



## Nevada Home Visiting Maternal, Infant and Early Childhood Home Visiting

# Home Visiting Voice

Volume 2, Issue 2  
1 June, 2016

## Summer Is HERE.

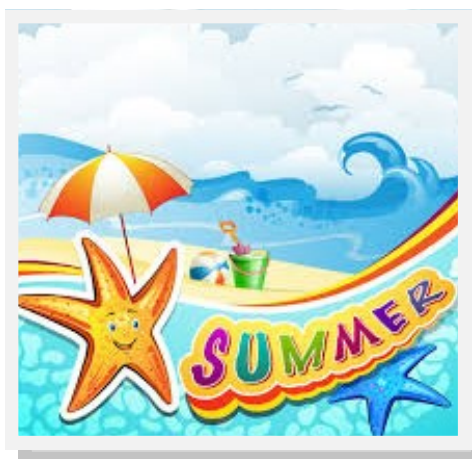
Welcome to the second issue of the Home Visiting Voice.

This issue features an article on Ethics and Morals, published by the University of New Mexico, an article on literacy featuring milestones from birth to age 3 as well as picnic ideas and tips on staying cool in the summer heat.

The segment on the ongoing Continuous Quality Improvement (CQI) process will address the importance of reporting, feature benchmark progress, any notable trends. Check out the SHOUT OUT to local agencies. There is wonderful progress being made.

The training and event calendar features a link for summer safety tips, as well as a helpful link to the CDC website for immunization schedules. Get on track before school starts.

Nevada Home Visiting staff are always available to address any questions or concerns; please call or email at any time with training and newsletter ideas or requests.



It's time to hit the beach. Sand castles, sunscreen and lemonade are the perfect recipe for a great summer.

### Inside this issue:

Professional Relationships, Ethics and Morals	2
CQI Information	3
For Home Visitors	4
For Parents	5

## Home Visiting—A History

In the historical timeline presented here, major developments in services offered in the United States from the early 1500s to the twenty-first century, are presented. Services such as outdoor relief, almshouses, and early instances of home visiting that developed in the United States at first mirrored those of Europe. By the middle of the twentieth century innovations in home-based services were occurring in the United States, especially in terms of services provided for young children. At the present time, home visiting services for families with infants and young children are supported by almost every state. This timeline includes services developed for the poor, sick, and immigrant, as well as women and infants, and reflects the dramatic increase in attention to home visiting that began in the twentieth-first century.

Click this link to view the timeline:<http://homevisiting.org/history> (source)

# "But, could you just do me this one favor?": Professional Relationships, Ethics and Morals

BY: Cynthia Lashley, Ph.D. & Rosie Emrich, M.A., LMHC. IMH-E(II)

March, 2016—[cdd.unm.edu](http://cdd.unm.edu)

## NMAIMH Competencies Addressed:

### Law, Regulation, & Agency Policy:

- Ethical Practice
- Agency Policy

### Thinking:

- Solving Problems
- Exercising Sound Judgement

### Reflection:

- Self-awareness

*"We have a small community—so it's not only okay to break a rule sometimes, it is necessary. Especially because when one family really needs my help, I could just never say no!"*

Discussions about ethics in Home Visiting and Early Childhood are often practical, yet complex. They are practical because they help guide our work. They are complex, because humans are complex. The reality is that differences exist in beliefs and values about situations. So it isn't unusual that families may have very different beliefs and expectations about how we are in a relationship with them. To be fair, if given one scenario to assess, it would not be surprising if two home visitors disagreed about whether the same practice or decision was ethical! A family may hope or expect that you would be willing to do a favor for them, such as watch their child while they ran to fill a prescription, buy formula or diapers, or provide a reference for a loan. Our own values, morals and ethics will impact the decision we make, but might be very different than what our families hope or expect.

