

Supporting Healthy Start Performance Project NEWSLETTER



Strengthening Healthy Start to support family health and well-being

TA & Support Center News & Updates

April/May Healthy Start Events & Deadlines

Deadlines:

- Apr 30 [Certified Lactation Counselor \(CLC\) Scholarship Application Due](#)
- Apr 30 Aggregate Report (Excel) Due
- May 15 HSMED-II Report (CSV or XML) Due
- May 30 Aggregate Report (Excel) Due
- Ongoing Fathering in 15 Curriculum

Events:

- Apr 22 [Harambee: Creating Context for Equity and Justice Series Webinar #3](#)
- Apr 27 [Rapid Response Virtual Home Visiting Series Webinar #2](#)
- Apr 28 HS Fatherhood Cohort Meeting #4 — *Cohort members only*
- Apr 28 [Conversations with the Division](#)
- May 3 [Maternal Mental Health Webinar #2](#)
- May 5 [Focus Group: The Legacy of Slavery & Impact of Racism on Breastfeeding](#)
- May 6 NPCL Fatherhood Development Training Day 1 – *Registrants only*
- May 7 NPCL Fatherhood Development Training Day 2 – *Registrants only*
- May 11 [Fatherhood Talk Tuesday](#)
- May 17 TIROE CoP Learning Session #1 – *COP members only*
- May 18 [Maternal Mental Health Webinar #3](#)
- May 19 Healthy Start COIN Meeting #6 — *COIN members only*
- May 19 HS Evaluation Cohort Meeting #2 — *Cohort members only*
- May 20 [Quality Improvement Learning Academy Session #4](#)
- May 26 [Rapid Response Virtual Home Visiting Series Webinar #3](#)
- May 27 [HS CAN Learning Academy Session #1](#)

Healthy Start Staff Support Groups

The Healthy Start TA & Support Center (TASC) is partnering with Postpartum Support International (PSI) to provide two weekly online Healthy Start Staff Support Groups: one for Healthy Start Project Directors/Managers and one for Healthy Start Frontline Staff. Led by PSI Facilitators, this group is a confidential place for you to share, receive support, and support one another. These groups will be hosted weekly through May 2021.

- The Frontline Staff Group meets every Wednesday from 3-4 p.m. EST. [Click here to register.](#)
- The Project Directors/Managers Group meets every Monday from 2-3 p.m. EST. [Click here to register.](#)

Rapid Response Virtual Home Visiting Series Webinar #2

Please join TASC for the second webinar in the three-part Rapid Response Virtual Home Visiting Series on **Tuesday, April 27 from 2-3:30 PM EST**. This webinar and interactive discussion will focus on strategies for family engagement in virtual connections, along with the important roles families and Healthy Start staff play in this process. To register, [please click here](#).

Conversations with the Division

Please join the Division of Healthy Start and Perinatal Services (DHSPS) for **Conversations with the Division on Wednesday, April 28 from 12-2 p.m. EST**. During this webinar, DHSPS staff will share key updates and information for Healthy Start Grantees. To register, [please click here](#).

In Case You Missed it...

CIGNAL for Perinatal Mental and Behavioral Health Webinar

TASC recently hosted the Change Ideas to Grow, Nurture, and Lift Ideas (CIGNAL) for Perinatal Mental and Behavioral Health webinar. During this webinar, we reviewed the maternal health continuum of care, discussed challenges that the grantees are facing in addressing perinatal mental and behavioral health, and explored potential strategies to promote mental and behavioral health. This webinar featured several subject matter experts, who identified helpful resources and partnership opportunities for grantees. To access the webinar recording and slides, [please click here](#).

Rapid Response Virtual Home Visiting Webinar

TASC recently hosted the first webinar in the Rapid Response Virtual Home Visiting Program (RR-VHV). This series discusses the challenges around providing virtual home visiting services during the COVID-19 pandemic, the opportunities that virtual service delivery provides, and strategies for building and sustaining strong relationships with families virtually. To access the slides and recording from the first webinar, [please click here](#). To register for the next webinar on April 27, [please click here](#).

Quality Improvement Learning Academy Session #3

TASC recently hosted the third session in the four-part Quality Improvement Learning Academy. This Learning Academy focuses on building knowledge and skills around Quality Improvement and is facilitated by HS TASC staff, in partnership with Quality Improvement Advisor Jane Taylor, over a period of approximately 4 months. To access the slides and recording from Session 3, [please click here](#). To register for the remaining sessions, [please click here](#).

How Can We Support You?

We want to better understand how we can support you in navigating the next year in the midst of the pandemic. [Please take five minutes to complete this](#)

[short survey.](#)

We truly appreciate your ideas and input and look forward to responding to your needs. As always, we encourage you to send stories about your successes and challenges to healthystart@nichq.org. Your #HealthyStartStrong story may be featured in an upcoming webinar or newsletter.



