



Early Head Start Coaching Corner

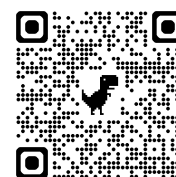
August 2024



Health & Wellness

Early Head Start Facilitators were invited to attend a preservice training entitled, "Self-Care for Educators." This workshop highlighted the importance of developing self awareness of how your mind and body are reacting to stress and gave many examples of activities which are likely to buffer the effects as you engage in self-care.

Please feel free to scan the QR code to access the Health & Wellness Toolkit from the workshop to support your self-care journey.



Socialization Resource

During socialization this month, families will be observing how different kinds of materials influence how their child interacts with other children. Families will learn that some materials lend themselves to children playing alone, and some materials are more likely to lead to more interactions.

These interactions in turn, lead to forming friendships. There are many things that parents can do to help their child learn positive ways of interacting.

Our Parents for a Healthy Baby Curriculum has many helpful tips for parents called, "Help Me Play with Others." Handout 141 to share with families during the home visit.

Professional Development



August 14, 2024 12:00-1:00 pm.

Are you new to home visiting? Do you have questions or are looking for tips? Are you a home visiting veteran looking to strengthen your practice or share your lessons learned in the field? Then this OHS 1-hour webinar is for you!!! It will cover all aspects of home visiting, from planning visits and socialization to connecting with families and self-care too. Join along to explore 10 tips that you can put into practice tomorrow.

<https://eclkc.ohs.acf.hhs.gov/event/top-10-tips-effective-home-visiting>

We hope you enjoyed the resources, reach out to Julie Gowin (559) 507-8027 if you need any support, I will be happy to help!