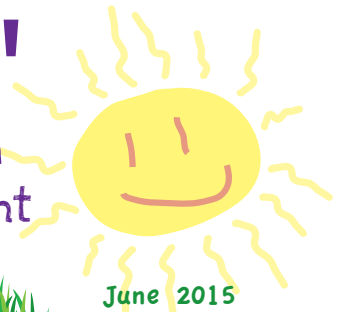




I Mandikiki!

For Guam Families with Children Birth To Eight



Volume 9, Issue 1

June 2015



Project Bisita I Familia



Project Bisita I Familia (Project Bisita) is Guam’s only home visiting program that supports women before and after pregnancy by promoting the importance of pre-natal care and well-baby check-ups. Project Bisita also helps parents with positive parenting skills and provides information about child development, health, and safety. The program currently serves participants who reside in Mangilao, Dededo, and Yigo. Any teen mom who lives in those villages is eligible for services. A pregnant woman or mom with an infant who is three months old or younger and lives in those three villages is also eligible, if she is facing challenges and needs help with positive parenting skills.

Since the start of services in 2012, Project Bisita has served 39 families. A total of 300 home visits have been provided using the Healthy Families America evidenced-based home visiting model and the Parents as Teachers curriculum. As a result of home visiting services, families have shown positive results and an increased level of self-sufficiency.

In May 2015, the home visitors conducted interviews with some of the participants in the program. The following are some of the questions and responses as shared by participants.

What do you like most about the program?

“Friendly staff, and they always find time and ways to help my kids and I in a way or situations.”

Noreen Fanoway

“I love the visits, weekly on a set dates. Things I’ve learned throughout the whole program has helped me as a parent. Bisita is somewhat a great guidance to bettering in understanding my kids. The activities were great learning step in knowing factors and positive ways to interact with my kids. It’s been a walk in the park learning and knowing other ways as to raising and understanding my growing child. Bisita has been a great stepping stone in the parent journey for my family. Thank you!”

Telina Hawk

“The things I like most about the program is the staff are really friendly and when you need the help their always there for you. For example if your child is sick and you need an appointment you can actually turn to your home visitor to ask to make that appointment.”

Leilani Toves

“Our home visitor has been visiting our home since my son was 3 months old, and continues to visit us. My son is now 2 ½ years old. My home visitor, along with the program itself is genuinely caring and committed to our family.”

Madeline Flores

Continued on next page

Inside this issue:

Project Bisita I Familia.....	1-3
Strengthening Families Protective Factors	4
How to Remember the Five Protective Factors	5
Power of Play.....	6
Is your Child At-Risk for Hearing Loss?	
Guam Early Learning Guidelines 3-5	7
Home Visiting for Pregnant Women, Moms & Babies	8

Project Bisita I Familia...(cont.)

“What I liked most about this program was they support me, guide me through my parenting and support me through school even though this program wasn’t part of school somewhat.”

Diantelynn Buliche

How has Project Bisita I Familia helped you and your family?

“Project Bisita really helped me and my family by coming out to check up on us if we are okay and they also check up on the children on how they are developing in their growth and so forth. And they also have helped me and my family when we need appointments when we were sick.”

Leilani Toves

“One thing that sticks out to me the most is that Project Bisita I Familia helped me to understand how to interact and care for my newborn child. Being a first time mother, at the time, and no experience with babies at all, the program made the anxiety lessen because they helped me understand the relationship between my newborn and I.”

Madeline Flores

“The guidelines and tips of parenting really helped me be a better, more positive mother and be proud of who I am, a teen mom.”

Diantelynn Buliche

“My home visitor has helped me calm down when I am stressed. She has helped me make goals and continue to move forward. She has made me feel good about myself even though I was going through rough times. My home visitor has helped me know right and wrong in what I’m doing for my children. She has helped me schedule appointments when I couldn’t.”

Chelaine Manalo

“In many ways, better understanding my kids, communication with my kids, growing with them and learning steps to improving as parents.”

Telina Hawk

What would you tell other families about Project Bisita I Familia and would you recommend this program to other families?

“I would tell them that this program is filled w/activities for their children and moms to enjoy themselves and to learn something new about parenting for the first time mommys and to other parents. And YES, I would recommend this program to other families.”

Dioantelynn Buliche

“I would recommend this program and let other families know it is a good and helpful program.”

Chelanie Manalo

“That the program can benefit their family in every way possible and the staff are always friendly and concerned in so many ways.”

Noreen Fanoway

“I would let other families know that Project Bisita is a good program for families. It’s a BIG HELP so I recommend families to try and get in to the program.”