April: Child Abuse Prevention Month

April is [National Child Abuse Prevention Month](#), an opportunity to recognize the importance of strengthening families and communities to prevent child abuse and neglect. According to the [United States' Children's Bureau](#), child abuse includes any act or failure to act that results in physical, emotional, or sexual harm to a child. [Neglect](#) can include physical neglect (not providing food, clothing, shelter, etc.), emotional neglect (not providing love, comfort, etc.), medical or educational neglect (not providing access to needed medical care or education), or supervisory neglect (not providing appropriate supervision).

This topic is more important than ever, given the COVID-19 pandemic and its impact on family and child welfare. As we have seen over the past year, families of color have been disproportionately impacted by COVID-19 and have experienced an exacerbation of existing [racial and ethnic disparities](#) in health, food security, housing stability, and economic security. According to the Centers for Disease Control and Prevention (CDC), these stressors – in addition to the school closures, loss of income, and social isolation caused by the pandemic – have [increased the risk](#) for child abuse and neglect. Simultaneously, physical distancing has [reduced contact](#) between children and mandated reporters and other protective adults (e.g., teachers, mentors) who commonly report abuse and neglect.

Healthy Start projects play an essential role not only in preventing abuse and neglect among participants, but also in helping mothers, fathers, infants, and families thrive. Healthy Start staff can help families identify protective factors, build their family and community support systems, and develop positive parenting skills. To support Healthy Start programs in these efforts, the TASC has gathered the below resources. We hope this information guides your day-to-day interactions with families and strengthens your work to protect and promote children's health.



Tips for Parenting in a Pandemic

The American Academy of Pediatrics (AAP) has compiled [tips for keeping calm](#) and [preventing violence](#) while staying at home during the COVID-19 pandemic. This includes guidance for using positive discipline, avoiding physical punishment, and never shaking children when feeling stressed or frustrated.

Building Hope Handout

Healthy Outcomes from Positive Experiences (HOPE) is part of the Center for Community-Engaged Medicine, a research center at Tufts' Institute for Clinical Research and Health Policy Studies. HOPE developed [a handout](#) to support families in fostering positive experiences in the face of adversity, such as the COVID-19 pandemic.

Navigating the Unknown: Family Support Podcast

The University of North Carolina's Jordan Institute for Families created a [podcast series](#), which offers expert information, tips, and resources for navigating family stress and strengthening family relationships. Topics include living with young children, understanding stressors, and finding self-compassion.

National Child Abuse Hotline

[Childhelp National Child Abuse Hotline](#) (1-800-4-A-CHILD or 1-800-422-4453) is dedicated to preventing child abuse by connecting families with professional counselors who can provide crisis intervention and referrals to emergency services. The hotline is available 24 hours a day, 365 days a year. [Their website](#) also includes guidance for building a safety plan and more.

Webinar Series: Positive Parenting During COVID-19

Stanford University's Division of Child and Adolescent Psychiatry and Child Development is hosting a [three-part webinar series](#) on positive parenting during the pandemic from April-June, 2021. Topics include building resilience, managing screen time, and more.

Identifying Abuse in Young Children

Identifying child abuse and maltreatment among young children can be challenging. Whole Child has developed a list of [common signs of child abuse](#) – including physical, sexual, and emotional abuse and shaken baby syndrome – in children ages 0-5 years.

Healthy Parenting Resources

The World Health Organization (WHO), in partnership with other organizations, has created several resources around [healthy parenting](#) during the COVID-19 pandemic. This includes free, downloadable posters about remaining positive, [addressing misbehavior](#), and [keeping calm and managing stress](#).

Positive Parenting Resource Pack

The Centers of Disease Control and Prevention, WHO, UNICEF, and other organizations developed [this resource pack](#) to promote positive parenting during the pandemic. Topics include addressing anger in healthy ways, parenting in crowded homes and communities, and making the most of one-on-one time with children.

Fatherhood Talk Tuesday

In the TA & Support Center's most recent Fatherhood Talk Tuesday, Dr. Derrick Gordon discussed fathers' role in positive parenting and how Healthy Start staff can work with dads in their communities to promote positive parenting and identify obstacles that may hinder fathers from being involved with their children. To view the webinar recording, [please click here](#).

Positive Parenting Resources on Healthy Start EPIC Center

The TA & Support Center has compiled a list of evidence-based practices around positive parenting and child development. [This list](#) includes a variety of different resources that can be used by Healthy Start staff to support families in their community.

Other Resources:

Black Maternal Health Week Resources

Black Maternal Health Week – founded and led by Black Mamas Matter Alliance (BMMA) – takes place every year from April 11 –17. The week serves to amplify the voices of Black mothers and center the values and traditions of the reproductive and birth justice movements. BMMA has created [several resources](#) for Black Maternal Health Week, including a toolkit, film guide, and list of local events.

Black Maternal Health Week Webinars

In honor of Black Maternal Health Week, the National Birth Equity Collaborative (NBEC) hosted a series of webinars on topics such as “Taking Care of Black Mamas,” “How the Momnibus Seeks to Improve Black Maternal Health Outcomes,” “Black Women's Health & the Epidemic of Racism” and more. To review the list of webinars and access the recordings, [please click here](#).

