



# HIPPY

## homeroom

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

October 2015

Volume 1, Issue 23

### Upcoming Events October

World Octopus Day	8th
It's My Party Day <i>(You can cry if you want to)</i>	11th
NHBE Training: Dawson Coop-Arkadelphia	12-13th
NHBE Training: Carroll Electric-Huntsville	14-15th
National Dessert Day <i>(FINALLY!)</i>	14th
CAPS LOCKS DAY	22ND
NHBE Training: Little Rock	29-30th
National Candy Corn Day	30th
National Knock Knock Jokes Day <a href="http://www.parentinghumor.com/activitycenter/jokes/knock.htm">http://www.parentinghumor.com/activitycenter/jokes/knock.htm</a>	31st



### State Manager's Spotlight—by Tyra Greenwood

With fall upon us, the weather cooling down, and your HIPPY programs in full swing, I want to thank you for all of the hard work you have done so far this fall to recruit and enroll families into the HIPPY program. I realize that this year was tougher than some as far as recruiting goes, and you have all stepped up to the challenge and done a terrific job. Now that the program year has started, it is essen-

tial that we deliver on those promises that we made while recruiting. It is important that each parent receives the best service that HIPPY has to offer, which includes making sure to spend at least 45-60 minutes, depending on curriculum year, in the home role playing lessons with the parents/caregivers and building a strong relationship with each family.

For many HIPPY families, your presence in the

homes may be the first step to a better, more successful life and each family deserves the best we have to offer. When corners are cut and enough time is not spent with families, we are not providing them with the information and skills they need to be their child's first and most important teacher.

Thank you for your dedication to the work HIPPY does and to the families that you serve.



### HIPPY Updates

#### COPA:

Please make sure that your HIPPY data entry staff are downloading the HIPPY COPA Manual from the COPA website and using as their guide for data entry. (Except for the USDA fields. The Division wanted that to be required, but it only applies to the center based programs.) It is crucial to get all the fields entered in order to make reporting at the end of the year as easy as possible.

#### NHBE Training Dates/Locations: Final Training: Oct 29-30th: Little Rock

Please let us know if you plan on having staff hired after this training date and we will work out an arrangement to provide them with NHBE training at another time. Contact Lacye Vance, [vancelb@archildrens.org](mailto:vancelb@archildrens.org). Please contact Lacye to sign up for the Oct. 29-30th NHBE training.

#### ABC Monitoring Begins Soon

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.

#### 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.



Studies conducted in the United States and eight countries have shown the model to be effective in improving school readiness, parent involvement, school attendance, classroom behavior and standardized test scores and academic performance by children participating in HIPPY.



Kindergarten children from TANF eligible families who participate in HIPPY score higher on letter and sound fluency assessments than other children on free and reduced lunch.

Children participating in HIPPY have demonstrated statistically significant higher achievement scores in reading, math and social studies in third, fifth and sixth grades based on multiple measures used in Arkansas, Texas, Florida and Colorado.



**90%** of HIPPY parents credit the program with motivating them to check that their school-age children have completed their homework.



**96%** of parents participating in the HIPPY program report spending more time reading to their children, teaching them letters, words and numbers, visiting the library and monitoring their child's TV use.



Studies with Latino parents indicated statistically significantly more cognitively stimulating home environments and parent involvement than those not participating in HIPPY.



A teacher takes  
a Hand, opens  
a Mind and  
touches a Heart

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## Maintaining a Work-Life Balance

The beginning of the HIPPY program year can be a hectic and overwhelming one. With families to recruit, paperwork to collect, and lots and lots of information to organize, it can seem as if you are constantly working and have very little time left for yourself. While being a staff member of the HIPPY program is incredibly rewarding, it can also be tiring. It is important for you to find ways to maintain a healthy work-life balance to avoid stress, fatigue, lost time with friends and loved ones, and overall burnout.



The following are some helpful tips to help you remain energetic and enthusiastic throughout the busy program year.

### 1. Make Time for Lunch

Make sure that you block off 30 minutes each day for lunch. Sit somewhere quiet, even if it's in your car, and listen to your favorite music while you eat your food, or just relax. Catch up on e-mails or social media or just catch your breath. This will help you clear your mind and be more productive.

### 2. Make Meetings Meaningful

If you have to attend or hold a meeting, make sure that it is meaningful and worth everyone's time. Have the time well organized and provide information that will be useful to your staff. If you are attending a meeting, put your phone away, take notes, and contribute whenever possible. This will

help ensure that your voice is heard and you can make the content most relevant to you and those families with whom you work.

### 3. Make Time for Exercise

This does not mean that you have to hop on a treadmill or put on spandex. However, simply parking a bit farther from where you need to go, taking the stairs or merely doing a lap around your office building will do wonders for your energy level and give you some alone time to think through problems.

### 4. Set a Closing Time

While we all know of families that have needs that don't end at 4:30pm or 5pm, you also have needs that begin when the work day ends. Let your HIPPY families know that you will not answer phone calls, texts, or e-mails after a certain time of day, but that you will return any contact first thing in the morning. Letting your families know this up front, will enable you to enjoy your family time without interruptions and avoid confrontation with families who were expecting you to return a late night text.

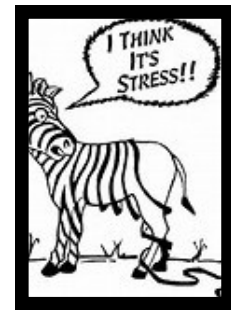
### 5. Make the Best Use of Your Time

Spend one day tracking how you use all of your time. Write down every time you check your e-mail or social media, visit a family, drive from one home to another, enter data, stop for a snack, etc. See if there are places that you could cut some-

thing unnecessary out or rearrange something to give yourself more time during the day. This will help you have more time to do the things that really matter to your job and keep you from being less stressed.

### 6. Keep Track of Your Time

Between home visits, professional development, staff meetings, and family obligations, all of your daily activities can start to run together. Find a system that works for you, whether it is a calendar on your phone, a yearly planner, or a paper desk calendar, and write down all of the events that you know of for each month and add new ones as soon as they are planned. You may want to color code your home and work activities so they are easily distinguishable. Knowing your obligations at a glance will help you feel more settled and better able to plan your weeks.



(Sources: [businessinsider.com](http://businessinsider.com), [forbes.com](http://forbes.com), [mayoclinic.org](http://mayoclinic.org))

## Talking Point of the Month: Importance of Play

As the skills that children are expected to learn get pushed down onto younger and younger children, more and more parents feel that they need to be constantly providing structured worksheets and learning opportunities for their children. It is important to let parents know that **play is learning** for young children. Through play, children learn important academic and life skills that cannot be achieved through a phone app or a workbook. Through play, children learn how to problem solve, how to persevere through a mistake, how to explore and observe, how to share and cooperate with others, as well as build their critical thinking, math, science, motor and language skills. There is no wrong way to play and it is important for parents to follow their child's lead and play along with them. This gives parents the opportunity to help build a child's vocabulary as well as a stronger relationship.