

# Promoting Early Relational Health and Child Development in the Healthcare Space

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Co-Founding Director and Director of Medical Education



Provider  
Resources



**Mount  
Sinai**

*Parenting Center*





**Mount  
Sinai**

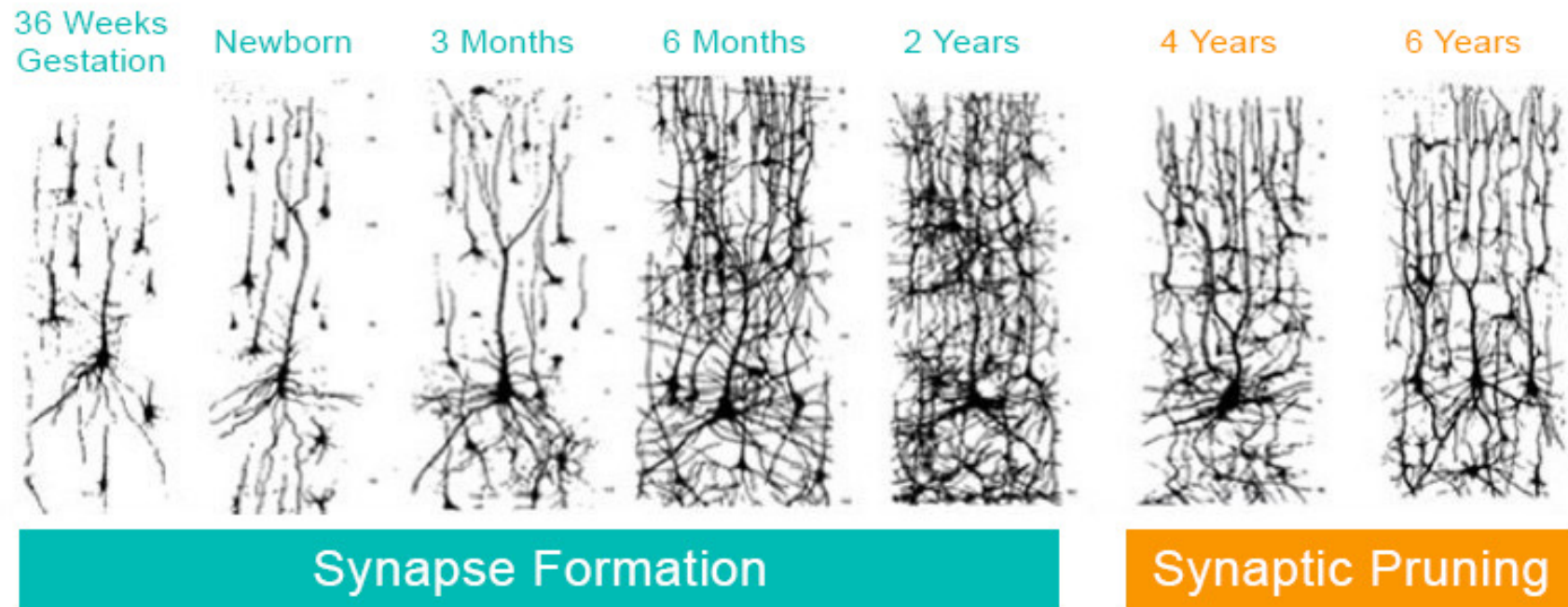
*Parenting Center*

## **Our Mission**

To transform the way pediatric healthcare is delivered by maximizing opportunities to promote strong parent-child relationships and early childhood development within everyday healthcare interactions.



# EARLY BRAIN DEVELOPMENT



In the first few years of life, more than **1 million new neural connections** are formed every second!