Ethics and morals impact our decisions about how we act (or not act). To clarify, "morals are a personal characteristic, while ethics define a social system" (Parents as Teachers, 2009, pp.57). A code of ethics is, generally speaking, the overarching, agreed upon rules that provide some guidance for the kinds of behaviors that are expected of us as professionals. Codes of ethics are usually formal, written guides for agencies, the communities and ourselves. A code of ethics is sometimes included in our job description and our agencies' often have a written code of ethics. From a professional perspective, it is our responsibility to make sure we are familiar with our agency/organization's code of ethics, if one exists. Our agency code of ethics might clearly spell out that it is not acceptable to provide childcare, to be unsupervised with a client's child, to purchase items for a client or family with our own funds.

Our morals can impact our personal responses to events when we are in the moment. Although ethics plays a part in our decisions about how to respond to a situation, our moral or personal characteristics also come into play. Let's look at an example. A mom asks you to watch her kids for 15-20 minutes so she can run to the pharmacy for a prescription. Sometimes "doing the right thing" may seem really clear in the moment. Without reflecting on our choice of actions, asking ourselves what is influencing our decision given the circumstances, what is driving it, and then taking a look at the possible consequences of our actions (both positive and negative) we may not discover the best options.

When I pause and think of possible reasons why I should or should not watch the child

I may realize that I wanted to "babysit" for Mom for a few minutes because I am afraid that saying "no" would impact our relationship that we worked so hard to build. Or, maybe my first decision to say "Sure!" came out because I believe I am a competent caregiver. If I respectfully ask more questions, I may discover that the mom just wanted a break from the baby and house for a bit or that she has enough of the prescription until my home visit with her is done. Being ethical requires that we are clear and honest to ourselves about why we are choosing a certain path or response. Developing this skill takes a lot of experience, support from co-workers and supervisors, and a willingness to honestly look at our own morals and how they influence the work we do.

In the world of ethics, the situations often live within "shades of grey." It is difficult to say that you should *never* do something or *always* do something. The fact that part of our role within the helping professions involves building relationships with people, complicates things. Similar to the families that we work with, we all bring our own individual morals and related beliefs and values to this work. There are no easy recipes for what being ethical and moral means. Usually ethical considerations are complex because life is not always clearly "right" or "wrong" and in some situations, we don't often have a lot of time to ponder our options. However, we hope this article will encourage you to explore some of these issues with a sense of discovery before you are in the heat of the moment. Our ethical and moral responses are part of our work. Being professional includes being mindful of our behaviors as part of—not apart from—our ongoing commitment and relationship-building with families.

