

BTT BITS

WINTER
2021-2022

Parent Partner Corner

It's the most wonderful time of the year! As the weather gets snowier and the temperature continues to drop, its important to have lots of fun indoors to stave off boredom!

Make some Marshmallow Snowmen!

Marshmallow Snowmen

Ingredients:

- Two big marshmallows
- Chocolate chips
- Toothpicks
- Pretzels

Directions:

1. Stick both marshmallows on top of each other and stick toothpick through the middle vertically.
2. Add chocolate chips for eyes, mouth, pretzels for arms. If you don't want to eat them than you can dress them up with hats, scarves etc... (If you dress them up they make great decorations)



Olivia A Parsons
 Olivia Parsons, Parent Partner
 WV Birth To Three RAU 2



*Proudly serving Calhoun,
 Doddridge, Gilmer, Harrison,
 Pleasants, Ritchie, Wirt, and
 Wood counties*

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Angels Among Us

Here at WV Birth to Three we have been blessed with some Guardian Angels who have donated and continue to donate items for our families. Our volunteers have lovingly donated handmade items, and accessibility devices that their own children have outgrown, and day to day items.

We would not be half the program that we are without our amazing volunteers who spend hours crating blankets, quilts, hats, and mittens for our little ones. The people who dig through their closets so that the toys and devices that helped their children can now help a new generation. The ones who go out of their way to buy extra things at the store and deliver it to help out those families who have been negatively affected by the pandemic.

Thank you to these very special people who keep our spirits up with their immense generosity during these trying times.

Do you have items you'd like to donate? Call the RAU at (304) 485-2000 to set up a delivery time.

Are you in need of any items? Please contact your Ongoing Service Coordinator and they will help you get what you need.



Living Apart, Parenting Together: Collaborating with Your Coparent

First, the good news: Children are very adaptable. They learn quickly that different settings and different people have different expectations, and they respond accordingly. For example, many parents are amazed by the things their child may be doing at child care or for another caregiver that you are still doing for them at home! Well, the same goes for living in two separate homes with different sets of rules: children will adapt to the expectations in each setting.

Yes, it is ideal for separated parents to agree on a basic approach to raising children, as children tend to adapt more easily when there is consistency in rules from one setting to another. But when there are disagreements – not uncommon for parents living together or separately – here are a few things that can help you find harmony even when you aren't on the exact same page.

- ◆ Accept that you cannot control the other parent. The only person you have control over is yourself. Focus on what you can do to tune in to and nurture your child's unique needs. Trying to make your coparent do it your way is rarely an effective strategy.
- ◆ Agree that nurturing your child's healthiest development is the shared goal – this is the strongest point for decision making. Your focus should be about what your child needs and how to best meet those needs. If that is your focus, it is easier to resist using the conflicts around child-rearing.

*Story continues on
the next page...*

Living Apart, Parenting Together: Collaborating with Your Coparent

- ◆ If you can't agree on basic expectations and approaches to discipline, matter-of-factly acknowledge to your child that there are differences between your homes – without throwing the other parent under the bus. Blaming your coparent causes more distress for children who are trying to navigate through an already complex situation. You can use phrases such as: “That’s right, Mommy and I have different rules in our houses. Mommy’s rule is you can eat in front of the TV; Daddy’s rule is no TV during mealtime. I know you like Mommy’s rule better because you like TV. But we’ll tell stories instead at our meals.” Once children see that you are sticking to your limit, they will adapt.
- ◆ Plan regular times to communicate about what each of you is seeing, experiencing, and learning about your child. If possible, calmly share what these observations are telling you about what your child needs to cope and thrive. By working together to address needs, your child will feel more secure at both of their homes.

Kids don't grow up in perfect worlds, nor do they need to. What children do need are parents who, whether living together or not, demonstrate respect for each other, communicate calmly and without anger, and who make their child's needs the central focus of their decision-making.

If you need help doing this, you are not alone. Remember, any steps you take to thoughtfully work together with your coparent will help you become the parent you want to be for your children.

Adapted from Lerner, C. (2018). Living apart, parenting together: collaborating with your coparent. Retrieved from <https://www.zerotothree.org/resources/2243-living-apart-parenting-together-collaborating-with-your-coparent>

January 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Eye Care Month	National Soup Month	JANUARY IS... Hobby Month	Bath Tub Safety Month	National Book Month		1 New Year's Day
2 Motivation & Inspiration Day	3 Festival of Sleep Day	4 National Spaghetti Day	5	6 National Cuddle Up Day	7	8 National Bubble Bath Day
9 Balloon Ascension Day	10	11 National Milk Day	12	13 Rubber Ducky Day	14	15 National Hat Day
16 National Nothing Day	17	18 Winnie the Pooh Day	19 National Popcorn Day	20 National Penguin Day	21 National Hugging Day	22 Celebration of Life Day
23	24	25 Opposite Day	26	27 Mozart's Birthday	28 Elmo's Birthday	29 Puzzle Day
30	31					

February 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Groundhog Dog	3 Elmo's Birthday	4 Thank a Mail Carrier Day	5 National Weather- person Day
6	7	8	9 National Pizza Day	10 National Umbrella Day	11 National Make a Friend Day	12
13 World Radio Day	14 Happy Valentine's Day!	15	16	17 Random Act of Kindness Day	18	19
20 National Love Your Pets Day	21 Presidents Day	22	23	24	25	26 Tell a Fairytale Day
27 Int'l Polar Bear ay	28 Public Sleeping Day	Children's Dental Health Month	FEBRUARY National Snack Food Month	IS... Heart Health Month	National Bird Feeding Month	