# AAP POLICY STATEMENT

POLICY STATEMENT Organizational Principles to Guide and Define the Child Health Care System and/or Improve the Health of all Children

American Academy  
of Pediatrics



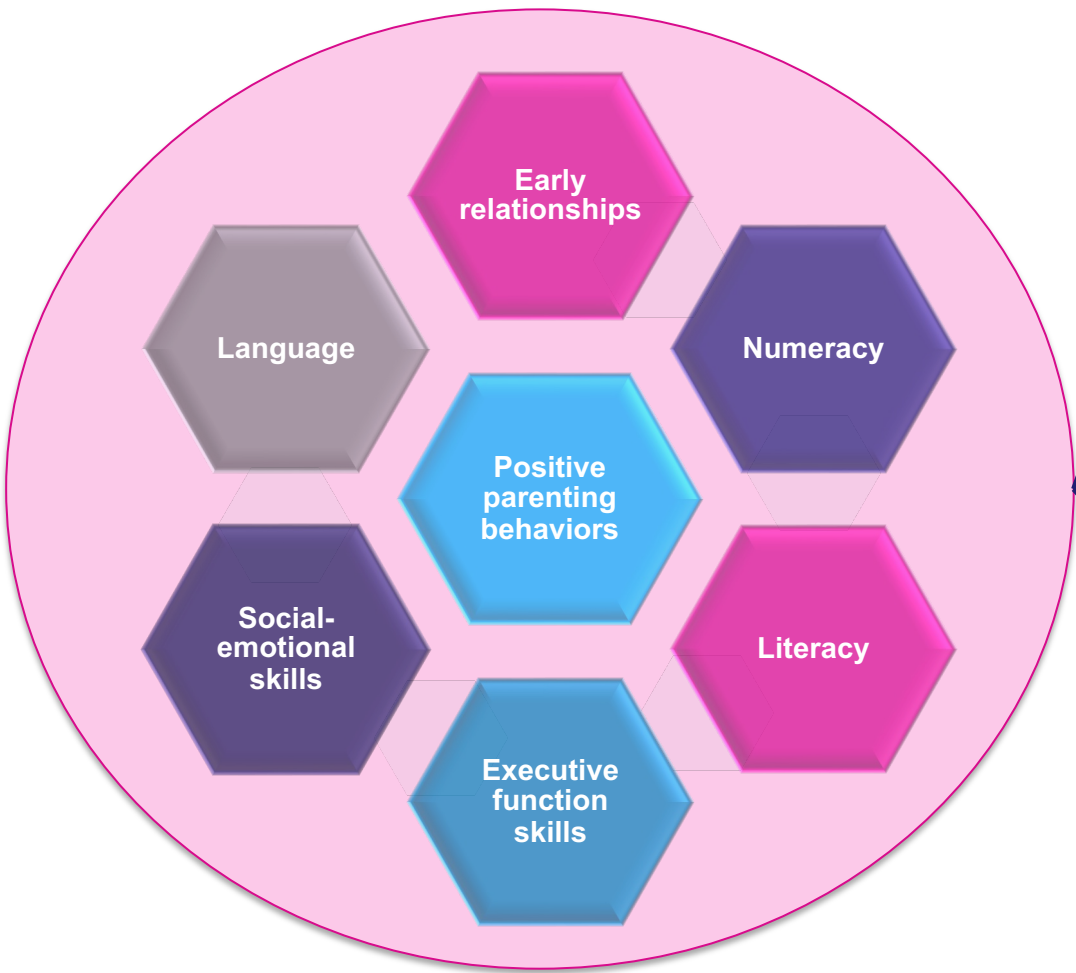
DEDICATED TO THE HEALTH OF ALL CHILDREN™

## Preventing Childhood Toxic Stress: Partnering With Families and Communities to Promote Relational Health

Andrew Garner, MD, PhD, FAAP;<sup>a,b</sup> Michael Yogman, MD, FAAP<sup>c,d</sup>  
COMMITTEE ON PSYCHOSOCIAL ASPECTS OF CHILD AND FAMILY HEALTH, SECTION ON DEVELOPMENTAL AND BEHAVIORAL  
PEDIATRICS, COUNCIL ON EARLY CHILDHOOD

“The American Academy of Pediatrics asserts that **SSNRs** [safe stable nurturing relationships] **are biological necessities** for all children because they **mitigate childhood toxic stress** responses and **proactively build resilience** by fostering the adaptive skills needed to cope with future adversity in a healthy manner.”