Leilani Toves

“I would recommend this program to other families, especially to first time mothers. The home visitors are very friendly and knowledgeable, and passionate about kids. I learned a lot about my son, that I didn’t know about. They visit your house so it’s very convenient, especially if you’re a stay at home mom.”

Madeline Flores



Project Bisita I Familia...(cont.)

"I'd tell them it's a great program to help with families with. Their activities help me understand and know (what) every parent go(es) through alone. It's a great guiding tool in a way to better assess in my child needs."

Telina Hawk

Anything else you would like to say about the program...

"That they should keep on doing what they do because this really help us mothers provide and set new goals to make our children safe and happy."

Diantelynn Buliche

"Thank you Project Bisita and my home visitor for being a big impact and help for my children and I."

Chelanie Manalo

"The only thing that I would say is that Project Bisita has made a great impact to my family and have helped us in so many ways even to fulfill our goals in life."

Noreen Fanoway

"I would like to say thank you to Project Bisita I Familia for all the help they have done for me and my family."

Leilani Toves

"If you want to learn more about the development of your newborn/child, and want to educate yourself more, I recommend for you and your family to participate in Project Bisita I Familia."

Madeline Flores

"I would like to say thank you! To you and faculty for taking time to bring together this program to better ourselves for the sake of our children. They are our future and the environment would be a better place for programs as yourselves lending a helping hand. We are forever grateful. Thank you! Thank you! Thank you!"

Telina Hawk

If you are a pregnant teen, teen mom, a pregnant woman, or mom of an infant 3 months or younger and reside in Mangilao, Dededo, or Yigo, and would like to participate in Project Bisita I Familia, please contact the Department of Public Health & Social Services at 735-7104 or 634-7408.



PROJECT BISITA I FAMILIA

*Guam's Maternal, Infant, and Early
Childhood Home Visiting Program*

**Valuing Children. Strengthening Families.
Engaging Communities.**

OUR MISSION:

To improve the well-being of Guam's children,
birth to 8 years of age, and their families
through home visiting services

**For more information call: 735-7105 / 634-7408 • Fax: 734-7097
520 W. Santa Monica Avenue, Dededo, Guam 96929**



Strengthening Families Protective Factors

“When we choose to be parents, we accept another human being as part of ourselves, and a large part of our emotional selves will stay with that person as long as we live. From that time on, there will be another person on this earth whose orbit around us will affect us as surely as the moon affects the tides, and affect us in some ways more deeply than anyone else can.” -Fred Rogers

Being a parent and building a strong family is not an easy task. There are many factors that work against families but there are also many factors that work for families. Those factors that work for families are called “protective factors.” These protective factors help families succeed and thrive, even in the face of risk and challenges. These protective factors are also known as the **Strengthening Families Protective Factors**.

The first protective factor is called **Parental Resilience** and can be thought of as being strong, not stressed. Resilience is the process of managing stress and functioning well even when things are difficult. To be resilient means to take care of yourself and ask for help, to have hope about your future, not allow stress to get in the way of providing loving care for your child, and to take time to really enjoy your child and what you like about parenting.

The second protective factor is known as **Social Connections**, which can also mean to “Get and Give Support!” Sometimes being a parent can be very stressful but it is easier to handle parenting challenges when we have positive relationships with family, friends, and neighbors. Having a circle of caring people in our life helps us feel secure, confident, and empowered – and this helps us to become better parents.

The third protective factor is **Knowledge of Parenting and Child Development**, which is about learning more to be a better parent. There is no such thing as a perfect parent, but when we know what to expect it does make the job a lot easier. When we learn what our children need to do their best, we can give them the best start in life, enjoy parenting more, and build strong, healthy families.

The fourth protective factor is about those **Concrete Supports in Times of Need** and the ability to get help when you need it. All families go through tough times. However, knowing where to get help in the community can make things a lot easier. It is important as parents that we know what help is available in the community, ask for help when we need it, get what we need to keep our families healthy and safe, and help others when possible.

The fifth protective factor is about how to help your child manage feelings and relationships. This is also known as **Social & Emotional Competence**. Helping children develop social-emotional competence allows them to manage their emotions and build healthy relationships with their peers and adults. As parents, the things we do to model and help our children learn these skills makes a huge difference. We can help our children develop these skills by responding warmly and consistently to them, teaching those words to express how they feel, and by showing them how to be kind to other people.

When parents live the five protective factors they give their children what they need to thrive. Living the protective factors is about taking advantage of your unique strengths as a parent and to make sure you have the skills and supports to ensure your child and family are safe, secure, strong, and happy.



