

## Home Visiting For All Families

We all feel like our babies should have come with an instruction manual! Thankfully, home visitors are available to help parents find the answers they need.

Our communities have many home visiting programs so you can choose the right one for your family. Due to COVID-19, most visits take place virtually, but programs will be back to home visits as soon as possible.

Here are some common questions and answers to help you learn about home visiting.

### Why sign up for home visiting?

1. Because all parents have questions!
2. Studies show families are healthier and children are better prepared for school and parents have more confidence.
3. Get connected to the right resources at the right time - when you need them.

### What will the home visitor be like?

1. Respectful of you and your family.
2. Non-judgmental about your dirty dishes - the home visitor isn't there for your dishes, she's there for you and your baby.
3. Friendly, caring, and professional.

### What happens at a home visit?

1. A **nurse home visitor's** primary purpose is to check your baby's health as well as your physical and mental health. She'll ask health-related questions and address your concerns, and other questions to determine if your family has other needs.
2. The primary purpose for **parent support home visits**, like those with Healthy Families, is to enhance the parent-child bond with fun activities and an understanding of child development. The visit will also include referrals to resources if needed.
3. At a home visit through an **early childhood education program** like Head Start, parents and children have fun while learning preschool concepts, plus get connected to other services if needed.



## Home Visiting Programs in Our Communities

### **Babies First**

**Who:** Pregnant women and families who are at risk due to health or social history

**What:** Nurses visit to help reduce stress, connect you to services you need, help you keep you and your baby healthy

**When:** During pregnancy and up to 5 years

**Why:** To make sure moms, families, and babies have the support and info they need

**Where:** Call local health departments

Linn County - 541-967-3888

Benton County - 541-766-6835

Lincoln County - 541-265-4112

### **CaCoon (Care Coordination)**

**Who:** Families who have a child with a disability or chronic health condition

**What:** Visits with trained nurses help families coordinate their child's health care needs. They answer questions, connect the family with health care providers, and make sure health providers work together to meet the needs of the child and family.

**When:** From birth to age 21

**Why:** Help families coordinate care for children with special health needs

**Where:** Call local health departments

Linn County - 541-967-3888

Benton County - 541-766-6835

Lincoln County - 541-265-4112

### **Family Connects**

**Who:** All families with newborns

**What:** Nurses visit 1-3 times after birth of baby to understand family's needs and then connect family with other community resources and services

**When:** Approximately 3 weeks after birth

**Why:** Because all families have questions and concerns after a baby is born

**Where:** Sign up at the hospital when your baby is born or call Pollywog at 541-917-4884.

### **Healthy Families**

**Who:** Many pregnant women and families (screening determines eligibility)

**What:** Home visitors support parents in creating and strengthening a nurturing parent-child relationship, and help to connect families to other local services and needed resources

**When:** Visits start prenatally or up to three months after baby is born, and can go until your child is 3 years old

**Why:** Because connected and attached parents help their children be better prepared for school and life.

**Where:** Available in Linn and Benton Counties through Old Mill Center for Children and Families at 541-757-8068.

### **Nurse Family Partnership**

**Who:** First-time mothers experiencing poverty and other risk factors

**What:** Nurses visit with first-time mothers

**When:** Visits begin prenatally, starting before 28 weeks, and continue until your child is two years old

**Why:** To improve parent and baby health and support families experiencing poverty as they learn about parenting and self-sufficiency

**Where:** Available in Lincoln County, call 541-265-4112.

### **Relief Nursery**

**Who:** Families experiencing significant stress with children up to 6 years old

**What:** Home visitors support parents with parenting education while connecting them with resources, along with therapeutic classrooms and parent support groups

**When:** Visits can start at birth

**Why:** To support families who have more intensive needs

**Where:** Call your county's location:

Benton County - Old Mill Center for Children and Families, 541-757-8068; Linn County – Family Tree Relief Nursery, 541-967-6580;

Lincoln County – Olalla Center, 541-336-2254.

### **Head Start/Early Head Start**

**Who:** Pregnant women and families who are low-income with children under age 3

**What:** Home visits for eligible families that focus on child development and provide family support services and coordination

**When:** Prenatally through age 3

**Why:** Help resolve stress with resources so families can nurture healthy attachments and kids are ready to learn.

**Where:** In Linn and Benton Counties, call KidCo, 541- 451-1581; in Lincoln County, call Community Services Consortium, 541-265-8505 or the Confederated Tribes of Siletz, 541-444-2450.



