

# Facilitating Home Visits - EHS Home-Based

## Purpose

This explains how to plan for and conduct home visits with parenting families of children enrolled in EHS HB.

## Enrollment Visit(s)

Home Visitors are expected to complete enrollment (see [ERSEA Procedure](#)), including program orientation, with the family during the first 1-2 visits. Home Visitors use [Family Connections – EHS Home Based](#) and the [Family Contact Log](#) to document these visits with families. Vision, hearing, developmental (*ASQ-3*) and behavioral (*ASQ:SE-2*) screening is also completed with the child and family during the first two home visits. Program curriculum is introduced by the third home visit.

## Home Visits with Enrolled Child

Home Visitors are expected to conduct a 90-minute home visit weekly with each family. When serving a family with more than one child enrolled, additional time may be needed to allow adequate time for each child. [Head Start Performance Standards](#) require a minimum of 46 home visits be offered to each family per year.

The purpose of these home visits is to facilitate parent-child interaction that supports the child's development and learning, in preparation for school readiness and success. Home Visitors encourage interactions that enable both the parent and child to feel secure, valued, successful and happy, and to enjoy learning. Home visits also include education and resources regarding child development, child health and nutrition, parenting and family well-being.

## Pregnancy Home Visits

Home Visitors are expected to conduct a home visit every other week with each expectant mother. When visiting an expectant mother with a currently enrolled child, part of each weekly visit should be devoted to supporting the pregnancy.

The purpose of the pregnancy home visits is to provide support and resources to ensure a healthy pregnancy and healthy outcomes for the newborn. It is essential that expectant mothers be linked to ongoing prenatal and dental care. Pregnancy home visits also include education and resources regarding pregnancy health and nutrition, fetal development, childbirth preparation, maternal mental health, newborn health, development and nutrition (including breastfeeding), family planning, and family support. Home Visitors use the [Pregnancy/Postpartum Services Checklist](#) to track topics introduced during pregnancy and postpartum visits. Efforts should be made to engage and support the expectant father whenever possible.

## Postpartum Home Visits

Home Visitors are expected to visit postpartum families on a weekly basis for the first six weeks following the baby's birth (see the recommended schedule on the next page).

The purpose of the postpartum home visits is to provide support and resources to ensure a healthy postpartum recovery for the mother, healthy outcomes for the baby, and the development of a healthy attachment relationship between mother and baby. It is essential that both the mothers and their newborns are linked to ongoing health care. Postpartum home visits also include education and resources regarding maternal health, nutrition and postpartum recovery, maternal mental health, infant health development and nutrition (including breastfeeding), family planning, and family support. Home Visitors continue to track topics on the [Pregnancy/Postpartum Services Checklist](#).

6-Week Postpartum Visit Schedule	
Week 1	<ul style="list-style-type: none"> <li>• First week following birth of the baby.</li> <li>• Focus on the childbirth experience, maternal well-being, and breastfeeding/feeding.</li> </ul>
Week 2	<ul style="list-style-type: none"> <li>• <a href="#">Two-Week Postpartum and Newborn Visit Summary</a> is completed.</li> <li>• Continue to focus on postpartum recovery, maternal well-being, and feeding.</li> </ul>
Week 3	<ul style="list-style-type: none"> <li>• Begin to shift some focus to the baby's well-being.</li> <li>• Follow up on any concerns from the <a href="#">Two-Week Postpartum and Newborn Visit Summary</a> and well-child exam, including growth, feeding, sleeping, and health-related concerns.</li> <li>• Follow up on any postpartum recovery concerns.</li> </ul>
Week 4	<ul style="list-style-type: none"> <li>• Continue to follow up on both mother's and baby's well-being.</li> <li>• Begin to complete child enrollment paperwork.</li> </ul>
Week 5	<ul style="list-style-type: none"> <li>• Continue to follow up on both mother's and baby's well-being.</li> <li>• Continue to complete child enrollment paperwork.</li> <li>• Begin orientation regarding family home visits.</li> </ul>
Week 6	<ul style="list-style-type: none"> <li>• Continue to follow up on both mother's and baby's well-being.</li> <li>• Have mother complete an <a href="#">Edinburgh Maternal Depression Screening</a>.</li> <li>• Discuss and provide resources as needed.</li> <li>• Complete family visit orientation.</li> <li>• The following week will be the first family home visit with the child enrolled.</li> </ul>

### All 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*, *Partners for a Healthy Baby*, etc.) can 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 use interpreters to help facilitate home visits in the family's primary language at the family's request.

### Home Visit Planning and Summary Form Procedure

After the enrollment visit, Home Visitors use the [Home Visit Planning and Summary Form – EHS Home-Based](#) for planning, guiding, and summarizing each home visit. Include the following:

#### Planning Curriculum

- A Parent-Child Interaction activity or experience planned with the family that supports the child's development and progress toward school readiness. For pregnancy visits, select activities that support a healthy pregnancy and/or preparation for the newborn's arrival.
  - Check the box(es) of the targeted developmental areas
  - Document activity page from *PAT* or a brief description of the activity
  - Document books to be shared
  - Check the box of the targeted Parenting Behavior to be discussed
  - Document selected *Parent Educator Resource*, *Parent Handout*, and key points
- A Development-Centered Parenting topic selected with the family
  - Check the box(es) of the targeted developmental areas to be discussed
  - Document selected *Parent Educator Resource*, *Parent Handout*, and key points
- A Family Well-Being topic selected with the family
  - Check the box(es) of the targeted categories to be discussed
  - Document selected *Parent Educator Resource*, *Parent Handout*, and key points

## Home Visit Planning and Summary Form Procedure continued

### During the Visit

- Review and/or update [Family Strengths and Goal Planning Form](#)
- Administration of screening (vision, hearing, *ASQ-3* and *ASQ:SE-2*) or review of screening results
- Review of developmental assessment results
- Review of progress toward IFSP goals (as appropriate)
- Review of and/or updates to health and nutrition information: [Pregnancy Health History](#) or *Health History (0-12 months* or *1-5 years)*, immunizations, well-child exams, dental exams, [Food Introduction Record](#), etc.
- Administration of [Edinburgh Maternal Depression Screening](#) and/or review of screening results (as appropriate when working with a pregnant or postpartum mother)
- Any other follow up needed or appropriate to support the family and/or child

### Implementing Curriculum

- Complete the Check-In section of the form. Document parent observations of their child during the past week.
- Introduce the Parent-Child Interaction activity and facilitate healthy interaction by providing only as much support as is 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.

### Closing

- Document family's plan for supporting their child's development during the week.
- Schedule and plan the next home visit with the family by choosing the activity (including materials and who will provide them) and topics for the following week(s).
- Remind the family of the next Playgroup. If the family plans to attend, document the family's plan for interaction at the Playgroup. If the family is not attending mark the related box.
- Document follow up needed and/or requested by the family, including family goals, screening, assessment, well-child exams, and immunizations.