



*"They put me in a positive direction"*

## **Story from Arelis Valoy**

**Home-Based Child Development Program staff member**

**Arelis worked at LSA from February 2005 through October 2006**

I work as a Home Visitor for the Child Development Program at Little Sisters of the Assumption Family Health Service, a program for families who have children under three years old. Through the home visiting program, I make regular visits to the home to monitor the child's development and to explore any questions or concerns the parents may have.

I have the opportunity to work with families that have brought up all types of issues and concerns. One of the experiences that impacted me most was working with a traditional Mexican family where the father was physically ill. During the lapse of working and supporting the family through this time, I provided different types of resources that would help the family to cope with the illness of the father. For example, I referred him to our home nursing program and helped him find appropriate medical care. Mostly, I just sat and listened, but at the same time I was feeling powerless in the situation because I was bringing all of these resources to the home but I often felt like nothing was accomplished.

Months later (long after the father's illness had been cured) during one of my regular visits, the mom and I were going over one of the forms that evaluates our Home Based Program, the Parent Evaluation Form. When asked about what aspect of the program she liked the most, the mother reported that what she liked the most was the support that she received from me and the agency. She told me that during the time of her husband's illness, my being there to listen to her was what got her through it.

That statement helped me realize that while I was feeling powerless to help in the situation, my regular visits and listening ear were actually very powerful forces in helping this mother through an extremely difficult time.

