles• to work out complicated feelings
Help your child learn to be a problem solver	If your child is building a block house on the rug and it keeps falling, you could: <ul style="list-style-type: none">• tell them that you see how frustrated they are• ask them if they know what may be causing the problem• offer your observations• ask them if they have any ideas about what might make it sturdier• ask if they want suggestions: “how about making it on the hard floor?”

<p>Give Your Child Responsibilities</p>	<p>Feeling useful and needed makes children feel important and builds confidence. Jobs should be age-appropriate. Very young children can sort laundry with you, help feed pets, water plants, and pick up toys. Be specific about what is expected. Say, “Please put a napkin on each plate,” not “Help me set the table.”</p>
<p>Celebrate Your Child’s Successes</p>	<p>Showing your child that you recognize how he is growing and learning helps to build his confidence. Make a photo album of his accomplishments. Take pictures of your child struggling to climb onto a chair, and one of your child sitting in it proudly</p>
<p>Encourage Your Child to Try to Master Tasks He is Struggling With</p>	<p>Children learn by doing. Break down difficult tasks into manageable steps to help them feel in control, confident and safe. For example, if they are trying to learn to put his shoes on:</p> <ul style="list-style-type: none"> • unlace their shoes and open them for him • line them up so he can step in • let him lean on you while he steps in • guide his hand, is necessary, as he fastens the shoes <p>As you work on a task or skill that is tough for your child, let them know you believe in them, but also communicate that you will not be disappointed if they aren't ready. You are there to support them whenever they are ready to try again. When children feel in control, they feel strong in the world.</p>
<p>Provide Language for Your Child’s Experiences</p>	<p>This should be language that accurately reflects his experience, shows understanding and empathy, and instills confidence. “You tried to pour your own juice. Good for you. Some juice is in the cup. Some spilled. You look sad about that. Here, wipe it up. That pitcher is heavy for little hands. I’ll give you a smaller one and you can try again.”</p>
<p>Be A Role Model Yourself</p>	<p>Children are always closely watching their parents for clues about what to do or how to feel. When it comes to learning how to manage emotions like hurt, anger, or frustration, you are their “go-to” person. If you can model persistence and confidence in yourself, your child will learn this too. Try new things and praise yourself aloud. “I was really frustrated putting up that shelf. It was hard to do. When it fell, I was mad. I rested and tried again. Now I’m proud of myself for getting the job done and not giving up.”</p> <p>If you can say to your child when you are angry, “I don’t like that you threw that ball at me. I know you are angry and that’s ok. But throwing hurts. You can tell me why you are mad and hit this pillow if you have to do something with your body.” You are not only addressing your child’s behavior, and offering alternatives, but the way you are dealing with your anger gives your child a healthy model for coping with strong feelings.</p>