



HIPPY

homeroom

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

February 2016

Volume 1, Issue 27

Upcoming Events February

HIPPY/PAT Winter Coordinator's Institute-Little Rock	February 3rd
SECA Conference-Tulsa, OK	10-13th
Make a Friend Day	11th
Random Acts of Kindness Day	17th
AHVN Training-Arkadelphia: Improving Parent Child Relationships Through Guidance and Discipline	22nd
AHVN Training-Little Rock: Parental Depression, Family Planning, Adult Tobacco Use, The Importance of Breast-feeding	24th
National Tortilla Chip Day <i>It's nacho day if you don't like tortilla chips.</i>	24th
Leap Day	29th
AHVN Training-Jacksonville: How to Manage Your Time Well and Increase Organizational Skills, Strategies to Support Family Engagement	March 2nd



State Manager's Spotlight—by Tyra Greenwood

As we head into the unpredictable month of February, I want to commend all HIPPY staff for their persistence and hard work. In spite of inclement weather, dangerous roads, and some parent disengagement, you continue to make your home-visits, enter data, and provide families with much needed resources with friendly smiles and positive attitudes.

While home-visiting

can become difficult at times, so can many of the situations that our families face, from being a single parent to not having a job to not having support. We offer a lifeline to many of our families, by bringing them access to resources, a better future for their children, and a supportive person to talk to when they may have no one else.

Home visiting services are an incredible opportunity for families in Arkansas and one we want to make everyone aware of, from the families in our neighborhoods to the stakeholders in our communities.

I hope that when the opportunity arises to tell people what you do, you will answer proudly that you work for HIPPY and explain how you help families and children become successful in school and in life.

HIPPY Updates



Start Your HIPPY Accreditation Preparations Early

If you are up for a HIPPY USA accreditation this year, make sure that you are getting your documents together now and working on your organization a little bit each month so as not to rush in the weeks before your Accreditation visit. **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

Lacye has already begun 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.

NEW On-line Trainings Available

The Arkansas Home Visiting Network has released several **NEW** on-line training modules just for home-visitors. They include:

- Training for Planning and Facilitating Group Meetings
- Improving Family Health: Adult Tobacco Use and Young Children's Health

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.

Winter Coordinator Training

The winter Coordinator Institute is being held at the Holiday Inn Presidential in Little Rock on Feb. 3, 2016 from 9am-4pm. See you there!

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!**

Every great dream begins with a dreamer.

Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.

— Harriet Tubman

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Starting the Kindergarten Transition Early

According to research by the Harvard Family Research Project (HFRP), a smooth transition to kindergarten can have significant long term benefits for children. However, children on the lower end of the socio-economic spectrum are often the ones who are least likely to be prepared for kindergarten. Based on information from the HFRP, here are some tips to help your programs start preparing kids early to make the transition to kindergarten.

- 1. Level the playing field.** Research shows that children from more privileged socio-economic backgrounds are better prepared for achievement in school, but school readiness and transition activities can help level the playing field for kids with risk factors. Starting early, such as late winter or early spring, with your kindergarten transition activities can help give parents and children time to prepare for the transition to kindergarten so they can be as ready as their peers.
- 2. Encourage family involvement.** When families help children with the transition to kindergarten, it eases stress and anxiety and can help lead to a more successful transition. Encourage parents to:
 - Make sure to complete their HIPPY lessons as well as other additional learning activities such as puzzles, reading, doing experiments, etc.

Reading books about kindergarten is also a good way to start conversations about the upcoming transition.

- Allow their children to talk about their feelings about kindergarten and accept them, whatever they are. Kids have a right to be scared, nervous, or excited. Make sure parents let children know that they will always be there for them and they can talk about their new experiences in kindergarten.
 - Start aligning home routines and sleep schedules to fit with kindergarten routines. This may involve moving bedtime earlier or waking kids up earlier or adjusting meal and snack times. Starting this process now will ensure children are not going to be dealing with fatigue, tiredness, or hunger, in addition to the stress of starting kindergarten.
 - Find structured activities for children to participate in outside of the house. If there is a youth sports team, art class, or story time, these are great opportunities for children to practice listening and following direction skills and to be socialized with their peers.
- 3. Bring the community together.**



- Schedule time for local kindergarten teachers or principals to speak at group meetings so parents and children can meet the people that they will encounter in the fall. Families can hear first hand what school will be like and what is expected of both parents and children in kindergarten.
- Make parents aware of registration, open house or kindergarten round up dates in your area. These offer opportunities for HIPPY kids and parents to meet others that will be in their kindergarten class as well as become familiar with the school and its staff. If none are available, schedule a time to take your HIPPY families on a tour of the school, including classrooms, cafeteria, restrooms, gym, etc.
- Help introduce HIPPY parents of children that will go to the same kindergarten. When parents and children have a friendly face in a new environment, it can help reduce stress.



When we work together with parents and the community to prepare kids for kindergarten, they are more likely to have less anxiety and be more successful.

(Sources: gse.harvard.edu, families.naeyc.org)

Talking Point of the Month: Mothers Read in March– Read-a-Thon



This year the HIPPY Arkansas State Office is sponsoring the 1st Annual Mothers Read in March Read-a-Thon for all enrolled HIPPY families. The goal of the Read-A-Thon is to encourage the mothers/female figures in our HIPPY children's lives to make reading time an important part of their relationship.

Mothers/female figures play a key role in setting the educational expectations for a child's life and through this Read-A-Thon, HIPPY hopes to encourage mothers/female figures to make reading more of a consistent activity in the home.

All coordinators will receive the

Read-A-Thon Guidelines as well as the information sheet and reading logs to share home-based educators and all HIPPY families. Each family should be given a reading log and instructions about the Read-A-Thon **prior to the March 1, 2016 start date.**

All guidelines should be reviewed with each family, including instructions to start the Read-A-Thon on March 1, 2016. Reading logs will be picked up from each HIPPY house after March 31, 2016. If there are two HIPPY children in a home, one reading log can be completed for both children or separate ones for each child.



Prizes will be awarded to the top reading mother/female figure for each HBE, coordinator, and at the state level. The HIPPY Arkansas State Office will send you customizable certificates to present to the top readers for each HBE, as well as a prize for the top reading mother/female figure, per coordinator.

Each coordinator needs to submit her top reading mother/female figure's reading log to the State Office by April 11, 2016 to be considered for the state-wide prize. Reading logs can be submitted via email to foxik@archildrens.org.

