

# Making Connections

## A NOTE FROM YOUR PARENT PARTNERS:

Happy Spring, Region 5 & 6!

As we step into this new season, we want to remind you that we are here to support you! Our mission is to guide families through the WV Birth to Three program, and help them navigate early intervention services with confidence. We provide peer support, share personal experiences, and connect families with valuable resources to empower them in advocating for their child's needs.

Having been through this journey ourselves, we understand the concerns and uncertainties that may arise, and we want you to know that you are not alone—we are here to assist you every step of the way.

**Region 5 - April Waybright**  
**Region 6 - Samantha Modley**



SPRING INTO  
GROWTH:  
NURTURING EARLY  
DEVELOPMENT



Spring is a season of renewal and growth, much like the early years of a child's development.

At WV Birth to Three, we are committed to nurturing that growth by providing families with the support, resources, and guidance they need to help their child reach important milestones.

# Program Highlights



WV Birth to Three is a statewide system of services and supports for children under age three who have a delay in their development, or may be at risk of having a delay, and their family. The Department of Health and Human Resources, through the Bureau for Public Health and the Office of Maternal, Child and Family Health, WV Birth to Three, as the lead agency for Part C of the Individuals with Disabilities Education Act (IDEA), assures that family centered, community based services are available to all eligible children and families at no cost.

To be eligible for WV Birth to Three services, an infant or toddler under the age of three can either have a delay in one or more areas of their development, or be at risk of possibly having delays in the future. A child may have delays in one or more of the following areas:

- Cognitive - thinking and learning
- Physical - moving, seeing, and hearing
- Social/emotional - feeling, coping, getting along with others
- Adaptive - doing things for him/herself,
- Communication - understanding and communicating with others.

A child may be born with an established condition (hearing, visual etc.) OR with a condition typically associated with a developmental delay (Down Syndrome, Autism, etc.) OR a combination of biological and other risks factors which may include family stressors.



FOR MORE  
INFORMATION VISIT :

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



# RESOURCES

## REGIONS 5 & 6



UPDATED :  
03/07/2025



### Statewide Resources

[WV  
Department of  
Health &  
Human  
Resources](#)

[West Virginia 2-  
1-1](#)

[West Virginia  
Developmental  
Disabilities  
Council](#)

[West Virginia  
University  
Center for  
Excellence in  
Disabilities  
\(CED\)](#)

[West Virginia  
Assistive  
Technology  
System  
\(WVATS\)  
Lending Library](#)

[West Virginia  
Advocates](#)

### Region 5 :

**Barbour**  
<https://barbourcountywv.org/>

**Lewis**  
<https://www.lewiscountywv.org/>

**Preston**  
<https://prestoncountywv.gov/>

**Randolph**  
<https://randolphcountycommissionwv.org/>

**Taylor**  
<https://www.wvcountytaylor.com/copy-of-home>

**Tucker**  
<https://tuckercounty.wv.gov/Pages/default.aspx>

**Upshur**  
<https://www.upshurcounty.org/>

### Region 6 :

**Braxton**  
<https://braxtonwv.org/>

**Greenbrier**  
<https://greenbriercounty.net/>

**Monroe**  
<https://www.monroecountywv.gov/>

**Nicholas**  
<https://www.nicholascountywv.org/>

**Pocahontas**  
<https://pocahontascountycommission.com/>

**Summers**  
<https://www.summerscountywv.gov/>

**Webster**  
<https://www.webstercountywv.com/>

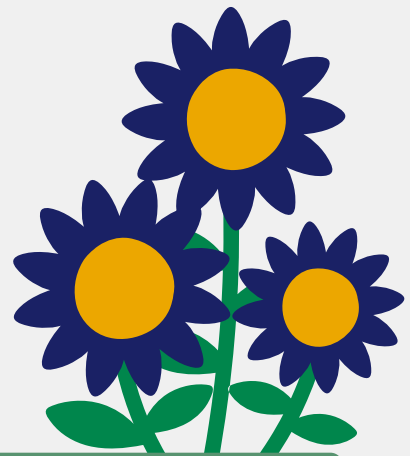


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In WV: (800) 642-8522  
Fax: (304) 558-2183



# TYPICAL DEVELOPMENT

CHILDREN GROW AT THEIR OWN PACE, BUT HERE ARE KEY DEVELOPMENTAL MILESTONES FROM BIRTH TO AGE THREE:



## MILESTONES

### Birth to 6 Months:

- Moves arms/legs with more control, lifts head.
- Smiles, coos, and responds to familiar voices.
- Starts reaching, tracking objects, and recognizing caregivers.

