



Home Visiting Procedure



Head Start Performance Standards
1302.22 , 1302.35 , 1302.80 , 1302.81 , 1302.82

Purpose:

Home Visitors provide a minimum of 46 home visits each program year to promote secure parent-child relationships and to support families with high-quality early learning experiences for their children. At the family’s request, interpreters help Home Visitors facilitate home visits and group socializations in the family’s primary language.

Home Visiting Orientation

Complete First Home Visit with the family and orient them to home-based services:

- Provide an overview of services, including home visits and group socialization.
- Discuss roles and expectations of the family and staff.
- Talk about the importance of regular, consistent visits to healthy development, learning, and school readiness.
- Share the process for scheduling, cancelling, and rescheduling visits.
- Exchange family and Home Visitor contact information.

Home Visits with Enrolled Child

Home Visitors facilitate a 90-minute home visit weekly with each family. When serving a family with more than one enrolled child, schedule adequate time for each child.

Home visits facilitate parent-child interaction that support strong attachment and the child’s development and learning for school readiness and success. Encourage interactions that enable both the parent and child to enjoy learning and to feel secure, valued, successful and happy. Home visits also include education and resources for child development, child health and nutrition, parenting and family well-being.

Pregnancy and Postpartum Home Visits

Pregnancy visits: Home Visitors facilitate a home visit every week with each expectant family. When visiting an expectant family with a currently enrolled child, part of each visit must be devoted to supporting the pregnancy. These visits provide education and resources for pregnancy health and nutrition, fetal development, childbirth preparation, maternal mental health, newborn health, development and nutrition (including breastfeeding), family planning, and family support. Make sure that expectant families are linked to ongoing prenatal and dental care. Make intentional efforts to engage and support the expectant father whenever possible.

Postpartum visits: These visits provide education and resources for maternal health, nutrition and postpartum recovery, maternal mental health, infant health development and nutrition (including breastfeeding), family planning, and family support. Encourage interactions that enable mother and baby to have a healthy attachment relationship.

Home Visitors visit postpartum families on a weekly basis for the first six weeks following the baby’s birth:

6-Week Postpartum Visit Schedule	
Week 1	<ul style="list-style-type: none"> • First week following birth of the baby. • Focus on the childbirth experience, maternal well-being, and breastfeeding/feeding.
Week 2	<ul style="list-style-type: none"> • Complete <i>Two-Week Newborn Visit Action Log</i> • Continue to focus on postpartum recovery, maternal well-being, and feeding.

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Week 3	<ul style="list-style-type: none"> • Begin to shift focus on the baby’s well-being. • Follow up on any concerns from <i>Two-Week Newborn Visit Action Log</i> the and well-child exam, including growth, feeding, sleeping, and health-related concerns. • Follow up on any postpartum recovery concerns.
Week 4	<ul style="list-style-type: none"> • Continue to follow up on both mother’s and baby’s well-being. • Begin the conversation about Postpartum Screening Referral • Begin transition process from prenatal enrollment to child enrollment.
Week 5	<ul style="list-style-type: none"> • Continue to follow up on both mother’s and baby’s well-being. • Finalize transition process from prenatal enrollment to child enrollment. • Complete Postpartum Referral Form, upload to CP (Pregnancy Tab) and email Supervisor for processing. • Begin orientation regarding family home visits.
Week 6	<ul style="list-style-type: none"> • Continue to follow up on both mother’s and baby’s well-being. • Discuss and provide resources as needed. • Complete family visit orientation. • The following week will be the first family home visit with the child enrolled.

Planning and Implementing Home Visits

Parents as Teachers (PAT) is the primary curriculum used in planning and facilitating home visits. Additional research-based resources, such as *Promoting Maternal Mental Health, Zero to Three, Promoting First Relationships*, etc. may be used to meet the individual needs of families as appropriate. Families should also be linked to community resources and services when needed.

Home visitors will orient and document the PAT Eight Foundational Visits upon enrollment into the program. They will use the eight foundational visits to set the framework for the program

Planning Curriculum

Curriculum must be planned with the family before each visit and include the following:

- A Parent-Child Interaction activity or experience that supports the child’s development and progress toward school readiness; or for pregnancy visits, select activities that support a healthy pregnancy and/or preparation for the newborn’s arrival.
- A Development-Centered Parenting topic
- A Family Well-Being topic

Implementing Curriculum during a home visit

- Check-In with family and document parent observations of their child during the past week.
- Introduce the Parent-Child Interaction activity and facilitate healthy interaction, providing support as needed. Document observations of both the child and the parent-child interaction.
- Facilitate discussion of Development-Centered Parenting topic, using the related Parent Handout as needed. Document summary of discussion in appropriate section.
- Facilitate discussion of Family Well-Being topic, using the related Parent Handout as needed. Document summary of discussion in appropriate section.
- Document the family’s plan for supporting their child’s development during the week.
- Schedule and plan the next home visit with the family. Choose the activity, materials, and topics for the following week(s).
- Remind the family of the next Play and Learn group, Policy Council, Parent Trainings, ect and other program opportunities.

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As Needed

- Document the completion of 45-day screenings and/or summary of review of screening results with the family.
- Summarize the review of developmental assessment results with the family.
- Summarize the review of progress toward goals with the family as appropriate (ILP, Family, IFSP ect).
- Summarize the review of and/or updates to health and nutrition information (*Wellness Assessment*, immunizations, well-child exams, dental exams, nutrition referral ect)
- Document the completion of PPD referral and note any follow as appropriate when working with a pregnant or postpartum mother.

Group Socialization (Play and Learn group)

Group socialization (Play and Learn group) opportunities are offered at a minimum of 22 times a year for families. They are to promote secure parent-child relationships through high- quality, developmentally appropriate early learning experiences. Play and Learn groups encourage parents to share experiences related to child development with one another to promote their understanding of child development. Play and Learn groups may occur in a classroom, community facility, or parks. Staff should engage families for input for Play and Learn activities to be included during this time.

Orienting Families to Play and Learn group

Home Visitors orient families to Play and Learn group during enrollment visits and throughout the program year as needed.

Orientation to Play and Learn group includes the following:

- Purpose of Play and Learn group and the value of attending to both the parent and child
- General Play and Learn group routine
- Expectations of the parent, child, and staff
- Schedule or calendar of upcoming Play and Learn groups
- Information about transportation

Facilitating Play and Learn group

- Facilitates by leading the families through the planned activities for the day.
- Warmly greet families when they arrive and assist them as needed with engaging in opening activities (e.g. sign-in, storing belongings, choosing an activity).
- Support families throughout the Play and Learn group by encouraging them to observe their child's interests, follow their lead, and engage their child in activities.
- Support parents' knowledge of child development by connecting activities with what their child is learning.
- Encourage families to share their knowledge and experiences with each other.
- Serve snack family-style and support families in engaging in conversation with each other and their children.
- Emphasize healthy habits (e.g. handwashing, toothbrushing, etc.) during and after snack.