HRSA MCHB Region 5 Webinar Series

The Health Resources and Services Administration's (HRSA) Maternal Child Health Bureau (MCHB) is working in partnership with HRSA Office of Regional Operations (ORO) to host a webinar series considering the root causes of racial disparities that can further inform and strengthen state-initiated efforts to eliminate racial disparities in infant mortality. For more information and to access the recordings of the webinars, [please click here](#).

ICCFASD Public Meeting

On Friday, April 23 from 11 a.m.-4:30 p.m. EST, the Interagency Coordinating Committee on Fetal Alcohol Spectrum Disorders (ICCFASD) is hosting a [public meeting](#). ICCFASD fosters improved communication, cooperation, and collaboration among disciplines and federal agencies that address issues related to prenatal alcohol exposure. Attendees can submit questions and comments live during the meeting by completing an online form. Prior to the meeting, questions and comments can be submitted at NIAAA-ICCFASD@mail.nih.gov. Questions will be answered during the meeting or directly by email.

MTAP Virtual Training Opportunities

The Maternal Telehealth Access Project and partners are pleased to offer several virtual training opportunities in Spring 2021 to support maternity care providers and organizations to navigate the challenges of providing care during the COVID-19 pandemic, especially via telehealth. The first is a two-part webinar series on [Telehealth, COVID-19, and Intimate Partner Violence: Increasing Safety for People Surviving Abuse](#) and the second is a [Maternal Health Telehealth Forum](#).

Multilingual Resources and Materials

The U.S. Department of Health and Human Services (HHS) is committed to improving cultural competence and providing everyone equal access to quality care. Below are a few of the multilingual resources offered by HHS that you can access and share with your communities:

- [Community Engagement Alliance \(CEAL\) Against COVID-19 Disparities Tip Sheets](#)
- [Translated Resources and Materials for Medicare Providers](#)
- [CDC Multilingual Resources](#)
- [FDA Multilingual COVID-19 Resources](#)

COVID-19 Community Corps

Join the COVID-19 Community Corps, a nationwide, grassroots network of local voices people know and trust to encourage Americans to get vaccinated. Community Corps Members will regularly receive updated public health information and resources to use with their communities to help get friends, family, and followers vaccinated. The campaign is expanding its reach by engaging with a broad range of groups and individuals, including trusted community organizations, local leaders, and others sharing the goal of increasing vaccine confidence and uptake. To become a member, sign up at www.hhs.gov/covidcommunitycorps.



Healthy Start Fatherhood Corner

The Healthy Start TA & Support Center is excited to support Healthy Start staff in their efforts to engage fathers. To that end, we will share resources and information for Healthy Start programs and fatherhood coordinators related to fathers/partners in this “Fatherhood Corner” of the SHSPP monthly newsletter.

If you are doing work that specifically demonstrates successful inclusion of fathers in your MCH program, you are invited to share your story with us so that it can possibly be featured in the Fatherhood Corner! Please email your stories to healthystart@nichq.org.

Parter4Fatherhood (P4F)

TASC is excited to launch Parter4Fatherhood (P4F), an informal group that will bring together new and experienced Fatherhood Coordinators to connect, share wins and barriers, and discuss their Healthy Start Projects’ work around fatherhood. If you are interested in participating in this group, please email healthystart@nichq.org.

Parenting While Black Webinar Series

This series from Brazelton Touchpoints Center provides a welcoming space for Black families to share experiences and to discuss strengths-based and culturally responsive ideas. Upcoming topics include development across the early years and Black brilliance and resilience. To learn more and to register, please [click here](#).

Moynihan Institute Webinars

The Moynihan Institute for Research and Policy conducts research and provides policy positions on issues that impact Black families from the perspective of fathers. Each month, the institute hosts a webinar for fathers. Future topics include “Black Men, Black Families, and Black Data” and “Employment and Wealth Gap Opportunities for Black Fathers.” To learn more and to register for a webinar, please [click here](#).

Virtual Fatherhood Summit

The Child and Family Research Partnership (CFRP) at the University of Texas at Austin is hosting its sixth annual Fatherhood Summit virtually on June 17-18, 2021, featuring keynote speaker Joe Jones, Jr., founder and CEO of the Center for Urban Families. This year's theme, "Taking Research to the Field," will focus on how research and evidence can be applied on the ground when supporting fathers and families. For more information, [please click here](#).



Hosting or attending an exciting event or webinar?

We will use the EPIC Center [Training Calendar](#) to share information about events specifically planned for Healthy Start projects, as well as other relevant webinars, trainings, and other events that are open to the public. If you know of events or trainings that you think other Healthy Start projects should be aware of, please feel free to send information to healthystart@nichq.org.

Have questions? Either respond to this email or contact the sender on healthystart@nichq.org

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