



HIPPY

homeroom

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

September 2015 Volume 1, Issue 22

Upcoming Events September

Fight Procrastination Day (or you can do it tomorrow)	6th
Labor Day	7th
NHBE Training-Wilbur D. Mills COOP, Beebe	9-10th
Grandparent's Day	13th
Positive Thinking Day (You can do it!)	13th
International Talk Like a Pirate Day-Arrrgghh!	19th
NHBE Training: West Memphis	21-22nd
NHBE Training: ARES, Pine Bluff	23-24th
Partnership for Health Literacy: Health Literacy for the Health System, AMA Toolkit Workshop-ADH Auditorium (or via teleconference)	23rd 1:30-3:30pm
AHVN Training: Organizational Skills and Family Engagement for Home Visitors -OUR COOP, Harrison	25th 9am-2:30pm



State Manager's Spotlight—by Tyra Greenwood

Welcome back HIPPY staff!!! As many of you already know, there has been some reorganization at the HIPPY Arkansas State Office and we are very excited about all of the possibilities that this new arrangement holds.

I am proud to have been chosen to lead such an amazing program, one that provides such incredible and much needed services to the families of Arkansas.

Whether you know it or not, your work leaves a lasting impression on children and families, not just by helping prepare children for kindergarten and school success but by bringing families closer together.

I am looking forward to a terrific program year and the opportunity to really focus on the needs of HIPPY staff around the state as well as the needs of the families that we serve. We

will be convening an advisory group of coordinators from around the state to hear the issues that are concerning HIPPY programs and work on solutions to solve them in order to make HIPPY Arkansas even stronger and more effective for our families in the future.

Thank you for all that you do for the children and families of Arkansas!



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.

Parent Cafes

The ACH HIPPY programs and the Wilbur D. Mills HIPPY programs had the opportunity this summer to learn more about and take part in mock Parent Cafes presented by Deborah Blackburn of Curricula Concepts in order to be prepared to use them at a few of their group meetings with parents throughout the year.

Parent Cafés focus on the Strengthening Families approach that is based on the five protec-

tive factors (Parental Resilience, Social Connections, Concrete Support in Times of Need, Knowledge of Parenting and Child Development, and Social and Emotional Competence of Children). These cafes can be used to promote meaningful, reflective conversations with parents/family members, staff and community leaders and encourage deeper parent engagement in the HIPPY program.

Topics for Parent Cafes include: Helping Children Develop Self-Esteem From Day One, Building Strong Parent/Provider Partnerships; Building a Healthy Brain; The Importance of Culture: Passing Down Beliefs and Values to Children; What I Should Know About Temperament; Understanding Challenging Behaviors in Young Children; and Taking Care of Myself When a Child Pushes My Buttons. Parent Cafes are FREE of charge and Curricula Concepts will also

provide snacks and may be able to help offset the cost of child-care during the café. If you are interested in learning more about Parent Cafes, please contact Deborah Blackburn at deborah@curriculaconcepts.com.

NHBE Training Dates/Locations:

Sept. 9-10th: Wilbur D. Mills Coop-Beebe
Sept. 21-22nd: West Memphis
Sept. 23-24th: ARES-Pine Bluff
Oct. 12-13th: Dawson Coop-Arkadelphia
Oct. 14-15th: NW Arkansas-Carroll Electric (Huntsville)

Please let us know if you plan on having staff hired after these training dates and we will work out an arrangement to provide them with NHBE training at another time. Contact Lacy Vance, vancelb@archildrens.org.

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EVERYBODY
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SOMEBODY.**

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10 Tips for Building Strong Relationships with Parents/Caregivers

When HIPPY staff goes out to deliver a lesson or collect paperwork, parents are letting them into their homes and their lives. This is a big responsibility for HIPPY staff and demonstrates a tremendous amount of trust on behalf of the HIPPY families that we serve. Thus, it is essential that HIPPY staff continue to do what it takes to earn that trust and enhance the strength of their relationship with each family. Stronger relationships will likely lead to increased retention of families that may otherwise drop out when things get tough. In addition, these relationships may lead to improved outcomes for families who may open up about issues in the home that will lead to necessary referrals that will enable the whole family to be more successful.

Below are some tips to help HIPPY staff build strong relationships with the parents/caregivers that they work with each day.

- 1. Smile when you see parents.** While it seems so simple, your smiling face may be the first one they have seen all day. A smile helps people to relax and lets them know that you are happy to see them; that may be just what they need at that moment.
- 2. Learn the parents' names and the names of their children.** Ask how to pronounce the parents' and children's names as well as what they actually like to be called. Making the time to learn this basic information shows that



you are genuinely interested in the family.

- 3. Communicate often and in various formats.** Do not disappear between visits. Send reminders about upcoming events or the next time you will meet. Share resources that you think will be useful to parents. Find out which method of communication works best for each parent (i.e. text, phone call, e-mail), not just which type works best for you.
- 4. Check in.** If you know a parent/family is having a particularly rough time or going through a tough situation, check in with them to let them know you are thinking of them.
- 5. Lead with the good news.** Start off each home visit with something positive about the parent or child. Recognize a talent the parent has, comment on positive changes/growth in the child, or even simply acknowledge that the parent completed all the HIPPY lessons.
- 6. Watch your body language.** Body language is powerful and says far more than your words can ever say. When you cross your arms, roll your eyes, or generally look disengaged from the parents, they can tell, no matter what you are saying out loud.
- 7. Be mindful of your words.** There are



many different kinds of families out there, so take care to not assume anything about the parents or children. Be respectful of a parent's boundaries and what they want to share with you.

- 8. Ask questions about the child.** There is nothing a parent cares more about or is more proud of than his/her child(ren). Giving the parent an opportunity to talk about his/her children will help deepen your relationship and show your care for the whole family.
- 9. Listen. Just listen.** Some parents just want someone to talk to. Whether they are home
- 10. Make parents feel valuable.** Invite parents to share their talents at group meetings, when appropriate. Make sure to incorporate parent feedback whenever possible. When parents feel as though their input is appreciated, they will become more engaged in the program.

(Source: edutopia.org)



Talking Point of the Month: Importance of A Consistent Sleep Routine

Healthy sleep is essential for healthy child development. Healthy sleep requires that a child get: 1. Enough sleep for his/her age, 2. Good quality (uninterrupted) sleep, 3. The proper number of age-appropriate naps, and 4. A sleep schedule that matches his/her natural rhythm. When children do not receive any of the requirements for healthy sleep, they may appear groggy or hyper-active, less mentally alert, unable to concentrate, easily distracted, fussy, and/or irritable.

When children get enough sleep, they are better able to focus and learn, are more likely to have higher IQs, have more balanced temperaments, and are more pleasant to be around. Children do not "outgrow" sleep problems, these problems must be solved. Setting a consistent bedtime routine that is in sync with the child's sleep patterns (not the parent's schedule) will lead to better sleep for the child and will likely decrease the misdiagnosis of behavioral or learning problems that can be caused by the child's lack of sleep. (Source: webmd.com)