 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

Pollywog Family  
6500 Pacific Blvd. SW, LM-132  
Albany, OR 97321  
541-917-4884

Every parent has challenging days, especially as COVID-19 changed our lives and communities completely over the last year.

On those difficult days, a short text from a friend can be a boost that turns your day around. That little boost is powerful! It helps you feel connected again, especially when you need it the most.

Pollywog is here to give you a boost too, through Bright by Text! Bright by Text is a free service that texts tips and ideas to help you raise happy and healthy children.

The Bright by Text messages are based on your child's age and development so they have the information you need, exactly when you need it, for children up to 8 years old.

**95% of parents  
using Bright by Text  
say they feel more confident  
in their parenting!**

Bright by Text is available for expecting parents too! Sign up with your due date to receive pregnancy-related information timed to your expected delivery.



*Bright by Text is for expecting parents too!*



You can count on the information from Bright by Text because it is only from trusted sources, like the CDC, PBS, Sesame Street, Zero to Three, and other experts in early childhood development.

Each text is short and to the point, exactly what busy parents and caregivers need. They include links to more information, videos, and other learning materials, all based on your child's age.

Bright by Text sends information on these topics, and more:

- Sleep
- Potty training
- Communication
- Tantrums
- Motor skills
- Social-emotional development
- Brain development
- STEM (science, technology, engineering and math) activities
- Language and reading
- Physical activity
- Nutrition
- Safety
- Caregiver resilience
- Encouragement

## How Does Bright by Text Work?

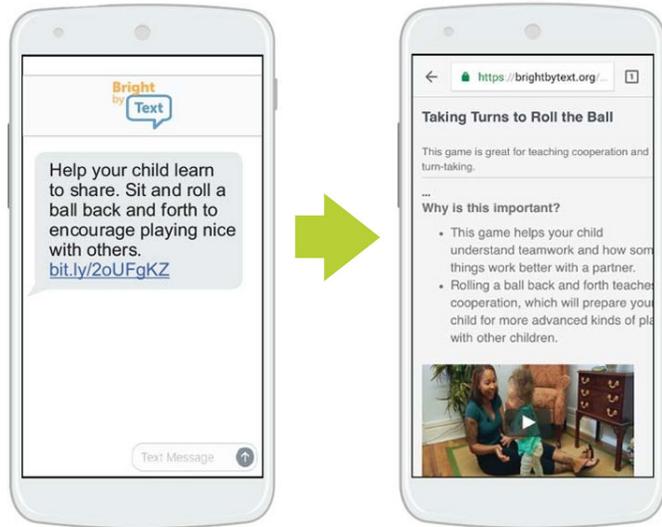


Sign up for Bright by Text with 3 easy steps!

1. Text 'ELHUB' to 274448.
2. Bright by Text will ask your child's birthdate to tailor the information to the right age.
3. Then Bright by Text will ask your zip code so you can get local information from Pollywog too.

Once you are signed up, Bright by Text will send you two or three texts per week. Each text has a short message and a special link to learn more.

Here's what it looks like:



On the Bright by Text website, you'll also find links to the information source and related sites for more ways to explore the topic.

## FAQs about Bright by Text

- |   |      |
|---|------|
| Is Bright by Text offered in Spanish?   | Yes! |
| <i>The option to switch to Spanish is offered during sign up.</i>   |      |
| Is Bright by Text really free?  | Yes! |
| <i>Text messaging or data fees may apply, based on your cellular plan.</i>  |      |
| Is my information and my child's information safe?  | Yes! |
| <i>Bright by Text and Pollywog take safety and security very seriously. The information you submit will never be sold, shared, or disclosed. You can read the Bright by Text Privacy Policy on their website.</i> |      |
| Can I get messages for more than one child?   | Yes! |
| <i>Simply go through the sign up process a second (or third, or more) time to receive texts for each child.</i>   |      |
| Is it easy to unsubscribe?  | Yes! |
| <i>Simply text 'STOP' in response to the Bright by Text messages. This information is also given at sign up.</i>  |      |
| Will Bright by Text only send me a few texts per week?  | Yes! |



 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog YouTube](#)

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 6500 Pacific Blvd. SW, LM-132  
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<b>Month</b>	<b>Email Recipients</b>	<b>Email Opens</b>	<b>% Opens</b>	<b>Email Clicks</b>	<b>Facebook Reach</b>	<b>Facebook Engagement</b>
January - Parenting Ed Options	539	284	53%	58	59	11
February - Nutrition	563	151	27%	34	105	5
March - Home Visiting	571	298	54%	42	49	2
April - Bright by Text	601	167	28%	27	57	5
(April data to 4/8/2021)						
2020 Averages	495	140	29%	34	172	28

# Delilah's 12-Month Well Baby Visit

March 29, 2021, Hailey Cain



Delilah is now a one-year-old! It's still hard to believe!

