Home Visiting is a proven strategy for reaching children and their families from the prenatal to pre-school years. Home visitors also known as Parent Educators provide basic prenatal and child development education, parenting information, health and nutrition education, safety information and overall support to parents and caregivers. A critical aspect of Home Visiting is working with the family to achieve their personal goals.

Message from Jane Z. Larson, Executive Director, NAPPR

Warm greetings to everyone! We have so much to tell everyone since our last newsletter I’m not sure where to start! First off, the New Mexico Legislative session resulted in some exciting changes for early childhood services in general, including home visiting services. First, the legislature approved an additional $9.75 million for increases in funding to early childhood education. This funding will be used for a variety of early childhood purposes such as NM PreK, child care assistance rates, AND an expansion of home visiting services in New Mexico. The other very important bill that passed was the Home Visiting Accountability Act that will increase the accountability and effectiveness of home visiting programs. Both of these legislative changes demonstrate to us that the importance of supporting families with young children is being taken seriously by those in positions to make decisions which is very exciting news to all of us! This focus and emphasis on the importance of the early years will have a long-term benefit for everyone.

Other exciting news is that our NAPPR Tribal Home Visiting program is up and running full steam ahead! In this newsletter you will see photos and articles about all of the program activities and initiatives we have going on—I encourage you to read all about our program, staff and services. It is my hope that each of you will learn something new about how home visiting can benefit families with young children—if you are not currently participating in home visiting and would like more information, give us a call! Or, if you know someone with young children please tell them about us—we are here to help with information, educational activities, fun events and ideas for enjoying these very special times of pregnancy and welcoming little ones into your homes and lives.

NAPPR Tribal Home Visiting Promotes Text4baby

If you’re pregnant or have a baby under age one, you can sign up for FREE health and safety tips sent to you via text message through a program called text4baby. Just text the word BABY (or BEBE in Spanish) to the number 511411 using your cell phone now to sign up! With text4baby, you’ll receive three text messages each week, timed to your due date or baby’s birthday. Messages start in pregnancy and go through your baby’s first year. You’ll get tips and reminders on prenatal and infant care, immunization, labor signs and symptoms, development milestones, breastfeeding, car seat safety, safe sleep, and more.

Sound too good to be true? It’s not! Thanks to the support of CTIA—The Wireless Foundation and participating cell phone companies, all the messages you receive from text4baby are free! Even if you don’t have a text messaging plan, you can get these messages for free. If you have limited texting per month, text4baby won’t take away from your total amount of messages.

Text4baby was founded by a number of organizations, including the non-profit National Healthy Mothers, Healthy Babies Coalition, Founding Sponsor Johnson & Johnson, Voxiva, Grey Healthcare Group, and the U.S. Department of Health & Human Services.

Learn more about the program at www.text4baby.org

New Mexico Pueblo Feast Days

**Northern**
- San Ildefonso
- Ohkay Owingeh
- Picuris
- Santa Clara
- Taos
- Nambe
- Tesuque
- Pojoaque

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<tr>
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<tbody>
<tr>
<td>San Ildefonso</td>
<td>Jan. 23</td>
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<tr>
<td>St. John the Baptist</td>
<td>June 24</td>
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<tr>
<td>St. Lawrence</td>
<td>Aug. 10</td>
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<tr>
<td>St. Clare</td>
<td>Aug. 12</td>
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<tr>
<td>San Geronymo</td>
<td>Sept. 30</td>
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<td>San Francisco de Assisi</td>
<td>Oct. 4</td>
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<td>San Diego</td>
<td>Nov. 12</td>
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<tr>
<td>Our Lady of Guadalupe</td>
<td>Dec. 12</td>
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**Southern**
- San Felipe
- Sandia
- Cochiti
- Santa Ana
- Santo Domingo
- Zia
- Acoma
- Isleta
- Laguna
- Jemez

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<tbody>
<tr>
<td>St. Phillip</td>
<td>May 1</td>
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<td>St. Anthony</td>
<td>June 13</td>
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<td>St. Bonaventure</td>
<td>July 14</td>
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<td>St. Anne</td>
<td>July 26</td>
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<td>St. Dominic</td>
<td>Aug. 4</td>
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<td>Our Lady of Assumption</td>
<td>Aug. 15</td>
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<td>St. Stephen</td>
<td>Sept. 2</td>
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<tr>
<td>St. Augustine</td>
<td>Sept. 4</td>
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<tr>
<td>St. Joseph</td>
<td>Sept. 19</td>
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<tr>
<td>San Diego</td>
<td>Nov. 12</td>
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Note: Zuni does not hold a Feast Day.

