

**WEST VIRGINIA
BIRTH TO THREE RAU IV
JAN.-MAR. 2025
NEWSLETTER**

www.rvcds.org



Serving:

Boone, Cabell, Lincoln,
Logan, Mason, Mingo, Putnam,
and Wayne Counties

**DO YOU HAVE CONCERNS ABOUT
YOUR CHILD'S DEVELOPMENT?**

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

First 2 months:

- Looks at your face
- Reacts to loud sounds

6 months:

- Knows familiar people
- Rolls from tummy to back

12 months:

- Pulls to 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.

- 1: RAU IV Updates
- 2: Ways Kids Can Help Prepare for a Family Gathering
- 4: Welcome to RAU IV
- 5: Birth to Three Acronyms Cheat Sheet
- 6: Birth to Three Family Story
- 9: RAU IV Baby Pantry
- 10: Community Resources

Parent Partner



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RAU IV Contact Information

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For information regarding upcoming events, like and follow us on Facebook
<https://www.rvcds.org/wvbtt>

Ways Kids Can Help Prepare for a Family Gathering



Before a big event or family gathering, there's much to do! My kids often ask, "How can we help?" because they want to participate, too. Everyone is important in a family and community – including the kids! Finding ways to include your kids in the event can make it more meaningful for everyone, and when children can help, they share the responsibility and the fun.

Check out these fun ways your kids can help prepare for your next gathering!

Start with these

(great for kids aged 2 to 4 years old and up):

- Pick out what to wear. Whether you're hosting or traveling, one way your kids can prepare is by picking out what clothes to wear before the big day. Talk through the occasion and let them know if there are colors or types of clothing that are most appropriate. Maybe that means picking out a fancy outfit for a wedding or a warm hat for an outdoor winter festival. Sometimes, it helps to give children two choices when making a decision. For example, you can ask, "Do you want to wear the red shirt or the blue one?"

- Decorate with art. Before Thanksgiving dinner, brainstorm simple crafts you can create with your child using paper and crayons. Help your children decorate the table by creating place cards, or designing placemats. It makes the table more festive, but it also gives everyone in the family a job and a way to help.

- Talk about what you'll do. Even if you've done an event like this in the past, it might feel new to your child. Before the family gathering, remind your child who will be there and what the expectations are during your time together. Maybe that means using manners by saying "please" and "thank you" or sharing their toys with relatives.

Ways Kids Can Help Prepare for a Family Gathering

Then add these when your child is ready

(especially for kids 5 to 8 years old):

· Count down the days. When you're preparing for an event, it's exciting! Make a paper chain to give your child a visual reminder of how long it is until the next get-together. For older kids, write out a to-do list with something they can do to get ready each day, like packing their bag, practicing for the talent show, and creating decorations.

· Invite guests. Are you hosting a party or gathering? Ask your children who should be invited! Make a list of the family members or friends who should come. Then, let them help with the invitations by making cards, sending audio messages to relatives, or asking people in person.

· Arrange the space. Different gatherings, parties, and holidays use different decorations, music, and food. Talk about how to prepare your space when hosting and ask your child for ideas. This might include cleaning up before decorating! If you're guests, point out to your child how the host has worked hard to prepare the party.



· Gather up games. If your event spans several hours, playing games is a perfect way to spend time together. Ask your child to decide on some fun games to offer to play during the gathering.

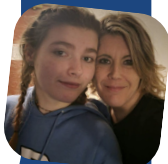
· Prepare the food. For many gatherings, food is a big part! Ask your child to help with simple steps in making a dish to share. They can gather ingredients, stir the mixing bowl, or help chop salad ingredients with kid-safe kitchen tools.

Adapted from: Gratton, S. (November 8, 2023). Ways kids can help prepare for a family gathering. Retrieved from www.pbs.org/parents/thrive/ways-kids-can-help-prepare-for-a-family-gathering.

Meet RAU IV's Interim Service Coordinator



Bethany Fischer



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Fun Facts About Me

My favorite food: I could live on eggs.

My favorite color is Navy Blue
My favorite drink is Coke Zero or Chai Tea Lattes
I love to read.

My Favorite book: There are too many to name just one. I prefer classics, psychological thrillers, and dystopian.

I have 2 cats, Dax and Moxie.

