



# MARCH 2024

## PRENATAL PROGRAM

### FAMILY ENGAGEMENT

### HOME PROJECT

Parent's Name: \_\_\_\_\_

Site: \_\_\_\_\_ Class #: \_\_\_\_\_

Teacher's Signature: \_\_\_\_\_

Week #1 - Topic: Social Support Resources/Drawing		Week #2 – Topic: Health		WEEKLY TOTALS
<b>Why this activity?</b> Increases parent's knowledge of community resources – BE PREPARE  <b>What we need:</b> <ul style="list-style-type: none"> <li>• Pencil, pens or markers</li> <li>• Paper OR map of your town</li> <li>• Community Flyers</li> </ul> <b>How we do it?</b> Talk with parent about services for families with young children in their town. Use a map or draw a picture of your town. Highlight buildings that house community resources (WIC office, library, farmers' markets, doctor's office etc.) Help parent plan how they can get there: will they need to take the bus, can they walk there, where to park, etc...  <b>Note:</b> Encourage mom to be prepare and empower her independence.				
5 hrs				
Week #3 – Topic: Nutrition		Week #4 – Topic: Wellness-Mental Health		

Parent Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_

**\*\* The project must reflect the time indicated on the sheet.**