Source: Courtesy of the Indian Pueblo Cultural Center
MESSAGE FROM MARIA BROCK
TRIBAL HOME VISITING DIRECTOR

Guwatzee hopa to each of you! I hope this newsletter finds you and your family well and happy. This spring/summer we are excited to start making our big push for recruitment. We have nearly 70 open slots for home visiting in Bernalillo, Cibola, Sandoval and Valencia counties and we need each of you to help us get the word out about how beneficial home visiting is for expectant parents, new parents, babies, toddlers and all families with young children. We welcome five new staff members to our team, you can see their pictures and get to know them in this issue. Also we have been having a lot of fun with our currently enrolled parents by conducting monthly Group Connections for parents/caregivers and their little ones. We have had story times, planted seeds, played and helped support the strengthening of our communities by bringing together Native parents to focus on their relationship with their children in a healthy and fun way. In this issue you will find an article about our partner, text4baby, which provides free health and safety tips via text message. Lastly, I want to share that I have personally been recommitted to the work of supporting expectant parents and parents of young children by becoming a mom again myself. My family and I will be welcoming our new little one in July. As this season of honoring mothers and fathers, feasts, growth and harvest, long days and summer family fun move forward I always remember what my Grandpa Dailey from Laguna used to say, “Love one another and take care of each other.” May your summer be filled with love, laughter and light!

TRIBAL HOME VISITING PROGRAM

Home-based services to Native American families with young children

NAPPR has provided culturally sensitive and appropriate services to Native American families in Albuquerque and surrounding areas for more than 30 years.

Benefits of home visiting…

- Support for you, your baby and your family’s well-being.
- Better understand how your baby lets you know what she wants.
- Discover ways to use your relationship with your baby to support his development.
- Better understand the baby blues.

What we do…

- Come to see you in the convenience of your home.
- Offer support and listen to you and what you have to say.
- Answer questions about your baby’s development.
- Help connect you with resources in your community.

What parents are saying about Tribal Home Visiting…

“My home visits were great, my home visitor was always prompt and prepared on what activities to do.”

“We always prepare for the next visit. It was what I wanted to do and what kind of supplies I wanted her to bring. She always listens to us. Thank you.”

“Very thankful for NAPPR, has been a blessing to our family. I am learning lots with each visit and feel more confident as a parent knowing that I have this resource available in a consistent caring manner.”

TRIBAL HOME VISITING WELCOMES FIVE NEW STAFF MEMBERS

Jaclyn H. Armijo—I am the THV Administrative Assistant for the NAPPR THV Program. I am from Santa Ana and Acoma Pueblos. My clan is the Dove clan. I reside with my family on the Pueblo of Santa Ana. I have a degree in Child, Youth & Family Development (Early Multicultural Education) from Central New Mexico Community College. I also studied Business Administration at Southwestern Indian Polytechnic Institute Community College. I enjoy working with the THV Program because I still get a chance to “Make A Difference” in helping children, families and the program. Iva Harris—I just recently moved from the Midwest where I completed my MSW at the University of Missouri-St. Louis in 2012. My concentration and professional experience is in Family Preservation and Child Welfare so I am excited to be a Parent Educator for the THV program and a part of the NAPPR team. Deedee Lindsey—I am a Tribal Home Visitor and I am very excited to be a part of the NAPPR family. I look forward to working in our Tribal Communities. I am from Taos and worked at HCH for over 15 years with the last 4 years as a FirstSteps Home Visitor in early childhood ages 0-3 years. I received my BA from UNM in Health Education with an Associate degree in Peace Studies, and I am currently working on my MPH. Justina Stewart—Read about Justina on page 4. Wenona Turner—I am the Program Assistant with the THV program, working directly with the Program Director. I am of Santo Domingo Pueblo and African American descent. Recently, I earned a Bachelor of Science degree in Technology and Training with a minor in Native American Studies from UNM. In the fall I will begin pursuing a Masters degree in Technology and Training, with a focus on Distance Education. Before coming to NAPPR, I worked at UNM School-Based Health Center as an Education Associate and ran the Teen Outreach Program on the Native American Community Academy campus. I am very happy to bring my experience and skills to the THV program in pursuit of accomplishing program goals and helping to support Native American families in New Mexico.
TRIBAL HOME VISITING HOSTED FAMILY EVENT AT ALBUQUERQUE BALLOON MUSEUM

On March 15, THV hosted an event at the Albuquerque Balloon Museum so families could learn more about the program. The event included free tours of the museum, “Stories in the Sky” storytelling, parent and child activity tables and information about enrolling in THV. The event was a success based on attendance and the feedback from the families.
TRIBAL HOME VISITING
Now Enrolling!

Would you like to learn about NAPPR’s Tribal Home Visiting?