# INFUSING THE SCIENCE IN THE HEALTHCARE SPACE

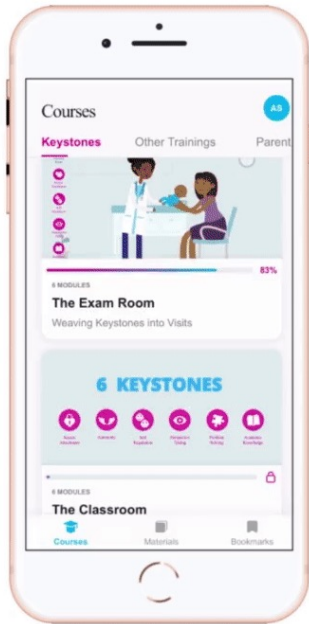


# We all have our moments with families

Each interaction can have an **impact**



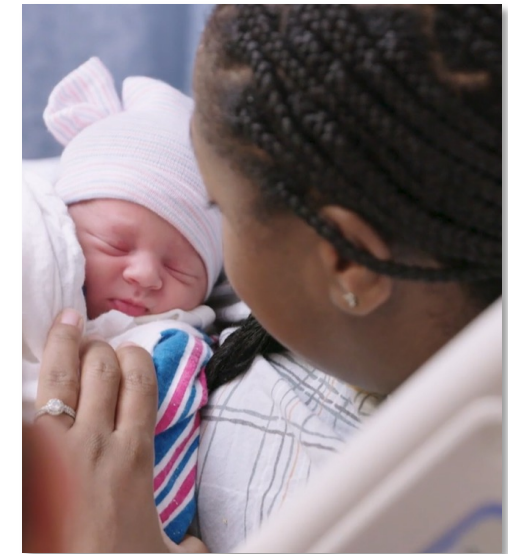
# OUR RESOURCES



Keystones of Development



Sparks Parent Video Series



Caring for Your Newborn Video



# KEYSTONES OF DEVELOPMENT CURRICULUM



Secure Attachment



Autonomy



Self Regulation



Perspective Taking



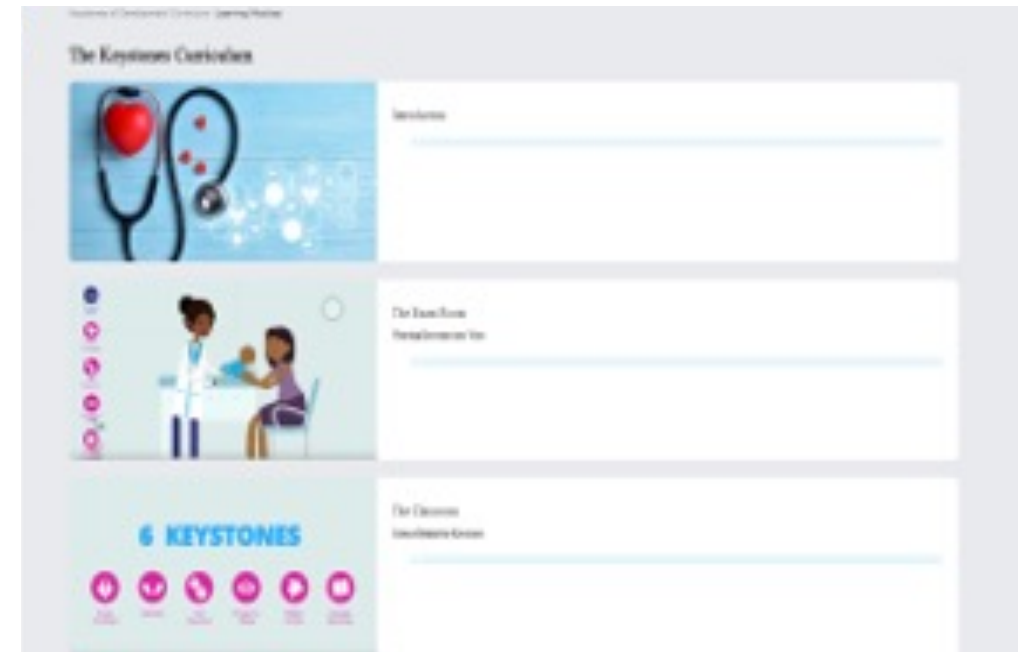
Problem Solving



Academic Knowledge

A free, 4-hour, self-directed online curriculum that integrates the promotion of positive parenting behaviors into routine well-child visits.

- Well supported by research
- Largely dependent on parent behaviors
- Able to be promoted through teachable moments
- Strongly predictive of later well-being





# Promoting Attachment

Keystones of Development

Newborn,  
1 Month,  
2 Month Visits

## DEFINITIONS

Parentese

Sportscasting

Ping Pong Talk

Labeling



# Promoting Self-Regulation

Keystones of Development

12 Month,  
15 Month,  
18 Month



Taking The History



Secure Attachment



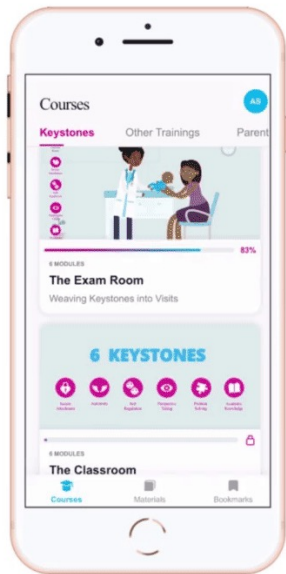
Self Regulation



Perspective Taking



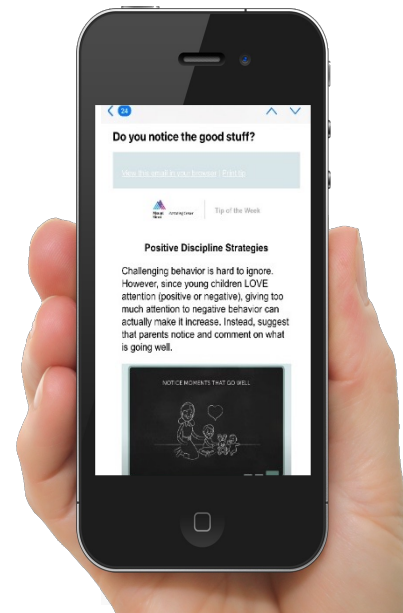
