



Links to the Library, Support Form and Newsletter Archive below:

**HIPPy
Library**

Support Form

Newsletter



June 17, 2026

RESOURCE: SUMMER SYSTEMS RESET CHECKLIST

Summer is a great time to take stock of the systems that support your program. A little organization now can save time and reduce stress throughout the year.

Use this checklist to review and organize:

- | | |
|---|---|
| <input type="checkbox"/> Family files and documentation | <input type="checkbox"/> Calendars and planning tools |
| <input type="checkbox"/> Digital folders and naming conventions | <input type="checkbox"/> Tracking systems and reports |
| <input type="checkbox"/> Curriculum materials and supplies | <input type="checkbox"/> Recruitment and outreach materials |

You do not need to complete everything at once. Choose one area to focus on each week and make steady progress throughout the summer.

Q: How do you stay caught up on paperwork during busy seasons?

A: The most effective systems are usually simple and consistent. Summer is a good time to identify missing documentation before files are archived, but staying organized is really about the habits you build throughout the year. Setting aside dedicated documentation time each week and updating files immediately after visits, meetings, or events can help prevent large backlogs later.

REMINDER: If your site is approaching endorsement, now is a great time to review your file organization systems and make sure required documentation is easy to locate.

WELLNESS WEDNESDAY: WORKING SMARTER, NOT HARDER

Occupational wellness includes finding ways to manage responsibilities effectively while reducing unnecessary stress and overwhelm. Try the ["Top Three" method](#). At the start of each day, identify: one urgent task, one important long-term task, and one relationship-focused task. Focusing on three priorities can help create clarity and prevent your to-do list from feeling overwhelming.



June 10, 2026

RESOURCE: END-OF-YEAR REFLECTION

As another HIPPY year comes to a close, taking a little time to reflect can help set you up for success next year. While summer often feels busy, even a short reflection activity with your staff can help you:

- Identify areas for improvement next year
- Celebrate both large and small successes
- Strengthen connections before summer break
- Capture lessons learned while they are still fresh
- Begin setting goals for the coming year

Discussion Questions

1. What was your favorite moment this year? What will you remember most?
2. What was one challenge you overcame this year? What (or who) helped you overcome it?
3. What is one thing you learned this year? It could be a new skill, strategy, or insight.
4. What is one thing you would like to see improved in the program next year?
5. What is one practice or system that worked well and should continue next year?

Q: How do we know what to focus on improving next year?

A: Start by looking for patterns instead of trying to fix everything at once. Consider family engagement, retention, staff feedback, documentation systems, and overall implementation. Small improvements in the right areas often make the biggest difference over time.

REMINDER: Let's celebrate another great HIPPY year together! We're gathering photos from programs across the country for our September Kick-Off slideshow. Share your favorite moments, activities, and successes using the [Photo Submission Form](#).

WELLNESS WEDNESDAY: FINDING PURPOSE AND BALANCE IN YOUR WORK

This month's theme is occupational wellness, which is about finding satisfaction, balance, and purpose in your work while managing responsibilities in a healthy way. Take some time this week to think about what part of your work gave you the most energy this year? What part felt the heaviest?



June 3, 2026

RESOURCE: USING A QUIET SEASON AT WORK. Summers often feel like a different kind of busy, between work and home obligations! [This article](#) has some good tips on how to use a quiet season at work to your advantage.

END OF YEAR REFLECTION: As we wrap up the school year, we often focus on "what's next" and dive right into planning for a successful program start-up in the fall. I encourage you to take some time and reflect on this year, successes, challenges, and lessons learned. Here's an [excellent sample of a full day reflection workshop](#) to do with your staff. If you don't have that much time, it would be easy to pick out a few sections for a shorter version.

Q: How many group meetings are required each year?

A: Programs are required to hold at least six group meetings per program year. Meetings should begin within the first four to six weeks of the program, which gives families time to build a relationship with their home visitor before attending. Each meeting should last one to two hours and be held in an accessible location within the community you serve.

WELLNESS WEDNESDAY: YOU ARE PART OF A COMMUNITY

Social wellness is not something you build alone. The relationships around you, colleagues, peers, friends, and family, are part of a shared network of support. This week, take a moment to recognize that you are part of a community that values connection and care. You don't have to do this work alone, and staying connected can make a meaningful difference.



May 20, 2026

RESOURCE: FROM GUESTS TO PARTNERS, PLANNING CELEBRATIONS FAMILIES HELP CREATE

As you look ahead to end-of-year celebrations, here's a resource worth revisiting. February's Indie Connect, [From Guests to Partners: Deepening Family Voice in Parent Group Meetings](#), picked up where January left off. If the first webinar introduced the idea of building programs *with* families, this one went deeper, exploring what that actually looks like in practice, especially in group settings.

As you think about your celebration, this session offers a useful frame:

- Are families guests at your event, or partners in it?
- What would it look like to invite families into the planning, not just the party?
- How can your celebration reflect the traditions, values, and voices of the families you serve?

Q: If I watch a recorded webinar, can I receive a training certificate?

A: At this time, certificates are not available for most recorded webinars. This is something we are actively exploring as we develop our new learning management system, so stay tuned for updates. If there is a specific recorded webinar that you would like to receive a certificate for, please reach out to us via our [support and feedback form](#).

REMINDER: BRIDGE CURRICULUM DISCOUNT

There are only a few days left for Indie sites to save 10% on Bridge Curriculum orders of 20 or more units. This special offer ends May 31, so now is the time to place your order if you've been planning to purchase curriculum for the coming year. [Learn more here](#).

WELLNESS WEDNESDAY: ONE SMALL CONNECTION

Building and maintaining relationships doesn't require a big gesture. Small actions, like sending a quick message, checking in with a colleague, or sharing a moment of conversation, can strengthen connection over time. This week, consider choosing one simple way to reach out to someone who supports you. Consistent, small efforts can help build meaningful and lasting connections.



May 13, 2026

RESOURCE: CELEBRATING FAMILIES AND INCORPORATING FAMILY VOICE

End-of-year celebrations are just around the corner, and they're one of the best opportunities of the year to put family voice at the center. If you caught our January webinar, [Incorporating Cultural Traditions and Family Voice](#), now is a great time to revisit what you heard. If you missed it, this is the perfect moment to tune in. As you plan your celebration, consider:

- Asking families what matters to them. What traditions, foods, music, or rituals feel meaningful?
- Inviting families to help shape the event, not just attend it.
- Honoring families as the experts on their children and their communities.

Q: I'm thinking about registering for the conference. Where can I find more information?

A: The latest newsletter includes a [Conference FAQ document](#) with important details about registration, hotel options, sessions, and what to expect as a HIPPY attendee. This is your best starting point for questions that are already coming up across sites. If you haven't had a chance to review it yet, please take a few minutes to look through the FAQ. We'll continue to share updates as details are finalized.

REMINDER: PLEASE COMPLETE THE PROGRAM YEAR 25-26 END-OF-YEAR (EOY) SURVEY

As we wrap up another successful school year, HIPPY US wants to hear from you! Your thoughts and opinions about the 2025–2026 program year are invaluable and will help us make improvements for the 2026–2027 program year. Please take a few moments to complete the 2025–2026 [Program Year: End-of-Year Survey](#) by May 31, 2026. Your feedback makes a difference!

WELLNESS WEDNESDAY: STRENGTHENING CONNECTION

This week's Wellness Wednesday highlights the National Institutes of Health's Social Wellness Toolkit, which offers simple, practical ways to build and maintain healthy relationships. From staying connected with others to setting boundaries and communicating clearly, the toolkit provides helpful strategies that can be applied in everyday life. [You can explore it with this link](#). Strong connections are an important part of sustaining both your well-being and your work.



