

A Newsletter of WV Birth To Three Regional Administrative Unit 7

BRIDGES

Early Intervention...Building Bridges for a Bright Future



Welcome Fall, It's Time for Change!

Who doesn't love a cool, crisp day with falling leaves. Warm cocoa or pumpkin spice lattes. This time of year, makes me think of change. The leaves change colors; the weather is cooler and the time changes. Change is important in our life because it drives personal growth, builds resilience, and creates new opportunities. How about trying one new thing? If we step outside of our comfort zone, we can learn new skills and gain new understanding. Think about something you would love to try...does your heart rate go up...do you get excited. That's the type of change that teaches you flexibility and strength. It makes you stronger. Let's move away from our usual path and open doors to fresh choices, better lifestyle, and future success. Nothing in life gets better by itself. You must make the changes. So go out, try something new, make a difference and change your life.

"If we don't change, we don't grow. If we don't grow, we aren't really living."
--Unknown

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Community Action of South Eastern WV (CASEWV)

Right From The Start Program

WHAT IS THE RIGHT FROM THE START PROGRAM?

Right From the Start (RFTS) is a statewide home visitation program. Our providers are RNs and LSWs, known as Designated Care Coordinators, who work and reside in your community.

WHAT DOES THE PROGRAM PROVIDE?

DCCs provide home visits or can visit in another location of your choosing to meet with you can personally address all of your questions and concerns and provide education, guidance and information to assist you through childbirth and labor, nutrition and breastfeeding, quitting smoking, postpartum support and connect you to community resources.

HOW DO I QUALIFY FOR THE PROGRAM?

- ✓ Be pregnant/postpartum or have a child less than 1 year old.
- ✓ Be a WV resident
- ✓ Have a current active Medicaid card.

SIGN UP: Find your county below to call or scan the QR code to sign up!



Mercer, McDowell, Monroe, Raleigh,
Summers or Wyoming

call us at

304-809-3056



How Do I Become Part of the Program?

To be eligible for Right From The Start, you need to:

- Be pregnant or have a child less than one year old;
- Be a resident of West Virginia; and
- Have a current, active Medicaid Card or medical coverage through the Office of Maternal, Child and Family Health (OMCFH).

All pregnant teens aged 19 or younger are eligible for medical coverage through the OMCFH regardless of family income if they are uninsured for maternity care.

Fayette County residents will contact CASEWV-Region 4 at (304) 438-5810.

Top Trends in Early Childhood Education in 2026

Written By Ankita Singha

1. Social-Emotional Learning (SEL)

The main aim of social emotional learning provides students with understanding and control over their emotions, intelligence and feelings.

2. Integration of Technology

Technology provides interactive e-learning platforms , which allow kids to easily indulge in learning activities, which also enhance their digital literacy skills.

3. Inclusivity and Diversity

Inclusive learning provides a dynamic learning environment where every student is treated equally.

4. Early Literacy

Early literacy means children below five can easily read and write and can perform basic calculations.

5. Mindfulness Exercises

Mindfulness exercises focus on self-regulation of students, enabling them to have control over emotions and thoughts.

6. Personalized Learning

Every child has their own learning abilities; offering them with personalized learning allows them to develop confidence and meet their learning objectives.

7. STEAM and STEM Education

STEAM and STEM education are new generations of education that focuses on the implementation of Science, Technology, Engineering and Maths at an early age.

8. Remote Learning

Remote learning opportunities in early childhood education offer personalized and flexible learning opportunities to kids, which removes the hectic schedule of a structured classroom.

9. Emotional Development

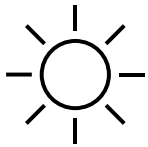
Emotional development also includes emotional intelligence , controlling their emotions, expressing thoughts, understanding viewpoints and controlling anger.

10. Learning through Play

Play-based learning allows students to study through incorporating fun learning activities and exploration. This also enhances students' engagement and makes learning more impactful.

Reading Your Child's Cues

We communicate in many ways, including words, gestures, facial expressions, eye gaze, body movements, physical touch, and sounds. From birth, infants and toddlers communicate without words, and many children continue to use these nonverbal ways to share their needs, feelings, and ideas. As adults, we often focus on spoken words and may miss opportunities for connection, comfort, or getting a need met. This article will help caregivers notice, understand, and respond to their child's cues in supportive and meaningful ways.



