

**EARLY HEAD START HOME BASED
PARENT EDUCATION HANDOUTS
Prenatal to 36 Months**

- All handouts in this first section are required to be given to every enrolled family. These will be reflected on the child’s individualized time table.
- This is a resource list and used by the teacher for planning.
- **HBT will use this list to find appropriate PAT handouts for each family. Choose between 1-3 handouts per visit and document title of handout on second page of the HVR.**

SCHEDULE FOR ENROLLED CHILD		
Visit #	Name of Handout/Pamphlet	Teacher notes about copies needed or which family needs this info
Intake	Inkind Explanation	
Intake	Pedestrian and bus safety	
Intake	Talking is Teaching: Talk, Read, Sing Family Staycation kit	
Intake	Helping your child succeed in school	
Intake	Health Literacy: A key to understanding and using health information	
1	A Parent’s Guide to the Head Start Home Based Program	
1	Welcome to Parents as Teachers/Getting the Most out of Parents as Teachers	
2	Abuse or violence at home always affects children	
2	Home safety Checklist <i>Creating a Safe Home for your Child</i>	
2	Care Enough to Call	
2	Teaching Strategies GOLD-assessing your child’s progress	
3	5 Steps for Brain-Building Serve and Return	
3	Brushing your child’s teeth/ brushing chart	
3	How and when to get emergency help/CPR	
4	Healthy habits start early	
4	UR what you eat/sweets and snacks	
4	Yoga, mindfulness and Mental Health	
4	Protective Factors Survey	
5	Your Child’s/Baby’s Amazing Brain from PAT	
6	The benefits of being Bilingual (for DLL families)	
6	Dad’s are Important	
7	SIDS: Back to Sleep (if there is a child in the home under 1)	
7	Poisoning Prevention	
8	Second-hand smoke/family smoking survey	
8	Fires/Prevent Burns	
8	Planning for an Emergency	

SCHEDULE FOR PRENATAL You must give these handouts to all prenatal parents		
Visit #	Name of Handout/Pamphlet	Teacher notes about copies needed or which family needs this info
any	Alcohol & Pregnancy/Pregnancy & Dental Health, Smoking Mom, Smoking Baby	
intake	Tips for Good Oral health during pregnancy	
intake	Text4Baby	
any	Dads are Important from the Start	
1 st trimester	Getting the Right Amounts (www.choosemyplate.gov)	
any	Prenatal attachment	
any	Nursery Safety Checklist	
any	Newborn Babies and Sleep	
any	Crib safety and Stroller safety tips	
any	Child Safety Checklist	
any	Home Safety Tips: Toy Safety Tips and checklist	
any	Helping your baby with teething pain	
any	Neurotoxins: substances that can harm your unborn baby	
any	Breast Feeding and Bottle Feeding	
any	Smoking Moms/Smoking Babies/Second Hand Smoke	
any	Understanding Postpartum Depression/Warning Signs/Beating the After Baby Blues	
any	Baby Bottle Tooth Decay	
any	Another reason to stop smoking: Birth defects	
any	Choosing a health care provider	
3 rd trimester	Adjusting After Your Baby's Birth	
Between 5-8 months	Planning our baby's birth	
Age group	Child Development	Teacher notes about copies needed or which family needs this info
Prenatal	Your unborn baby's development 1 st trimester, 1-2 months	
Prenatal	Your Unborn Baby's development 1 st trimester, 3 months	
Prenatal	Your unborn baby's development, second trimester, 4 months	
Prenatal	Your unborn baby's development, second trimester, 5 months	
Prenatal	Your unborn baby's development second trimester, 6 months	
Prenatal	Your unborn Prenatal care: what to expect- the first trimester n baby's development, third trimester, 7 months	
Prenatal	Your unborn baby's development third trimester, 8 months	
Prenatal	Your unborn baby's development third trimester, 9 months	

	Family Journal	
	Baby information to your cell phone	
	Prenatal care: what to expect- the first trimester	
	Prenatal care: what to expect- the second trimester	
	Prenatal care: what to expect- the third trimester	
	Prenatal care: what to expect- the ninth month	
	Getting ready for your baby	
	You're about to become a father	
	Be ready for your next pregnancy	
	Your premature baby	
	Bringing your baby home	
	Pregnant with multiples: what next?	
	Getting ready for your multiples	
	Adjusting to life with multiples	
	Helping your toddler adjust to the new baby	
	About my pregnancy	
	My prenatal care visit	
	Counting your baby's movements	
	Your Premature Baby	
	Introduction, plans, tools	
	Resolving Differences with Caregivers	
	Helping Your Child Learn to Solve Problems	
	Visually adapted Welcome to Parents as teachers	
Any age	Child development	
	Your baby's amazing brain	
	Visually adapted-Your child's amazing brain	
	Learning to learn	
	Your Child's Brain During Sensitive Periods	
	Understanding differences in development	
	Are you helping your child too much?	
	Early identification of speech-language disorders	
	Why does my child stutter?	
	Bilingual babies	
	Babies can learn two languages	
	Bilingual toddlers	
	Your toddler knows two languages	
	Resources for families learning English	
	Being a boy, being a girl	
	Sensory overload	
	Making sense of your baby's senses	
	Building skills for planning and doing	
	Your child loves to play with blocks	
	Visually adapted-Your child loves to play with blocks	
Birth to 1 ½ months	Child development	
	What is special about this age?	
	Your baby's language development	
	Babies can learn two languages	

	Your baby's cognitive development	
	Your baby's social-emotional development	
	Your baby's Motor development	
	Your baby's experience with touch	
1 ½ -3 ½ months		
	What is special about this age?	