May 6, 2026

RESOURCE: CONFERENCE FAQ DOCUMENT

As planning continues for the 2026 Parents as Teachers Conference in Portland, we want to make sure you have what you need to prepare.

The latest newsletter includes a [Conference FAQ document](#) with important details about registration, hotel options, sessions, and what to expect as a HIPPY attendee. This is your best starting point for questions that are already coming up across sites. If you haven't had a chance to review it yet, please take a few minutes to look through the FAQ. We'll continue to share updates as details are finalized, but the FAQ will help you get oriented now and plan ahead with more clarity.

Q: Can a field trip or end-of-year celebration count as one of our six required group meetings?

A: It can, but only if it includes a documented educational component for both parents and children. A purely social event does not count on its own. If you plan a celebration or field trip, build in a clear learning objective and document it using your Group Meeting Planning Form. The activity should show that it was designed to meet a need or interest of your families.

REMINDER: BRIDGE CURRICULUM DISCOUNT

We wanted to make sure our Indie sites are aware that HIPPY US is offering 10% off Bridge Curriculum orders of 20 or more units through May 31. If you've been thinking about ordering, now's a good time. [Learn more here.](#)

WELLNESS WEDNESDAY: NOTICING YOUR CONNECTIONS

Social wellness begins with awareness of the relationships that shape our daily lives. Some connections energize and support us, while others may leave us feeling stretched or disconnected. This week, take a moment to reflect on the people and interactions that fill your cup. Who helps you feel supported is a meaningful first step toward strengthening your well-being?



April 29, 2026

RESOURCE: VEHICLE SAFETY E-LEARNING COURSE

Kids and Car Safety, a national nonprofit focused on preventing vehicle-related injuries and fatalities among young children, has developed a free e-learning course for early childhood professionals. The course covers risks such as hot car incidents, backovers, frontovers, and other dangers that can occur when children are left unattended in or around vehicles. It also includes guidance and demonstration ideas that can be shared with families to reinforce safety practices. The training includes five short modules and takes about one hour to complete. A certificate is available upon completion of all modules and the final survey. Access the course here: <https://courses.kidsandcars.org/>

Q: Where can I find the start-up guide? I heard that it has important information that I need to know about, but I don't see it in the library.

A: The [Start-Up Guide](#) is in the [library](#) on the Program Administration page. Scroll to the bottom of the page and look for the Downloadable Resources section. You'll find it there under new programs.

REMINDER: PLEASE COMPLETE THE PROGRAM YEAR 25-26 END-OF-YEAR (EOY) SURVEY

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WELLNESS WEDNESDAY: FROM OUR SPACES TO OUR CONNECTIONS

This month, we explored how our environments affect our well-being and how small acts of renewal can make a real difference. As we head into May, we're shifting our focus outward. Next month's theme is social wellness: the relationships, connections, and community that sustain us in this work. It's a natural next step. When we tend to our spaces, we often find more room for rest, for others, for connection. We hope you're heading into May feeling a little lighter. More to come.



April 22, 2026

RESOURCE: INDIE CONNECT POST-WEBINAR RESOURCE GUIDE

If you missed last week's Indie Connect, *From Data to Dialogue: Practicing Empathy Interviews for Home Visits*, you can now access the recording through the [post-webinar resource guide](#). In this interactive session, coordinators explored how to move from reviewing home visit data to having more meaningful conversations with families. Using a shared scenario, participants reflected on how responses often focus on solving problems quickly and practiced shifting to a more curious, listening-first approach. The session introduced empathy interviews as a practical strategy to help home visitors ask stronger questions, better understand family experiences, and provide more responsive support.

Q: What supports should coordinators receive from their agency?

A: Coordinators should receive structured supervision, administrative backing, and organizational support that allow them to implement HIPPY with fidelity. The Administrative Checklist requires that the coordinator's supervisor be knowledgeable and supportive of the HIPPY model and that at least three supervisory sessions per year be documented. The coordinator's supervisor is also required to complete the HUS training for supervisors (HIPPY Model Onboarding: Supervisor's Edition) to ensure they understand model expectations and fidelity standards. Coordinators are expected to be dedicated full-time to HIPPY (unless duties are formally reassigned), and they oversee supervision of home visitors, data systems, reporting, budgeting, payroll coordination, curriculum orders, and Advisory Council engagement. Because the role includes both program leadership and administrative oversight, agencies should ensure coordinators have sufficient time, authority, and infrastructure, including data and operational support, to meet model standards. Strong agency support is essential to maintaining quality, compliance, and long-term program sustainability.

WELLNESS WEDNESDAY: RENEWAL LOOKS DIFFERENT FOR EVERYONE

Not everyone has the same time, energy, or control over their environment, and that's worth naming. Renewal doesn't require a spotless home or a perfectly organized office. It might just mean opening a window, clearing one small space, or giving yourself permission to start fresh in some quiet way. As we close out April, we'd love to hear from you: what did renewal look like for you this month? Big or small, it all counts, and your answer might be just what a colleague needs to hear.



HIPPy
UNITED STATES

2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

April 15, 2026

SUPPORTING OUR HIPPy HAWAII COMMUNITY

HIPPy Hawaii communities have been significantly impacted by recent flooding, and families need support. If anyone in our HIPPy network would like to take part, please consider contributing to the Laulima Giving Program, which provides direct assistance to those affected. Donations are accepted year-round at laulimagivingprogram.org.

RESOURCE: TODAY'S INDIE CONNECT PARTICIPANT GUIDE

We hope you will be able to join us for today's HIPPy US Indie Connect, *From Data to Dialogue: Practicing Empathy Interviews for Home Visits*, which will take place at 12 PM PT / 1 PM MT / 2 PM CT / 3 PM ET.

This interactive session includes small-group breakout discussions that build on each other, so your full participation is important. To prepare, please [review the participant guide here](#). Please plan to join on time and be ready to move quickly into breakout rooms; joining from a computer is recommended for the best experience. You can [join with this Zoom Link](#). We look forward to learning and practicing together.

Q: I cannot find my HIPPy Model Onboarding (preservice certificate). Can you send me a new one?

A: Yes, if we have your certificate on file, we are happy to resend it. If we do not have it on file, we offer a self-certification process to verify completion. To request a copy of your certificate, please submit a request through the [HIPPy Support and Feedback Form](#), and our team will review your records and follow up with the next steps.

WELLNESS WEDNESDAY: THE 10-MINUTE REFRESH

This week, give yourself 10 minutes for a small act of renewal. Clear a surface. Open the curtains. Put something away that's been out of place. Swap out something tired for something that feels fresh. It sounds simple, and it is. But these small resets can shift the energy of a space in ways that are real and noticeable. Spring cleaning doesn't have to mean scrubbing everything from top to bottom. It can just mean making room for something new.



HIPPY
UNITED STATES

2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

April 8, 2026

CONFERENCE UPDATE AND A REQUEST

HIPPY US is pleased to announce a partnership with [Parents as Teachers \(PAT\) for their national conference](#) this year. While attendance is not mandatory (as it is not a National HIPPY Conference), it is strongly encouraged. We value the chance to be involved in this event and urge HIPPY site coordinators and team members to attend. Also, we are asking each site to let us know how many from your site might be attending. We may plan additional HIPPY-specific events and need an idea of how many to plan for. Please reach out to Terri (Terri.Meehan@hippyus.org) and let her know how many from your site will be attending.

RESOURCE: THREE STEPS TO MAKING A GOOD GRAPH GREAT

If you ever share program data with your board, your funder, or your community, this quick read is for you. Data visualization expert Ann Emery from the National Home Visiting Resource Center shares three simple steps to make your graphs easier to read and more compelling: cut the clutter, use text to tell a story, and make your most important numbers stand out. It's practical, accessible, and easy to apply right away. [Check it out here.](#)

Q: What is the Administrative Checklist, and why does it matter for endorsement?

