



Early Head Start Coaching Corner

June 2024

EHS is Growing!! We added 8 more slots to provide services to more families in our community!!



We would like to "WELCOME" Micaela Cortes to our Early Head Start Team. She is a perfect fit for our program because she has experience and a passion for children and families. Our entire team is dedicated to supporting you as you grow in your home visiting skills. We are so glad you are part of our team!!

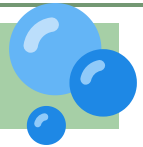
Home Visiting Tip



Practice active listening: When you're interacting with the family, make an effort to really listen to what they're saying. Focus on their words, their tone of voice, and their body language.



Self-Care Mental Wellness

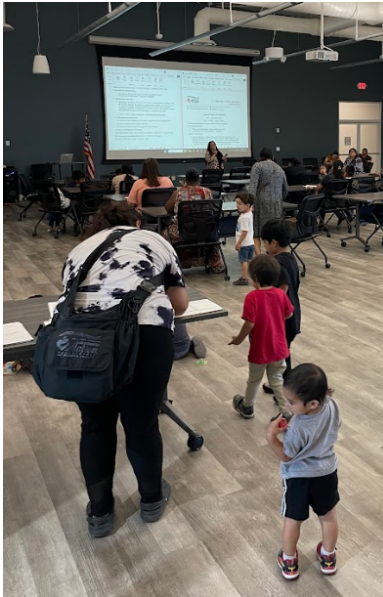


Everyone loves bubbles but who knew that they could be used as a mindfulness activity for self-care? All you need to do is notice your chest, belly and nose rise and fall as you breath, then engage in deep slow exhales while blowing the bubbles.

Next time you bring bubbles to a home visit show the parent how to use them to slow their breathing and become more aware of their breath and body.



2024-2025 Parent Orientation



Families were given information about the EHS program and how it supports the families to be their child's first teacher! Thanks to all the Specialist for sharing your expertise letting the parents know that you are available to support them too.

What a great turnout!! Families are interested in learning more about the EHS Program.



Families received resource bags full of books and supplies to start the year off right!!



Safety First!!!

Feeling safe and knowing how to maintain personal safety is essential for home visitors and it can be achieved through careful and attention and good planning. Here are several safety tips which will help to avoid any dangerous situations.

- Drive around the neighborhood of your home visit to get familiar with it. Make a practice run to see if the directions work. Confirm how to enter the home if it is a duplex or apartment.
- Ask families where it is best to park, and park as close to the home as possible.
- Put valuables items in the trunk of the car before arriving for the visit.
- Contact the parent before a visit so they can be on the lookout for your arrival.
- If no one answers the door, sit in the car with the doors locked or drive around the block rather than wait at the door.
- Trust your instincts. If you feel something is not right or see something in the home that makes you feel unsafe, follow established protocols and leave, if necessary.

Active Supervision



You as a home visitor have a great opportunity to share safety tips about active supervision with families so that families will safely support their child's development and natural curiosity to explore their world. Please click the link below for 10 safety tips.

<https://eclkc.ohs.acf.hhs.gov/safety-practices/article/tips-keeping-infants-toddlers-safe-developmental-guide-home-visitors-mobile-infants>

If you have any suggestions about the newsletter or have any questions, please feel free to reach out to: Julie Gowin @ (559) 507-8027 or jgowin@maderacap.org