I LOVE music, of all genres.

I love to travel

Favorite season is Indian Summer

My name is Bethany Fischer. I was born, raised, and still reside in Huntington, WV. I actually live in the same home I grew up in and have enjoyed updating and creating my own space there. One of my greatest blessings is being able to remain close to family and impart those values and traditions to my own child.

I am a single mother of a beautiful, intelligent, and kind 18-year-old daughter, Rylee Paige. She is completing her senior year of high school, preparing for university, and hoping to pursue medical school. This young woman is my pride and joy, as well as my best friend. The relationship built on communication we share is invaluable. There is nothing we can't share and we do everything together. We especially enjoy travelling and exploring new places.

Since 2000, I studied psychology and criminal justice, before ultimately obtaining my associate's degree in nursing from Rio Grande University in Ohio. I have dedicated the last 17 years as a registered nurse to various specialties. The paths I found most rewarding were those that allowed me to get to know and advocate for my patients. As healthcare evolved, my nurse's heart was no longer fulfilled. In 2023, I returned to Marshall University and completed my Regents Bachelor of Arts degree in psychology. This path opened the door to serve my community in other areas of health and wellness that led to this opportunity with River Valley Child Development Services.

Aside from career and family, my free time is dedicated to self-care. I enjoy simple things like being outdoors, reading a good book, and watching thunderstorms. I love road trips with the windows down and a great playlist. I prefer to have meaningful conversation rather than small talk and I focus on trying to find the positive in any situation.



Birth to Three Made Simple



West Virginia Birth to Three uses lots of acronyms. Use this quick Cheat Sheet to learn the meanings of some of the acronyms you may hear.

- **WV BTT - West Virginia Birth to Three**
- **RAU - Regional Administrative Unit**
- **ISC - Interim Service Coordinator**
- **OSC - Ongoing Service Coordinator**
- **TA- Technical Assistance (Regional TA Specialist)**
- **IFSP - Individualized Family Service Plan**
- **PT - Physical Therapist**
- **PTA- Physical Therapist Assistant**
- **OT - Occupational Therapist**
- **OTA - Occupational Therapist Assistant**
- **SLP - Speech Language Pathologist**
- **SI/DS - Special Instruction/Developmental Specialist**
- **AT - Assistive Technology**
- **BOE - Board of Education**
- **EHS/HS - Early Headstart/Headstart**

If you have questions about other acronyms you may have seen throughout your time with WV BTT, don't hesitate to reach out and ask! Our goal is to make the process as easy and understandable as possible!

Check out our Facebook Series "Birth to Three Made Simple" for more information on what to expect in your journey with Birth to Three.

Proud Birth to Three Families

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



Justice's Birth to Three Story

I referred Justice to Birth to Three at around 18 months because his ankles rolled inward, he fell often, and he also had a delay in his speech development. He qualified for ongoing services, and I received strategies to support both areas of his development. He has always been on the shy side, and I was worried that since he could not speak well that it would affect his social development. As a team we created a goal where he would initiate playing with a child by commenting to them. I was so excited the day I saw him meet this goal for the first time. There he was at the WIC office, playing with a toy, and he asked another little boy to play with him. I was overjoyed! He also began doing better with his motor skills by staying balanced and not falling as often.

He did not transition into Part B services, but he was found to be eligible for speech services in kindergarten and graduated from speech therapy in third grade. He is a very good student and participated in several literature fairs and in math field day at the county and region level. I am so proud of all he has accomplished. I am grateful for the role Birth to Three played in his early developmental years.

Proud Birth to Three Families

The Gorman Family's Story



West Virginia Birth to Three has made a profound impact on our family and both of our children, who were born prematurely. Our son, Atticus, was born at 32 weeks gestation and our daughter was born at 27 weeks gestation. Both of our children faced their own struggles and developmental delays due to their prematurity. BTT has made an incredible impact on Atticus and AlbaRose, helping them to overcome obstacles and flourish in their development.

We began our journey with BTT when our son, Atticus, was diagnosed with torticollis at 6 months old. He began receiving physical therapy and developmental therapy which helped to greatly improve and eventually eliminate his torticollis. Atticus was in the BTT program for 2.5 years and ended up receiving Physical, Speech, and Occupational Therapies during his time in the program. We know that these therapies assisted tremendously in Atticus' development and helped him overcome his delays by the time he exited Birth to Three.