A: The Administrative Checklist is not just a form to complete before a site visit; it is a core component of endorsement. While the MGRA outlines model standards and fidelity expectations, the Administrative Checklist verifies that a program is meeting its contractual and operational obligations. This includes coordinator responsibilities and caseload limits for home visitors, documentation of supervisory sessions, required training hours, data system compliance, confidentiality practices, Advisory Council activity, and confirmation that the Operating Agreement and annual fees are current. During the endorsement process, the state office lead or independent site lead confirms that all Administrative Checklist items are in compliance before the site visit moves forward. In other words, endorsement is not based on MGRA standards alone. Full compliance with the Administrative Checklist is equally required. Programs are encouraged to review this document regularly throughout the year rather than waiting until the next endorsement visit.

WELLNESS WEDNESDAY: SPRING CLEANING AS SELF-CARE

Did you know that decluttering your physical space can actually support your mental health? NAMI Maine explores that connection in this short, encouraging read: [Spring Cleaning for Mental Health](https://namimaine.org/spring-cleaning-for-mental-health/) (<https://namimaine.org/spring-cleaning-for-mental-health/>). One idea that stands out: you don't have to do it all at once. Starting small, one drawer, one shelf, one corner, is enough. The same is true for mental clutter. Renewal doesn't have to be a big event. Sometimes it's just one small, intentional step.



April 1, 2026

RESOURCE: NATIONAL AUTISM ACCEPTANCE MONTH

April is National Autism Acceptance Month. ❤️ Home visitors, you're often the first to notice when a family has questions about their child's development. Early intervention services are available in every state and territory, free or at reduced cost for eligible families. Share this resource with the families you serve:

<https://www.cdc.gov/autism/treatment/accessing-services.html>.

Q: Does HIPPY require reflective supervision for coordinators or home visitors?

A: HIPPY does not require a specific supervision model, such as reflective supervision. However, reflective supervision is strongly recommended as a best practice because it supports staff well-being, professional growth, and quality implementation. The model does require structured, ongoing supervision and documentation. Coordinators must observe at least three home visits per year per home visitor, conduct weekly staff meetings that include curriculum training and role play, and work with home visitors to develop performance goals and professional development plans (MGRA; Coordinator Key Tasks and Responsibilities). In addition, coordinators must receive at least three supervisory sessions per year from their own supervisor, who must be knowledgeable and supportive of the HIPPY model (Administrative Checklist). Programs are encouraged to incorporate reflective supervision where possible, particularly when aligned with funder expectations or agency practice, but it is not currently a standalone HIPPY requirement.

WELLNESS WEDNESDAY: WHAT ARE YOU READY TO RELEASE?

Spring has a way of making us notice things: the pile that's been growing in the corner, the to-do that keeps getting pushed, the weight we've been carrying a little too long. This month, we're exploring environmental wellness through the lens of spring cleaning and renewal, not as a chore, but as an act of self-care. Take a moment this week to reflect: is there something in your space, or your mind, that you're ready to let go of? You don't have to do anything about it yet, just notice.



March 25, 2026

RESOURCE: MORE THAN CHECKING A BOX, RESOURCE GUIDE NOW AVAILABLE

Missed our March 18 webinar or want to revisit what was covered? The [post-webinar resource guide](#) for *More Than Checking a Box: Using Data to Strengthen Home Visits* is now available in the Library. Inside you'll find a session summary, key takeaways, and resources to help you keep the conversation going in your program.

Q: Does HIPPY have modified materials for children who are blind?

A: At this time, HIPPY does not offer specialized or modified versions of the curriculum specifically designed for children who are blind. However, many HIPPY activities can be thoughtfully adapted to meet the individual needs of each child.

We encourage home visitors to partner closely with families to adjust activities in ways that emphasize tactile, auditory, and experiential learning. Families know their child best and can be powerful collaborators in identifying strategies that make lessons meaningful and accessible.

If a specialist (such as a teacher of the visually impaired, early intervention provider, or therapist) is also working with the child, involving them in the adaptation process can be especially helpful. Their expertise can support alignment with the child's developmental goals and strengths.

REMINDER: BRIDGE CURRICULUM DISCOUNT

We wanted to make sure our Indie sites are aware that HIPPY US is offering 10% off Bridge Curriculum orders of 20 or more units through May 31. If you've been thinking about ordering, now's a good time. [Learn more here.](#)

WELLNESS WEDNESDAY: KINDNESS OVER PERFECTION

There's no single "right" way to care for your body. Capacity, energy, and needs can shift from week to week, and that's normal. As you move through this month, remember that being kind to your body is part of wellness, too. You're not alone in this work, and every small act of care counts.



March 18, 2026

RESOURCE: DON'T MISS TODAY'S WEBINAR!

Join us later today from 3:00–4:30 PM ET [on Zoom](#) for *More Than Checking a Box: Using Data to Strengthen Home Visits*. We'll talk with HUS Data Manager Amber McEnturff about what your data is really telling you and how to put it to work for your team and families. Before you join, [download the participant guide](#), and please be prepared to share and participate in breakout sessions.

Q: Our program was closed for 2 weeks between December and January for a winter break. Now it seems that families are harder to reach and are canceling their visits more often than before the break. What can we do?

A: You are not alone! It's very common to see a dip in engagement after a break. Routines are disrupted and it can take time to rebuild momentum. Here are some strategies to consider to minimize disruption in future breaks (such as winter and summer vacations):

1. **Make contact early:** as soon as staff are back, have them reach out to each of their families to confirm standing visit times. A simple message like “we’re excited to restart our visits – does our usual Tuesday at 2:00 still work?” This helps signal that the routine is back in place.
2. **Revisit the “why”** – Families may need a reminder of the purpose and benefits of the program, and home visitors can reinforce how the curriculum builds children’s skills and confidence, and the importance of consistency, and practice in any learning endeavor.
3. **Make the first visit back special** (examples are “welcome back” goodies such as stickers, or a simple ritual such as a high-five and “we’re back and ready to learn together again!”)
4. **Problem solve barriers** – if cancellations increase, ask curious, supportive questions, such as “Has anything changed with your schedule?” or “Would a reminder text the day before help?” Small logistical adjustments can make a big difference.

Knowing that this is a common occurrence, develop a plan together with your team before leaving for the holidays and be prepared for the inevitable post-holiday slump.

WELLNESS WEDNESDAY: ONE SMALL RESET

Supporting your body doesn’t require a major routine change. Small actions like stretching between visits, taking a short walk, drinking an extra glass of water, or going to bed a little earlier can help restore energy over time. This week, consider choosing just one small habit that feels supportive right now. Consistency matters more than intensity.



HIPPY
UNITED STATES

2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

March 11, 2026

BRIDGE CURRICULUM DISCOUNT: We wanted to make sure our Indie sites are aware that HIPPY US is offering 10% off Bridge Curriculum orders of 20 or more units through May 31. If you've been thinking about ordering, now's a good time. [Learn more here.](#)

Q: Do all home visitors need a practice child?

A: Ideally, a HIPPY home visitor is hired from the pool of current or former HIPPY parents. In that case, they either work with their own child while employed, just as participating parents do. Or, they will have worked with their own child recently. If hiring from the parent pool is not possible and a home visitor is hired from the broader community, the home visitor is expected to work with a practice child. This begins with the first curriculum age level your site serves and continues until the child completes all curriculum levels offered by your program. For example, if your site serves Little Learners, Year 1, and Year 2, the home visitor should recruit a two-year-old and work with that child through age four to complete the full three-year sequence. Once that cycle is completed, a practice child is no longer required for that home visitor. However, if the curriculum undergoes significant changes or if the coordinator determines that additional hands-on experience would be beneficial, a practice child may be assigned as needed.

