

What is Home Visiting?

Home Visiting is a service provided by qualified professionals within the home to parents, prenatally and/or with children birth to age five. Home Visiting programs provide parents with support to enhance the child-parent relationship. With these enhanced skills, parents can create environments that positively impact their child's social and emotional development and prepare him or her for a productive life.

This Service Includes:

- Providing support to families during the early years of a child's life which are critical for optimal development and provide the foundation for success in school and in life.
- Providing referrals to community resources as necessary;
- Providing information on prenatal health, newborn care and child development;
- Determining if families have a Medical Home;
- Post-partum visits conducted when possible and include assessment of the mothers' well-being, specifically: physical, emotional, social supports, and concrete needs; and
- Guiding families, caregivers and adoptive/foster parents through child developmental curricula

In our region which is Mercer, McDowell, Raleigh, Fayette and Wyoming we are very fortunate to have a great group of home visitors that provide families with excellent services.

What's Available in your county?



MERCER AND MCDOWELL COUNTY:

Parents as Teachers is a literacy based parent/child education program that utilizes home visitors to serve pregnant women, caregivers and families with children age prenatal to 5 years old. There are **NO income** guidelines, all services are **FREE** and because it is a home-based program, we come to you! In McDowell county you can contact The Community Crossing at 304-436-8300 ext.3. In Mercer County you can contact Reachh at 304-466-2226.

FAYETTE AND RALEIGH COUNTY:

MIHOW (Maternal Infant Health Outreach Workers) Program is a parent-to-parent intervention that targets families from pregnancy through the child's fifth year of life. The program employs and trains parents to serve families in their own communities to encourage and support healthy lifestyles, positive parenting practices, and to help families understand and promote healthy child development. The MIHOW program is sponsored by New River Health Association. You can contact Debbie Withrow at 304-469-2415.



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WYOMING COUNTY:

MountainHeart Prenatal Home Visiting Services provide individualized home visits done with trained prenatal home visitors, personalized curriculum based education and monthly socializations. For more information contact Pam Nelson, Shelia Perry, Lisa Harper at 304-682-8271.

RALEIGH, FAYETTE, MERCER, MCDOWELL AND WYOMING COUNTY:

Right from the Start serves pregnant women and infants up to 1 year who have a Medicaid card. They have Registered Nurses and Licensed Social Workers who provide free in-home support, care coordination, education, advocacy and referrals for other services. Contact CASE WV at 304-323-8315.

Head Start and Early Head Start

Head Start (HS) is a family centered child development program whose mission is to promote school readiness by enhancing the social and cognitive development of children through the provision of educational, health, nutritional, social and other services to enrolled children and families. Children participate in a variety of educational activities that reflect best practices in early education. Head Start strives to create a learning environment that will develop cognitive, social, emotional, and physical skills. We encourage parents to build their skills by becoming involved in our program, doing this helps to increase self-confidence and problem solving skills in both the parents and children.

Early Head Start (EHS) is a federally funded program that provides and promotes comprehensive early childhood development, supports families, and encourages growth in all members of the family and community. The goals of the program are:

- to promote healthy prenatal outcomes for pregnant women;
- to enhance the development of young children
- to promote healthy family functioning.

It's easy to enroll your child in in either program. You can contact the following offices for applications and more information:

Coalfield CAP, Inc. at 304-862-2837 in McDowell County (No EHS)
MountainHeart Community Services at 304-682-8271 in Wyoming County.
Raleigh County Community Action Association Head Start at 304-252-6396.
Fayette County Head Start at 304-465-5613.
CASE WV in Mercer County at 304-465-5631.



