

# MATERNAL CHILD HEALTH PROGRAM

PARENTS AS TEACHERS  
AFFILIATION AUGUST  
13, 2014

VIVIAN SUE PARKER, Maternal Child Health Coordinator started work on December 2, 2013. Last degree obtained was a MPA/Tribal Governance at Evergreen State College in Olympia, WA. Mother of two daughters, Fawn and Chelsea, Grandmother of five.

ROXANNE RODRIGUEZ, Maternal Child Health Advocate started work on July 14, 2014. Attending AZ State online to Obtain BA in Psychology major. Interested in MCH to help families' needs and to have a better impact on the children.

MCH works with family that have children 0-5 years of age.

MCH has a goal to work with the local Daycare, Headstart WIC, HIS and other agencies that work with this population.

- As part of the FTF grant it was stated in the 2014 grant cycle that the Maternal Child Health program would use ??PAT curriculum from a (look in the grant for this) There was a first time joining fee of \$3,500. The amount for the 2<sup>nd</sup> year and thereafter will be \$1,500.
- Philosophy of PAT from the start up in 1981, states “all children will learn grow, and develop to reach their full potential, and that parents are their earliest and best teachers.”
- \* To fulfill this portion of the grant, Vivian Parker, MCH Coordinator attended the PAT Foundational and Model Training on February 24-28,2014 in St. Louis, MO.

- Three of PAT's emphasis used in the home visiting model are: **Parent-child interaction** provides activities according to the child's age. The goals are building parents skills of warm, responsiveness and encouraging and communication.
- The second area of emphasis is the **Development-Centered parenting**, which has parent handouts that incorporate what is learned during home visits. The parent has an opportunity to understand the child's behavior and taking steps toward solutions of a particular behavior.
- Last of the 3 areas of emphasis is the **Family-Well Being**, this covers how a family will strengthen the family environment through healthy nurturing using their socio-emotional development of both child/parent.

THIS IS THE "WHAT" or content of a parent educator's work."

- The parent educator has responsibility to ensure “how” the home visits are conducted and three emphasis used are in the partnership of parent educator/family.
- **PARTNERS** are the parent, child and parent educator. Each of these has equal status in the home visit. The parent educator relinquishes some of time in talking and presenting thoughts by the parent or child. Interaction is key in this area.
- **FACILITATORS** is a role that the parent educator seeks to provide objective and research based information that will support family decision making. The goal is to give an opportunity for the family to wonder and consider choices and let them know what the family is doing well.
- **REFLECTING** is where the parent educator provides role play, motivating parents, identifying barriers, and developing problem solving skills.

- Part of goal setting is create family resilience which in turn gives power and control to the family. Accomplished within first 3 months of home visits.

### **PARENT EDUCATOR ROLE:**

- Finding out the parent's what they want to address for change. Awareness of parent readiness for change. Look at strengths and resources, challenges to this change. Go through steps to seek out change with goal in mind.

### **PARENT ROLE:**

- With this aspect of the home visit, the family parent decides the information they share, when they are ready to set goals, time frame to reach goals, how to measure their goals.

Upon making contact with the parent, the Parent Educator Will go through eight outlined home visits through PAT. The Eight visits will enable the parent educator and parent, child to build a concrete partnership of trust, respect and Understanding what services are provided through MCH. The eight topics of home visits will incorporate the following:

- 1. Orientation:** What are the expectations of the family, visit routine and parent educator role stated, Welcome handout, Recruitment and Enrollment Record, and brochures that can be useful to the parent.
- 2. Child Development:** Parent has a chance to learn about their child's development. An activity based on the child's age level is part of each home visit starting with the second home visit. The parent educator is an observer and discussion follows on what the parent noticed about the child and their part in the activity.

- 3. PARENTING BEHAVIORS:** Continuation of parent awareness with parent support of child-well being.
- 4. DEVELOPMENT TOPICS:** Parents reach a place where they realize their impact on their child's development.
- 5. BRAIN DEVELOPMENT:** Parent connection to their child's development is addressed.
- 6. FAMILY CULTURE AND PERSPECTIVE:** A look at family systems and the parent educator's impact in this system.
- 7. FAMILY SUPPORTS:** Sustaining the partnership of parent educator and parent; parent awareness of their needs and wants surface.
- 8. PLANNING AS PARTNERS:** Reflect on parent's understanding of the eight foundational topics and progress towards

After all eight home visit sessions are completed, the home visits has More family input:

- Parenting behavior topic
- Choosing a parent-child activity
- Deciding on development topic to discuss
- Setting goals and the steps to reach these

**FAMILIES SERVED:** 14

More Referrals are coming from Dr. Cosmo. We are actively working with pregnant mothers. Of the 14 home visits , we have 6 pregnant moms. In July moms are starting to request office visits, using the PAT curriculum.

**GOALS: MCH Advocate to attend Foundational training (3 days).**

We are looking at the next available session for Roxanne to attend the Foundational and Model Implementation training.

We will start a Pregnancy Series for pregnant moms, sending personal invitations in the mail. The series will include topics of what is happening to the body during pregnancy, breast feeding, Nutrition, reading to the baby, and each session we will exercise. These are a few of the topics that will be presented.

**NEXT PRESENTATION:** Core competencies , PAT required forms, and Model Implementation training.

**TRAINING/Meetings/Group Connections MARCH – JULY 2014:**

- It's a Lunch Event (Moms and Dads) March 19
- Yuman Language Summit March 24 -27
- 3rd Annual NW AZ Infant/Toddler Mental Health Symposium  
March 30 – April 1
- Hualapai Language Meeting at Cultural Center April 4
- Cradleboard sessions April 10 - June 16 (5 sessions)
- Children's Health Fair April 11
- Week of the Young Child in Kingman April 12

- Parent Awareness Outreach , Personality Recognition and Communicating with Children April 16
- ACES workshop April 29
- FTF Early Childhood System Coordination meeting May 7
- Cradleboard session May 5
- Mother's Luncheon May 8
- Meeting with Sylvia Querta, Daycare Director May 14
- Cradleboard session
- FTF Community Forum May 20

- Mother/Daughter Committee Meeting     May 20
- Car Seats (Mohave County Dept. of Public Health  
ITCA Nutrition , Laura Munson Event     June 5
- Last Cradleboard Session     June 16
- Maternal, Infant and Early Childhood Home Visiting  
Programs Meeting     June 17
- Parent Outreach Awareness, First Aid/CPR workshop  
June 18
- Mother/Daughter Meeting     June 23
- Non-GMO event with Nathan Craynon     June 26



# Thank You from



Thank you for allowing us to be a part of the Mother-Daughter Retreat July 22. The day highlighted the importance of families and community. First Things First supports strong families through family support and early education to give children birth to five years old the best start in life. Our early literacy activity showed caregivers how building pre-reading skills and self-confidence can be fun and educational at the same time. We encourage those who took home a book to share the Enrique Feldman “You’re Wonderful” song with friends and family.



*Members and Guests  
of the Hualapai Tribe,  
Colorado River Indian Tribes,  
and Cocopah Tribe  
Regional Partnership Councils*

Please join us for a

# **Morning Meet-Up**

For good coffee and conversation prior to the  
start of the Summit!

Monday, August 18th at 7:00am  
Corner Bakery Café  
455 NORTH 3RD STREET  
ARIZONA CENTER

