

COMMUNITY OUTREACH REPORT

April 2013



FIRST THINGS FIRST

Ready for School. Set for Life.

Navajo Nation Regional Partnership Council

February Outreach Activities

1:1—Dr. Mike Macarro, Children’s Dentist

- February 4: Chinle Dental Clinic

1:1—Karen Jensen, Womens Ministry

- February 5: New Life Church

1:1—Chinle Family Spirit Program

- February 12: Chinle Johns Hopkins
Tuba City Networking Meeting

- February 13: Hogan Restaurant

Healthy Heart Fair

- February 14: Steamboat Chapter House

1:1—Elder Robert Vogel

- February 19: Church of Latter Day Saints-Chinle
Stake

Program for Self Reliance Collateral Drop

- February 19: Chinle Program for Self Reliance

Four Corners Navajo Ministries Monthly Luncheon

- February 20: Navajo Ministries Education Center

1:1—Kelly Hargrove, Children & Family Services

- February 20: Navajo Ministries Family Home
Nutrition Education Obesity Prevention Story

- February 26: Chinle CCDF Child Care Center

1:1—Sherri Bradley, Site Tour Planning

- February 27: Kayenta ABC Preschool

1:1—Ryan Williams, Newspaper Editor

- February 28: Navajo Hopi Observer

March

Outreach

Activities

Round Rock Head Start Parent Training

- March 5: Round Rock Chapter

Wide Ruins Child Find

- March 6: Wide Ruins Community School

1:1—Hawai Lasiloo, School Nurse

- March 6: Wide Ruins Community School

Inter-Tribal Council of AZ Family & Child Conference

- March 7: Fort McDowell Radisson

Tuba City Networking Meeting

- March 13: Western Navajo BIA Complex
Child Abuse Prevention Month Meeting

- March 14: Ganado Family Services



*What can you do this
month?*

1.) Talk about the good
things you saw at the April
2 Site Tour

2.) Promote the “Play:
Where Learning Begins”
Early Childhood Workshop

3.) Share the this month’s
story



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Vertical Radio Interview

- March 20: Four Corners Navajo Ministries 1:1—Brother Paul
- March 21: Ganado All Saints Catholic Parish Kayenta Community Collaboration Meeting
- March 21: Kayenta First Baptist Church Hard Rock Head Start Parent Training
- March 22: Hard Rock Chapter House 1:1 Dora Burbank, Community Health Representative
- March 22: Hard Rock Chapter House Whippoorwill Head Start Parent Training
- March 23: Whippoorwill Chapter House 1:1—Delphina Johnson
- March 25: Chinle Grace Fellowship Church Special Diabetes Project Health Fair
- March 26: Chihootsooi Indian Market 1:1—Janet Hayes, Northern Navajo Just Move It
- March 26: Northern Navajo Health Promotion Speakers Training: Chinle Dental Clinic
- March 28: Chinle Dental Clinic

BENCHMARKS REACHED

5 Presentations

11 One on Ones

5 Networking Meetings

1 Story: "Reading to kids birth to five gets them ready for school, set for life"

5 Earned Media Hits:

- "Healthy Teeth, Happy Smiles" - Native News Network & Navajo Times
 - "Reading to Kids.." Healthy Directions
- "Reach Out and Read program encourages healthy childhood development" - Navajo Hopi Observer
 - Vertical Radio 88.9 Radio Interview

2 Speakers Trainings: RPC & Chinle Dental

Tuba City Regional Health Care Corporation

Healthy Directions Newsletter

Reading to kids birth to five gets them ready for school, set for life



Dr. Miran Song's face lights up when she talks about how happy her patients – ages 6 months to 5 years old - are when they receive a book from her. More than 2,500 young children each year get their well child visits at the Pediatric Clinic of Tuba City Regional Health Care Center. Each time they visit, they receive a book from the Reach Out and Read program.

Research tells us about 80% of a child's brain develops by age 3, their early experiences lay the foundation for success in school and in life. Reading to young kids gives them the skills they will need to be good readers once they get to school. In fact, you can predict reading and comprehension levels in 3rd and 4th grade by the general knowledge, attention and vocabulary at ages 3 and 4.

While some parents may believe high-tech gadgets are needed to hold their kids' attention, Song said she has seen young children pick the books over their parents' cell phone.

Reading, talking, singing and playing with kids gives them

something crucial to their early learning: human interaction.

"It's nice to see parents and their children bonding. Some kids will sit on their parents lap or sit next to each other with their book." Siblings tend to get in on the action too. "Older brothers and sisters will hold the book and read together with their younger sibling," Song said.

For infants, reading and others interactions with adults help their brain learn the sounds needed to develop language. As they grow, reading helps babies understand that objects have names. As children get older, reading helps them to learn letters, sounds, and increased vocabulary. It also helps them develop critical thinking skills when you ask them what comes next in a story.

Dr. Song said reading impacts a child's emotional development, too. "It helps them understand their emotions and gives them a sense of personal self-worth," she said. "It opens a world of possibilities for them."

Tuba City Regional Health Care Corporation

Healthy Directions Newsletter

Families can impact their child's language and early literacy by reading to kids 5 and younger just 15-30 minutes each day. First Things First offers the following tips to make the most out of reading:

- **Read with your child, not to them:** when you hold children and let them play with the pages while you read, they learn that reading can be fun.
- **Ask and encourage questions as you read:** when you point to pictures in books and ask questions about them, you teach new words. You also help your child communicate with you.
- **Make reading playful:** a book can be a child's favorite toy. Children love to look at and hold books. They also enjoy participating in telling the story. Through physical and verbal interaction you are helping your child build their language and social skills, and exercise their imagination.
- **Play games with words:** sounds are the building blocks of words. Saying words that all start with the same sound help your child identify speech patterns. Rhymes help your child hear how sounds come together to form words. They also help your child learn the rules of language.



Photo provided by: www.better-beginnings.com

Reach Out and Read prepares young children to succeed in school by partnering with doctors to prescribe books and encourage families to read together. They're helping to ensure school readiness and positive outcomes for all children. Reach Out and Read, partially funded by First Things First Navajo Nation Regional Partnership Council, is available at most health care centers on the Navajo Nation. Remember to ask for your book and reading tips at your next Well Child visit.