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# First Visitor Update

Keeping First Visitor volunteers up-to-date on program news  
and best practices used in the home visitation model.

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## The Magnitude of First Visitor

What happens – or doesn't happen – to children in the earliest years of their lives is of critical importance, both to their immediate well-being and to their future.

Every child must be ensured the best start. Every year, tens of millions of infants around the world begin an extraordinary sprint – from vulnerable newborns to becoming proactive young children prepared for school. And every year, countless numbers of them are stopped in their tracks – deprived, in one way or another, of the love, care, health, nutrition and protection that they need to survive and grow.

The early years of life are crucial. When well nurtured and cared for in their earliest years, children are more likely to thrive, to grow in a healthy way, to have fewer diseases and illnesses and to develop thinking, language, emotional and social skills. Yet over 200 million children under the age of five worldwide do not receive the appropriate care and support to become physically healthy, mentally alert and emotionally secure.



*The early years of life are crucial.*

The effects reach far beyond the individual lives of children and affect families, communities and the development of entire nations.

Luckily, First Visitor is designed to celebrate the birth and growth of every infant and to provide new parents with emotional support, a network of community-based resources and basic child health.

Statistics taken from the UNICEF website:  
<http://www.unicef.org/earlychildhood/index.html>

## September 15 - October 15 2008: Facts and Figures

Look at the difference you made in the lives of children and families last month!

- Total number of visits/ groups: 159
- Program A: 157
- 63 were first time moms
- 24 were Spanish visits
- 95% of families served were up-to-date with the baby's immunizations
- Volunteers donated 70.5 hours of time
- Total office volunteer hours: 42.5

# Reminders and Save the Dates

## Appreciation Dinner

The annual First Visitor Volunteer Appreciation Dinner will be on **Thursday, December 11** from **5:30-7:30 p.m.** Invitations will be sent out shortly. It will be a lot of fun and a great way for Peak Vista to acknowledge the contributions of all our First Visitor volunteers.

## Christmas Unlimited

We will continue to distribute **Christmas Unlimited** applications through First Visitor's home visitation program through November. Please have your families fill out the enclosed applications completely and return to First Visitor by **November 28th** for processing.

## Training Dates & In-Services

**November 3, 2008**  
Initial Volunteer Training and Program A  
5:30 - 7:30 pm  
PVCHC – Bonanza Room

**January 13, 2009**  
Family Literacy -  
Volunteer In-Service  
5:15 - 6:30 pm

**February 3, 2009**  
Program B Volunteer Training  
5:30 - 7:00 pm  
PVCHC – Bonanza Room

**March 3, 2009**  
Child Care Connections –  
Volunteer In-Service  
5:15 - 6:30 pm  
PVCHC – Bonanza Room

**April 7, 2009**  
Northern Churches Care –  
Volunteer In-Service  
5:15 - 6:30 pm  
PVCHC – Bonanza Room

**May 5, 2009**  
Program C Volunteer Training  
5:30 - 7:00 pm  
PVCHC – Bonanza Room

## Support Peak Vista!

Borders and Peak Vista Community Health Centers are teaming up to raise money while promoting literacy. For every purchase made between November 14 - 16, Borders will donate 10% to Peak Vista's Reach Out and Read program. Did we mention you will save money too?! Attached to this month's newsletter is a 10% off coupon. You can also visit [www.peakvista.org](http://www.peakvista.org) to print more. Don't forget to print a few coupons for your family, friends and book club members too! If you have questions, call Jennifer at 329-7191.



# Reading to your Baby

## Why is reading to my baby good for him?

Reading will help build your child's vocabulary, stimulate his imagination, and improve his communication skills. In fact, the more you speak to your child from the get-go, the better it is for his growth and development. Studies have shown that language skills — and even intelligence — are related to how many words an infant hears each day. In one study, babies whose parents spoke to them a lot (an average of 2,100 words an hour) scored higher on standard tests when they reached age three than did children whose parents aren't as verbal. A running commentary on the state of the neighborhood during your walk and naming your child's body parts as you bathe him are good ways to chat. Reading

is one more fun way to add variety to your verbal interactions.

## What should I read to her?

For the first few months, your infant will be picking up on the rhythm of language — rather than the content — as she hears you speak. So when it comes to reading materials, anything goes such as children's books, a magazine, or even that novel you've been trying to finish.

Your baby may be fascinated by pictures with bright colors and sharp contrast, though, so stock up on picture books too.



Information adapted from  
Baby Center  
[http://www.babycenter.com/0\\_reading-to-your-baby\\_368.bc](http://www.babycenter.com/0_reading-to-your-baby_368.bc)