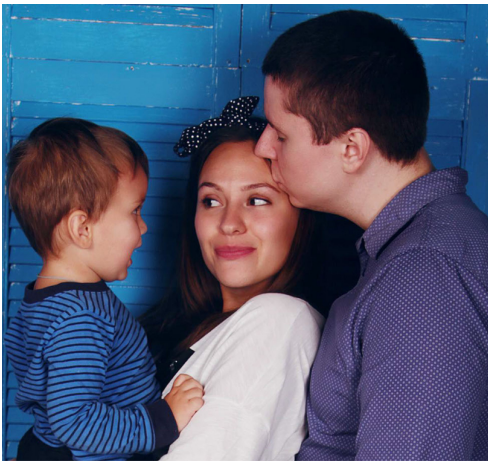


# NM Home Visiting Bits and Bites

May 2023



## Honoring the Resiliency and Innate Strengths of Young Parents

## Early Childhood Education and Care Department (ECECD) Updates

## Story from the Field

## Home Visiting, Dates on the Horizon

## For More Information or to Submit an Article

## Honoring the Resiliency and Innate Strengths of Young Parents

by Julie Bergkamp, MH-E

In an interview I had with a home visitor exploring best practices in working with young parents, she simply stated, “Treat them like you would any other parent...focus on what is important to them, what they want for their child, their goals and visions”. Yes, there may be unique needs that young parents present, but taking an asset-framing approach can help the parent see their power, autonomy, and gifts.

**“Human beings are hardwired to create and act upon narratives. We crave the moral direction stories provide. And whether we know it or not, we constantly default to these narratives...”**

**-Travian Shorters  
Founder and CEO of BME Community**

Asset framing is a way of defining people by their strengths, aspirations, and innate goodness before noting the challenges they face (CHCF, 2021). This is a shift in narratives. We see this a lot in working with young parents, we may think about their needs before the assets and aspirations they

bring to their role as a parent. One home visitor spoke about a young parent who saw this as a re-do, this parent saw her pregnancy as an opportunity to do things differently from her childhood (Hint: Reflections on Parenting tool).

When we define people by perceived deficits, this is stigmatizing, which can have implicit and explicit cognitive and social consequences. This is directly related to our commitment to diversity, equity, and inclusion, “imagine a society where diversity is viewed as a strength, where equity is achieved, where inclusion is valued and supported (CHCF, 2021).” I offer this as a drop of information when creating goals with families, promotion/outreach of services, framing needs, and in numerous other spaces when we are advocating on behalf of young people and other resilient families we walk alongside.

### References

- California Health Care Foundation. (2021). Understanding asset-framing: Guidelines for CHCF authors. Retrieved April 14, 2023, from <https://bit.ly/3LayY5R>
- Skillman Foundation. (2018). Travian Shorters: Define People by Their Aspirations, Not Their Challenges. YouTube. Retrieved April 14, 2023, from <https://bit.ly/40lloSn>

## EARLY CHILDHOOD EDUCATION & CARE DEPT (ECECD)

CQI's are in process and the ECECD HV team are pleased with the progress programs are making. We noticed some great strategies for building connections with local agencies and resources as well as innovative ideas for group engagements.

The Circle of Security training for new staff is scheduled for May 22 through May 25. We are excited that we can offer this in person this year.

The Annual Meeting for program managers and supervisors will be held June 14 in Albuquerque. The afternoon portion of the day will be a joint meeting with our FIT partners. This will be a great opportunity to make connections with new staff and share information to establish or improve collaboration between our sister organizations.

The Regional Baby Shower Committee has had one meeting so far to plan and more meetings are scheduled. Activities by different programs are being proposed for each region and attendees will receive a lot of great information as they are introduced to home visiting. We anticipate successful recruiting ahead!

### Regional Baby Shower Schedule

|         |                                   |
|---------|-----------------------------------|
| 5/12/23 | Española,<br>Mission and Convento |
| 5/26/23 | Albuquerque,<br>Explora!          |
| 5/31/23 | Roswell,<br>Convention Center     |
| 6/2/23  | Farmington                        |
| 6/16/23 | Las Cruces,<br>Hilton Garden Inn  |



**Lisa Lostetter, RN, IBCLC**  
Nurse Home Visitor  
Nurse-Family Partnership Program, ABQ, NM

## STORY FROM THE FIELD

I've been working with a young mom (18 years old) who enrolled in home visiting early in her pregnancy. When I first met this mom, she was living at home with her parents, her younger siblings, and her boyfriend/baby's dad, who is also a teen.

During the first few months that I worked with this mom, even though her boyfriend was usually home during my visits, he didn't participate in the visits. Sometimes he would open the door when I arrived, but he would immediately walk off into another room, away from where his girlfriend and I were meeting.

One day, as Mom was getting close to her due date, she asked me to meet her at the home of her boyfriend's grandma, where she and her boyfriend were staying for a few days.

When I arrived, Dad opened the door for me and then walked off to clean the kitchen. Meanwhile, Mom led me into the living room, where we could discuss her support during labor and delivery. Although Dad was clearly preoccupied with cleaning, I thought that it was important for him to join our conversation, because he would probably be the person who could provide the type of support that this mom and I were talking about. So, I approached dad, apologized for interrupting him, filled him in on what his girlfriend and I had been talking about, and invited him to join our conversation. He seemed surprised and somewhat apprehensive, but he agreed to join us.

We talked more about what to expect during labor and delivery, and about specific things that partners can do to make moms feel as comfortable and supported as possible over the course of their birthing journey. I invited this dad to share his thoughts about what "he" would like to see happen before and after his baby would be born, and also about what he could say or do to make the birthing experience as positive as possible for his girlfriend, his baby, and himself.

