



**Children's
Service Society**
Safe Children · Caring Families
Strong Communities · Since 1884

HOME VISITATION

HELLO FROM YOUR HOME VISITATION STAFF

With the new year comes new beginnings and the Home Visitation Program is no exception. There's been a lot of change with our program and we wanted to introduce the HV Team.

Sammy Holder- Program Director



My name is Sammy Holder and I was born and raised in Orem, UT. I graduated from UVU with my BS in Behavioral Science and Psychology. I've had multiple jobs within the community helping individuals in need. My most recent job was writing treatment plans in a behavioral lockdown building for the state of Utah for individuals with intellectual and mental disabilities. I have a strong passion for helping people and I thrive on seeing the fruits of my labor when I see people I've helped reached their full potential. I just moved to SLC with my fiancé and am excited to explore the city. In my spare time I love to hike, camp and workout. If I'm not doing one of those, I'm most likely working on remodeling my home! I'm grateful and excited to work for CSS!

Kateryne Lora - Parent Educator

Kateryne "Kat" is currently a Parent Educator at Children service society. Originally from New York city, exploring Utah is a top past time. Her main goals are health and fitness. She's been an avid runner for over 15 years with a new focus in gym world. Painting and any form of art is another passion along with her love for plants



Newsletter Highlights

Meet the HV Team

What is Home
Visitation?

Helpful Nutrition Tips
from a CHW

Group Connections

Community Resource
Highlight

A Word from CSS's
Executive Director



Did you know?

Young children whose
parents read them 5 books
a day enter kindergarten
having heard nearly 1.4
million more words than
kids who were never read
to!

Jayna Hendershot - Parent Educator

I have been working as a bi-lingual Parent Educator at Children's Service Society for over 7 years. I love working with the Hispanic community here in Utah. I am originally from Colorado but moved here for my husband's job 15 years ago. I am the mother of 6 children aged 10-21. I love spending time with my family and doing active things outdoors. I enjoy mountain biking, hiking, exploring our beautiful mountains and playing pickleball. I love the Parents as Teachers program because it focuses on parents being their child's most important influence as they learn and grow.



Stephanie Gollighugh - Parent Educator

Hi everyone! My name is Stephanie Gollighugh. I'm originally from Colorado. I graduated with my Bachelors of Arts in psychology and sociology at Fort Lewis College. I moved to Utah in March 2020. I enjoy baking, cooking, anything crafty, hiking and my two dogs!

GROUP CONNECTIONS

FEBRUARY

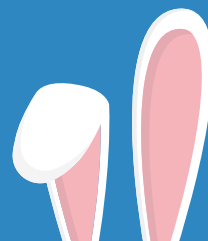
13th - Discounted Tickets @ The Aquarium

MARCH

14th - Music and Movement @ West Valley Library

APRIL

6th - Easter Egg Hunt @ Murray Park



THE FLOOR IS LAVA

Too cold to play outside? No worries! Here's a fun family friend activity you can play inside!

How to play

Players pretend the floor is made of lava and must avoid touching the ground by standing on objects such as pillows or blankets. Make it even more challenging by giving time limits or requiring players compete to be the first one to make it to a designated spot!



Want to make it educational?

Instead of using pillows or blankets, grab a marker and draw letters or numbers on a sheet of paper. Spread them randomly throughout the floor and call out a number or letter. This is a great way to help children learn key concepts all while having fun!

HEALTHY BUDGET GROCERY TIPS



Start with a plan

- Take inventory of what you have in your house already and make a meal plan
- Make a list of the rest of the ingredients you have and only buy those ingredients

Cheap Snacks

Buy snack food in bulk and put them in individual bags yourself

Healthy Snack Ideas

<https://www.realmomnutrition.com/cheap-healthy-snacks-for-kids/>

Purchase produce that are in season

- Fruits and vegetables will be cheaper and taste better
- <https://snaped.fns.usda.gov/seasonal-produce-guide>

Buy food that will last longer and lower waste

- Frozen Fruits and Vegetables
- Canned fruits and vegetables
- Rolled oats and pasta
- Frozen Meats

Buy the store brand

- Great Value- walmart
- Kroger- Smiths
- Kirkland- Costco

Use a Freezer

- When you prepare a meal, double it and put the extra portions in a freezer
- If meats or fruits you often eat are on sale, buy in bulk and freeze the excess

Look at nutrition labels

- Compare labels between similar foods and choose the food with fewer ingredients
- Choose foods with lower percentages of saturated fats, sugars, and sodium



WHAT IS HOME VISITATION?

CSS's Home Visitation Program utilizes the Parents as Teachers (PAT) national curriculum. Parents are supported by certified Parent Educators trained to translate scientific information on early brain development into specific when, what, how and why advice for families. By following PAT, parents can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social development, and motor skills. Visits include:

- Personal Visits: Bi-Monthly, during which parent educators tune the visit/information to each families specific needs
- Screenings: To assess the entire family's development ,health and well-being
- Resource Network: Connect families with community resources to ensure all their needs are met



HELP ME GROW UTAH Community Resource Spotlight

HMGU supports prenatal parents and families with children through age 8 by offering free child development screenings and perinatal screenings, connection to community resources, and answers to pregnancy, parenting and child development questions. For more information, visit our website: <https://helpmegrowutah.org/>

HELP ME GROW UTAH

WHY HOME VISITATION IS SO IMPORTANT

Encarni Gallardo - Children's Service Society, Executive Director

Recent research studies show that a strong and secure parent-child relationship is the strongest predictor of a child's future success. We know this at Children's Service Society of Utah (CSS). With a mission to empower parents, caregivers, and professionals through services supporting the safety and well-being of children, CSS has a history of over 135 years of working directly with families. Of our five programs, Home Visitation is the only one that reaches families at their homes and helps parents navigate their parenting journey, offering them insights into child development and how to help their child learn and grow while connecting them with resources in the community. CSS is very grateful to have this opportunity to support our community in a meaningful way and to bring families the resources and support they need. It is our wish to partner with you to ensure each child has a success story.

