



HIPPY

homeroom

A Newsletter for the Home Instruction for Parents of Preschool Youngsters
Staff Edition

March 2016

Volume 1, Issue 28

Upcoming Events March

Employee Appreciation Day	4th
COPA Refresher Training: Jonesboro-ASU Computer Lab	8th or 9th 9am-12pm
COPA New User Training: Jonesboro-ASU Computer Lab	8th or 9th 2pm-8pm
Daylight Savings Time (Spring forward 1 hour)	13th
Everything You Do is Right Day	16th
AHVN Training-Mena: Domestic Violence and Strategies to Support Family Engagement	17th
Pecan Day <i>Isn't that nutty?</i>	25th
NHBE Training: Plaza West Building, Little Rock 9am-3pm, each day	29-30th



State Manager's Spotlight—by Tyra Greenwood

As we head into the final months of the program year, you are probably able to see some real progress in the social and cognitive development of both the children and the parents in your program. What you have been working so hard to achieve all year is finally paying off!

We hope that you will point out these developments to the parents you serve and recognize their

hard work and dedication to their children. Using specific praise with parents, at this point in the year, will go a long way towards keeping parents engaged for the final months and hopefully encourage their re-enrollment for next year.

Also, when you take a strengths based approach to your visits, seeking out the positives in your families, it helps you see the benefits that you have brought

to your families throughout the year. We can all use things that energize us and encourage us after 20+ weeks of serving the families in our communities.

I hope you will find ways to share your positive experiences with your co-workers each week, not just your challenges, to support and remind each other that your work is truly valued and needed.

HIPPY Updates



HIPPY Accreditation Preparations

If you are up for a HIPPY USA accreditation this year, make sure that you are getting your documents together a little bit each month. **Make sure to refer to the Accreditation Binders that you were given this summer at the Coordinator's Institute** to help you with your organization and documentation. Please contact your assigned trainer with any questions or concerns you may have.

ABC Site Monitoring

Make sure that your files are organized and neat so that they can be easily reviewed during your visit. We recommend that you take time to review all of your child and staff folders prior to the monitoring visit in case something is missing and a document needs to be obtained.

NEW On-line Trainings

Available

The Arkansas Home Visiting Network has released another NEW on-line training modules just for home-visitors: **Parental Depression**

Participants can receive TAPP hours for completing the trainings. Visit arhomevisiting.org, click on "Training", then AHVN Training Institute, and "Online Training Modules" to sign up.

Submit Fathers Read-A-Thon Winners

Please submit the winning father from your program (1 per coordinator) to Ilyssa Foxx foxxik@archildrens.org by March 11th so they can be considered for the statewide competition and their prize for being a program winner can be ordered.

Mothers Read in March Begins

March 1st is the kick-off for the Mothers Read in March Read-a-

Thon. Make sure your parents have all the information sheets and reading logs to participate. Please encourage your families to share their pictures with our Facebook page or you can e-mail them to us to post.

HIPPY USA National Conference

The HIPPY USA National Conference is coming up soon. Make sure your plane tickets and hotel reservations have been made so you can be part of the action in **Orlando, Florida April 3-6th!**

Final (really) NHBE Training March 29-30th, 9am-3pm Plaza West Building 415 N. McKinley Street, LR East Conference Room

Please e-mail Ilyssa Foxx at foxxik@archildrens.org to sign up a NHBE.

Around here,
we don't look backwards
for very long...
We keep moving forward,
opening up new doors and
doing new things
because we're curious...
and curiosity keeps leading us
down new paths
WALT DISNEY

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Wake Up! It's Sleep Awareness Week



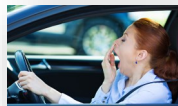
March 6th, 2016 begins *Sleep Awareness Week*. Most of us are all too aware of how little sleep we are getting, but not aware of the consequences that this could have for us mentally and physically.

Sleep needs vary across ages, but adults between the ages of 26-64 years need between 7-9 hours each night to function at their best. With busy schedules and stimulants like coffee, energy drinks, and lights from electronic devices interfering with our natural sleep/wake cycles, it can seem as if we are never getting enough sleep. Lack of sleep can have a serious impact on your daily functioning, beyond the occasional nodding off during a meeting or feeling drowsy.

Consequences of sleep deprivation: Adults

Zzz Slower brain function that slows our thinking processes, leading to confusion and possibly increasing the chances of engaging in risky behavior.

Zzz Impaired driving, such as slower reaction time, that is as poor as an intoxicated driver.



Zzz A greater risk of depression.

Zzz Getting less than 6 hours of sleep a night puts you at risk of heart disease, diabetes, and stroke, regardless of age.

Consequences of sleep deprivation: Children

Zzz Behavior problems

Zzz Appearance of having attention disorders

Zzz Learning difficulties and poor school performance

Zzz Mood and emotion problems

Zzz Poor health including obesity and high blood pressure

While you may feel as if your busy schedule makes it impossible to get more or better quality sleep, there are some steps that you and your child can take to try and maximize your nighttime sleep.

➤ **Stick to a sleep schedule**, even on week-ends. (Kids and adults) Going to bed at a consistent time each night will ensure that kids and parents get the sleep they need. A sleep routine is especially important for kids as the brain uses sleep to strengthen current pathways as well as build new ones.

**Only 58% of parents sometimes enforce sleep-related rules around bedtime.*

➤ **Practice a relaxing bedtime ritual.** For adults: listen to your favorite music, take a shower, or read. For kids: read stories, take a bath, sing favorite songs, talk about your day.

➤ **Exercise daily.** (Kids and adults)

➤ **Turn off electronics before bed.** (Kids and adults) The light from electronic devices at night confuses our brain and limits the evening reduction in light that usually tells our brains to prepare for sleep.

**Children who use electronics at night are more likely to fall asleep at school and get fewer hours of sleep per week.*

➤ **Avoid sleep stealers in the afternoon.** These include coffee, caffeinated drinks, energy drinks or other stimulants.

(Source: sleepfoundation.org)

Sleep Duration Recommendations

0-3 Months: 14-17 hours (may include naps)

4-11 Months: 12-15 hours (may include naps)

1-2 Years: 11-14 Hours (may include naps)

3-5 Years: 10-13 Hours

6-13 Years: 9-11 Hours

14-17 Years: 8-10 hours

18-25 Years: 7-9 Hours

26-64 Years: 7-9 Hours

65+ Years: 7-8 Hours



Talking Point of the Month: Poison Safety



Every 8 minutes, a child goes to the emergency room for a medicine poisoning. While other types of poisoning have decreased dramatically in recent years, this type of poisoning has increased rapidly. Now is the time to talk to parents about poisoning safety. While we think our preschoolers should know better, it only takes a second for a toddler or preschooler to find a pill or vitamin lying in sight and ingest it.

Please talk to your HIPPIY families about the importance of putting medicines and other harmful cleaners and chemicals **out of sight and out of reach**. HIPPIY children are often old enough to figure out child locks

and childproof containers, so placing harmful items out of reach is most important.

Encourage all families to put the poison control number in their cell phones and near their home phone in case of emergency. **The Poison Control Number is 1800-222-1222 and has workers that speak both English and Spanish.** Most poisonings can be resolved over the phone.

However, if a child is unresponsive, not breathing or has a seizure, parents should call 911 immediately. Parents should never try to induce vomiting or give the child anything else, unless directed by a professional.

Useful Poison Prevention links:

Poison Control:

www.poison.org

CDC: Protect the Ones You Love-Poisonings

www.cdc.gov/safekids/Poisoning/index.html

Safe Kids Worldwide-Poison Safety

<http://www.safekids.org/poisonsafety>