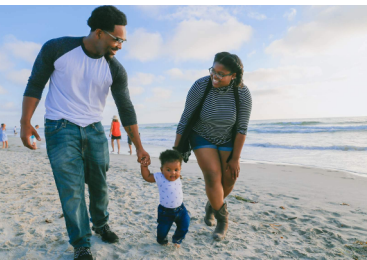
I was concerned that I may have upset this dad, by asking him to step away from what he was doing and join in on a conversation that he maybe didn't want to be a part of at the time. But as I

was packing up to leave, Mom pulled me aside and thanked me for actively including her boyfriend in our visit. She told me he really appreciated being included. She described how he'd been attending most of her prenatal care visits with her, and how the medical staff would usually greet him, but once they began to ask questions or share information, they would direct their conversation only to her. She shared that her boyfriend had often voiced frustration about this---to her, but not to the medical providers. She said it meant a lot to her boyfriend, for me to have recognized and respected the fact that he had an important parenting role to play.

That visit proved to be a turning point in my relationship with this young family. Since that visit, dad has participated in ALL of my home visits with mom. (Although mom remains my "official" home visiting client, I now think of myself as a home visitor to this family.) Both mom and dad have maintained a high level of engagement during our conversations about infant care, infant development, and other parent-related topics. They've also remained open and engaged when we talk about their progress with school and their hopes and dreams for the future.

Since their baby was born, mom and dad have shown themselves to be highly dedicated and attentive parents. Mom has been exclusively breastfeeding her baby since he was born, and both parents have demonstrated a strong attachment to their baby and great pride in his achievement of new developmental milestones. At the same time, they've maintained good attendance in school. Dad enrolled in a mentorship program that I recommended for him, he started his first job (working part-time, after school), and joined his girlfriend and me in our practice of setting goals to achieve in between our home visits.

It's been a privilege for me to work with these young parents over the last six + months and I look forward to a continued partnership with them in the months and years ahead.



Home Visiting Training Calendar



Previous COL Sessions, Articles, Tips & Resources



Reflective Practice



## HOME VISITING DATES ON THE HORIZON

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| <p><b>May 3, 4, 17, 18</b></p> <p>New Home Visitor Training Interactive Orientation</p> <p>9:00 a.m.-12:30 p.m., via Zoom</p> | <p><b>May 4, 23</b></p> <p>Reflective Case Reviews</p> <p>1:30 p.m.-2:30 p.m., via Zoom</p>   | <p><b>May 8, 17</b></p> <p>Reflective Case Reviews</p> <p>9-10 a.m., via Zoom</p>   | <p><b>May 9</b></p> <p>Community of Learners: Young Parents</p> <p>10:00 a.m.-11:45 a.m., via Zoom</p>                                | <p><b>May 11, 12</b></p> <p>Ages and Stages Questionnaires Training</p> <p>9:30 a.m.-1:00 p.m., via Zoom</p>  | <p><b>May 12</b></p> <p>ECECD Baby Shower - Española</p> <p>11 a.m.-3:00 p.m., 1 Calle De Las Españolas, Española</p>                             |
| <p><b>May 23</b></p> <p>Supporting the Home Learning Environment</p> <p>10-11 a.m., via Zoom</p>                              | <p><b>May 26</b></p> <p>ECECD Baby Shower-Albuquerque</p> <p>11 a.m.-3:00 p.m., Explora, 1701 Mountain Rd. NW, Albuquerque</p>                | <p><b>May 31</b></p> <p>ECECD Baby Shower-Roswell</p> <p>11 a.m.-3:00 p.m., Convention Center, 912 N. Main St., Roswell</p>       | <p><b>June 1, 27</b></p> <p>Reflective Case Reviews</p> <p>1:30 p.m.-2:30 p.m., via Zoom</p>  | <p><b>June 12, 21</b></p> <p>Reflective Case Reviews</p> <p>9-10 a.m., via Zoom</p>   | <p><b>June 13</b></p> <p>ECECD Baby Shower-Farmington</p> <p>11 a.m.-3:00 p.m., Sycamore Park Community Center, 1051 Sycamore St., Farmington</p> |
| <p><b>June 13</b></p> <p>Community of Learners: Grandparents Raising Grandchildren</p> <p>10:00-11:45 a.m., via Zoom</p>      | <p><b>June 14</b></p> <p>Home Visiting Annual Meeting</p> <p>8:30 a.m.-3:30 p.m., Marriott Pyramid 5151 San Francisco Rd. NE, Albuquerque</p> | <p><b>June 16</b></p> <p>ECECD Baby Shower-Las Cruces</p> <p>11 a.m.-3 p.m., Hilton Garden Inn 2550 Don Roser Dr., Las Cruces</p> | <p><b>June 30</b></p> <p>NM ECECD: Implementing Hands-On Materials to Support Children &amp; Families</p> <p>10-11 a.m., via Zoom</p> | <p>Visit the HV Training Calendar link above or <a href="#">HERE</a> to register.</p> <p>If you cannot attend an event/training that you registered for, please cancel in advance to allow those on the waiting list to register.</p> |   |

### MAY OBSERVANCES & CELEBRATIONS

May 7-13, Teacher Appreciation Week

Mental Health Awareness Month



## SUBMIT NEWS!

To submit information to be shared in future newsletters, please send an email to: [HSC-ECLN@salud.unm.edu](mailto:HSC-ECLN@salud.unm.edu)

For more information, visit us below.



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