

## Home Visit Notes

### Lesson: Healthy Hearts

#### Objectives:

- Help provide children with healthy hearts by showing them they are loved by adults in their home.
- Encourage reading in the home and model reading skills.
- Foster fun learning interaction between parent and child.
- Provide hands-on activities.
- Provide and encourage healthy snacks.

#### Activities:

1. Encourage reading by using the provided book list featuring "heart" books especially focusing on love and valuing children.
2. After children and their parents have read together, encourage them to make a heart book together. Several pages have been provided for you. It is titled: "Love is..." Parents and children can work together to fill the pages with the child's thoughts. Allow the child to color the pages or to decorate them however they want. The pages can be connected with yarn. Additional pages can be found at: [www.shapebooks.com](http://www.shapebooks.com).
3. Have parents and children create and enjoy a snack together. Heart- shaped Jell-O jigglers are one easy snack to make and to reinforce the heart and love concept. A recipe for "Love Potion" and "Love Cookie Graham" are included for you in this packet.
4. Make a "Signs of Love" craft. Reinforce not only how much love the parent and child has for each other, but also introduce the family to another language, American Sign Language.
5. Make a "Heart Butterfly". This craft is a little more difficult but very cute to make for older children or for parents who really like creating crafts.

6. For young children, have them color hearts or simply learn to identify a heart. You can also tear or cut hearts out of construction paper by folding the page and cutting or tearing a half heart. Show them when you open the finished heart, it's like opening up a heart for love. Encourage parents to tell their children all the time how much they love them.
7. For infants or young toddlers, ask the parent to hold the child or to lay them on a blanket. Using their fingers, trace the shape of a heart onto the child's tummy or back and sing a loving lullaby to them. Encourage the tender together times and the close loving tenderness of a parent's love.
8. Make a "Valentine Person" using the template in this packet.

