

Parents As Teachers Note of Acknowledgment and Appreciation
May 2026

To Whom It May Concern:

I wanted to take a moment to share with you the impact that the Looking Upwards Parents as Teachers program has had on our lives as new parents. My husband and I are both upper middle class, gainfully employed, university educated folks. Personally, I hold a Doctor of Nursing Practice in Family Practice as well as my Masters in Public Health and a Master of Arts in International Peace & Conflict Resolution. As a result, I have seen first hand as a practitioner that which can happen when we new parents lack critical social accompaniment, or in the words of the late Dr Paul Farmer, "to be present on a journey with a beginning and an end". It is just this benefit of presence that we have gleaned from being welcomed into journey after the birth of our first child in late December 2024. Since then, we can say with overwhelming gratitude that it has made such an impression that the Parents as Teachers program has journeyed with us in a very personal, unassuming, encouraging and educational way. In weeks when we were less sure of ourselves or our new addition, our parent educator was there checking in and instructing us with simple, accessible, essential lessons on our child's early growth and development. Moreover, as new yet "geriatric" parents, as the system terms me, our parent educator helped us make sense of this life shift and not feel alone or isolated or less able. As a family unit that is somewhat distanced geographically from other close family, she made visits on days we might otherwise be alone. Most especially during my extended maternity leave, when sometimes I would not see another adult until my wonderful spouse returned home from work, our parent educator was the only adult I might interact with directly. It likely staved off loneliness, isolation and frankly post partum mood concerns over time. We know from the research and practice that programs such as yours provides fundamental accompaniment on this challenging and worthwhile parenthood journey. We have benefitted from the role modeling, the nonjudgmental curiosity, the compassionate concern, the creative suggestions, and the evidence-based monitoring and evaluation with standardized tools (which I especially love and look forward to each interval). It is a special type of bearing witness and showing up in the most sacred and simple ways that helps us orient ourselves in our new roles and to gain more confidence as we go - all from fellow parents figuring it out themselves. It reminds us to set aside intentional time and slow down the pace of early parenting to pause, observe, reflect and check-in as a bigger team helping each other. As I write, I am reminded of many of the seemingly little, however precious, moments that Beth and Emily and now Sarah have shared with us as a nascent family. My husband and I could not be more thankful for the Looking Upwards Parents as Teachers program. Both professionally and personally, this is a significant resource for all families of all walks in this vulnerable albeit special time of life.

Most sincerely,

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