Our daughter, AlbaRose, was born very prematurely at 27 weeks and has faced a multitude of health challenges and delays. She started receiving BTT services at 6 months old and continues to receive services today. She has a full team that includes Physical, Occupational, Speech, and Developmental Therapies, as well as Nursing and Nutrition. All of AlbaRose's therapists and specialists have worked tirelessly to help her overcome her difficult start in life. During the first year of her life, she was very delayed in gross-motor, speech, feeding, and she had other developmental delays as well. Through the focused and extensive therapies AlbaRose has received through BTT, she has made amazing growth, overcome many challenges, and continues to make improvements every day.

Proud Birth to Three Families

The Gorman Family's Story Continued



Our family has been involved with WV Birth to Three for almost five years in a row.

Atticus aged out at 3 years old and AlbaRose started BTT about three months later. Every week we welcome multiple therapists into our home. It is evident these therapists truly care about our children, as exhibited in the way they go above and beyond to help them. As we welcome these practitioners into our home, they become like a part of the family. They help us celebrate small victories, large milestones, and every accomplishment in between.

We have been so blessed as a family to be involved in WV Birth to Three. We have told anyone who will listen how much BTT has impacted our children for the better.

We are originally from North Carolina, and all of our family remains there. One of the biggest reasons why we have chosen to stay in West Virginia is the Birth to Three program, the high quality and standard that comes with it, and what it provides for our children.

For any family with a child who is experiencing a struggle or delay, we would highly recommend beginning the process to start your child in Birth to Three.

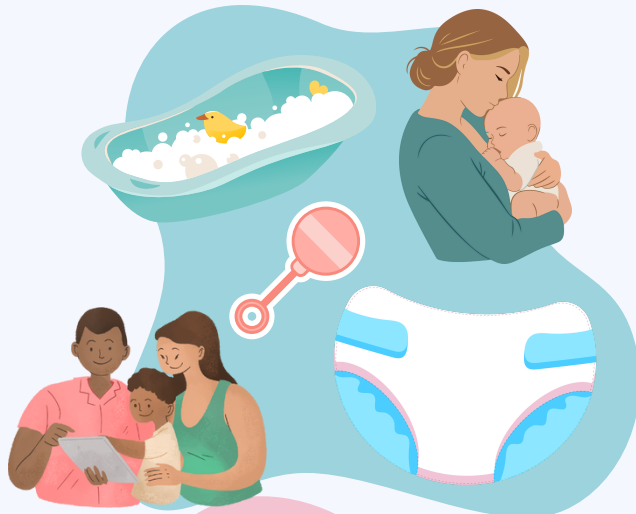
It is a truly wonderful program with top quality practitioners who will care about and work hard to help your child grow and succeed. And it comes all at no cost to your family! Truly, who could ask for more? We are forever thankful that our children received WV Birth to Three services during their early childhood years. It has set them both up to thrive and succeed throughout the rest of their lives!



WV Birth to Three RAU IV FORMULA AND DIAPER DONATIONS



We are looking for unused, unopened, in date formula, and unopened packs of diapers in any size for babies in need. You can help!



Donate clothes, wipes, and baby essentials to support local families in need!



Collection Dates:
Now
Drop-off Location:
WV Birth to Three
RAU IV
2021 5TH Ave W,
Huntington WV
25704



If you need formula or diapers

Please contact our Parent Partner Hanna Clendenin at:

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304-634-7580



Together, we can keep little ones happy and healthy. Thank you for your kindness!

Community Resources



The Heart of Hamlin Podcast, hosted by the Lincoln County Health Department, highlights health and wellness in Lincoln County and explores local resources, programs, and opportunities available to help strengthen and support our community. Give it a listen and help spread the word about these valuable services.

<https://open.spotify.com/show/7dEBfNDcHZvALvZOPTj2sX?si=epgKmcWRSoWDAc0xl8Pmqw>

In a recent episode, Parent Partner, Hanna Clendenin, had the opportunity to share about the WV Birth to Three program and some of the many ways it supports children and families. Follow the podcast and give it a listen to learn more about Birth to Three and many other community resources available in Lincoln County

Keep a watch on our Facebook page for daily updates on other local community resources and events.