HIPPY US WEBINAR NEXT WEEK: The next HIPPY US webinar is just a week away. The topic is using data to strengthen home visits. Amber McEnturf, our Data Manager, will join us for this interactive session. We encourage you to join us too, and come ready to engage in discussion and breakout rooms!

March 18 at 12 PM PT / 1 PM MT / 2 PM CT / 3 PM ET on [Zoom](#).

WELLNESS WEDNESDAY: EVERYDAY HEALTH, MADE REALISTIC

This week's Wellness Wednesday highlights a helpful resource from TODAY.com that reframes health as a series of small, realistic check-ins rather than big overhauls. The article's health checklist offers approachable ideas around sleep, movement, hydration, and rest that fit into real life. You can explore it here:

<https://www.today.com/health/diet-fitness/health-checklist-january-2026-rcna251514>. Sometimes, gentle reminders are more sustainable than ambitious goals.



March 4, 2026

RESOURCE: READING ROCKETS is a trusted, research-based resource offering practical reading strategies, lesson ideas, and family-friendly literacy activities for children from birth through age eight. The site includes printable materials, videos, and guidance that can support both educators and families in building early literacy skills and a love of reading. Explore the resource here: <https://www.readingrockets.org>

Q: Does HIPPY US have a clear definition of a referral? On referrals, must the information cause the parent to take an action? For example, our county offers a parent night to help their children get ready for school. All families receive the information. Not all the families attend. If they do attend, does it count as a referral because there is parental action?

A: You are correct that we haven't defined it as much as we could. In TX, I had defined it and built it into the VT as being documented as a referral or resource (I think that was the terminology). It helps to look at a specific example: eye exam/glasses for children who qualify.

REFERRAL: information provided to a parent based on an expressed or observed need in that family. A parent says her child squints, and the home visitor provides a referral to a program that provides an eye exam and glasses for children who qualify. The home visitor should follow up with the parent in the following week, asking if they made an appointment. Maybe they did but the organization answered in English, and the home visitor helped make the second call because the parent needed extra support. Those follow-ups continue until it's clear that the parent follows through, declines to follow through, etc.

RESOURCE: The same flyer about the vision program for children who qualify could be shared with all families, whether they ask for it or not. That would not be a referral. The home visitor should still ask the parent if they need any help following up, whether any of their children could benefit from the information, etc. Of course, the line gets a little blurred if that parent says, "Yes, my oldest keeps getting headaches, I wonder if they need glasses". At that point, with the follow up etc, you could legitimately move forward with this as a referral. In that case, the home visitor should continue the follow-up as with the referral example above. The other families who just got the flyer but don't really think they need the service at this time would be documented as being given information as a resource, not a referral.

WELLNESS WEDNESDAY: CHECKING IN WITH YOUR BODY

Physical wellness begins with awareness. Our bodies often give us small signals like fatigue, tension, restlessness, or unease that can be easy to overlook in busy days. This week, we invite you to pause and simply notice how your body has been feeling lately, without judgment or pressure to change anything. Awareness is a meaningful first step toward care.



February 18, 2026

RESOURCE: National Home Visiting Resource Center (NHVRC) provides “comprehensive information about early childhood home visiting” with a goal to “support sound decisions in policy and practice to help children and families thrive.” They publish an annual yearbook with state-level data that can be used in grants and reports, and cover a variety of issues related to home visiting through briefs, features, and their reference catalog. Among their features are a series of [short videos](#) that can be used to inspire and educate your team on various aspects of home visiting.

Q: What is the difference between the endorsement worksheet and the administrative checklist, and how do I know which one to use for my endorsement visit?

A: Both the endorsement worksheet and the administrative checklist are part of the documentation required for the endorsement process. The purpose of these forms is for sites to self-assess their fidelity to each HIPPY implementation standard outlined in the MGRA by gathering and reviewing each of the validation documents that the Model Fidelity Specialist will then review/observe on their endorsement site visit. The endorsement worksheet is completed by the site coordinator and their internal endorsement team, and submitted to the HIPPY Model Fidelity Specialist 2 weeks prior to the site visit. The administrative checklist is also completed by the site coordinator and is submitted to their state office along with the validation documents listed. Indie sites would submit this to HIPPY US. The administrative checklist is also due 2 weeks prior to the site visit. The purpose of the administrative checklist is to ensure that the site is in compliance with the requirements detailed in the site’s agreement with HIPPY International.

WELLNESS WEDNESDAY: SMALL STRESS RESETS

Managing stress doesn’t require big changes. Small, intentional practices, like taking a few deep breaths, stretching between tasks, or stepping outside for fresh air, can help your body and mind reset. This week, consider establishing one small daily habit that supports your emotional well-being. Even a brief pause can make a difference.



February 11, 2026

RESOURCE: SUPPORTING ACTIVE PLAYFUL LEARNING AT HOME AND IN SCHOOLS

Active playful learning emphasizes that children absorb more knowledge when they are engaged in play. Help parents to understand the importance of play firsthand. This will help to foster positive educational interactions between parents and children and also equip parents with the skills to support playful learning in schools. Encourage families to explore these resources to enhance their children's learning experiences through active and playful engagement. For more information, visit Active Playful Learning at www.activeplayfullearning.com.

Q: Can a family enroll a child at age 5 or 6 and begin directly in the Year 3 curriculum if they have no prior experience with HIPPY role play?

A: HIPPY does not have a formal MGRA standard that explicitly defines enrollment and service timelines in this way; however, from a best-practice standpoint, we generally advise that families not begin using the Year 3 (age 5) curriculum unless they have participated in at least one prior year of HIPPY. This recommendation reflects curriculum design, as Year 3 relies more on guided discussion and less on role play, and families with prior role-play experience are typically better prepared to engage confidently and effectively. Whenever possible, programs are also encouraged to align enrollment, progression, and transitions with the local school calendar to support smoother implementation and clearer expectations for families and staff.

REMINDER: INDIE CONNECT FEB. 18

The topic for this month's session is group meetings. and Incorporating Cultural Traditions and Family Voice, A Deeper Dive. This webinar will be interactive. If attending, please be prepared to participate in group discussions and breakout rooms. February 18 at 12 PM PT / 1 PM MT / 2 PM CT / 3 PM ET on Zoom: us02web.zoom.us/j/86553906573?pwd=UVpeZDkdXuaZxYgeGLGOL4mdBRVax9.1&jst=3

WELLNESS WEDNESDAY: EMOTIONAL WELLNESS: UNDERSTANDING STRESS

Stress is a common response to demanding, meaningful work, and understanding it can help reduce its impact. The National Institute of Mental Health offers a helpful fact sheet, "So Stressed Out?", that explains how stress affects the body and mind, along with simple ways to respond. You can explore the resource here: <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>. Learning more about stress can help normalize what you're experiencing and remind you that you're not alone.



February 4, 2026

RESOURCE: Brazelton Touchpoints Project provides excellent FREE webinars on a variety of topics with nationally recognized presenters. Some upcoming (January and February) topics include “What is AI Doing to Our Children?” and “Parenting While Black” a four-part virtual conversation for and among Black parents. [Click here](#) to learn more and to register for the training events.

Q: What if I'm using old HIPPY forms? Is that OK?

A: There are very few forms that we REQUIRE at the national level, and they are clearly listed in the MGRA. Otherwise, sites can use whatever works best for them. For those required forms, as a general rule, you can change the form's format or ADD to what we require. Lastly, we encourage you to review the forms you use periodically to ensure that you are not working harder than is necessary (for example, some old forms may be asking for information that is no longer collected or used). It may be a relief to change to a simpler form, but we recognize that change can be hard too (re-training, forms are used for multiple purposes, so there's an add-on effect, etc.)