- A "Universal program"—no income requirements for Native American families (no CIB required) living within the counties of Bernalillo, Cibola, Sandoval or Valencia.
- Age requirement: prenatal to 36 months (service can continue through child’s 5th birthday).
- We see you in the convenience of your own home.
- We provide support to you, your baby and your family and connect you with resources in your community.
- We answer questions about your baby’s development and offer development activities at every visit.
- We focus on parent-child interaction, family well being and development-centered parenting.

Call NAPPR at (505) 345-6289 and ask for Tribal Home Visiting!
Hello, my name is Justina Stewart. My clan is the Cliff Dweller People. I am born for the Sleepy Rock People. My maternal grandfather is from the Black Streak People. My paternal grandfather is from the Cliff Dwellers People of the Monster People.

I am the new Language and Culture Coordinator the Native American Professional Parent Resource (NAPPR), Tribal Home Visiting program (THV). I am Navajo from Sawmill, AZ on the Navajo Nation. My goal as the Language and Culture Coordinator is to assist the Tribal Home Visitor staff in fostering a healthy Native identity for parents and children, and to support Indigenous language use and cultural life ways. We are working to enhance our curriculum to include language and culture.

Because this process has many levels to it we are working very carefully and respectfully, and taking into account tribal differences. We are working with parents, staff advisory and focus groups to assist in developing the materials. We are also working with community resources to incorporate traditional Pueblo and Diné parenting practices into home visits (things like: Clans, Cradle boards, traditional stories, bilingual books, lullabies, songs, and crafts).

Currently we are focusing on two tribal communities for language and cultural enhancements, the Keres language (Pueblo of Acoma) and the Navajo language. We are also collaborating with the Pueblo of Acoma Language Retention Program and other community partners.

We are working on providing families with workshops focusing on tribal language and culture. Topics for workshops will include discipline, parental roles, prayers, songs (lullabies), stories for children and families, the importance of knowing one’s clans, the use of how clans are used to demonstrate social standing, education, correction, and proper context, basic etiquette, introducing oneself, understanding and use of traditional parenting tools (ceremonies, cradle board, family/community traditions, rug weaving, etc), local outings for herbs/medicines (ex: picking Indian tea at Sandia mountains)

Tribal leaders and community advisors have stressed to us the use of extended family members as support for parents and teachers/providing language/cultural teaching for parents and children (ex: Pueblo of Acoma uncles have been specifically identified as needing to fulfill this role within families).

Supporting Community Events and Outreach
We support community events that reinforce tribal language/culture initiatives for example: Dine Shoe Game, annual events at Sipi, Pueblo of Acoma Mother Language Day, and community forums hosted by the Acoma Language Retention program, pueblo feast days, and community pow wows.

Earlier this year, NAPPR Tribal Home Visiting placed billboards in and around the Albuquerque area to encourage families to enroll in the program. Did you see any of them?
1. Where are you from? The Pueblo of Acoma.
2. What is the meaning of your name? Last name is Italian, Middle name (Loren) is short for St. Lawrence, day he was born on and he has two households that feast for him on that day.
3. How long have you worked for NAPPR? 15 months.
4. What do you like best about being a Home Visitor? The kids bring him joy. He also likes being able to change the perception of parents regarding the education of their child(ren). He lets them know that play is more than it seems and is a learning experience for the child. He enjoys teaching from the heart, which he relates to his traditional background.
5. What do you like best about NAPPR THV or NAPPR overall? NAPPR and the staff of the organization are mellow and flexible. They show a strong understanding regarding the employee and employee’s families. They support the employee to support their children. THV is a new and exciting program. We are pioneers in the area of home visiting. Reflective supervision (R/S) helps add to the camaraderie between co-workers and leads to sharing information and builds teamwork. R/S is also very applicable to other occupations and he can see how it would be useful for firefighters (his former occupation).
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7. Do you have anything exciting that you want others to know about THV? Fatherhood groups and Group Connections. We are currently inviting new participants from our established/enrolled families and invite new families to join anytime. Especially with the Fatherhood group, he sees the benefit of their participation as an opportunity for fathers to gain an understanding of their child’s development. He hopes that another outcome of these groups is that they will gain the gift of language and teaching their children their traditional language(s).
8. What do you enjoy doing, outside of work? Playing with his three-year-old son. They play a game they made up called Shark, island and boat, where they pretend to swim through shark infested waters to the safety of an island (their couch) and a boat (a bed). Also they enjoy wrestling and imitating their favorite wrestlers from TV.
9. Name one place you would love to travel to? New Zealand with his family to vacation and for him to observe the Montessori school(s) in Maori communities.

What do you think this baby is thinking?