

Early Head Start Coaching Corner



July 2024

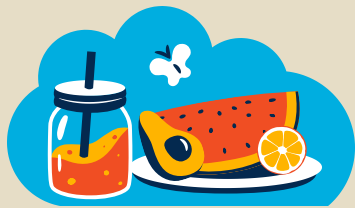


Our EHS team traveled to sunny Orlando Florida to engage in a home visiting professional development conference in which they learned more about promoting infant mental health, the research and science of resiliency, home visiting joys and challenges, addressing home visitors own needs to keep themselves physically and emotionally safe and build their knowledge on the Partners for a Healthy Baby Curriculum to plan effective home visits.

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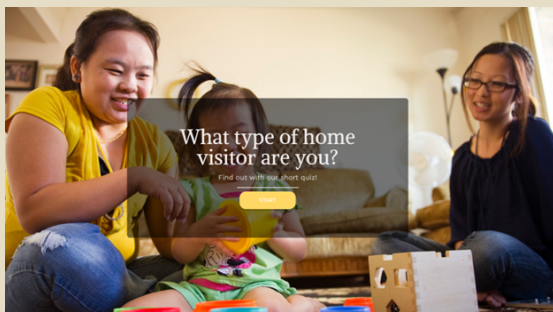


Self-Care



Did you know many shoppers buy the same five or six produce items each week, even though the produce department offers some of the best variety in the grocery store? Does this sound like you? If you aren't venturing out and trying new produce, you're missing out! Eating a wide range of fruits and veggies increases the variety of vitamins and minerals you give your body which boosts your health and wellness.

What kind of Home Visitor Are You?



Gina Cook from Sarana consulting has created a 5-minute survey which gives you an idea of your strengths as a home visitor.. Feel free to take it to find out how you shine on the job!

<https://sarana.involve.me/what-type-of-home-visitor-are-you?>



Socialization Resource

How Do I Respond to Others Emotions?

During this month's socialization, we have a great opportunity to help parents understand that their baby is always watching and learning from their actions to know what to do. Babies begin to use "social referencing" between eight and ten months of age. They learn the meanings of several facial expressions as well as different tones of voice, and then use this information to guide their behavior in all types of situations. Feel free to share PHB Baby's 1st Year Handout #155 to families.



We hope you enjoyed this resource! Please feel free to share any suggestions or if you need any support, reach out to Julie Gowin @ (559) 507-8027