	Your baby's language development	
	Your baby's cognitive development	
	Your baby's social-emotional development	
	Your baby's Motor development	
	Supporting Motor development in babies	
	Tummy time	
	Visually adapted tummy time	

3 ½ -5 ½ months		
	What is special about this age?	
	Your baby's language development	
	Your baby's cognitive development	
	Your baby's social-emotional development	
	Your baby's Motor development	
	Your baby is learning to communicate	
	Learning through movement	

Age range 5 ½ -8 months	Child Development continued	
	What is special about this age?	
	Your baby's language development	
	Your baby's cognitive development	
	Your baby's social-emotional development	
	Your baby's Motor development	
	Your capable baby	
	Visually adapted-Your capable baby	
	Babbling	
	Understanding stranger and separation anxiety	

8-14 months		
	What is special about this age?	
	Your baby's language development	
	Your baby's cognitive development	
	Your baby's social-emotional development	
	Your baby's Motor development	
	What to expect when your baby talks to you	
	Words your child understands	
	Your child's first words	
	What you'll notice as your baby develops self-concept	
	Visually adapted- What you'll notice as baby develops self-concept	

	Fine motor skills from 8-14 months	
	Helping your baby crawl around	
14-24 months		
	What is special about this age?	
	Your child's language development	
	Your child's cognitive development	
	Your child's social-emotional development	
	Your child's Motor development	
	When your child says "I'm scared!"	
	Discovering, understanding, experimenting, adjusting	

	When "No" is your child's favorite word	
	Your child's developing self-esteem	
	It's MINE!	
	Your toddler knows two languages	
	Stages of Drawing and writing	
24-36 months		
	What is special about this age?	
	Your Child's language development	
	Your Child's cognitive development	
	Your Child's social-emotional development	
	Your Child's Motor development	
	Developing speech sounds	
	Beginning to count	
	Visually adapted- Beginning to count	
	Let's learn colors	
	Visually adapted-let's learn colors	
	Thinking skills: matching, sorting, classifying	
	More thinking skills: learning the rules	
	Helping your child learn to cut	
	Dressing games	
3 years		
	What is special about this age?	
	Your Child's language development	
	Your Child's cognitive development	
	Your Child's social-emotional development	
	Your Child's Motor development	
	Brain Development	
	Visual Experience Center: Multiple views	
	Visual Experience Center: Shades of Darkness	
	Motor Experience Center: using hands and eyes together	
	Motor Experience Center: Balls, balls, and balls	
	Multisensory experience center: Oranges, oranges, oranges	
	Language experience center: a look at books	
	Language experience center: Rhymes and songs	

	Language and hearing experience center: listening time	
	Emotions experience center: a look into the mirror	
	Approaches to Learning	
	Approaches to learning in the early years	
	PARENTING BEHAVIORS	
	Parenting makes a difference	
	Feeling safe while exploring and taking “good” risks	
	Getting to know your baby’s cues through infant massage	
	Your nurturing touch: Practicing infant massage	
	Space and structure for your little explorer	
	Toy safety	

	Babies and TV: a healthy start on screen time	
	Toddlers need a TV guide-YOU!	
	Noticing and responding to cues	
	Choosing age-appropriate toys for babies	
	Choosing age-appropriate toys for toddlers	
	Communicating with babies: more than words can say	
	Your baby is telling you something	
	When the crying won’t stop	
	Toddlers and crying	
	Communicating with your child through signs	
	Making music with your baby	
	What you bring to your baby’s learning	
	Face pattern	
	Puzzle play	
	Exploring music: ways to have fun with your child	
	Parent/child interaction	
	Interacting with your child	
	Adding books to your home	
	Reasons to read to your baby	
	Creating life-long readers	
	Visually adapted-Creating Life-Long readers	
	Using books to explore your child’s emotions	
	Choosing books for your baby	
	Choosing books for your toddler	
	Choosing books for your preschooler	
	Reasons to share rhymes and songs with your baby	
	The rhymes and songs add a page book A-Z	
	Play	
	Play is learning	
	Visually adapted-Play is learning	
	Let’s play outside	
	Visually adapted-let’s play outside	
	Ways to have fun with your child	
	Pretend play with your child	

	Let the games begin-games for young babies	
	Playing Peek-a-Boo with your baby	
	Let the games continue-games for older babies	
	Your baby's experiments with cause and effect	
	Playing games with your toddler	
	Baby bytes- computers and your toddler	
	DEVELOPMENT- CENTERED PARENTING	
	attachment	
	PARENTING AROUND DEVELOPMENT	
	Things I heard and learned	
	Ways to build attachment with your baby	
	Attachment is good for your baby's brain	
	What is your role in helping your child develop Secure attachment?	
	Prenatal attachment	

