

October – November 2025



PIECING IT TOGETHER

The Official Newsletter of WVPTI, Inc.



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MISSION STATEMENT: Our mission is to empower West Virginia families as strong advocates and collaborative partners in education choices and healthcare outcomes for children and youth of all abilities, from birth to age twenty-six.

“Life starts all over again when it gets crisp in the fall” ~ F. Scott Fitzgerald

From the Director's Desk: Autumn Has Arrived!

*By Brenda Lamkin, Executive Director, WV
Parent Training and Information*

As the vibrant colors of fall begin to paint our hillsides and cooler temperatures settle in, we are reminded of the beauty that comes with change. Autumn offers us all a wonderful opportunity to pause, reflect, and make lasting memories with our families. It is a season filled with possibilities whether walking through a park filled with golden leaves, enjoying a crisp evening outdoors, or gathering around the table for a favorite fall recipe.



In this edition of *Piecing It Together*, we focus on supporting you and your child or youth of any ability, while recognizing their unique needs. Just as no two leaves are alike, each child learns, grows, and engages in their own special way. Our goal is to share resources and ideas to help you keep your children engaged, focused, and inspired throughout this season of change.

Keeping Children Engaged and Focused

The fall months are a perfect time to reset routines and bring balance to active and quiet moments. Here are a few strategies families may find helpful:

- **Blend activity and calm:** Pair outdoor movement, such as raking leaves or taking nature walks, with quieter activities like puzzles or reading.
- **Create learning spaces:** A cozy, distraction-free area in the home can help children maintain attention and foster learning.
- **Incorporate the season:** Use pumpkins, apples, and colorful leaves in hands-on activities that make learning fun and meaningful.
- **Practice mindfulness:** Encourage simple moments of breathing or reflection while watching the leaves fall to help children, youth, and young adults center themselves.

- **Family Activities to Try This Fall**

We've included activity ideas in this issue to inspire your family time, but here are a few favorites:

- **Leaf Art Collages** – Collect and create together using the season's natural treasures.
- **Outdoor Story Walks** – Combine literacy and fresh air by bringing books to life during a walk.
- **Seasonal Cooking** – Invite children into the kitchen to explore simple fall recipes.
- **Gratitude Jar** – Foster a spirit of thankfulness by collecting notes of gratitude throughout the season.

Supporting Your Back-to-School Journey

As the new school year begins, we at WVPTI want to warmly welcome you and your children back to school, no matter what your school choice may be. Public school, private school, charter school, homeschool, or virtual learning are all valid options, and the right choice is the one that fits your child's unique needs.

This fall, our phones have been busy with parents calling about school choice options. To help, we are preparing an infographic that will break down the different educational paths available and contact information. Our goal is to help families explore, compare, and make confident decisions about what is best for their child's learning journey.

Change can be beautiful—and with the right tools and support, it can also be empowering. As you step into this new season, may you find joy in the small moments, confidence in your decisions, and inspiration in your child's unique journey.

Best,

Brenda

Brenda Lamkin

WV Parent Training and Information Awarded the Parent Training Center Grant in 2025

WV Parent Training and Information (WVPTI) is thrilled to announce that we have been awarded the Parent Training and Information Center Grant! This award recognizes the essential role we play in supporting parents, caregivers, and youth with disabilities across West Virginia. With this funding, we will expand training opportunities, provide more resources, and increase our visibility in the statewide so families know they are not alone.

GUIDING THE JOURNEY

CAPS TO COMPASS

TOPICS

- Planning for life after high school
- Creating a vision for Post-secondary education and employment
- Understanding IEPs, 504s & essential agency linkages
- Decision-making options vs. guardianship
- Self advocacy for families and students

CONTACT US

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WEST VIRGINIA PARENT
TRAINING & INFORMATION

Guiding the Journey: CAPS to COMPASS – A Transition from High School to Adulthood Training Program for Parents and Youth

We are delighted to announce that Guiding the Journey: CAPS to COMPASS is back for its third year! This training series helps families and youth explore the transition from high school into adulthood.

First Session: October 28, 2025, at 6:00 PM (Virtual via Zoom)

- Introductory session to overview training topics
- Meet our key partners
- Learn about resources that will guide you this year

Who Should Attend? Parents and caregivers of children and youth ages 8–21 of all abilities. Registration is now open! To register, visit our [website](https://www.surveymonkey.com/r/WVPTIGTJ), call our [office](#), or sign up directly at:

<https://www.surveymonkey.com/r/WVPTIGTJ>

Make-up sessions will be offered upon request

Our Values



Quality Leadership



Education and
Knowledge



Caring Emotional
Support



Advocacy



Collaborative
Partnerships

Being Thankful at Thanksgiving and Everyday

Thanksgiving is a time to stop and remember the many things we are thankful for. Being thankful means noticing the good things in our lives and sharing that joy with others. We can be thankful for our families, our friends, the food on our tables, and the people who help us every day. When we say, 'thank you,' we spread kindness and make others feel special. This holiday, take a moment to talk with your family about what you are most grateful for. Even the little things, like a smile, a hug, or a warm meal, are worth celebrating.



Family Fun in the Kitchen – Fall Recipe



Pumpkin Spice Mini Muffins

Ingredients:

- 1 cup canned pumpkin puree
- 2 eggs
- ½ cup vegetable oil
- 1 cup sugar
- 1 ½ cups flour
- 1 tsp baking soda
- ½ tsp baking powder
- 2 tsp pumpkin pie spice

Directions:

1. Preheat oven to 350°F. Line a mini muffin pan with paper liners.
2. Whisk pumpkin, eggs, oil, and sugar until smooth.
3. In another bowl, combine flour, baking soda, baking powder, and pumpkin pie spice.
4. Mix wet and dry ingredients until just combined.
5. Spoon batter into muffin cups (about ¾ full).
6. Bake 12–15 minutes or until a toothpick comes out clean.
7. Cool slightly and enjoy warm with family!

Until Next Time

As we wrap up this edition, we want to thank you for being part of our community and for the time you take to stay connected with us. We look forward to continuing this journey together—sharing resources, insights, and opportunities that make a difference. Stay inspired, stay engaged, and we'll see you in our next issue.

With appreciation,

WV Parent Training and Information



- For additional training, information, and resources, please contact us.



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