Last week Delilah had her 12-month Well Baby Visit. For past appointments where Delilah was scheduled for shots, Joshua came along to drive while I sat in the back with Delilah to comfort her on the way home. With Joshua away at boot camp, this appointment was the first time that Delilah and I were going by ourselves and I was really nervous.

Like many babies, Delilah does not like being in her carseat very much. There have been times driving home from grocery shopping and she cried the whole way because I wasn't able to sit in the back and distract her. It was my hope that she would fall asleep on the drive home after her appointment. I had to work the morning of her appointment, so I scheduled Delilah's check up in the afternoon to time the drive with her nap.

## New Relief Nursery in our Region

As of Friday, January 22, the Olalla Center in Toledo is the newest Relief Nursery in the State of Oregon. It has taken many years and many different hands to complete the process, but it is now official and we couldn't be prouder of the efforts of the Olalla Center staff.

Relief Nurseries offer very specific services for children, families, and individuals, such as:

- Therapeutic Early Childhood Programs
- Drug and Alcohol Recovery Support
- Outreach and Crisis Intervention
- Mental Health and Counseling Services
- Home Visiting Services
- Ancillary Services
- Respite Care

### What's Happening

- ✓ The next Pollywog Partner Meeting is scheduled for Thursday, April 8, from 9-10:30am. This will be a remote meeting, using the Zoom platform. Meeting log-in information will be available on the Early Learning Hub website, and we will also be sending out a Google invitation.
- ✓ Currently there are 1,527 individuals in the Pollywog database, as well as 23 prenatal and 27 parenting education classes, 6 courses taught in Spanish, and 161 referrals have been sent through Pollywog. Spring term registration started today, February 22, and Spring term classes will run from March 29 through June 13, 2021.

The Olalla Center has been offering some of these services for many years, but they have also brought us some new and innovative programs, such as the Pegasus Program, an equine-assisted therapy program for individuals, families or groups, and the Bravery Center, a resource and support for members of the LGBTQIA2S+ community in Lincoln County.

Again, congratulations to the Olalla Center for their new credentials.



## Olalla Center

### Pollywog Assistant

Pollywog is searching for a new Assistant (Program Assistant 1) to work 1/2 time for Pollywog and 1/2 time for the Early Learning Hub. The job posting has been delayed, but should be posted later this week, and will remain open until Sunday, March 14. Please apply!!

## Social Determinants of Health added to Pollywog

As many of you know, we receive part of our funding for Pollywog from the IHN-CCO. To get our funds we submit a monthly invoice and a quarterly report of what Pollywog has been doing for the last quarter.

In July 2020 the quarterly report templates were changed, and we are now being asked to include what Social Determinant of Health (SDoH) we helped our clients and contacts with. The SDoH was not originally included in Pollywog, but after some discussions with our database creator, VistaLogic, we worked out a clever way to incorporate that information into Pollywog's data gathering system.

When you create a Contact Activity or a Client Activity record in Pollywog, after hitting "SAVE" a drop-down menu will now appear on the screen with a list of the SDoH. You may click on one or more from the list, and then "SAVE". These system changes are now included in the User's Manual, and you may request new pages for your manual.

## Pollywog Partner Update

Below is a list of all of the Pollywog Partners, by county, who are trained and ready to receive referrals through the Pollywog database:

### Linn County:

Linn County Home Visiting Nurses  
Kidco Head Start  
Samaritan Albany General Hospital  
Samaritan Lebanon Community Hospital  
Obria Medical Clinic  
Family Tree Relief Nursery  
DHS (Albany & Lebanon) - no incoming referrals  
Family Connections  
WIC  
Old Mill Center / Healthy Families

### Benton County:

Old Mill Center / Healthy Families  
Old Mill Center / Preschool & Counseling  
Good Samaritan Regional Medical Ctr.  
DHS (Corvallis) - no incoming referrals  
Community Doulas  
Benton County Health Department

### Lincoln County:

Samaritan Pacific Communities Hospital  
Samaritan Health Center - Newport  
The Olalla Center  
Lincoln County Home Visiting Nurses  
DHS (Newport) - no incoming referrals  
CSC (Newport)

More will be coming soon!