How to remember the 5 PROTECTIVE FACTORS that make your family strong.



Use your Thumb to remember
**Social & Emotional
Competence of Children**

because a “thumbs up” is one of
the first ways we learn to
communicate our emotions.

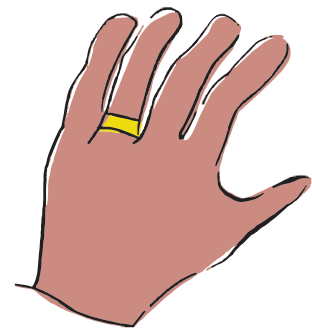
Your Pinky Finger signifies
**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Index Finger represents
**Knowledge of Parenting
and Child Development**

because you are your child’s
1st teacher!



Your Ring Finger stands for
Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can help you remember
Social Connections

because it should never stand alone!
We all need a positive social network.



2015 Interactive Parent Conference

POWER OF PLAY

Inspiring the Love of Learning through the Power of Play.



Free resources and activities for parents and children.

Saturday, June 27, 2015 • 10:00am - 2:00pm

Center Court, Agana Shopping Center

For more information, contact Guam CEDDERS at 735-2466.

Reasonable accommodations may be requested at least three (3) working days prior to the activity date.



This activity is supported by Project Tinituhon and the Guam Early Hearing Detection & Intervention Project, which are facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS). Support is also provided by the Guam Early Learning Council; Department of Education: Division of Special Education, Guam Early Intervention System, Head Start, Early Childhood Special Education Preschool Program; and Department of Public Health & Social Services: Project Kariñu, Project Bisita I Familia, Project LAUNCH, and the Bureau of Social Services Administration (BOSSA); and Anigua Learning Ladder Child Care Center and Harmony Kids Child Care Center. The University of Guam is an Equal Opportunity Provider and Employer.

Is Your Child "At Risk" for Hearing Loss?



For more information log on to: www.guamehdi.org

Has your baby experienced one of the following "risk factors" for hearing loss?

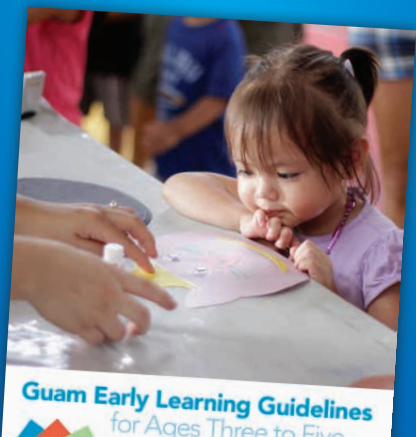
- There is concern about your baby's hearing, speech, language or development for any reason
- Your family has a history of family members born with hearing loss
- Your baby spent more than 5 days in the Neonatal Intensive Care Unit (NICU) or had complications while in the NICU (*Check with your health care professional*)
- Your baby experienced a lack of oxygen after birth
- Your baby needed a machine to help him/her breathe
- Was given medications that might hurt hearing (*Ask your health care provider*)
- Needed a special procedure (blood transfusion) to treat bad jaundice (hyperbilirubinemia)
- Was exposed to infection before birth
- Has head, face or ears shaped or formed in a different way than usual
- Has a condition (neurological disorder) that is associated with hearing loss (*Check with your health care professional*)
- Had an infection around the brain and spinal cord called meningitis
- Received a bad injury to the head especially if a hospital stay was required
- Was given medication for cancer chemotherapy

To schedule a **FREE HEARING SCREENING before six months of age** for your baby, contact the Guam Early Intervention System (GEIS) at Phone: 300-5776/5816 or e-mail: geis@teleguam.net



This brochure was produced by the Guam Early Hearing Detection and Intervention (Guam EHD) Project, with 100% funding support from the U.S. Department of Health & Human Services, Health Resources and Services Administration, Grant #H61MC24883, and facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, & Service (Guam CEDDERS).

Guam Early Learning Guidelines for Ages Three to Five now available online!



Go to www.guamcedders.org
to download a PDF copy!

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Alternative formats (e.g., Braille, large print, or audio tapes) of **I Mandikiki'** may be made available by sending a request to newsletters@guamcedders.org or 735-2477.



PROJECT BISITA I FAMILIA

Home visiting services for pregnant women, moms, and babies.



Services provided to residents of Mangilao, Dededo, and Yigo

Valuing Children. Strengthening Families. Engaging Communities.

Starting early is starting on time.

For more information, contact Project Bisita I Familia

Telephone: 671-735-7104/634-7408 • Fax: 635-7457 • Website: www.projectbisita.org



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