### 6 to 12 Months:

- Sits, crawls, and may start standing.
- Babbles, says simple words ("mama"), and follows basic commands.
- Explores objects, plays peekaboo, and may show separation anxiety.

### 12 to 24 Months:

- Walks, climbs, and begins running.
- Uses gestures, says more words, and starts two-word phrases ("want cookie").
- Follows simple instructions and engages in pretend play.

### 24 to 36 Months (2-3 Years):

- Runs, jumps, and starts pedaling a tricycle.
- Uses short sentences, asks "why?" and names objects.
- Plays with other children, shows empathy, and gains independence.



## WHO CAN REFER?

Referrals of children to WV Birth to Three come from varying sources. The most are from parents, pediatricians, and hospitals. Referrals are received from community resources/programs like childcare facilities or other state programs. Concerned family members or foster parents can also make a referral to the program. Each referral is contacted and if the family agrees, then the process of determining eligibility for services can begin.

## WHATS THE COST?

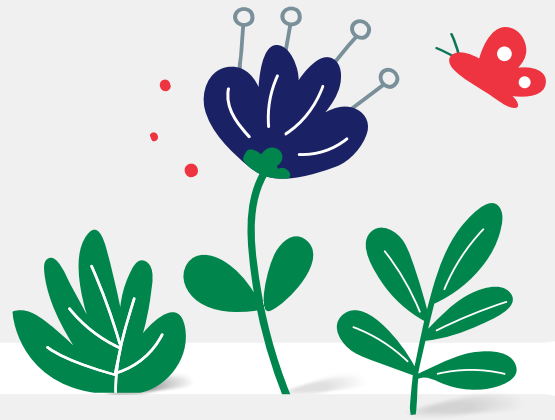
There is no charge for services provided to eligible children and families for WV Birth to Three services that have been identified on the Individualized Family Service Plan.

## ELECTRONIC REFERRAL FORM :

<https://us.services.docusign.net/webforms-ux/v1.0/forms/a2b8e6563a32ae42edbe166ccd4f732e>



# SPRING ACTIVITIES



Spring is a great time for outdoor and sensory-friendly activities that support the development of young children with delays or disabilities.  
Here are some engaging, adaptive activities:



## SENSORY WALK

Take a slow walk outside, letting the child touch leaves, smell flowers, or listen to birds. Adapt for mobility needs with a stroller, wagon, or adaptive carrier.

## BUBBLE PLAY

Blowing and popping bubbles can help with visual tracking, hand-eye coordination, and motor skills. Use a bubble machine for children with limited mobility.



