



HIPPY

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

December 2015

Volume 1, Issue 25

Upcoming Events December

Earmuff Day or Chester Greenwood Day	3rd
Wear Brown Shoes Day <i>Why not?</i>	4th
AHVN Training: Alma-Strategies to Keep Home Visitors Safe	December 7th 10am-2pm
National Brownie Day <i>Yum!</i>	8th
National 12 Hour Fresh Breath Day <i>Need a mint?</i>	12th
Winter Solstice and Short Girl Appreciation Day	21st
Humbug Day	21st
Bacon Day	30th
Make Up your Mind Day	31st



State Manager's Spotlight—by Tyra Greenwood

At this time of year, families often get enveloped in their holiday activities, spending time with family, and taking a break from daily routines of school and work.

While we certainly want to encourage families to enjoy these very special times together, this is often the time of year when families start to disengage from the HIPPY program, preferring the less structured vaca-

tion time to the more regulated HIPPY schedule.

Thus, it is important to stay in touch with your families during the winter break by text, e-mail, or other means in order to check in, wish them happy holidays, and let them know how excited you are to see them in the new year. It also would be helpful to remind them of their next scheduled visit after the break. These simple gestures, remind

families that someone is thinking of them and keeps HIPPY in their thoughts.

I hope that HIPPY staff around the state, will also take the time to enjoy a much deserved vacation, relax, and return to work in the new year with a renewed energy for the incredible work of serving families and enhancing the communities in which you live.

Happy Holidays and Happy New Year!

HIPPY Updates



Start Your HIPPY Accreditation Preparations Early

HIPPY USA Accreditation visits require a great deal of documentation, effort, and planning. Make sure that you are getting your documents together now and working on your organization a little bit each month so as not to have to rush in the weeks before your Accreditation visit. Please contact your assigned trainer with any questions or concerns you may have.

CQI Reminders: (MIECHV)

The CQI focus this month is on building and maintaining capacity at your sites. This will require continuous seeking of recruitment opportunities by all staff members and reflection on recruiting successes and challenges.

15 Week Brigance Assessment

Many of your programs are approaching the 15 week

mark, if you have not done so already. Please make sure that you are conducting your 15 week Brigance assessment for all children, entering the data into the Brigance On-line Management System and conferencing with parents about the results. Parents must **sign and date** the conference record and a copy of the conference record should be placed in the child's file.

ABC Site Monitoring

Lacye has already begun scheduling her ABC monitoring visits for the 2015-2016 program year. Please 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.

Final NHBE Training

There will be one final NHBE training in early January for any late hires or any staff that could use a refresher. If you have staff that will need to attend the training, **please send an e-mail by December 11th** to foxxik@archildrens.org with the names and/or number of staff that you will be sending. We will send specific dates and a location out shortly.

On-line Trainings Available

The Arkansas Home Visiting Network has several on-line training modules just for home-visitors. Participants can receive TAPP hours for completing the trainings. Topics include: Cross Cultural Competency for Home Visitors, Continuous Quality Improvement (CQI), Working Effectively with Teen Parents, and Helping Grandfamilies to Succeed. Visit arhomevisiting.org, click on "Training", then AHVN Training Institute, and "Online Training Modules" to sign up.



The future lies before you, like a field of fallen snow; Be careful how you tread it, for every step will show.

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Winter Safety Tips

At this time of year, with the weather getting colder and the roads becoming more dangerous with the addition of sleet, ice, and snow, it is important to take extra precautions to stay safe while continuing to visit families. Below are a few tips to make sure everyone stays warm and safe this winter.

Home Safety:

- * Change the batteries in smoke alarms and carbon monoxide detectors. Smoke detectors that are older than 10 years should be replaced.
- * Check your furnace/heating system. Have your furnace inspected by a professional.
- * Do not store newspapers, rags or other flammable materials near a furnace, space heater or hot water heater.
- * Do not leave space heaters on when you are not in the room and keep them at least 3 feet away from anything that might burn, including walls and furniture.
- * Do not use gas ovens as substitutes for space heaters.
- * Clean out chimneys and fireplaces to prevent build up.

Decorating Safety:

- * Keep candles away from decorations,

trees, and above the reach of small children.

- * Never use electrical lights on metal trees; it could cause electrocution.
- * Make sure all light bulbs work and there are no frayed wires.
- * Avoid decorations that are made of glass, have sharp points, or are breakable.

Driving Safety:

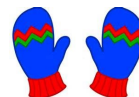
- * Reduce your speed to avoid slipping and sliding.
- * Allow longer stopping distances when driving on slippery roads.
- * Steer, brake, merge, and accelerate slowly to avoid losing control of your car.
- * Beware of black ice. Slow down before intersections, off ramps, bridges, and other shady spots where black ice is likely to form.
- * Clear all snow and ice off of your car before driving so as not to limit your vision or create a hazard for cars behind you.
- * Check the tread and air pressure in your tires.
- * Make sure you have plenty of anti-



freeze for your engine and de-icer in your windshield washer fluid.

Keep Safety Items in Your Car

- * Jumper cables
- * Flares
- * Water and snacks
- * Boots, gloves, warm clothes
- * Ice scraper/ snow brush
- * First aid kit
- * Cellphone charger
- * Flashlight
- * Full tank of gas
- * Blanket



(Sources: International Association of Certified Home Inspection, wsdot.com, yovaso.org, National Safety Council)



Talking Point of the Month: Utilities Assistance Resources

Entergy Arkansas: Entergy offers several assistance programs to people that may need help paying their electricity bills, such as Power to Care and the LIHEAP Programs.
http://www.energy-arkansas.com/your_home/help.aspx

Source Gas- Hearts Warming Homes Program: This program operates from November through April in North Central, Northwest, and Northeast Arkansas to provide heating bill assistance based upon need, not strictly income. The program is administered by the

Salvation Army.

<http://www.sourcegasarkansas.com/home-heating-assistance/hearts-warming-homes.php>

CenterPoint Energy-Good Neighbor Fuel Fund Donations from customers and employees are matched by CenterPoint. The Good Neighbor Fuel Fund is integrated and coordinated with LIHEAP by supplementing LIHEAP dollars after the program has ended or when benefits are insufficient to meet the household's needs. 1-800-992-7552

Dollar Energy Fund: This program provides utility assistance to low income families and individuals

<https://www.dollarenergy.org/need-help/>

LIHEAP (Low Income Home Energy Assistance Program) This link has information and links to several programs throughout Arkansas.

<http://www.liheapch.acf.hhs.gov/profiles/Arkansas.htm#utility>