

# CARING CONNECTIONS

## 12 Month Visit Guideline for On-Going Home Visitors

1. Review of current family information. Include any changes in address, phone number or family structure.
2. Present child with 12-Month incentive gift (choice of book) compliments of the Caring Connections program. Thank them for continuing on with the program and accepting the 12-Month visit!!
3. Discuss current medical information as outlined on the form.
  - Discuss past immunization schedule and well-baby check-ups:
  - Has child received: 2, 4 & 6 month shots/check-up?
  - Has family scheduled 15-month shots/check-up?
  - Discuss past/current breastfeeding information for data tracking purposes.
  - Make appropriate referrals for questions/concerns raised by family concerning child's health.
  - Can this family utilize services offered by Otter Tail County Public Health?
4. Discuss current parent/child care information.
  - Has the parent been able to establish a regular daily routine with the child and has the child/family adjusted well to the routine?
  - Concerns about current child care arrangements? Can this family utilize services from Child Care Resource & Referral?
  - What is parent(s) favorite activity with infant? Biggest parenting struggle?
  - Issues or struggles with managing family and work for one or both parents?
5. Discuss current child development:
  - Refer to Language Development outline. Is child beginning to use words and imitate sounds?
  - Does parent have any concerns about child's hearing?
  - Introduce "Activities for Infants"
  - Is child crawling, pulling to stand, standing with support and/or walking?
  - Sitting up without support?
  - Discuss teething questions and issues and importance of proper cleaning for baby teeth.
  - How often and much is the child eating? Discuss importance of frequent meals/snacks and difficulties with meal times and children who are picky eaters. Provide information on ways to wean child from the breast/bottle, if appropriate.
  - Concerns from parents about sleep patterns for child? Discuss ways of getting toddler to sleep better during the night.
  - Does the parent have any unique positive discipline techniques that seem to work well? Discuss other positive parenting techniques that might be useful in the upcoming months.
  - Discuss moods and temperament of toddler and brochures, "Know How for Parents."
6. Discuss and review home safety information.
  - Talk about not leaving toddlers unsupervised in rooms or areas that are out of sight.
  - Continue to keep plastic bags, balloons and small objects away from toddlers.
  - Check on water hazards (open toilet seats, pools, buckets, sinks, washers, etc.)
  - Encourage parents to look at home from the level of the child – crawl on knees from room to room to see at toddler's eye level.

- Be sure all outlets are properly covered and electrical (lamp, TV, etc) cords are out of reach of toddlers. Give parent the outlet covers as a gift from the Caring Connections program.
  - Discuss poison prevention and pet safety.
7. Discuss local resources for families, including:
- Parenting classes for toddlers/families through local ECFE programs; encourage families to contact the local centers for specific toddler and sibling classes available.
  - Local Head Start centers for families with older children who may qualify. Give the family information on Head Start, if requested, and encourage families to apply EARLY!
  - Does this family have any developmental concerns that may require referral to Early Childhood Special Education?
  - Can this family utilize voluntary services offered by Otter Tail County Human Services?
- \*\* Does this family know they can call First Call for Help at 218-736-2856 or toll free at 800-543-7709 ( soon to be “211”) to find out information about all kinds of services that might meet their needs?**
8. Discuss importance of parent/family health:
- What are Mom & Dad doing to take care of themselves?
  - Are there any concerns for Mom or Dad on feelings of well-being?
  - Are Mom & Dad getting enough rest?
  - Are Mom and Dad able to spend enough quality time together and with the child as a family?
9. Discuss importance of literacy and reading to toddler’s frequently, before or after nap or bed times, and importance of establishing a regular daily reading routine.
10. Provide additional referral information for specific family needs. Make sure parent has the opportunity to raise other questions/concerns. Does this parent have any special requests for information to be distributed at the 18 month visit?
11. Thank family for participating in Caring Connections and encourage them to share information about our program with neighbors, family & friends! Encourage them to contact and make a connection with local community resources, as previously discussed.
- 12. Is parent(s) interested in serving on the Caring Connections Parent Advisory Board?**
13. Remind them that next visit will occur at 18 months and you will be calling to schedule that visit!