



# Birth to Three, RAU IV Summer Sunshine Newsletter

By Hanna Clendenin

July–September

[hclendenin@rvcds.org](mailto:hclendenin@rvcds.org)



**A Warm Hello from Our RAU**  
Serving: Boone, Cabell, Lincoln, Logan, Mason,  
Mingo, Putnam, and Wayne



**304-523-5444 (Office)**

**304-523-5556 (Fax)**

**866-982-8855 (Toll free)**

**Want to Make a  
BTT Referral?**

**Scan the QR Code**



Questions about your child reaching developmental milestones? Here are a few important milestones to look for.

First two months:

- Looks at your face
- Reacts to loud sounds.

6 Months:

- Knows familiar people
- Rolls from tummy to back

12 months:

- Pulls to a stand
- Plays games like pat-a-cake

18 months:

- Points to show you something interesting
- Tries to use a spoon

If you would like to learn more about our program and services that we may be able to provide your child, please contact at us at the numbers listed above.

## Summer Fun for Everyone

- 1- RAU IV Information and Updates
- 2 - Staff Directory
- 3-4 - BTT Families
- 5-6 - Community Resources
- 7 - Summer Screen Times
- 8 - Lunch and Learn
- 9 - Summer Safety Tips
- 10 - Sensory Play Ideas
- 11- What is my Baby Feeling



**Parent Partner**

**Hanna Clendenin**

[hclendenin@rvcds.org](mailto:hclendenin@rvcds.org)

**304-643-7580**



For information regarding upcoming events like and follow us on Facebook

<https://www.rvcds.org/wvbtt>



## Interim Service Coordinators



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## Parent Partner



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Cell: 304-634-7580

## RAU IV Director



**Acting Director**

**Toni McKinley**

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Office: 304-523-5444

Hiring For Vacancy Soon

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# Proud Birth to Three Families



RAU IV's  
Parent Partner  
and a Proud  
Birth to Three Family



JoJo



The Clendenin's



Mommy and JoJo

Our family first joined Birth to Three when our daughter was two years old, as she was falling behind in her language skills. When starting BTT, she could only say 10-15 words clearly, and was unable to form more than a two-word sentence. She had a very hard time communicating her wants and needs, and this caused a lot of distress for her. Even though our time with BTT was just under a year, our time was very meaningful. Our team was amazing and took the time to learn about our family, and what our daughter would need specifically to her reach her milestones. They also gave guidance for my older son, when needed. They not only worked with my daughter, but they worked with us as a family and gave us the skills and the knowledge we needed to be able to support her. By the time she turned three and was graduating from the program she was at age level for her language skills. She is now getting ready to turn four and will be starting Preschool in the fall. She is our funny, sassy, outgoing little girl. It amazes us at how far she has come. One of her goals was for her to be able to say her own name. She can now say her full name, but if you ask her what her name is, she will say, "I not Leah, I JoJo." We are thankful to BTT and the support it has given our family.



# Proud Birth to Three Families



RAU IV's  
Interim Service Coordinator  
and a Proud  
Birth to Three Family



Wrigley



Daddy and Wrigley

Wrigley didn't talk much before we got help from Birth to Three. He would say things, but it would mainly be on his terms. He qualified for services, and we had a great team who helped him break out of his shell. They also helped us with transitioning to preschool, including guiding us and making sure everything was in place for his evaluations for the school system. They helped us with being a part of the initial IEP meeting for him as well, helping to get continued speech assistance for him while in school. He has grown so much and blossomed since his time with BTT. His teacher loves having him in class and says how helpful he is around the classroom. He was student of the month earlier this school year, and next fall he will be starting in kindergarten. Without BTT, we do not believe he would have the confidence he does now.



# Resources

COUNTY



## Boone County

### Family Support Center

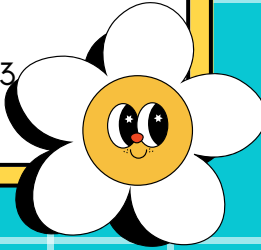
Jacquie Clevenger - 304-307-2309  
jacquie\_clevenger@boonefsc.com

### Family Resource Network

DarynAnn Washington - 304-539-9518  
pwc@regionalfn.org

### Cornerstones Parents as Teachers

Cheyenne Booth - 304-369-5283  
cheyannecooper@cfiwv.org



## Cabell County

### Family Support Centers

Belinda Chapman -  
681-378-2530  
bchapman@childhswv.org  
Jessie Gadd -  
304-526-4471  
jgadd@hvwvha.org

### Family Resource Network

Elizabeth McCulloch -  
304-690-0666  
elizabeth.mcculloch@mhnetwork.org

### Healthy Families Mountain State

Angie Conley - 304-523-9587 ext. 317  
angie@teamwv.org  
Holly McKenna - 304-523-9587 ext. 319  
holly@teamwv.org

## Lincoln County

### Family Support Center

Amber Payton - 304-855-5402  
apayton@stepbystepwv.org  
Tami Boling - 304-855-5402  
tboling@stepbystepwv.org