REQUEST FOR INPUT: HELP US SHAPE OUR NATIONAL RESEARCH AGENDA

HIPPY community, we need your input. Your feedback will help guide our national research priorities and determine the feasibility of producing a national HIPPY US report. This brief survey will help us understand available data, site capacity, and the outcomes that matter most to highlight in future research and reporting efforts. Participation is voluntary, and responses will directly inform next steps in planning. We encourage all sites to participate so the agenda reflects the full strength and diversity of our network.

Please complete the survey by **February 18**: https://usf.az1.qualtrics.com/jfe/form/SV_1HWun9t1WOXRpCS

WELLNESS WEDNESDAY: NOTICING STRESS SIGNALS

Stress doesn't always show up the same way for everyone. It can look like fatigue, irritability, trouble focusing, or physical tension that builds quietly over time. This week, we invite you to pause and simply notice what signals your body or mind may be sending. Awareness is the first step in caring for your emotional well-being.



January 21, 2026

RESOURCE: WEBINAR TO DISCUSS HOME VISITING AS A BRIDGE FOR RESETTLED FAMILIES

Chapin Hall will [host a webinar this Thursday](#), January 22, on how home visiting can connect resettled families to support services that are trauma-informed and culturally attuned. Aimee Hilado, Reiko Kakuyama-Villaber, and Jon Korfmacher will share findings from their recent research on home visiting programs in Illinois, including insights from the Baby TALK Family Engagement Model.

Q: How do I support my home visitors who are overwhelmed by hearing difficult family stories?

A: Listening to families share painful experiences, such as trauma, loss, or crisis, can take a heavy emotional toll on home visitors. This is sometimes called *secondary traumatic stress* or *compassion fatigue*. The most important step is to normalize what they are feeling and create a safe space where they can talk openly about it. Home visitors need consistent support to process their experiences, rather than carrying them alone. Reflective supervision—where staff can share feelings, receive empathy, and explore strategies—is a proven strategy that reduces burnout and strengthens the quality of home visiting (Alliance for the Advancement of Infant Mental Health, 2018). When staff feel heard and supported, they are more resilient and better able to serve families.

WELLNESS WEDNESDAY: OCCUPATIONAL WELLNESS

This week, we're focusing on occupational wellness, finding balance, honoring boundaries, and staying connected to the purpose of your work. Occupational wellness is about more than productivity; it's about feeling supported, recognizing your growth, and sustaining yourself over time. The California Department of Social Services offers a helpful overview of occupational wellness, including strategies for managing stress, maintaining balance, and building supportive work habits:

<https://www.cdss.ca.gov/inforesources/foster-care/occupational-wellness>. Taking time to care for how you experience your work helps protect your well-being and strengthens the impact you make every day.



January 14, 2026

RESOURCE: The [American Academy of Pediatrics \(AAP\)](#) offers parents guidance on children’s health, development, as well as parenting issues, and is available in English and Spanish. Their section on “[tips and tools](#)” has a list of practical trackers, tools, checklists and templates. These tools are designed for parents to use, and cover a variety of topics including managing children’s media consumption, tracking asthma triggers, a motor delay assessment, and a physical activity checker. These would make good resources to share with parents who express concerns such as “my son wants to play on the tablet all day” (creating a [Family Media Plan](#)), or “she’s not feeling well, I’m not sure if I should take her to the doctor” ([Kids Doc Symptom Checker](#)). Additionally AAP has an archive of parent webinars that provide health and safety information as well as practical tips, for topics including “Surviving Cough Season”, and “Reading, Writing and Resilience: Addressing Back to School Anxiety”. Portions of a webinar could be used in training home visitors, or shown at parent group meetings to generate a discussion (a good thing to have in your back pocket if a speaker cancels!).

Q: How can we better prepare for natural disasters or other local crises? It seems like something happens every few years.

A: Preparation makes all the difference! Disasters and crises—whether storms, wildfires, floods, or public emergencies—can disrupt services, displace families, and create heightened stress. Reach out to your local emergency response agencies, such as county officials and the American Red Cross. Search online for “emergency response” and the name of your city or county to find out who to connect to. As a program, having a clear plan helps you respond quickly while keeping both staff and families safe. Start by ensuring every home visitor knows your organization’s emergency procedures (communication trees, evacuation plans, and backup meeting spots). Encourage families to create their own simple emergency plans as well, like knowing who to call, where to go, and keeping copies of important documents.

WELLNESS WEDNESDAY: ENVIRONMENTAL WELLNESS

This week, we’re focusing on how your environment can support your well-being. Environmental wellness is about creating calm in the spaces where you work and travel, your office, your car, or even the bag you carry from visit to visit. Small resets, like clearing clutter or organizing materials, can reduce stress and help you feel more grounded. This does not need to be a massive purge session that takes an entire day. Try taking 10 minutes today to declutter just 1 office hotspot that is on your mind.



January 7, 2026

RESOURCE: HIPPY Library - every few years, we refresh the HIPPY library password, which is now set at Together2025 (capital T). If you haven't been there in a while, take a moment in the next week to head over to the library and dig around! If you have the library saved as a link, make sure you refresh your browser to make sure you get the most up-to-date information. We've moved things around to make navigation a little easier and more clear. In addition to the curriculum guides, you will find required and optional forms, and a lot of topical training materials, as well as recordings for the webinars we've held on those topics. If you have any suggestions or feedback for us please use [this form](#). We're eager to hear from you!

Q: My home visitors are struggling with balancing their workload with personal life or school. How can I best support them through this busy season of our program?

A: Like us, our home visitors juggle multiple responsibilities—work, family, and often school. Burnout can happen quickly if balance isn't addressed. As a coordinator, you can support them by helping prioritize tasks, reinforcing realistic expectations, and modeling boundaries. Encourage your team to focus on what matters most: building strong relationships with families and providing home visits. Research shows that high stress and poor work-life balance can impact both job performance and health outcomes. Conversely, when employees feel supported in managing demands, engagement and retention increase. Strategies to try include creating space in staff meetings for open discussion about challenges and time management strategies. Also, remind them it's okay to say "no" to extra tasks that aren't mission-critical. Don't forget to model self-care yourself - it gives your team permission to do the same.

WELLNESS WEDNESDAY: FINANCIAL WELLNESS

This week, we're focusing on how small steps toward financial clarity can support your overall well-being. Financial wellness isn't about perfection; it's about creating simple routines that bring a sense of stability and peace of mind. If you're looking for a place to start, [this budgeting resource from Consumer.gov](#) offers an easy, clear guide: Even a few intentional minutes spent planning can reduce stress and help you feel more grounded.





December 17, 2025

HAPPY HOLIDAYS: Wishing all our Indie Sites a joyful and restorative holiday season. As you plan ahead, please note that Carla and Terri will be out of the office from December 23 through January 5. We appreciate your understanding, and we look forward to connecting with you in the new year.



RESOURCE: Reaching Unhoused Families - Over 1 million US children “did not have a fixed, regular, and adequate place to sleep at night in 2022” according to the US Department of Education. The National Home Visiting Resource Center has several articles, [including this one](#), about home visiting as a strategy to support unhoused families. If this population is new to your services, start by developing a relationship with agencies in that sector, such as shelters, feeding sites, or social services. You will need to figure out how HIPPY can fit in with their services, to figure out if you can visit the shelter, how will you follow the family out of the shelter, and what additional support services are being provided. Serving families with unstable housing is complex but worth it to provide them with an opportunity to create family traditions and routines despite their circumstances. Depending on the population, funding and partnerships you are able to develop, you may consider hiring a formerly homeless parent to serve a caseload of unhoused families.

Q: Are there any resources to address safety concerns during home visits or in certain neighborhoods?