10 Things Every Parent Should Know about Play

by Laurel Bongiorno

- **Children learn through play.** Don't underestimate the value of play. Children learn and develop:
 - **Cognitive skills**-like math and problem solving in a pretend grocery store.
 - **Physical abilities**-like balancing blocks and running on the playground.
 - **New vocabulary**-like the words they need to play with a toy dinosaurs.
 - **Social skills**-like playing together in a pretend car wash.
 - **Literacy skills**-like creating a menu for a pretend restaurant.
- **Play is healthy.** Play helps children grow strong and healthy. It also counteracts obesity issues facing many children today.
- **Play reduces stress.** Play helps your children grow emotionally. It is joyful and provides an outlet for anxiety.
- **Play is more than meets the eye.** Play is simple and complex. There are many types of play: symbolic, sociodramatic, functional, and games with rules—to name a few.
- **Make time to play.** As parents, you are the biggest supporter of your children's learning. You can make sure they have as much time to play as possible during the day to promote cognitive, language, physical, social, and emotion development.
- **Play and learning go hand-in-hand.** They are no separate activities. They are intertwined. Think about them as a science lecture with a lab. Play is the child's lab.
- **Play outside.** Remember your own outdoor experiences of building forts, playing on the beach, sledding in the winter, or playing with other children in the neighborhood. Make sure your children create outdoor memories too.
- **There's a lot to learn about play.** There's a lot written on children and play. A great example is David Elkind's "The Power of Play." This book restores play's respected place in children's lives and encourages parents to trust their instincts to stay away from many of the dubious educational products on the market.
- **Trust your own playful instincts.** Remember as a child how play just came naturally? Give your children time to play and see all that they are capable of when given the opportunity.
- **Play is a child's context for learning.** Children practice and reinforce their learning in multiple areas during play. It gives them a place and a time for learning that cannot be achieved through completing a worksheet. Play provides rich learning opportunities and leads to children's success and self-esteem.



Nursery Rhymes are a Great Way to Teach Your Children About Music, Rhyme and Language

Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream.

Five Little Monkeys

*Five little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said:
"No more monkeys jumping on the bed!"*

*Four little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said:
"No more monkeys jumping on the bed!"*

*Three little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said:
"No more monkeys jumping on the bed!"*

*Two little monkeys jumping on the bed
One fell off and bumped his head
Mama called the doctor and the doctor said:
"No more monkeys jumping on the bed!"*

*One little monkey jumping on the bed
He fell off and bumped his head
Mama called the doctor and the doctor said:
"No more monkeys jumping on the bed!"*

*Now there's no little monkeys jumping on the bed.
They're all jumping on the sofa instead!*

Peter, Peter Pumpkin Eater

*Peter, Peter, pumpkin eater
Had a wife and couldn't keep her
He put her in a pumpkin shell
And there he kept her very well.*

Jack and Jill

*Jack and Jill went up the hill
To fetch a pail of water.
Jack fell down and broke his crown,
And Jill came tumbling after.*

*Up Jack got, and home did trot,
As fast as he could caper,
He went to bed to mend his head
With vinegar and brown paper.*

Baa, Baa Black Sheep

Baa, baa black sheep
Have you any wool
Yes sir, yes sir
Three bags full.

One for my master
And one for my dame
And one for the little boy
Who lives down the lane.



Old MacDonald Had a Farm

*Old McDonald had a farm, E-I-E-I-O
And on his farm he had a cow, E-I-E-I-O
With a "moo-moo" here and a "moo-moo" there
Here a "moo" there a "moo"
Everywhere a "moo-moo"
Old McDonald had a farm, E-I-E-I-O*

*Old McDonald had a farm, E-I-E-I-O
And on his farm he had a pig, E-I-E-I-O
With a "oink-oink" here and a "oink-oink" there
Here a "oink" there a "oink"
Everywhere a "oink-oink"
With a "moo-moo" here and a "moo-moo" there
Here a "moo" there a "moo"
Everywhere a "moo-moo"
Old McDonald had a farm, E-I-E-I-O*

*Old McDonald had a farm, E-I-E-I-O
And on his farm he had a horse, E-I-E-I-O
With a "neigh-neigh" here and a "neigh, neigh" there
Here a "neigh" there a "neigh"
Everywhere a "neigh, neigh"
With a "oink-oink" here and a "oink-oink" there
Here a "oink" there a "oink"
Everywhere a "oink-oink"
With a "moo-moo" here and a "moo-moo" there
Here a "moo" there a "moo"
Everywhere a "moo-moo"
Old McDonald had a farm, E-I-E-I-O*



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