

WVBTT STATE OFFICE NEWSLETTER

OCTOBER—DECEMBER

Winter 2025

A Newsletter of WV Birth To Three Regional Administrative Unit 7



New Year, New You! Let's Make a Change!

- If you truly want to make positive changes in your life, don't wait for them to magically happen while you sit on a couch. Change begins with action.
- Go out and make a difference in your own life. Smile more, even when it feels hard. Let excitement and curiosity guide you. Try new things, explore new places, and step outside your comfort zone.
- Take care of your body and mind. Go to bed early. Wake up early.
- Start your day with purpose and intention. Be fierce in pursuing your goals. Speak kindly, avoid gossip, and focus on lifting others as you rise.
- Practice gratitude every single day! Appreciate the small things, celebrate wins, and recognize the lessons in every challenge.
- Clear out the clutter, both physical and mental, that's been holding you back. Let go of old habits, old grudges, and anything that weighs you down. Be mindful of the energy you allow in your life, don't follow negative people or feed your mind with negativity on social media.

In this issue:

- Ways Kids Can Help Prepare for a Family Gathering
- WV WIC Clinic Information
- How to Keep Your Newborn Cozy and Safe in Winter Weather

**WV Birth to Three/RAU 7
1411 North Walker Street
Princeton, WV 24740
304-425-2926
1-866-207-6198**

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 Christmas 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.

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.



WV WIC

Fayette County WIC Program

Physical Address: 1822 East Main Street,
Oak Hill, WV 25901
Clinic Phone: 304-465-5314
Clinic Fax: 304-465-5316
Hours of Operation: Monday-Thursday 8:00-4:30
closed for lunch 12-1, *Fridays dedicated to
Walk-Ins*

Mercer County WIC Program

Physical Address: 286 Blue Prince Road,
Bluefield, WV 24701
Clinic Phone: 304-325-3922
Clinic Fax: 304-325-3935
Hours of Operation: Mondays and Fridays 8:00-
4:30 Closed for Lunch- Monday-Friday 12:00-1:00
*Tuesdays, Wednesdays, Thursdays dedicated to
Walk-Ins*

Raleigh County WIC Program

Physical Address: 1600 Harper
Road, Beckley, WV 25801
Clinic Phone: 304-255-9034
Clinic Fax: 304-255-9037
Hours of Operation: Monday-Friday 8:00-4:30
Closed for Lunch- Monday-Friday 12:00-1:00

Wyoming County WIC Program

Physical Address: 1301 Cook Parkway,
Oceana, WV 24870
Clinic Phone: 304-682-0475
Clinic Fax: 304-682-0477
Hours of Operation: Tuesdays and Thursday 8:00-
4:30 Closed for Lunch- Monday-Friday 12:00-1:00
*Mondays, Wednesdays, and Fridays dedicated to
Walk-Ins*

McDowell County WIC Program

Physical Address: 17 McDowell Street, Welch, WV 24801
Clinic Phone: 304-436-6122
Clinic Fax: 304-436-6125
Hours of Operation: Mondays and Fridays 8:00-4:30 Closed
for Lunch- Monday-Friday 12:00-1:00 *Tuesdays, Wednesdays,
Thursdays dedicated to Walk-Ins*

How to Keep Your Newborn Cozy and Safe in Winter Weather

KEY NOTES

- Dress your newborn in layers to keep them warm outside but remove layers before using a car seat for safety.
- It's important to check your baby's comfort by watching for signs like fussiness or changes in skin temperature.
- Keep your home at a comfortable temperature to help your baby's skin stay healthy and avoid dryness.

The key to dressing your baby in winter is layers. Anytime your baby is not in a car seat and will be outside, layers can help keep them warm. A good rule of thumb is to give them one more layer than you need.¹ "If you are comfortable with a jacket on top of your clothes, you should have your baby in a jacket or snowsuit and a blanket," says [Molly Broder, MD](#), a pediatrician at BronxCare Health System in the Bronx, New York.

Dressing your infant in layers allows you to adjust to their needs—especially when moving between the cold outdoors and heated indoor spaces. "The bottom layer can be snug, like leggings and a bodysuit. On top of that, you can put on another layer of pants and a long-sleeved shirt. Finish up with a jacket, hat, mittens, and warm booties to keep hands and feet warm," says Dr. Broder. Choose breathable fabrics such as cotton and muslin.

If the temperature or windchill dips below freezing, or if nonfreezing temperatures are mixed with wind or rain, keep your little one inside except for brief excursions, such as to and from the car. If it's not arctic outdoors, dress your baby in a winter jacket, a hat that covers their ears, mittens, and a stroller blanket or bunting.

[Protecting Babies from Winter's Chill: Essential Care Tips](#)





"The spirit of Christmas is the spirit of love and of generosity and of goodness. It illuminates the picture window of the soul, and we look out upon the world's busy life and become more interested in people than in things." — Thomas S. Monson

Visit our WV Birth to Three website: [WV Birth to Three - Early Intervention - Home page](http://www.wvbirthtothree.org)

WV Birth to Three
350 Capitol Street, Room 427
Charleston, WV 25301-3714
E-mail: dhwvbt@wv.gov

Telephone: (304) 558-5388
In WV: (800) 642-8522
Fax: (304) 558-2183



Dreama Padgett, Chief Executive Officer
Melissa Saddler, Program Director
Morgan Lambert, Interim Service Coordinator
Vickie Hodges, Interim Service Coordinator
Jason Gibson, Interim Service Coordinator
Stacy Anderson, ISC Assistant
Cassie Gill, Administrative Office Associate
Tammy Fleshman, Parent Partner/Editor