### Healthy Families Mountain State

Olivia Gregorich - 304-824-4330  
ext. 401  
olivia@teamwv.org

## Logan County

### Family Support Center

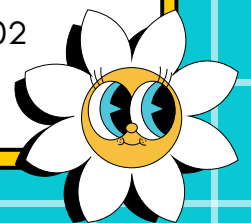
Angela Copley -  
681-280-4177  
acopley@stepbystepwv.org

### Family Resource Network

Dillon "Logan" Adkins -  
304-792-2016  
logancountyfrn.wv@gmail.com

### Healthy Families Mountain State

Ashley Lyall -  
304-752-0412 ext. 102  
ashley@teamwv.org





# Resources

COUNTY



## Mason County

### Family Support Center

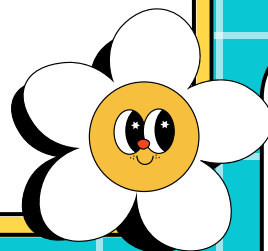
Jassica Legg - 304-812-5102  
jleggfsc@gmail.com

### Family Resource Network

Greg Fowler - 304-593-0072  
frnofmasoncounty@hotmail.com

### Healthy Families Mountain State

Bree Ramey - 304-857-0020 ext. 207  
bree@teamwv.org



## Mingo County

### Family Support Center

Cody Justice or Iris Chaffin -  
304-236-3652  
mingofsca@gmail.com

### Family Resource Network

Amy Dearfield Hannah -  
304-235-3400 ext. 1120  
adearfield@williamsonhealthwellness.com

### ABLE Families Parents as Teachers

Christina Cline - 304-393-4987  
christinacline@ablefamilies.org

## Putnam County

### Family Support Center

Steve Legg or Amber Nunn -  
304-936-1048  
sputnamfsc@gmail.com

### Family Resource Network

DarynAnn Washington - 304-539-9518  
pwc@regionalfrn.org

### Healthy Families Mountain State

Tammy Rogers - 304-857-0020 ext. 300  
tammy@teamwv.org

## Wayne County

### Family Support Center

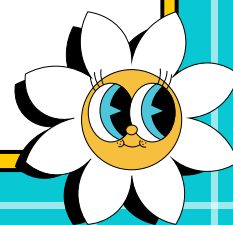
Lisa Salmons -  
304-393-3886  
lissalmonse@hotmail.com

### Family Resource Network

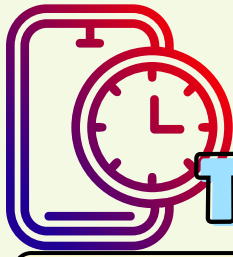
Carol Damron -  
304-272-6003  
waynefrn@frontiernet.net

### Healthy Families Mountain State

Paula Newsome -  
304-272-6692 ext. 501  
paula@teamsww.org

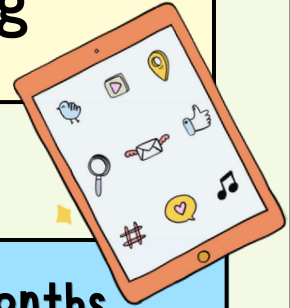






# Summer Screen Times for all Ages

Recommended by Pathways.org



## Under 18 Months

**No Screen Time Except with family and friends.**  
Connect with family and develop communication skills

## 18-24 Months

**Limited Screen Time.**  
Video chat. Watch educational or high-quality programs together with child and ask questions to encourage engagement.

## 2-3 Years Old

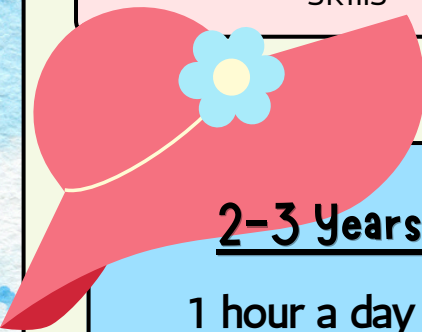
**1 hour a day and 3 hours a day on weekends.**

Limit-non educational screen time. Continue to watch with child to talk about what they're seeing to develop understanding.

screen  
time

## Outdoor Play

**Encourage Outdoor Play!**





# LUNCH & LEARN



**Date:** July 17, 2025

**Time:** 11:30 AM - 12:30 PM

**Details:** Join us for an online meeting with Corey Rogers, a representative for Maxim Healthcare Services!

**Meeting Link:**

<https://aka.ms/JoinTeamsMeeting?omkt=en-US>

**Subject Spotlight:** Private duty nursing allows medically complex pediatric & adult patients to receive skilled nursing care in their home. Patients will have a nurse in the home anywhere from 4 to 24 hours per day.

For children with special needs or complex medical needs-

- Families with medically fragile children face unique challenges. Balancing the specialized care their little one's need with creating a loving, stress-free home can feel overwhelming at times. PDN can make it easier.
- Children who benefit from PDN the most include:
  - Diagnosed with developmental or neurological disorders like cerebral palsy, traumatic brain injury, failure to thrive, congenital disease, etc.
  - Requiring tube feeding assistance, tracheotomy care, ventilator care, etc.