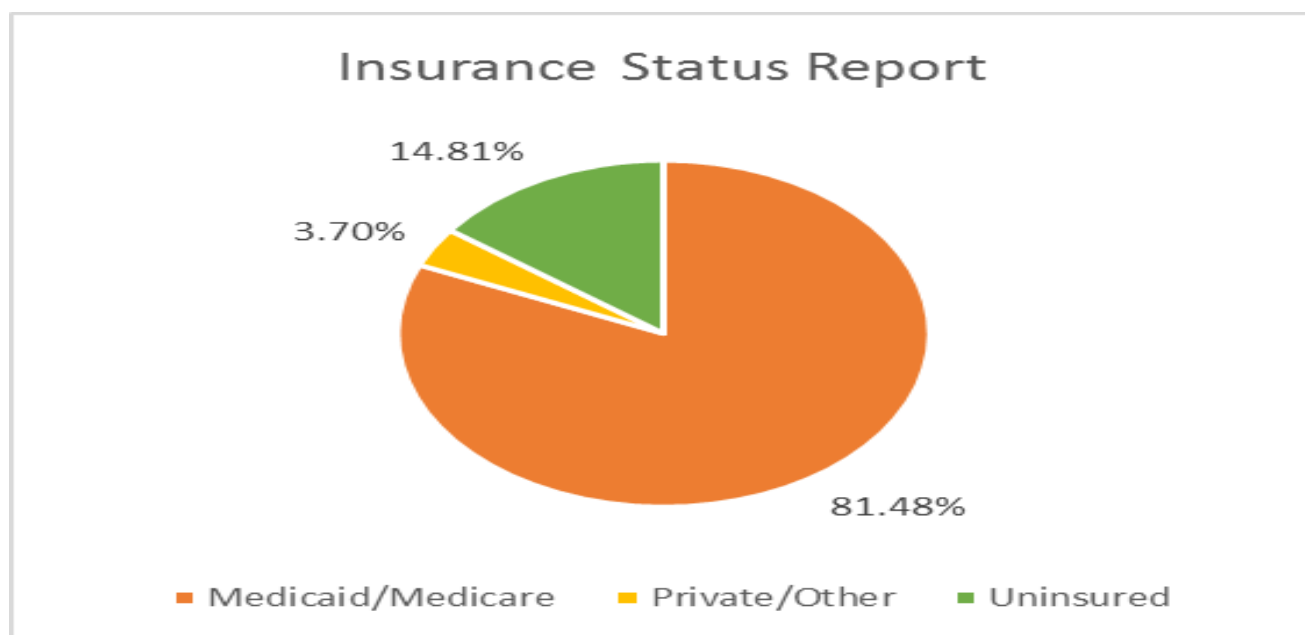


## QUESTIONS TO ENCOURAGE DISCUSSION:

- *What are the facts about this situation? What actually happened?*
- *What are the relevant standards and practical considerations? Does your program have a code of ethics to guide you?*
- *What are 3 options for this situation? What are the pros and cons of each of the options you choose?*



## Continuous Quality Improvement



The pie chart is an example of a data driven starting point for CQI. The percentage of uninsured children in the program is high and may be reviewed as a possible CQI topic. Pie chart created by Melissa Madera, Resource Analyst, Nevada Home Visiting as a visual example.

# Save The Date!

**Statewide Meeting Thursday August 4, 2016.  
MORE DETAILS TO COME.**

### \*\*\*SHOUT-OUT\*\*\*

***Nevada Home Visiting Would like to recognize the following programs!***

QuantumMark—Mineral County: For achieving FULL ENROLLMENT!

Children's Cabinet—Elko: Remarkable progress on enrollment!

Children's Cabinet—Washoe: Launching the newest HIPPY program!



# For Home Visitors

## Literacy Milestones: Birth to Age 3

Source: [Reading Rockets](#), Andrea DeBruin-Parecki, Kathryn Perkinson, Lance Federer

Most children learn to read by age 7. Learning to read is built on a foundation of language skills that children start learning at birth — a process that is both complicated and amazing. Most children develop certain skills as they move through the early stages of learning language.

The following list of such accomplishments is based on current research in the field, where studies continue and there is still much to learn. As you look over the list, keep in mind that children vary a great deal in how they develop and learn.

If you have questions or concerns about your child's progress, talk with your child's doctor, teacher, or a speech and language therapist. For children with any kind of disability or learning problem, the sooner they can get the special help they need, the easier it will be for them to learn.

**From birth to age 3, most babies and toddlers become able to:**

- Make sounds that imitate the tones and rhythms that adults use when talking
- Respond to gestures and facial expressions
- Begin to associate words they hear frequently with what the words mean
- Make cooing, babbling sounds in the crib which gives way

to enjoying rhyming and nonsense word games with a parent or caregiver

- Play along in games such as "peek-a-boo" and "pat-a-cake"
- Handle objects such as board books and alphabet blocks in their play
- Recognize certain books by their covers
- Pretend to read books
- Understand how books should be handled
- Share books with an adult as a routine part of life
- Name some objects in a book
- Talk about characters in books
- Look at pictures in books and realize they are symbols of real things
- Listen to stories
- Ask or demand that adults read or write with them
- Begin to pay attention to specific print such as the first letters of their names
- Scribble with a purpose (trying to write or draw something)

Produce some letter-like forms and scribbles that resemble, in some way, writing.