	Discipline	
	My views on discipline	
	Positive discipline	
	Helping your baby learn about limits	
	Disciplining your toddler	
	Ow! My child is biting!	
	Taming a temper tantrum	
	Handling frustration before a tantrum starts	
	Health	
	Teamwork: your medical home	
	Well-baby checkups	
	My child's medical visit	
	Your baby is sick. Now what?	
	Tips for taking your child to the Doctor	
	At the emergency room	
	Immunizations are important!	
	Keeping germs away	
	Your baby's head shape	
	Your baby's teeth	
	Keep your toddler's winning smile	
	Eye-opening facts about your baby's vision	
	Seeing simple patterns	
	What your baby sees	
	Your baby's hearing	
	Helping your toddler listen and hear	
	Protect your child's hearing from ear infections	
	Getting your baby off to an active start	
	Designing an active lifestyle for your toddler	
	Helping your child handle stress	
	Helping your child make transitions	

	Helping your child cope after a crisis	
	Pretend play after scary events	
	Nutrition	
	Why breastfeed?	
	Formula feeding	
	Tips on breastfeeding	
	Breastfeeding and the working mom	
	What if I can't breastfeed?	
	Helping your baby avoid allergies	
	How long will I breastfeed?	
	Weaning from breastfeeding	
	Weaning from thumb-sucking, pacifiers, or bottles	
	Feeding your baby solids	
	Visually adapted-feeding your baby solids	
	Helping your baby learn to feed himself	
	Tips for making mealtimes pleasant and healthy	
	Avoiding food fights	
	Visually adapted-avoiding food fights	
	Directions for my daily food plans	
	My daily food plan	

	Safety	
	Safety	
	Protecting your child from lead	
	Keeping your baby safe	
	Staying safe on the go	
	Creating a safe home for your child	
	Visually adapted-creating a safe home for your child	
	Planning for an emergency	
	Play it safe with animals	
	Safety tips for homemade toys	
	Guard against choking	
	Helping to prevent child abuse	
	Don't shake your baby	
	Protective factors survey	
	Childproofing your home now that you have a toddler	
	Invisible dangers to your child's brain	
	How smoke harms young children	
	Sleep	
	Safe sleep for your baby	
	Visually adapted-safe sleep for your baby	
	Sleep and your baby's development	
	Your baby's sleep routine	
	Getting your toddler to sleep	
	Moving your toddler to a big bed	
	How much sleep does your baby need?	
	How much sleep does your toddler need?	
	Being there when your toddler has nightmares	

	Transition Routines	
	Routines and your baby	
	Visually adapted-Routines for your baby	
	Understanding your child's temperament	
	Supporting your child's temperament	
	Learning to use the toilet	
	When will my child be out of diapers?	
	Family Well-Being	
	Focusing on family well-being	
	Basic essentials	
	Finding the help you need	
	Adjusting to temporary housing	
	Parenting when you can't go home	
	Harmony in my home	
	Crystal balls, rubber balls	
	slice of time	
	Physical health of the family	
	Keeping fit for yourself	
	Keeping fit for child	
	Getting the right amounts	
	Keeping healthy-now and later	
	Health fact or fiction	

	Mental Health and Wellness	
	Adjusting after your baby's birth	
	Baby blues? Or something more?	
	Family support for maternal depression	
	How am I feeling?	
	Coping with stress	
	Visually adapted-Coping with stress	
	Relaxation breathing and other ways to relieve stress	
	Visually adapted- Relaxation breathing and other ways to relieve stress	
	When you are feeling lonely	
	Visually adapted-When you're feeling lonely	
	The effects of substance abuse on child development	
	Grieving after miscarriage or stillbirth	
	Grieving for your baby	
	Talking with your child about death	
	Early care and education	
	Childcare options	
	Characteristics of quality child care	
	Evaluating child care settings	
	Two-way sharing about your child	
	Communicating with your caregiver	
	Resources for families learning English	
	Relationships with family and friends	

	Learning to value diversity	
	Your role as a Dad	
	Teenage fathers	
	What moms should know about dads	
	Parenting as a foster parent	
	Your child's Grandparents	
	My thoughts on being a grandparent	
	Grandparents raising grandchildren	
	Your child's rich multicultural life	
	Settling into your new community	
	At home in a new culture	
	Talking to your child about your disability	
	Divorce is difficult –even for babies	
	When the warning order comes: the emotional cycle of deployment	
	Your children's relationships	
	The relationship spectrum	
	Reflections of a healthy relationship	
	Helping your toddler adjust to a new baby	
	Pregnant with multiples : what next	
	Getting ready for your multiples	
	Adjusting to life with multiples	
	When control becomes a pattern	
	Are you in a cycle of abuse?	
	Recreation and enrichment	
	Tracking our family's screen time	
	Having fun on the go with baby	