### Contact Us

LeAnne Trask

Pollywog Coordinator

(541) 917-4949

leanne.trask@linn  
benton.edu

Connie Adams

Pollywog Community  
Alignment Specialist

(541) 917-4948

connie.adams@linn  
benton.edu

Website:

<https://pollywogfamily.org/>

Facebook:

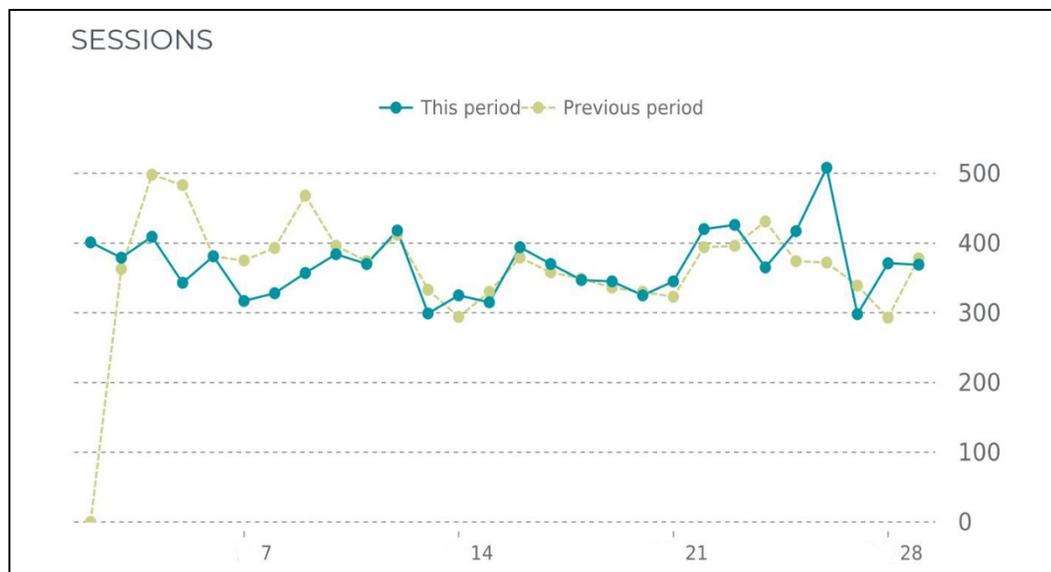
<https://www.facebook.com/PollywogFamily/>

# POLLYWOG UPDATE

4/1/2021

## ANALYTICS:

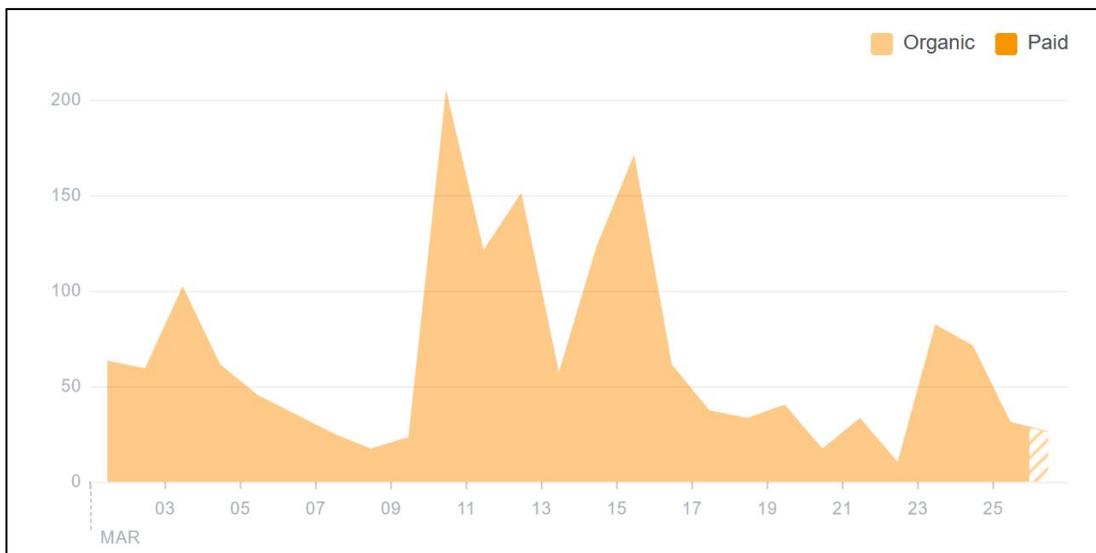
- There are currently 1,580 individuals (adults and children) in the Pollywog database: (not all have counties listed)
  - Linn County – 607
  - Lincoln County – 43
  - Benton County – 177
  - Multnomah – 3
  - Polk – 9
  - Lane - 6
  - Marion - 10
  - Deschutes - 1
  - Douglas - 1
- Currently there are 24 prenatal and 22 parenting education classes offered on the Pollywog website, with 4 taught in Spanish.
- All prenatal and parenting education classes continue to be offered remotely only, including Spring term classes which started on Monday, March 29. We are expecting all Summer term classes will remain remote also.
- There were 2,012 pageviews on the website in March.
- Website views in March looked like this:



# POLLYWOG UPDATE

4/1/2021

- We are currently seeing between 300-500 people a day on the Pollywog website – an increase of 1.7% over February.
- The March Parent Newsletter was entitled “Home Visiting for All Families” and it talked about all of the home visiting programs available in our region, including Family Connects. Sent out to 571 recipients, and opened by 52.4%!! --That is an outstanding number!!
- The March Facebook Reach was very “spiky”:



- Our highest reaching post was on March 10: 767 views, 19 comments, 17 shares:

Parenting Education Department  
SCHEDULE OF CLASSES

Linn-Benton  
Community College

## SPRING TERM 2021

**YOU ARE NOT ALONE.** LBCC Parenting Education remains committed to you and your family during these challenging times when traditional classes aren't possible because of safety precautions. We offer two types of virtual classes:



**Virtual Live & Learn Parent/Child Classes**

Parent/Child classes are for parents/caregivers and their children to take part in together. These courses are “remote” learning courses available to anyone with access to an internet device with a camera and microphone. Classes will take place with a “live” instructor at the dates/times listed. They open the door to allow you to meet other parents/caregivers with children the same age. You will learn about child development stages, build community, receive developmentally appropriate activities for you and your child to enjoy together and more. These classes are referred to as “Live and Learn Parent/Child Classes”. Financial aid is available for these classes through the Parenting Education Tuition Grant Fund from monies raised during our annual fundraiser, Family Fun Day. The application for the Parenting Education Tuition Grant is built into the Registration form. Class meets for 10 weeks.

# POLLYWOG UPDATE

4/1/2021

- The Parent Voice Blogs are being published three weeks out of the month, in English and Spanish, and they are all being written by Hailey Cain.
- We are finally getting to the good part of hiring for our new Pollywog/Hub Assistant. We have three applicants, and are hoping that the Hiring Committee will be able to begin interviews on March 30.

## LINCOLN COUNTY EXPANSION

- Our 3<sup>rd</sup> Quarter ended on March 31:
  - GOAL: 3 new Pollywog partners trained and ready to go this quarter
    - Children's Advocacy Center
    - Olalla Center
    - Benton County Health Department
    - Good Samaritan Regional Medical Center
  - GOAL: Continue looking for Outreach opportunities
  - GOAL: Cross-market all classes and workshops

