

# Parents as Teachers and Idaho Home Visiting



Parents as Teachers™



# Home Visitation

- SCPHD has pursued a home visitation program for 4 years
- Grant received starting 1/1/15
- After careful consideration, Parents as Teachers was selected as our model



# This is Parents as Teachers

## Our Vision

- All children will learn, grow and develop to realize their full potential.

## Our Mission

- To provide the information, support and encouragement parents need to help their children develop optimally during the crucial early years of life.

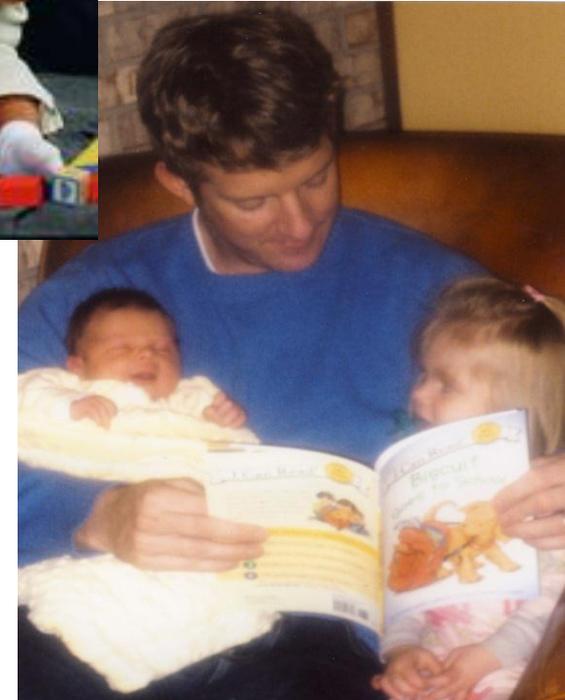


# Goals

- Increase parent knowledge, improve parenting practices
- Provide early detection of delays
- Prevent child abuse and neglect
- Increase school readiness and school success



# Relationships are key



# Evidence-based model

- MIECHV approved model
- SAMHSA NREPP and other listings
- History of independent research
  - Positive parenting
  - Child development
  - School readiness
  - Parent involvement



# Serving small communities

- Rural (Population less than 2,500) 40%
- Small Town (Population between 2,500 and 25,000) 43%



# Customized to families' needs

- Tailoring of services and content to family culture, preferences, and needs promotes family engagement



# PAT Model Components

- Personal visits
- Group connections
- Screenings
- Resource network



# Incorporating the *Strengthening Families*<sup>TM</sup> Protective Factors: a strengths-based approach

- Parental resilience
- Social Connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children



## Approach

Parent educators share research-based information and utilize evidence-based practices by **partnering**, **facilitating**, and **reflecting** with families.

Parent educators use the Parents as Teachers *Foundational Curriculum* in culturally sensitive ways to deliver services that emphasize:

### **Parent-Child Interaction**

- > Parenting behaviors
- > Child development
- > Parent-child activities

### **Development-Centered Parenting**

- > Link between child development and parenting
- > Developmental topics (attachment, discipline, health, nutrition, safety, sleep, transitions/ routines, and healthy births)

### **Family Well-Being**

- > Family strengths, capabilities, and skills
- > Protective factors based on the Strengthening Families™ approach
- > Resourcing

# Example of Parent Handout



Parents as Teachers  
activity page

1½-3½ Months

**WHAT DO WE HAVE?**

- Baby's own blanket
- Black and white contact paper or bright-colored paper
- Black pattern drawn on white paper
- Empty container with lid such as oatmeal or formula
- Glue or tape
- Dry rice, dry beans, or hairpins
- Favorite toy
- Board book

## Tummy Time: Watching and Building Muscles

**How do we do it?**

1. The best time for exercise is when your baby is rested.
2. Place your baby on his tummy on the blanket. Lie down beside him and encourage him to raise his head and chest to look at you.
3. Create a toy by wrapping the container with bright paper or contact paper. Using glue or tape, attach the black and white pattern to the container. Put a few dried beans or hairpins into the container and seal it by taping the lid shut.
4. Place the black and white container about 12 inches in front of him and put your baby back on his belly.
5. Encourage him to look at the toy by shaking it to make a sound or talking to him.
6. If your baby is still interested but struggles to hold himself into position, support him by tightly rolling up a small blanket under his chest.
7. If he seems disinterested, try standing a board book in front of him. Notice how your baby shows that he is interested and when he is ready for a break.

*safety tip*  
Select a hard surface on which to lay the blanket. Babies sometimes have trouble breathing when lying on very soft surfaces such as a pillow.  
Remember tummy to play, back to sleep.

*book sharing*  
During book play hold your child on your lap. Let him look at the pictures and listen to the sound of your voice reading. You can read his simple, high-contrast color book together.

**What's in it for us?**

- Your baby is building upper body strength and neck strength.
- He is improving his vision by working the eye muscles needed to focus.
- **Supporting learning:** Your child needs you to help him move into positions he can't get into himself. Your encouragement helps him to work longer than if he played by himself.
- All states of consciousness – sleep, cry, quiet alert, active alert – are necessary for brain growth and development. Your baby needs quiet time as well as stimulating play time.

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**CONTINUED LEARNING**

When you are resting on the couch give your baby tummy time on your tummy. Place your baby on your chest. Give him eye contact. Let him rest his head on your chest, and then he will lift his head again to look at you. Give him skin to skin contact. Your baby is just in his diaper so you can take off your shirt. The th of your bodies together will ttdly.

(child skill or parent skill defined by the parent/parent educator)

What I noticed about my child ...

What I noticed about myself ...

cushion

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# Development-centered parenting

- **Developmental Topics:**
  - Attachment
  - Discipline
  - Health
  - Nutrition
  - Safety
  - Sleep
  - Transitions/routines
  - Healthy births



# Family well-being

- Family strengths, capabilities, and skills
- Strengthen protective factors
- Resourcing



# SCPHE Program

- Starting with Twin Falls & Jerome counties
- 50 families during first year
- Expand to other counties with smaller numbers of families



# Target Population

- Teen parents
- Parents with mental health/substance abuse issues
- High risk of child abuse
- Children with developmental delay or complicated medical history
- Low birth weight
- High risk pregnancy



# Target Population

- No income or residency requirements
- Most should be enrolled during pregnancy or by 6 months of age.
- Stay on the program for at least 2 years



# Program Implementation

- Target start date 4/1/14
- Home visitors will be registered nurses and a developmental specialist
- Asking local individuals to serve on advisory committee



# Contact Information

- Tamara Strong- 737-5932
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- Referral line- 737-5966