A: Yes! Having strong safety protocols, training, and support in place is essential both to protect home visitors and build trust with families. As a team, you can identify potential risks or worries team members have about safety. Use this assessment to guide the support and information you provide to your home visitors. For example, a home visitor being worried about a neighborhood in general is different than being worried about serving a specific family. Together, you can develop a safety plan and protocol, which should be revisited and updated each year. Check out some [resources](#) we’ve gathered, which can also be found in the HIPPY Library on the program administration page.

WELLNESS WEDNESDAY: INTELLECTUAL WELLNESS

This week, we’re exploring how curiosity can support your well-being. Engaging your mind in small, meaningful ways, learning something new, revisiting a skill, or following a spark of interest can restore energy and motivation. For inspiration, check out Matt Cutts’ TED Talk, [Try Something New for 30 Days](#). Nurturing your curiosity is a powerful form of self-care.



December 10, 2025

RESOURCE: The Institute for the Advancement of Family Support Professionals will host [a webinar](#) on the updated toolkit on **Wednesday January 14th at 3:00pm CST**. The updated version of the National Home Visiting Week toolkit will contain: social media and graphic elements, more celebration ideas and examples, letter to the editor sample AND MORE! Webinar will be recorded and shared online afterwards, if you can't attend there's no need to register. The updated toolkit will be available online after this webinar, along with a recording of this session.

Q: Our immigrant families are under so much stress. How can we support them more?

A: Stress related to immigration issues deeply affects families' sense of safety, stability, and trust. The most powerful things we can offer families are consistency, empathy, and reliable information. Make sure families know you are a safe, nonjudgmental presence. Validate their feelings, listen without pressing for details they may not feel safe sharing, and focus on building a sense of stability through routines and positive family interactions around the HIPPY activities. Research shows that when families experience chronic stress, strong, supportive relationships can buffer the negative effects on children's development. You don't need to have all the answers —just be a steady source of encouragement and connection. You can also add in stress-reducing strategies like breathing exercises, family playtime, or building social connections with other supportive families. During this time of overwhelming news and rapid changes, share information from reputable resources such as the [National Immigration Law Center](#).

WELLNESS WEDNESDAY: SPIRITUAL WELLNESS

This week, we're turning inward to explore what grounds us. Spiritual wellness isn't about any one belief system. It's about finding meaning in your work, noticing moments of gratitude, and reconnecting with the deeper "why" that guides you. When the days feel full or fast-paced, even a brief pause to center yourself can restore clarity and calm. If you'd like a simple tool to support this reflection, download a [free Gratitude Journal template](#). A few mindful moments can make all the difference. Your sense of purpose matters, and so does your well-being.



December 3, 2025

RESOURCE: The [Barbara Bush Foundation for Family Literacy](#) provides a curated collection of links to free at-home learning activities and resources, including reading and math tools. There's a section on "[Family Resources](#)" that provides parents with literacy-related books, guides, and activities to use with their children. A fun feature is a collection of [audio recordings](#) of former First Lady Barbara Bush reading stories aloud with guests like Elmo, Winnie the Pooh and Daffy Duck.

Q: I started off as a home visitor and have now been hired as the coordinator. Can you give me some guidance on managing my former peers?

A: Congratulations! Your experience and knowledge of HIPPY are going to be very useful as you step into this supervisory role, and it also comes with some challenges. Be open with your team and recognize that personal dynamics are changing between you. This honesty helps build trust. Say something like: "I value our history together and am excited to support you in my new role." You can set clear roles and boundaries by clarifying your responsibilities as a coordinator. Remind them that you're still approachable, but you also have new responsibilities. Continue to recognize their expertise, and remember that even though the relationship may have shifted, it doesn't mean you can't be warm and connected. Use this as an opportunity to model the healthy boundaries you want them to set with families. Lastly, demonstrate your dedication to keep growing as a leader. The bottom line is: Be the kind of coordinator you would have wanted. Supportive, clear, fair, and encouraging—while keeping the program running smoothly.

REMINDER: Last year the Institute for the Advancement of Family Support Professionals launched National Home Visiting Week. This year we have a bit more time to prepare for this national celebration which will be held April 20-24, 2026. We hope you'll take full advantage of this opportunity to highlight one or more of your home visitors at the national home visiting level (not just HIPPY!). Nominations are open until **January 9, 2026 - do it now before the holidays are in full swing**. So [nominate a home visitor today](#) (the application is brief!) then look to [this toolkit](#) for ideas of how to leverage your nomination for PR purposes. Don't miss out on this opportunity to highlight the great work of your home visitors!

WELLNESS WEDNESDAY: The Power of Connection

This week, we're focusing on the power of connection. Social wellness grows when we build and nurture relationships that support us, colleagues who understand the work, peers who listen without judgment, and loved ones who help us feel grounded. Even a small moment of connection can refuel your day and strengthen your resilience. For a quick, uplifting read, the Greater Good Science Center shares [The Research-Backed Benefits of Calling Friends and Family](#). You don't have to do this work alone.



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2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

November 19, 2025

Announcement: Last year the Institute for the Advancement of Family Support Professionals launched National Home Visiting Week. This year we have a bit more time to prepare for this national celebration which will be held April 20-24, 2026. We hope you'll take full advantage of this opportunity to highlight one or more of your home visitors at the national home visiting level (not just HIPPy!). Nominations are open until **January 9, 2026 - do it now before the holidays are in full swing**. So [nominate a home visitor today](#) (the application is brief!) then look to [this toolkit](#) for ideas of how to leverage your nomination for PR purposes. Don't miss out on this opportunity to highlight the great work of your home visitors!

Q: Is there a way to reduce paperwork requirements and qualification requirements for families?

A: Paperwork and qualification requirements evolve over time and are a mix of HIPPy US, State Office, agency and funder requirements. It is worth periodically re-evaluating all the documentation your team is required to complete to ensure that you are fulfilling the most current requirements. While our program is designed to serve families most in need of educational supports and resources, at HUS we do not stipulate an income or other qualification for services. All required forms and documentation are detailed in the MGRA and found online in the HIPPy US library (note: optional resources are also shared there). Compare these required documents to the forms and documents you currently use. Any other items you currently require of your team should be flagged, and slated for discussion with the other stakeholders mentioned earlier to see if you can streamline your paperwork.

WELLNESS WEDNESDAY: SOCIAL WELLNESS, THE POWER OF CONNECTION

Our work is rooted in relationships, yet it's easy to focus so fully on supporting families that we overlook our own need for connection. Social wellness means nurturing the relationships that steady us, colleagues who understand the work, friends who remind us to laugh, and loved ones who help us feel grounded. This week, take a moment to reconnect with someone who fills your cup. This can be as simple as sending a quick message, a shared break, or a supportive conversation after a long day.

Meaningful connection strengthens resilience. HIPPy's peer networks, 10-week check-ins, and reflective spaces exist to help you feel seen and supported. You don't have to carry the work alone. The relationships around you matter and so does your well-being.



November 12, 2025

HOME VISITOR SUPPORT: SUPPORTING THE SUPPORTERS: Post-Webinar Resource Guide

If you missed the last HUS webinar, Supporting the Supporters, you can now catch the recording and download the slides! This 90-minute session explores how coordinators can strengthen communication, recognize team strengths, promote wellness, and apply simple improvement strategies that make a big impact. Take a moment to [revisit these tools and the recording with this resource guide link](#) and reflect on one small action you can take this week to support your team. We will be exploring and discussing this topic more in depth in our November Indie Connect webinar next week on November 19 at NOON PT, 1 PM MT, 2 PM CT, 3 PM ET on [Zoom](#).

Q: Are Coordinators allowed to carry their own caseload of families or children?

