



Early Literacy – Navajo County Library

“In addition to WIC clinics in both counties, I am now visiting each Living Hope Women’s Center (in Show Low and Springerville) monthly. I have also joined the Healthy Steps Playgroup at Show Low McDonald’s on a monthly basis. I continue to feel that these interactions are a very positive way to pass on individualized literacy tips to parents (and expectant parents), since not only am I able to tailor my information to their circumstances, but they are able to ask me specific questions in a comfortable atmosphere.”

Healthy Steps

North Country Health Care

“In Holbrook a new provider, Dr. Sean Smithson, a local resident who was raised and schooled in the Holbrook Community, has returned to Holbrook and practices in the North Country Holbrook clinic every Thursday. His schedule is consistently full and he has been a welcomed addition, especially since he has the trust and confidence of many of the locals. His schedule is consistently booked out weeks in advance, yet he makes it a priority to work every kid into his appointment schedule, many on a walk in basis. He is integrating well with the Healthy Steps model and wants to make sure that we visit with all the children that come to see him.”

Summit Regional Healthcare

- During this quarter, Healthy Steps Staff saw a total of:
 - 170 Families for NBO
 - 354 Well-Child Visits
 - 23 Home Visits throughout Navajo and Apache Counties
 - 70 Children for Playgroups or office visits

- The following are excerpted from thank you notes received from Healthy Steps families during this quarter:
 - “You will never know how much you have helped me and my family. After talking with you I feel recharged, assured, and consistent. . . I trust and respect what you have to say. . . you give me perspective. . . when mama is on the right path, all the boys benefit and follow suit!”

 - “Your encouragement, teaching, and support came at just the right moment and I truly feel you were the turning point in helping us learn to breastfeed. I cannot express my gratitude enough. . .thank you from the bottom of our hearts.”

Oral Health

“The first half of the fiscal year NCPHSD was able to provide oral health training to 61 providers, 159 parents and 116 children. This exceeds the contract numbers for the fiscal year.

The NCPHSD Oral Health Program has exceeded its contracted number of fluoride varnish applications for the three quarters of the year. The total contract is for 1,200 fluoride applications or 300 per quarter. 419 applications were provided during the 1st quarter, 451 in the 2nd quarter and 479 in the 3rd quarter for a total of 1,349 as of March 31, 2013. Of the 479 varnish applications provided during this quarter, 216 were 1st applications, 219 were 2nd applications and 44 were 3rd applications.”

Nutrition Education:

“Through 3 quarters we have had 242 adult contacts and 192 youth (0-5) contacts. Of the 242 adult contacts, 172 of the contacts are non-duplicated. Our goal for the year is 200 non-duplicated contacts.

Through Sue Robertson, who is the Certified Nurse Midwife with the hospital, we have established an Infant Nutrition Class in conjunction with the child birth classes. Sue approached our Navajo County Instructional Specialist and asked if she would be willing to attend and provide nutrition education for the parents specific to newborn and infant nutrition. We have also initiated conversations with Discovery Zone and the local community churches to discuss the possibility of additional site venues and marketing support.

I had a young parent ask if it was “okay to put their baby/toddler to sleep with a bottle, with milk or juice in it?” After explaining tooth decay involving germs and sugars and the possible consequences, the young mother was very thankful. This also gave us the opportunity to discuss the Oral Health Program and the events that they attend and sponsor.”

Recruitment into Field:

- 17 new to field students were recruited during this quarter
- 10 students assisted with Financial Aid applications
- Served 7 child care centers within region.
- Served 5 Head Start centers within region, including one Early Head Start program
- Served 15 family care and community members

Collaboration with all Head Start Centers, 7 Child Care/preschool centers and community members interested in professional growth and development of staff, providers, parents. Faculty member is in contact with two area high schools that have Early Childhood Programs for dual enrollment credit. MOM’S Club participants have also requested presentation about project. Anticipated results will be the increase of awareness and participation in TEACH, PCPP, REWARD\$ and other funding resources available to students to help them finance and complete their educational goals.