



Getting the most out of Parents as Teachers

IT'S MONDAY MORNING AND YOUR PARENTS AS

Teachers parent educator is coming to visit. What's going through your mind? Maybe you're looking forward to sharing what your baby has recently started doing. Hopefully, you're not thinking about canceling the visit!

Things are going through your parent educator's mind, too. He or she is thinking about you and your child! Your parent educator has planned what to discuss based on your interests and your child's development. Of course, your parent educator has also gathered materials for a parent-child activity that you can enjoy with your child. You and your parent educators are partners in making the most out of your time together. Here are some things you can do to get the most out of participating in Parents as Teachers.

Observe your child. You see your child every day; your parent educator visits for a short time. Be ready to share what's new with your parent educator.

Don't worry about housekeeping. Certainly, it's helpful to have a clean space where everyone can sit on the floor, but your parent educator won't mind if there are dishes in the sink. Relax and enjoy your personal visit.

Minimize distractions. If your pet longs for attention, take him out of the room until your visit is over. A television or radio playing in the background may make it hard for everyone to concentrate. Save chores such as laundry or dishes for after your parent educator leaves. You will get the most out of your time together if you give your full attention to your child and your parent educator.

Let your parent educator know your thoughts and feelings. Fully participate in the partnership with your parent educator by sharing your thoughts and feelings. Don't be embarrassed to ask any question you might have. Tell your parent educator your goals for your child. Feel free to share fears or things that worry you. Your parent educator will keep your comments confidential.

Follow up on recommendations. Your parent educator will suggest activities you can do with your child between personal visits. Have fun doing these with your child and



observe his development. If you and your parent educator form a plan for getting special services, follow the plan and make the necessary contacts.

Attend group meetings. Group meetings can provide new information from experts, allow you to meet other families, and give you fun activities to do with your child. You get the most out of your Parents as Teachers program when you participate in all the components—personal visits, group meetings, screening, and using community resources.

Thank you for being in Parents as Teachers. Our vision is that all children will learn, grow, and develop to realize their full potential. You are the most important person to make that vision come true for your child. ❖