A: Coordinators are encouraged to focus full-time on HIPPY program leadership rather than carrying a caseload. This dedicated focus allows time for preparing role plays, providing reflective supervision to home visitors, and fostering strong community partnerships. Fostering strong community partnerships helps coordinators connect families with additional resources, support program sustainability, and strengthen the overall impact of their HIPPY program. See Administrative Checklist, Item #4, for guidance: [Administrative Checklist](#).

WELLNESS WEDNESDAY: Move, Stretch, Breathe

Between home visits, trainings, and commutes, many of us spend more time in the car than we realize. Those hours add up, and so does the tension that comes with them. Taking care of your body doesn't require a gym or a long break; it starts with simple movement wherever you are. Check out these [quick, effective car stretches for traveling](#) that help you reset between visits.

Try one or two this week, roll your shoulders, stretch your neck, open your chest, and notice how your energy shifts. These small moments of movement protect the body that carries you through this work. Your health is part of your impact, and caring for it helps you show up fully for yourself and for others.



HIPPY
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2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

October 22, 2025

TRANSLATED HIPPY DOCUMENTS: Several key documents are now available in Spanish for your use. As part of the MGRA update, we translated several parent-facing documents. Since then, we have received a site translation of HIPPY's [3Cs](#) and [5Rs](#). Thank you, North Range Behavioral Health HIPPY Program! If your program has translated any materials, please send them our way for review! You can email them to terri.meehan@hippyus.org, or [upload them to this link](#). We're always looking to share resources between sites!

Q: Is there a way to reduce paperwork requirements and qualification requirements for families?

A: Paperwork and qualification requirements evolve over time and are a mix of HIPPY US, State Office, agency, and funder requirements. It is worth periodically re-evaluating all the documentation your team is required to complete to ensure that you are fulfilling the most current requirements. While our program is designed to serve families most in need of educational supports and resources, at HUS, we do not stipulate an income or other qualification for services. All required forms and documentation are detailed in the MGRA and found online in the HIPPY US library (note: optional resources are also shared there). Compare these required documents to the forms and documents you currently use. Any other items you currently require of your team should be flagged and slated for discussion with the other stakeholders mentioned earlier to see if you can streamline your paperwork.

WELLNESS WEDNESDAY: Noticing What You Carry

Home visiting asks you to bring your full heart to every family you serve. It's meaningful work, but over time, the emotions you absorb can begin to feel heavy. Emotional wellness starts with awareness—pausing to notice what you're carrying and giving yourself space to process it. This week, take a moment between visits or at the end of your day to check in with yourself: What feelings are mine, and what can I gently set down?

The [NHVRC's Mental Health and Well-Being Among Home Visitors brief](#) reminds us that reflective supervision and supportive conversations can help lighten that load. Talking openly about the emotional side of your work isn't a weakness; it's how you sustain your strength. You are not alone in this work, and your well-being matters every bit as much as the care you give others.



October 15, 2025

UPCOMING HIPPY US WEBINAR: Home Visitor Support: Supporting the Supporters

Join us for our next HUS Webinar. This 90-minute session will focus on practical ways to strengthen communication, recognize team strengths, promote wellness, and turn small improvements into lasting change.

- **Date:** October 22
- **Time:** 12 PM PT / 1 PM MT / 2 PM CT / 3 PM ET
- [Zoom Link](#)

We highly recommend reading this brief from the National Home Visiting Resource Center: nhvrc.org/wp-content/uploads/NHVRC-Brief-031620-FINAL.pdf before the webinar. This webinar will be highly participatory. Please come prepared to interact in breakout rooms.

RESOURCE: CDC's Milestone Tracker app can be downloaded from the app store and is a [helpful tool for both parents and home visitors](#). The app tracks milestones from infant through age 5 and includes parent friendly checklists and tips for encouraging child development and what to do if there is a concern. The app allows parents to enter personalized information for multiple children and upload photos and other information such as notes from well visits, and keeps track of doctors appointments and reminders for developmental screenings.

Q: Do experienced Home Visitors need to have a practice child, or is that only required for new Home Visitors?

A: Returning Home Visitors who have already experienced HIPPY with a child or practice child in each curriculum age may choose to forgo a practice child until a curriculum revision is introduced. This decision is made at the coordinator's discretion. See details in the MGRA, Role Play Standard One, Implementation Requirement 8 (pg. 29): [MGRA PDF](#).

WELLNESS WEDNESDAY: Creating Space for What Restores You

Last week, we explored the Eight Dimensions of Wellness and reflected on the areas of life that help us feel balanced and whole. This week, we invite you to take a deeper look at one key aspect of well-being: **restoration**, intentionally creating space for the people, practices, and moments that refill your energy.

In a world that often celebrates constant productivity, rest can feel like a luxury. But true wellness depends on a balance between effort and renewal. Taking time to restore your body, mind, and spirit strengthens your capacity to show up fully for others.



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2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

This week, try one or more of these restorative practices:

- **Pause for presence:** Take three slow, intentional breaths before starting a new task.
- **Set a gentle boundary:** Protect 10 minutes in your day that are just for you, no phone, no agenda.
- **Reconnect:** Spend time with someone who helps you feel grounded and supported.
- **Reflect:** Journal about what truly restores your sense of peace and purpose.

Restoration doesn't require a big gesture. Even small, mindful moments can renew your energy and perspective. Your well-being is your foundation. Give yourself permission to rest, recharge, and restore.



October 9, 2025

WELLNESS WEDNESDAY: Finding Balance Through the Eight Dimensions of Wellness

Last week, we introduced our *Wellness Wednesday* series, a weekly invitation to pause, reflect, and care for yourself as intentionally as you care for others. This week, we're taking the next step toward balance with a guided reflection: **The Eight Dimensions of Wellness Self-Assessment and Self-Care Plan**.

Wellness is more than the absence of stress or illness—it's about cultivating balance across all areas of life: emotional, physical, social, spiritual, intellectual, financial, environmental, and occupational. This self-assessment helps you identify areas where you feel strong and those that may need a little extra attention at this time.

Take a few quiet minutes this week to:

- Reflect on each dimension of your wellness
- Celebrate what's working well
- Choose one self-care goal to focus on this month

Remember, wellness isn't about perfection—it's about progress and awareness. Every small step you take toward caring for yourself makes a meaningful difference in your life and in the lives of those you serve.

You can download and complete the **Eight Dimensions of Wellness Self-Assessment and Self-Care Plan** [with this link](#).

Your well-being matters. Let this week's reflection be a gentle reminder to fill your own cup, so you can continue to pour into others.

Q: Can a full-time Home Visitor serve more than 25 children if they would like to keep families from prior years?

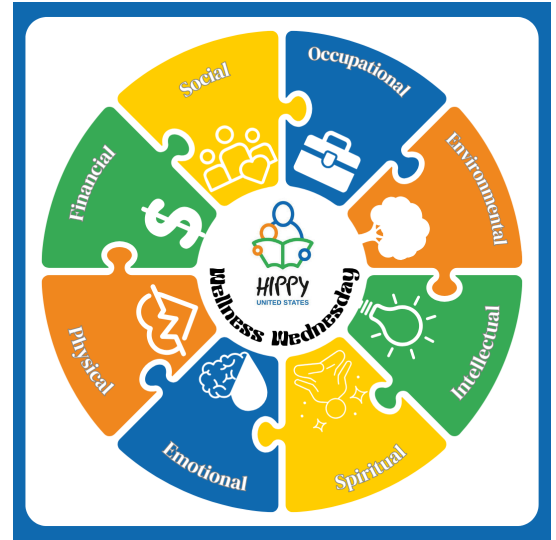
A: Item 6 in the Administrative Checklist states that full-time Home Visitors (35-40 hours/week) serve up to 25 children, and part-time Home Visitors (20-25 hours/week) up to 15 children. This ensures each family receives high-quality support and role play during home visits while maintaining a balanced workload. You can view the full guidelines here: [Administrative Checklist](#).



