

Direct Services Grant of the Month

Keweenaw Family Resource Center (KFRC)

Watch Me Grow Program



Left to Right: Sarah Robb, Natalie (2 Years), Pam Sheridan, Laura and Benjamin (6 months).

Laura is a teen parent featured in the above picture with Benjamin (6 months) and Natalie (2 years). Keweenaw staff, Pam Sheridan is the Home Visitor (H.V.), and Sarah Robb is a collaborative partner with BHK (Baraga, Houghton, and Keweenaw Counties) Child Development Board. Laura was interviewed during the September 8, 2010, site visit. Laura stated that the *Watch Me Grow Program* is meeting her family's needs. "The home visiting worker is more than just a H.V. worker, she has become like a family friend. KFRC brings a lot of resources and information to the community." Laura is spreading the word about the *Watch Me Grow* program, and is motivated to participate in parenting surveys because of the relationship she has with her home visitor.

Families in the Keewenaw region are geographically isolated. Many are unemployed and under educated. Some families attending KFRC programs are working on their GED, or high school completion. Many of the families enrolled in the *Watch Me Grow* home visiting portion of the grant have at least three or more risk factors for child maltreatment.

Key services include bi-weekly home visits, playgroup, and welcome baby hospital visits. Every home visit includes a parenting component as well as a child development piece. Parents may be given a written parenting tip of the week that is designed to help families with uncomplicated language to accommodate all reading levels. The Ages and Stages Questionnaire assessment is completed bi-monthly to further understanding of their child's development. Parenting classes have been held at a lunch and learn setting: beverages are provided and participants bring a bag lunch. Parents provide input into session topics in the parent surveys they complete. Examples of covered parenting topics can include; Positive Discipline, Children and Stress, Frantic Families, and Temperament and Your Toddler. *Parenting the First Year* newsletter is available to all new parents through the Welcome Baby Hospital Visiting Program.

For more information on the Keweenaw Family Resource Center, Watch Me Grow Program contact:

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