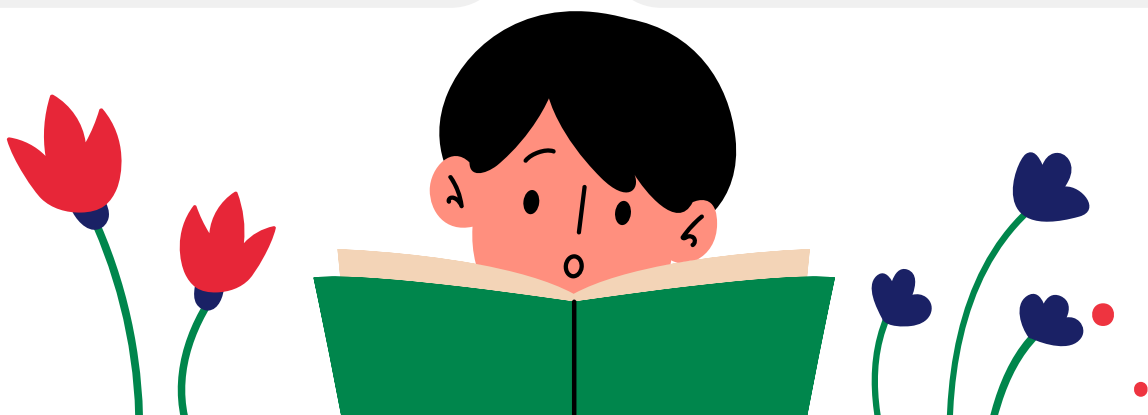
## SIDEWALK CHALK & WATER PAINTING

Let children explore textures with chalk or “paint” the sidewalk with water and a brush. Encourage finger drawing for sensory input.



## TACTILE GARDEN EXPLORATION

Plant flowers or herbs with different textures and scents (e.g., lavender, mint). Let children dig in the soil, smell plants, or feel different textures.



# Advice from the Field

TO FAMILIES FROM EARLY INTERVENTION SPECIALISTS :

## CREATE A STRUCTURED ROUTINE

- *Predictability helps children feel secure and promotes learning.*
- *Use visual schedules or simple verbal cues to transition between activities.*

## ENCOURAGE PLAY-BASED LEARNING

- *Sensory play (like water, sand, or textured toys) boosts fine motor skills.*
- *Simple puzzles and stacking toys support problem-solving and coordination.*

## SUPPORT COMMUNICATION DEVELOPMENT

- *Use gestures, pictures, or sign language along with words.*
- *Sing songs and read books with repetition to reinforce language skills*

## BREAK DOWN TASKS INTO SIMPLE STEPS

- *Give one-step instructions before progressing to multi-step directions.*
- *Use modeling - demonstrate an action and encourage imitation*

## PROVIDE CHOICES TO ENCOURAGE INDEPENDENCE

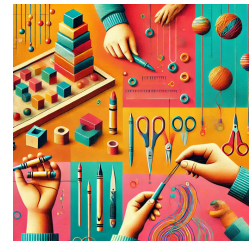
- *Let children choose between two items. "Do you want the blue cup or the red cup?"*
- *This helps with decision-making and reduces frustration*

## CELEBRATE SMALL WINS

- *Praise effort, not just results! "Great Job Trying!"*
- *Positive reinforcement builds confidence and motivation.*

# SPRING CRAFT

## *Spring Sensory Bag*



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ENCOURAGES TACTILE  
EXPLORATION  
WITHOUT ANY MESS

SAFE AND ACCESSIBLE FOR  
CHILDREN WITH SENSORY  
SENSITIVITIES OR MOBILITY  
CHALLENGES.

HELPS WITH FINE MOTOR  
SKILLS (PRESSING, PUSHING,  
AND SWIPING).

### HOW TO MAKE IT:

- ✚ FILL A SEALED ZIPLOCK BAG WITH GEL (HAIR GEL OR ALOE VERA) AND SMALL SPRING-THEMED ITEMS LIKE PLASTIC FLOWERS, FOAM BUTTERFLIES, OR GLITTER.
- ✚ SECURE THE EDGES WITH DUCT TAPE TO PREVENT LEAKS.
- ✚ TAPE THE BAG TO A TABLE, TRAY, OR WINDOW FOR EASY INTERACTION.

*April and Samantha*

# INTERACT



**Want to provide  
feedback from  
your experience?**



**Region 5 :**  
**Barbour, Lewis, Preston,  
Randolph, Taylor, Tucker,  
Upshur**

✉ [awaybright@mthtwv.org](mailto:awaybright@mthtwv.org)



**Region 6 :**  
**Braxton, Greenbrier, Monroe,  
Nicholas, Pocahontas,  
Summers, Webster**

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WE ARE ALWAYS LOOKING FOR FEEDBACK FROM FAMILIES WHO  
HAVE FIRSTHAND EXPERIENCE WITH OUR PROGRAM.  
YOUR INSIGHTS HELP US IMPROVE AND ENSURE WE ARE  
PROVIDING THE BEST SUPPORT POSSIBLE. IF YOU WOULD LIKE TO  
SHARE YOUR EXPERIENCE, WE WOULD LOVE TO HEAR FROM YOU!



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