# ADDITIONAL RESOURCES



**Keystones of Development mobile app**



**Continuing Medical Education credit**



**Tip of the Week**

## 15 MONTH VISIT

- 1 ALLOW** Let your little one practice brushing their own teeth...or brush yours while you do theirs. Giving your child independence and "jobs" can help your child to feel in control and important.
- 2 MESS** Let your child make a mess when eating. Throwing or playing with food is normal at this age. Your child is exploring the world, so don't get too upset and remember they aren't trying to misbehave.
- 3 REDIRECT** When your child is upset, try distracting them with something or someone else around them. Remember that they are too young for any punishments, but can be distracted with a book, toy, song, turning the lights on and off, going for a walk or a silly dance.
- 4 EAT** Have meals together as a family whenever you can. Eating together teaches kids a lot and is a wonderful time to talk and connect as a family.
- 5 LABEL** Giving a name to everything around your child builds important skills before school. Talk about colors and textures in your everyday life - like "the sky is blue" or "that cracker is scratchy." Practice games with labeling too!


**Choose and Chew**

Vroom™ Tip: When feeding your child, offer some choices. Hold up two kinds of food and see which one they look at, point to, or reach for. Talk about their choice and how they respond. You can say, "You chose the banana! I am taking off the yellow peel and cutting it up for you."

