

EHS Coaching Corner

May 2024

Facilitator Spotlight



Rocio Rodriguez

Rocio is proud to say that she has been working for our agency for 26 years, 8 months and 29 days. She started working for the Migrant Head Start Program as a teacher aide in 1997. Her skills and passion for children and families quickly advanced her up the ladder from Associate Teacher to Master Teacher from 2000-2019. In 2019, Rocio decided to explore her career in the Early Head Start program working alongside parents teaching them how to recognize their child's skills and understand how important they play a role in their children's lives to support their child's school readiness. This move has been a good fit for Rocio because she enjoys helping the families, providing them with resources, information and caring about them, as well as, encouraging them to advocate and succeed for their family.

Rocio shares that she will continue to do her job with love, patience and courage for as long as she possibly can.!

Work Tip for the Month: "Balance Through Boundaries"

Finding the balance between support and independence is key in home visiting. Remember that when we do too much, families lose the opportunity to practice.

Challenge: Ask yourself, "Am I doing too much?" after each home visit.



Meaningful May

Action for Happiness asks the question, How can we find meaning in our lives? Here are three tips which help answer that.

1. Take time to notice the meaningful moments that you experience each day and reflect on the feelings you gain from them.
2. Reflect on the tougher times that you have had and how you gained a deeper understanding of what is meaningful in your life.
3. Invest a little time indulging in your hobbies and passions which bring personal meaning to your life.

<https://actionforhappiness.org/calendar>

May Parent Meeting

Our parent meetings are always full of great information that is relevant and useful for our families lives. That is why we have such great turnouts and active participation from the families!!



Families learned about Financial Literacy and the difference between a debit card and a credit card. They also learned about the importance of having a Carbon Monoxide and Smoke Detector. Good News!! We accepted a large donation of liquid clothing detergent for our families. At the end of the parent meeting we distributed one case to each family in attendance. Wow!!

"As we work to create light for others, we naturally light our own way"

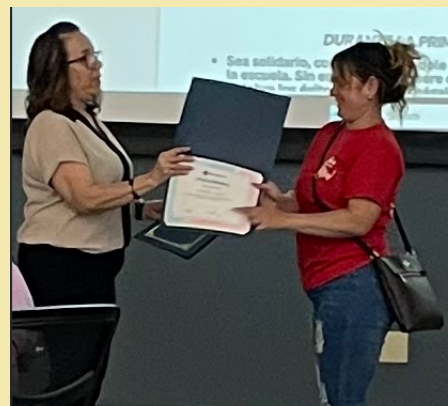
The Vasquez Family receives a brand new crib!!



Baby Heidi has a safe place to sleep!!

Mrs. Vasquez received training on Safe Sleep practices so that she can keep her precious baby girl healthy and well!

Parent Recognition



At the end of the year, Parents were acknowledged and given awards for watching the most Ready Rosie videos in the 2023-2024 season.

Congratulations to:
Lisbeth Lopez
Juliana Vasquez

We hope you enjoyed the newsletter, if you have any suggestions for topics, please feel free to reach out to Julie Gowin @ (559) 507-8027