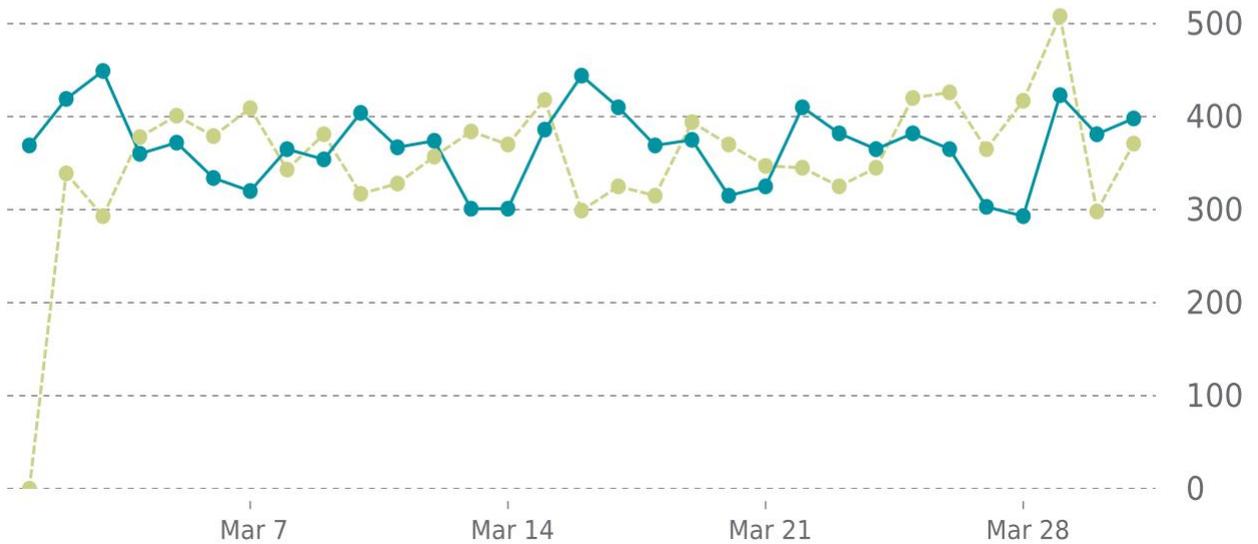


Traffic up by: **4.1%**

2021-02-28 to 2021-03-31

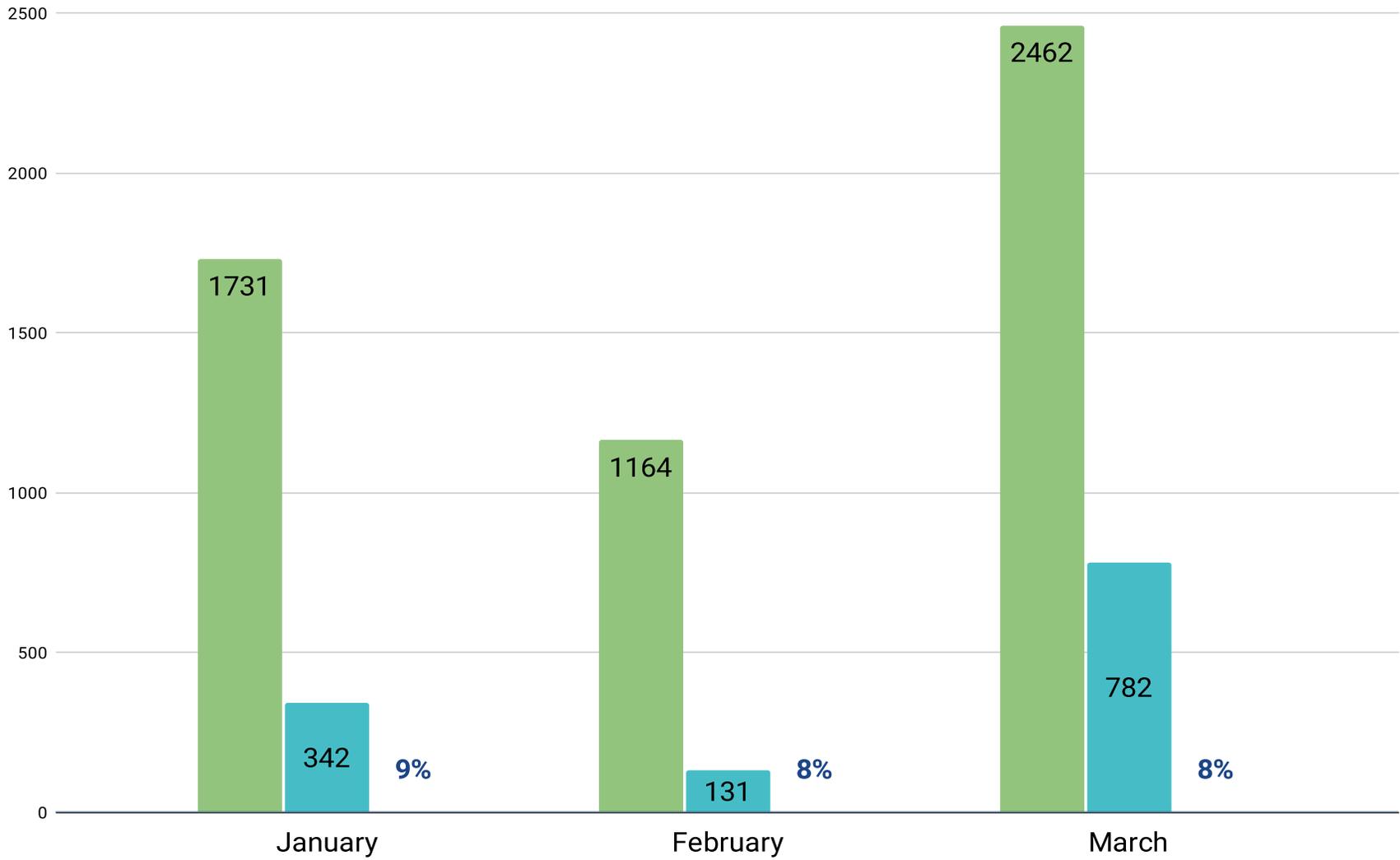
## SESSIONS

—●— This period —●— Previous period



### Pollywog Facebook Data, 2021

■ Total Reach ■ Highest Daily Reach ■ Average Engagement Rate





**PRESCHOOL  
P R O M I S E**

**FREE, high-quality  
preschool programs for  
Oregon families!**

# How does it all work?

If you reside in Oregon, have a child  
ages 3-5, and meet income  
requirements, you could qualify for  
**FREE** preschool!

**Email us  
today!**

[preschoolpromise@linnbenton.edu](mailto:preschoolpromise@linnbenton.edu)

Already enrolled at one of our providers and  
think Preschool Promise is right for your  
family? Email us today for your application  
and skip the prescreening!

**Step 1:** Fill out our Screening Survey to make  
sure this program is right for your family!  
Our survey will also help you pick your top 3  
choices of potential providers!



**Step 2:** Hooray!  
You've been added to our waitlist!



**Step 3:** We will email your official application  
when a provider you picked has potential  
openings.



**Step 4:** You now have 30 days to:  
-complete the application  
-verify your Oregon residency, income, and  
child's age



**Step 5:** Next, we send your application and  
documents to our eligibility team.



**Step 6:** Once deemed eligible--your provider  
will contact you to enroll with their program!  
Congratulations!

To learn more, email the Early Learning Hub of Linn, Benton & Lincoln Counties:





## Family Connects is Coming!

Welcoming a new baby is a big change, and soon Family Connects will be here to help! We have highly trained nurse home visitors who can visit with you to assess baby's health, check on Mom's postpartum health, and let you know about resources in your community. This is a free, voluntary program, and you are welcome to accept or decline the nurse visit.