Clear Skies: “I am ready for connection and play. Let’s keep going!”

When children provide cues in this category, their brains are ready to connect and take in new information. This is a great time to build connections by noticing your child's engagement cues and practicing new skills.



Notice in my Child

Communication Cues

- Brings you a book or toy
- Ask questions of you or for help
- Smiles, laughs or imitates you
- Calm, relaxed movements, and steady breathing

Notice in Myself

How am I feeling?

- Am I able to be present and connect with my child?
- If not, how can I help my child feel connected and take care of me?

What does my child need?

- Acknowledge my child's attempts to connect
- Practice regulation strategies with your child, naming feelings and connect



Cloudy Weather: “I am starting to feel frustrated and might need your help. Can you give me an idea?”

In this category, a storm is brewing. Children’s brains are becoming overwhelmed, and they may be struggling to identify and communicate their needs. This might be a reminder to use a skill that is just right for this moment or a skill you have been practicing together.

Notice in my Child
Communication Cues • Uses fewer words, yells, refuses • Shorter breaths, avoids eye contact, slumped shoulders/body, turns away from you • Drops objects repeatedly without reengaging
Notice in Myself
How am I feeling? • Am I able to stay calm and supportive or am I stressed/frustrated too? • Do I need a minute to calm myself? • Do I need help from another caregiver? What does my child need? • Suggest the “just right” skill – taking a deep breath, identifying a solution, using words • Describe what you see and name the feeling • “You are turning away. The noise is too much. All done.” • “You are showing me that something’s not right. Let’s figure it out together.”





Stormy Weather: “I’m feeling overwhelmed. I need your support and understanding. I want your calm to help me feel safe.”

At this stage, children cannot access the thinking part of their brain. This means they might not be able to process new information or words and need time for their bodies to regulate (calm) before they can use the skills you have been practicing. Regulation is the ability to understand and manage feelings, energy, and behavior to respond to situations in a healthy way. Your child will need you to remain nearby, modeling deep breaths without using words, or quietly rocking or swaddling your infant. Start by checking in with yourself, “Am I calm and ready to support my child?” If not, take a minute to calm yourself before providing support.

Notice in my Child
Communication Cues • Clenched fists, scrunched face • No words, crying or yelling instead • Physical aggression • Generally disconnected, avoiding touch or being close
Notice in Myself
How am I feeling? • Am I able to stay calm? • Do I need a minute to calm myself? • Do I need help from another caregiver? What does my child need? • Am I asking too much right now? • Do they need quiet and space from me, while I’m close by?
Act
• Regulate yourself • Limit talking – don’t give additional directions or solutions • Calm down together – model deep breaths, sitting nearby, rock or sway with your child • Describe the cues and name feelings: • “You are yelling and moving away. You need a minute; I’ll stay close by till you are ready.” • “You are crying. I’ve got you. Let’s go sit in the rocking chair and snuggle.”

If you would like to review the full resource and the worksheets where you can jot down your thoughts, please visit

https://www.challengingbehavior.org/wp-content/uploads/2026/06/reading_your-childs_cues.pdf.

Adapted from: Riepe, B., von der Embse, M., Webb, E., Brown Campbell, K., MacNish, A., Sayles, J. (June 2026). *Reading your child’s cues*.

Retrieved from https://www.challengingbehavior.org/wp-content/uploads/2026/06/reading_your-childs_cues.pdf.

Five Little Pumpkins

Five little pumpkins sitting on a gate
The first one said "Oh my it's getting late."
The second one said "There are witches in the air!"
The third one said "But we don't care!"
The fourth one said "Let's run and run and run!"
The fifth one said "I'm ready for some fun."
Oooooooooooooooooo went the wind and out went the light
And the five little pumpkins rolled out of sight.



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

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WVBTT Electronic Referral Form

**West Virginia Birth to Three (WVBTT) is proud to release our new
WV BTT Electronic Referral Form.**



The referral form can be completed from a computer, tablet, or cell phone.



Using encryption technology, your referral information is safe and secure.



Your referral is received by the local WV Birth to Three regional office.



Once your referral is submitted, you will receive a copy of the referral for your records.

Scan QR Code



OR VISIT

WV BIRTH TO THREE REFERRAL

West Virginia Birth to Three services and supports are provided under Part C of the Individuals with Disabilities Education Act (IDEA) and administered through the West Virginia Department of Health, Office of Maternal, Child and Family Health.