

*Eastern Panhandle
Instructional Cooperative*

EPIC

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of the entire community

Tidbits

Emily Church
304-676-0619

emily.church@wvsc.org



Fall is almost here!! Here is what has happened and what is to come!

Welcome to our quarterly newsletter! We have been working hard to try and bring different things to our community.

To make a referral you can scan the code below.



We will be partnering with Tony Music again in the near future so keep an eye on our Facebook page for those updates!

If you would like to see us at an event in your area, please reach out to Emily Church!

Enjoy this month's newsletter!



In this newsletter you can expect:

Co-Parenting Article

WIC

West Virginia Birth to Three

Co-Parenting - Being on the Same Page is Important

Most of our young children have more than one person who acts in the role of parent. We often hear the term “co-parenting” when families divorce or separate. It is really more about the process of partnering around parenting. Whether it is Mom, Dad, Grandma, an Aunt, a babysitter, or even a foster family in the mix, consistency across caregivers is essential for our little ones. When expectations are the same in those different “homes” it will help you to grow healthy, confident, and productive little people! What are some things to consider when you are sharing the all important job of raising children together?

Open communication is key between all caregivers. Children are having to adjust between different places and expectations. Work with all the people caring for your child to decide how you will all co-parent them. A meeting between the caregivers to decide on the big stuff helps to keep the best interest of your child in the forefront of everyone’s mind.

·What are the basic rules? Examples:

- o When is bedtime?
- o What time do we eat meals – what foods does the child eat, how much, and how are they fed?
- o What are the child’s chores?
- o How much tv/game time is allowed?
- o How are we going to potty train?

·What are consequences when a child pushes the boundaries? When it becomes necessary to discipline a child, the adults who are sharing the responsibility of caring for them must be on the same page. Limits and consequences must be the same across caregivers.

- o Discuss all perspectives on discipline
- o Agree on what strategies might be used when and stick to it!

·Have one another’s back! Don’t let the child manipulate or play caregivers against one another. No means no and help the little one understand that this is not ok and the decision stands. This also goes to reason that all caregivers should be supporting the decisions of you as their parent! Ultimately you are guiding this process for your child.

·Have it all written down. Whether it is a paper, calendar or an app, keep track of where kids are and who they are with, including who is going to get them there. In addition, all the decisions about the shared expectations – write them down and share with everyone!

·Effective communication can take many forms but use the same one consistently. Texts, instant messaging, an electronic or paper notebook – whatever you choose, make sure that it goes back and forth between “homes” and ensure that everyone knows what they need to be sharing with the other caregivers. This should include important care activities (i.e., how many bottles today, when they were last fed, how long was their nap) and a way of sharing pictures and those sweet stories of what happens during the day.

Handle disagreements with maturity – when there are adults trying to agree on what’s best, there will be disagreements! Keep baby in mind and be respectful of the ideas others have. Come to an agreement everyone can live with and support. It’s important for the child to see their adults in a unified front. Don’t throw their other adults under the bus – that frustration may impact the child’s feelings about the other person.

Express gratitude, always! Say thank you and remember that you have an amazing group of people coming together to love your little one. Being a parent involves countless decisions and is exhausting! Having a group of caregivers to have your back and your baby’s can make all the difference.

References

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Resources



The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) has been improving pregnancies and preparing kids to learn for 40 years. The program provides nutrition counseling, parenting advice, breastfeeding support, food assistance, and referrals to help you and your family live a healthy life.

WIC is a short-term program designed to improve lifetime nutrition and health for everyone in your family. WIC provides services to married and single parents (working and not working), and fathers, mothers, grandparents, foster parents, or legal guardians residing with a child under the age of five.

<https://dhhr.wv.gov/wic/Pages/default.aspx>



Did you know that on the West Virginia Birth to Three website that there is a list of resources?

If you need help finding additional resources you can reach out to our Parent Partner (Emily Church), use the link below to access our resources page.

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