**Brainy Background** powered by vroom

When you give your child some real choices, you're supporting them in becoming more independent. You're also helping them learn how to communicate and have conversations, even if they don't use words yet. They're making connections between words and what they stand for. For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!

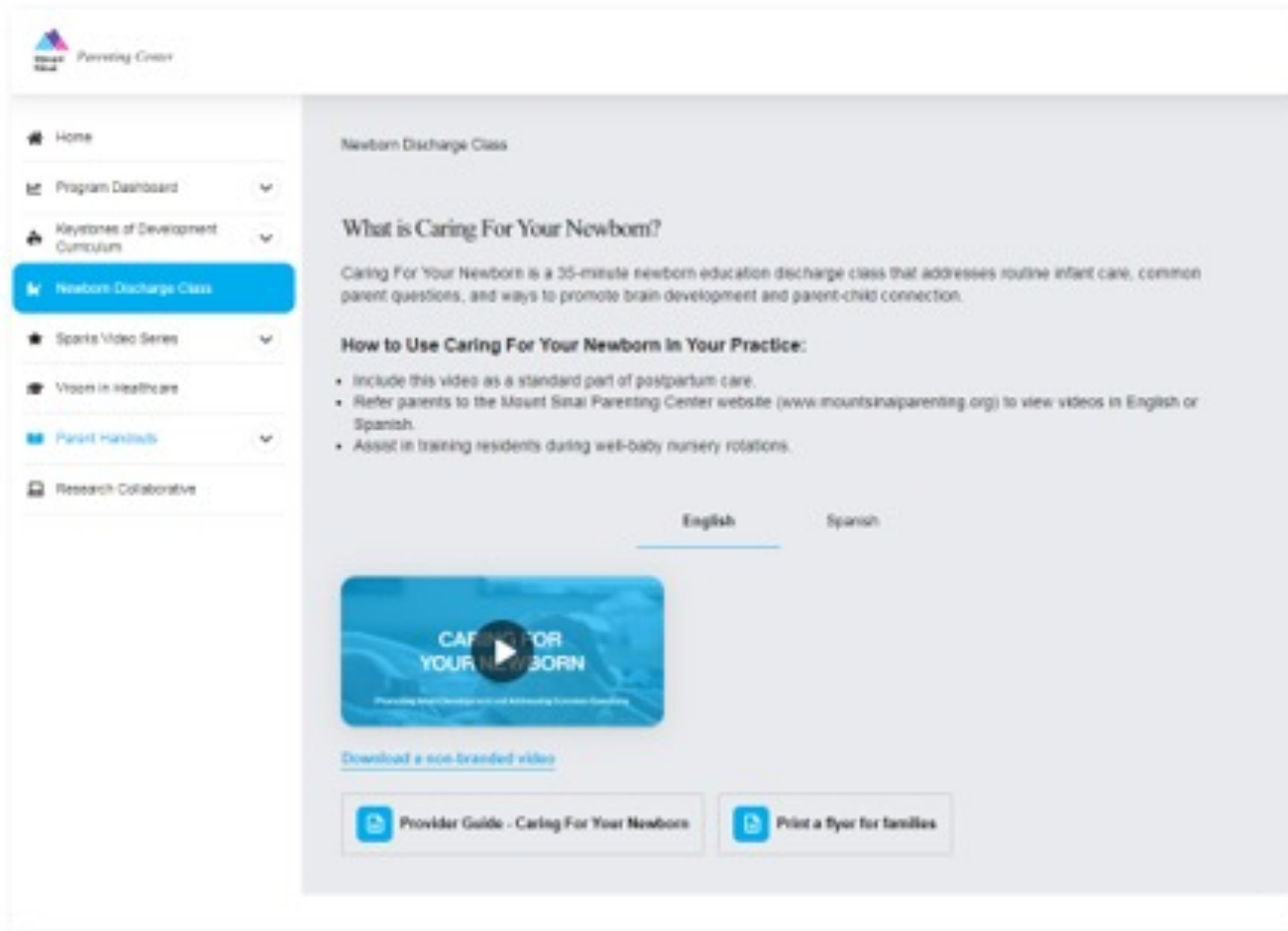
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For more resources, visit us at [www.mountsinai.org/parenting.org](http://www.mountsinai.org/parenting.org) for parents