October 2, 2025

MENTAL ILLNESS AWARENESS WEEK: OCTOBER 5-11: This October, join [NAMI \(the National Alliance on Mental Illness\) in honoring Mental Illness Awareness Week](#). In honor of Mental Illness Awareness Week, we're excited to introduce our **Wellness Wednesday** series, a dedicated moment each week to pause, reset, and support your well-being. To kick us off, we're sharing a powerful resource from NHVRC: *Mental Health and Well-Being Among Home Visitors: Stressors, Supports, and Service Implications*. (nhvrc.org)

This brief takes a hard look at the very real pressures faced by home visitors, from secondary trauma to overwhelming caseloads, and highlights strategies programs can use to support staff resilience.



What to expect from our Wellness Wednesdays:

- A short reflection or self-care prompt
- A relevant resource or tool you can use
- A reminder that you are not alone, this work matters, and your well-being matters too

We hope each Wellness Wednesday becomes a little oasis in your week, a space to be seen, replenished, and encouraged. Stay tuned for our first prompt soon!

Q: I looked on the HIPPY website, but I didn't see an application. Do you have an application for parents to fill out for HIPPY? Or, is this something I should make on my own?

A: HIPPY US does not have an official enrollment form. Programs are free to create their own based on the needs of their organization and funders. Many programs find it helpful to include on their form the information that is requested in the annual report each year, to streamline reporting.

PAT CONFERENCE: Are you headed to [the PAT conference](#) in October? Let us know. Carla will be there, and we'd like to host an Informal HIPPY huddle. [Reach out to her](#) and she'll send you an invite.



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2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

September 18, 2025

HISPANIC HERITAGE MONTH: In honor of Hispanic Heritage Month (Sept 15–Oct 15), we're delighted to share this Smithsonian resource packed with bilingual guides, stories of Latino achievement, learning labs, and more. A valuable tool for HIPPY Programs and families!

<https://latino.si.edu/learn/teaching-and-learning-resources/hispanic-heritage-month-resources>

Q: Will my site have an endorsement this year? How will I know when my site will have an endorsement next?

A: Endorsement is on a five-year cycle. Some programs are currently off-cycle as we continue catching up from the transition from HIPPY USA to HIPPY US, due to the change from a three- to five-year cycle in the latest MGRA revision, and coordinator transitions at some sites. Carla and Terri are working to notify all Indie sites this year of their next endorsement site visit and where they fall in the cycle. All sites will be informed at least one year in advance and will be invited to attend an Endorsement Cohort Meeting at the start of their endorsement year. Sites that will be receiving an endorsement visit this year have already been sent this invitation.

LET'S CONNECT: NEW YEAR CONVERSATIONS WITH HIPPY US: As we head into the new year, we're excited to continue building strong connections across our HIPPY community. Carla or Terri have reached out to each of our independent sites to schedule a check-in. These conversations are a chance for us to get to know you better, hear about your successes, and learn how we can best support you in the year ahead. Please respond to our request if you have not already done so. We look forward to meeting you!

ANNUAL FEES: Just a friendly reminder—we sent out the 2025–2026 renewal letters and order forms to all HIPPY US Indie sites last month. If you haven't had a chance yet, please take a moment to review your documents and let us know if you have any questions or need changes. S&S Worldwide also received your order forms and will be following up for payment. As a quick note, payments are due by **September 30, 2025**. We appreciate you taking care of this on time.

PAT CONFERENCE: Are you headed to [the PAT conference](#) in October? Let us know. Carla would be there, and we'd like to host an Informal HIPPY huddle. Reach out to her and she'll send you an invite.



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2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

September 11, 2025

INDIE CONNECT HUB IS LIVE! As we settle into the new HIPPY year, don't forget that the [Indie Connect Hub](#) is ready and waiting for you! This space is designed exclusively for Independent Sites, bringing together key updates, resources, and reminders all in one convenient place.

This year **Indie Connect Webinar Series** mirrors HIPPY US webinars but dives deeper into discussion and real-world application. For quick access, be sure to **bookmark the hub** in your browser favorites. Need a little help bookmarking? Here's a [\[walkthrough\] with guidance for any browser \(Chrome, Edge, Safari, etc.\)](#).

Q: Does HIPPY have goals for parents and families (besides getting kids ready for school), and how do we check if we're meeting those goals in Visit Tracker?

A: Excellent questions! I think the best place for you to start is by reviewing our national standards, which we call [the MGRA](#). This document details all the expectations for HIPPY program implementation, and linked in there are the forms that are used when a Model Fidelity Specialist comes on site to conduct an endorsement visit. While we don't require any specific evaluation instrument, we do require a parent evaluation and a child evaluation. There are a variety of instruments that programs use to meet this requirement. I personally (Carla) recommend the Bracken School Readiness Inventory. In my experience, it's relatively inexpensive and home visitors are reliable testers once they are trained. An added bonus is that Visit Tracker has fields for the Bracken. For parents, there are several, such as the PICCOLO and the Parent Involvement Inventory. I have more experience with the latter, and recommend it too. Many sites also use Ages and Stages as a developmental screener, which I also recommend. ASQ is a screener, not an evaluation instrument so it would be in addition to a child assessment. Visit Tracker also has fields for PII and ASQ.

REMINDER: Please submit the **HUS 2024–2025 Annual Report** no later than **September 30, 2025**.

Submission Instructions: First, submit your site's **annual report** [with this form](#). After submission, **HIPPY US** will review the data and contact you if any edits are needed. Once reviewed, you'll receive an email confirmation. For questions, corrections, contact **Amber McEnturff** at data@hippyus.org. You can [view more detailed information with this link](#)

REMINDER: New Library Password. Each year, the library password is updated a few days after the Kick-Off to help keep the space secure. The new password will go into effect on September 5. The new password is Together2025 (with a capital T).



HIPPY
UNITED STATES

2024-2025 Program Year Indie Updates

Connecting Hearts, Igniting Minds

September 4, 2025

WELCOME TO INDIE CONNECT HUB! We're starting the new HIPPY year with a [brand-new connection hub just for Independent Sites](#), Indie Connect. This hub pulls together key updates, resources, and reminders in one place, making it easier for Independent Sites to stay connected throughout the year. Plus, our Indie Connect Webinar Series will follow the same topics as the HIPPY US webinars, but with a focus on deeper discussion and real-world application. Indie Connect is more than a dashboard; it's a theme for staying connected, supported, and engaged all year long. Don't forget to bookmark this page in your browser favorites for easy access at any time. Not sure how to bookmark a link to a webpage? [Check out this walkthrough with guidance for any browser \(Chrome, Edge, Safari, ect.\)](#).

SUMMER RESET- COMMUNITY NEEDS ASSESSMENT: Staying in touch with HIPPY families during the summer can be a challenge in terms of planning, logistics, and availability of both staff and families. Conducting a needs assessment can provide you with an opportunity to stay connected while also gathering much-needed information and feedback from parents. Whether you have a site-wide parent meeting or a series of smaller gatherings, summer is the perfect time to hear from parents and program partners to better understand the changing needs of your community, hear what went well the past year, and gather their ideas on how to improve your program. Use your findings to inform your planning, outreach strategies, and additional home visit resources. Good luck with your needs assessment!

HUS 25-26 PROGRAM YEAR KICK-OFF RESOURCES ARE NOW AVAILABLE! 👉 [Access the Kick-Off Resources here](#). The recording of the Kick-Off will be available in the HIPPY US Library at www.hippyus.org after **September 5**. We encourage you to revisit the recording and share these resources with your team as we begin the year together.

NEW LIBRARY PASSWORD: Each year, the library password is updated a few days after the Kick-Off to help keep the space secure. The new password will go into effect on **September 5**. The new password is **Together2025 (with a capital T)**.