

Parent Professional Learning Peer Health Educator

What is a Peer Health Educator?

A Peer Health Educator learns how to advocate for her/his family's health and how to share that information with other Head Start, ECEAP, and Early Head Start parents.

What Does a Peer Health Educator do?

- Learn how to recognize and cope with more than 200 of the most common health concerns
- Learn how to assist your child in being healthy and successful at school
- Learn about asthma and dental resources
- Discover ways to advocate for your family and make talking to your doctor easier

Who does the program serve?

This program serves all Head Start, Early Head Start, and ECEAP parents/guardians. This program is offered in English and Spanish, with interpreters available for other languages.

What will Peer Health Educators gain from this program?

Past Peer Health Educators have said that becoming a Peer Health Educator:

- "gave me more confidence in myself"
- "helped me not to be so shy"
- "decreased my visits to the emergency room"
- "got me out of the house to be with other parents"
- "helped me with taking care of my special needs child"

Peer Health Educators will receive training in health, experience teaching groups of adults, and a certificate of participation. This is a leadership opportunity to help parents grow. It's also a great job to add to their resume. If Peer Educators wish to continue their involvement in the program after the first year, they can request to return and be mentors for the new peer educators.

What is the time commitment?

Peer Health Educators spend about 20 hours in training. After the training, Peer Health Educators are expected to complete at least 3 activities/presentations at their child's site and/or other sites.

How do I Refer Parents?

- Meet with parents and discuss the Peer Leadership Opportunities available
- Complete the Parent Professional Learning Referral Form
- Fax, email or mail the completed Referral Form to the ESD by the deadline listed on the Parent Professional Learning Opportunities page

Please Note: Incomplete Referrals Will Not Be Processed