

COACHING CORNER

Early Head Start

April 2024

Our Spotlight this month is: **Christina Rodriguez**



Help us to celebrate Christina for dedicating 27 years of service working for CAPMC. Christina's first job was working as a teacher's aide in the Migrant program. She started taking Child Development classes and got her permit which let to a move as an Associate Teacher in the Regional program. Christina explored many different positions such as Master Teacher, Site Supervisor, Home Base Teacher and has happily rested in her current position as a Family Facilitator.

What do you most enjoy about working for the EHS program?

I enjoy seeing how each of my families learn and grow in their parenting and child development skills which gives their child a better future.

What is your favorite thing to do outside of work?

I love to watch the Food channel, and try new recipes.

What is your favorite saying or inspiration quote?

"Don't put off until tomorrow what you can do today!"

"No dejes para mañana lo que puedes hacer hoy!"



Developing Parenting Resource

Gina Cook, the co-developer of HOVRS and PICCOLO has created an amazing resource full of helpful tips to support your practice of providing high-quality home visiting experiences, along with inspiring messages and meaningful strategies for your own self-care.

Check it out on Facebook at:

Heart of Home Visiting By

Sarana Educational Consulting



Active Supervision Resource

During home visits, socializations and parent meetings, we all agree that safety and supervision is our highest priority. During these times we have the opportunity to share safety information with our families and ECLKC has a resource called, "Tips for Keeping Infants and Toddlers Safe: A Developmental Guide for Home Visitors which shares 10 very important tips all families should know.



Tips for Keeping Infants and Toddlers Safe: A Developmental Guide for Home Visitors – Toddlers
ECLKC (hhs.gov)

spring

self-care challenge



- Notice changes around you
- Redecorate your house
- Visit the farmer's market
- Go for a walk
- Adopt some plants
- Grow your own food
- Capture spring scenery



We hope you enjoyed the content and resources, if you have any suggestions or need support, please contact" Julie Gowin @ (559) 507-8027 or by email jgowin@maderacap.org