## Webinars, Events & Helpful Links

<http://mchb.hrsa.gov/index.html>

### Immunization Schedule and Resources

<http://www.cdc.gov/vaccines/schedules>

### Home Visiting Resources

<http://www.zerotothree.org>

### Summer Safety Tips and Guidelines

<http://kidshealth.org/en/parents/summerspotlight/>







# For Parents

Going on a picnic is a great way to spend time together, get outside and start teaching children about the importance of good nutrition.



[kids-picnic-ideas](#)

Choose a basket and decorate it together. It makes a quick lunch outside special.

Have your kids help pack your snacks. This helps teach good food choices and portioning.

Outside games while you're munching are fun. Games like "I Spy" or a nature scavenger hunt engages the senses.

Including "clean up time" teaches responsibility and respect for public spaces.

## FUN AND EASY PICNIC IDEAS:

- ◆ SLICED VEGGIES
- ◆ FRESH BERRIES or GRAPES
- ◆ DELI CHEESES and CRACKERS

Check out this link for easy picnic ideas.

## THE TEMPERATURE IS RISING...

### TIPS TO KEEP YOU COOL:

- ◆ DRINK PLENTY OF WATER

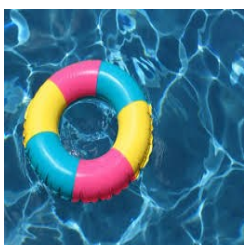
Fill & freeze plastic water bottles for quick and cool drinks.

- ◆ STAY INDOORS WHEN THE SUN IS AT ITS HOTTEST

Try to stay inside between the hours of 10 am and 4 pm.

- ◆ MAKE A GAME OUT OF STAYING COOL

Running through the sprinklers or squirt gun fights are a great way to stay cool on a hot summer evening.



- ◆ WEAR A HAT

This helps keep the sun off your face and head.

- ◆ DON'T FORGET THE SUNSCREEN

Source: [care.com](http://care.com)



Click the link below for sunscreen information:  
[essential-facts-about-sunscreen](#)

# Nevada Home Visiting

Nevada Home Visiting supports eight agencies across seven counties statewide. Every week, dedicated home visitors connect with families, build on strengths, find strategies to overcome challenges, and help families get the services they need. In addition, home visitors also research new resources; learn more about child development to share with parents; conduct assessments to identify problems early; and provide moral support, friendship, and validation to mothers that may be isolated or overwhelmed. Research shows home visiting improves outcomes for kindergarten readiness, health, development, and immunization rates. Families that participate in home visiting also show improvement in income and educational status.

## Home Visiting Staff

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number and title for grant amount X02MC23117 and D89MC26360. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government."

Division of Public & Behavioral Health  
4150 Technology Way Suite 210  
Carson City, NV 89706

<b>Health Program Manager</b>	<b>Evelyn Dryer</b>
edryer@health.nv.gov	775-684-4032
<b>Program Coordinator</b>	<b>Charlotte Andreassen</b>
candreason@health.nv.gov	775-684-4273
<b>Health Resource Analyst</b>	<b>Melissa Madera</b>
mmadera@health.nv.gov	775-684-5953
<b>Fiscal Support</b>	<b>Jennifer Quihuis</b>
jquihuis@health.nv.gov	775-684-5950
<b>Administrative Assistant</b>	<b>Nora Johnson</b>
nnjohnson@health.nv.gov	775-687-7576

## NATIONAL CELEBRATION DATES!

For a complete listing of National Celebration days, visit: <https://healthfinder.gov/NHO/nhoyear.aspx?year=2016>

### JUNE

Men's Health Month

National Safety Month

June 19-25: National Lightning Safety Awareness Week

June 5: National Cancer Survivors Day

### JULY

Cord Blood Awareness Month

Juvenile Arthritis Awareness Month

July 28: World Hepatitis Day

### AUGUST

National Breastfeeding Month

National Immunization Awareness Month

August 5-11: National Suicide Prevention Week

August 7-13: National Health Center Week

August 24: Family Health & Fitness Day USA

August 29: World Heart Day



*Celebrate  
Be inspired  
Innovate*