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Relational home visiting strategies to support  
 DEI discussions among newcomer  
 refugee/immigrant families

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Acknowledgements

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Presentation Agenda

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- **Context:** Supporting newcomer refugee/immigrant families around issues of diversity, equity, inclusion and belonging.
- **Family Engagement Model:** Baby TALK Relational Engagement Strategies
- **Preliminary findings:** A pilot study using DEI/B-focused children’s books
- **Voices from the Field:** Reflections from refugee home visitors

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The image of forcibly displaced people seeking safety and refuge yet...



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Conflicting messages across the U.S. and globe



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Supporting refugee and immigrant mental health:  
What do we know?

- Immigration trauma can have a cumulative effect on mental health.
- The current sociopolitical climate and anti-immigrant rhetoric makes it more difficult for new arrivals to adjust to live in a new country and impacts mental health for caregiver and child.
- Unaddressed I-ECMH and adult needs influences adjustment and overall health outcomes for all family members. Family-centered approaches are valuable.
- Cultivating a sense of welcome, belonging, and embracing cultural identity can be grounding and supportive for newcomers.

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Supporting young children and their families:  
What home visiting programs can do?

- Provide the availability and continuity of a nurturing trauma-informed professional caregiver (or caregivers)
- Provide inclusive environments that promote:
  - Honors unique experiences and cultural identity
  - Feelings of safety and welcome
  - Opportunities for resource sharing
- Provide strong foundations for early learning that support future development and wellbeing for both the child and caregiver.

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Quick Facts About Baby TALK

- The Baby TALK Model/Curriculum is currently implemented by professionals in Alabama, California, Illinois, Indiana, Michigan, Nebraska, Ohio, Pennsylvania, and Washington D.C.
- More than **82** programs use Baby TALK as their model/curriculum for engaging and working with families
- Baby TALK professionals Come Alongside families representing over **29** different languages
- In 2021, **6,638 children** were served by Baby TALK professionals in over **64,329** personal encounters.

Visit [www.babytalk.org](http://www.babytalk.org) for more information on the Model/Curriculum.

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Home visiting goals include....

- Using a developmental parenting approach; focusing on the caregiver-child dyad
- Supporting caregiver mastery through:
  - Facilitating caregiver-child interactions
  - Observation, Narrating behavior
  - Listening and engaging to understand the meaning the parent is making

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### Home visiting goals include....

- Sharing information and reflecting
- Scaffolding caregiver confidence and competence through meaningful goal-setting in support of the:
  - Family
  - Child's development
  - Family/Child relationships
- Supporting overall family well-being through ongoing attention to the family's system of support and possibilities for referrals

Attuned relationships built through a lens of cultural humility are the **vehicle** for achieving these goals!

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### Trauma-informed home visiting as a pathway to supporting adjustment, mental health and child outcomes



- In addition to the Baby TALK Model curriculum, all home visitors were trained on topics related to:
  - mental health terminology,
  - trauma-informed practice, and
  - Knowledge of general adjustment/resettlement services

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### Pilot Study: Using children's books to engage refugee families in DEI/B Topics

- ✓ 4 Home visitors curated five books to determine readability and relevance for families.
- ✓ Each home visitor selected two books to read to their families; 20 families participated.
  - 5 Syrian Families (interpreted into Arabic)
  - 10 Rohingya Families (interpreted into Rohingya)
  - 5 Congolese Families (interpreted into Kinyarwanda)
- ✓ Surveys documenting the relevance of the topic and other related questions were completed after each book reading. (40 surveys completed)

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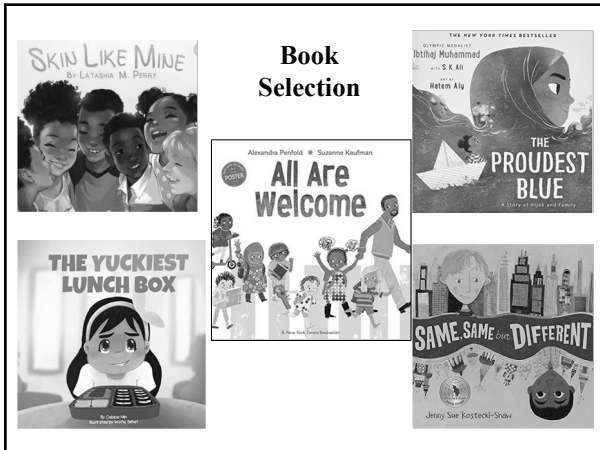
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### Preliminary Findings

- **Home visitors** ranked the books relevance and value has high (N=20, Mean: 4.4-5 out of 5)
- **Family responses** (N=40) were as follows across books:
  - Understanding the concepts in the book (Mean 4.4)
  - Relevance of the topic (Mean 4.1)
  - Importance of seeing images of your culture/diversity (Mean 4.2)
  - Importance of embracing one's culture after book reading (Mean 4.3)
  - Importance of sharing these values with your children (Mean 4.4)
- *The Yuckiest Lunchbox* and *The Proudest Blue* were ranked as the topics that resonated most for families.
- **Syrian families** scored the children's books/topics highest by relevance & value.
- Families hoped for more children's books that spoke to cultural attire, religion, and helping children to learn about other cultures.

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### Home Visitor Remarks

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