HIPPY UNITED STATES

ONE VISIT AT A TIME

Issue 1, September 2025

New! One Visit at a Time Insert & Training

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This year we are launching a newsletter insert, **One Visit at a Time**, for HIPPY home visitors. Each issue will provide words of inspiration, reflection and strategies to support home visitors as they engage with families. Coordinators are provided with a brief, ready to use training activity which will move the handout from "nice reading" into actual skill-building, discussion, and application. The first issue is Listening with Heart, about the power of communication. Each issue of the insert also comes with ready to go training materials and instructions here in the newsletter, starting below.

Give each home visitor a copy of One Home Visit at a Time (digital or hard copy). Depending on how much time you want to spend on this topic you can keep it as simple as giving them the insert and asking them one or two of the **LET'S TALK** discussion questions (10 minutes). Or you can open with a question, add one or two of the **THREE MORE** ideas (10 mins), and the **TRY THIS** activity (20 minutes). Any materials needed for the activity are **underlined**.

TRY THIS: Active Listening Partner Practice

Pair up with a coworker. One person shares a story from their workday while the other listens without interrupting for 3–5 minutes. The listener then reflects back what they heard and shares what they noticed about their own listening habits. Then switch roles. This quick activity helps build self-awareness and strengthens listening skills you can bring to every home visit.

LET'S TALK:

- Which listening strategies do you want to try?
- Which tip resonated with you? Which surprised you?
- Which of the check in questions made you curious to explore more?

THREE MORE ideas of how to use today's insert with your team:

1. **Quote Warm-Up** – Share just the article's quote at the start of training and ask home visitors to connect it to their week's work before revealing the full article.
2. **Silent Read & Highlight** – Give everyone a printed copy, have them underline one sentence that resonates and one they have questions about, then share in pairs.
3. **Mini-Role Play** – After reading, role-play how the tip could look in a real home visit (e.g., one person as the home visitor, one as the parent).