Want to know more?

[www.familyconnectsoregon.org](http://www.familyconnectsoregon.org)





**Join us for the 7<sup>th</sup> Annual FREE Parenting Public Speaker Event! Linn-Benton-Lincoln Counties**

## **“Under the Wave: Understanding the Impact of Stress and Trauma Using Metaphors and Stories**

**A workshop for how to help children overcome stress**

Using story and metaphor, this presentation explores responses to common questions about stress and trauma. These questions include:

1. *Do young children really remember traumatic experiences?*
2. *What are the common reactions to stress and trauma?*
3. *How does trauma affect development?*
4. *How can we work together to create healing spaces and support recovery?*

This workshop shares core lessons about stress and trauma and focuses on the importance of acknowledging what families have been through, helping them to make meaning of their experiences, and supporting them in having new experiences that help them grow well and love well.

Dr. **Chandra Ghosh Ippen**, Ph.D., is the Associate Director of the Child Trauma Research Program at the University of California, San Francisco.

She is a children’s book author and creates videos for children to understand stress and trauma.



**Monday, May 3, 2021**

**6:30-8:00pm**

**Remote Workshop Via Zoom**



**To register for this FREE event please use this link:**

<https://forms.gle/eMi7ULiTMrmF8zx9>

**For more information call (541) 917-4884**



**Spanish interpretation will be provided**

**Se proveerá interpretación al español**



**Linn-Benton**  
Community College

# State of Babies Yearbook: 2021

Learn about the data. Hear from experts. Join the conversation. Take action to support.



**State of Babies  
Summit**

**April 22 | 2 p.m. ET**



**STATE OF BABIES  
YEARBOOK 2021**