Corey Rogers BDM

Maxim Healthcare Services

Phone: (681) 313 4759 / Fax: (844) 800 3954

900 Virginia St E Suite 400

Charleston, WV 25301

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



**WVSU**  
Extension Service

Healthy Grandfamilies

**Date:** August 5, 2025

**Time:** 11:30 AM - 12:30 PM

**Details:** Join us for an online meeting with Amy Young, a representative for WVSU

Grandfamilies

**Meeting Link:**

<https://aka.ms/JoinTeamsMeeting?omkt=en-US>

The state of West Virginia ranks 3rd in the nation in the number of grandfamily households. Healthy Grandfamilies is a free initiative led by West Virginia State University to assist those grandparents. The statewide program, available in all 55 counties, is designed as a series of face-to-face meetings that provide valuable resources for grandparents raising grandchildren.

Healthy Grandfamilies provides education, advocacy, and direct services.

Amy Young

Grandfamilies Extension Educator

204-4309

West Virginia State University, Curtis

Complex 603 Institute, WV 25112

Empowering Communities, Changing Lives.



# Summer Safety Tips



## KEEP HYDRATED

Encourage children to drink water frequently, especially during outdoor play. Dehydration can happen quickly.



## WATER PLAY

Whether at a pool, lake, or splash pad keep a close eye on your children. Drowning can happen quickly. Drowning can even happen silently, even in shallow water.



## HOT CAR!

Never leave your child in a car, even with the windows cracked. The inside of a car can heat up quickly and become deadly! Always check your backseat when exiting the car, and lock the vehicle to keep any wondering child from climbing in.



## SUNSCREEN

Make sure to apply sunscreen of at least SPF 30 every two hours, and more often if swimming. Even on cloudy days sunburn is still possible. Other ways to help protect from the sun are to wear hats and sunglasses.



## Cool Summer Snack Ideas

- Homemade Popsicles
- Breastmilk or Formula Pops
- Chilled Oatmeal Bits
- Frozen Banana Bits
- Applesauce or Fruit Pouch Ice Pops

# Sensory Play Ideas





# WHAT IS MY BABY FEELING?

## Helping Babies Grow Socially and Emotionally

Babies, toddlers, and preschoolers need help learning how to get along with others, manage their feelings, and build friendships. These skills help them feel good about themselves, do well in school later, and grow into happy, healthy adults.

From the time they are born, babies learn who they are by how people treat them. Loving care makes babies feel safe, happy, and confident. It teaches them how to make friends, share, and handle hard times. When babies have strong, loving relationships, they also learn to trust others, care about people, and understand right from wrong.

Everyday moments help babies feel good about themselves. When parents or caregivers say things like, “You’re so smart!” or “I love being with you,” babies learn they are special and loved.



## What You Can Do

1. Take care of your baby in a way that fits their needs. This is called “responsive care.” It means paying attention to what your baby is telling you and helping in a way that makes sense.

Example: If your 10-month-old grabs at a spoon during meals, let him hold one while you feed him. This shows you understand what he wants and that you respect him.

2. Get to know your baby. What makes your baby smile? What upsets them? What toys do they like? What daily schedule works best?

3. Talk to your child’s caregiver. Tell them what your baby likes, what calms her down, and what makes her upset. Share your baby’s routine. When caregivers know more about your baby, they can help your child feel safe and happy.

## What You Can Do

**Help Babies Learn New Skills** – Babies learn through play and exploring. They grow best when they get a little help with new things, but not so much that they get frustrated. Example: If a baby is trying to roll over, hold a toy nearby to help them reach for it.

- Celebrate your baby’s discoveries. Say things like, “You found me!” when playing peek-a-boo.
- Help your baby grow skills. If your baby stacks two blocks, add a third, then hand them another.

**Show Love and Comfort** – Hugging, rocking, singing, and talking all help babies feel loved. It’s easy to do this when they’re happy—but it’s also very important when they are fussy or upset. This helps babies learn they are loved no matter what.

- Give hugs and kisses often.
- Be patient when your baby cries or is cranky. When you stay calm and loving, your baby learns they can count on you. This builds trust and helps them feel safe.

**Help Your Baby Feel Safe** – Babies feel safe when you answer their needs. If your baby lifts her arms, pick her up. If she cries, comfort her. When the day follows a regular routine, babies know what to expect—and that makes them feel more secure.

- Be a safe place for your baby to return to when exploring.
- Keep a steady daily routine (e.g., morning walk, then diaper change, bottle, and story). Routines help babies feel in control of their world.

**Include Your Family’s Culture** – Culture is a big part of who your baby is. Staying connected to your family’s traditions helps your child feel proud and strong.

- Teach caregivers the words your family uses for people and things (like “mama,” “blankie,” or “baba”).
- Read books and play music from your culture. Libraries often have these for free. Use them during bath time, bedtime, or car rides.