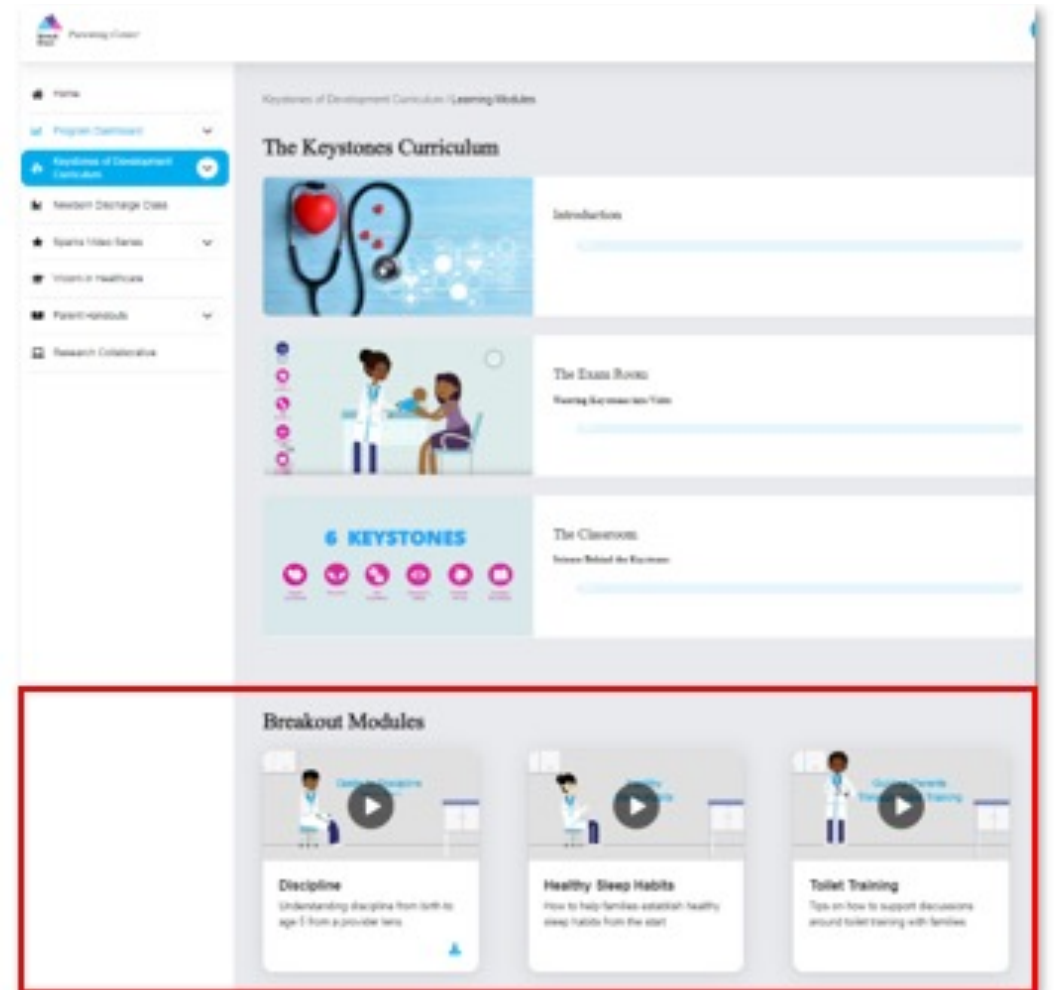
**Parent Handouts**



# Additional Modules: Caring for Your Newborn video, toilet training, sleep and discipline

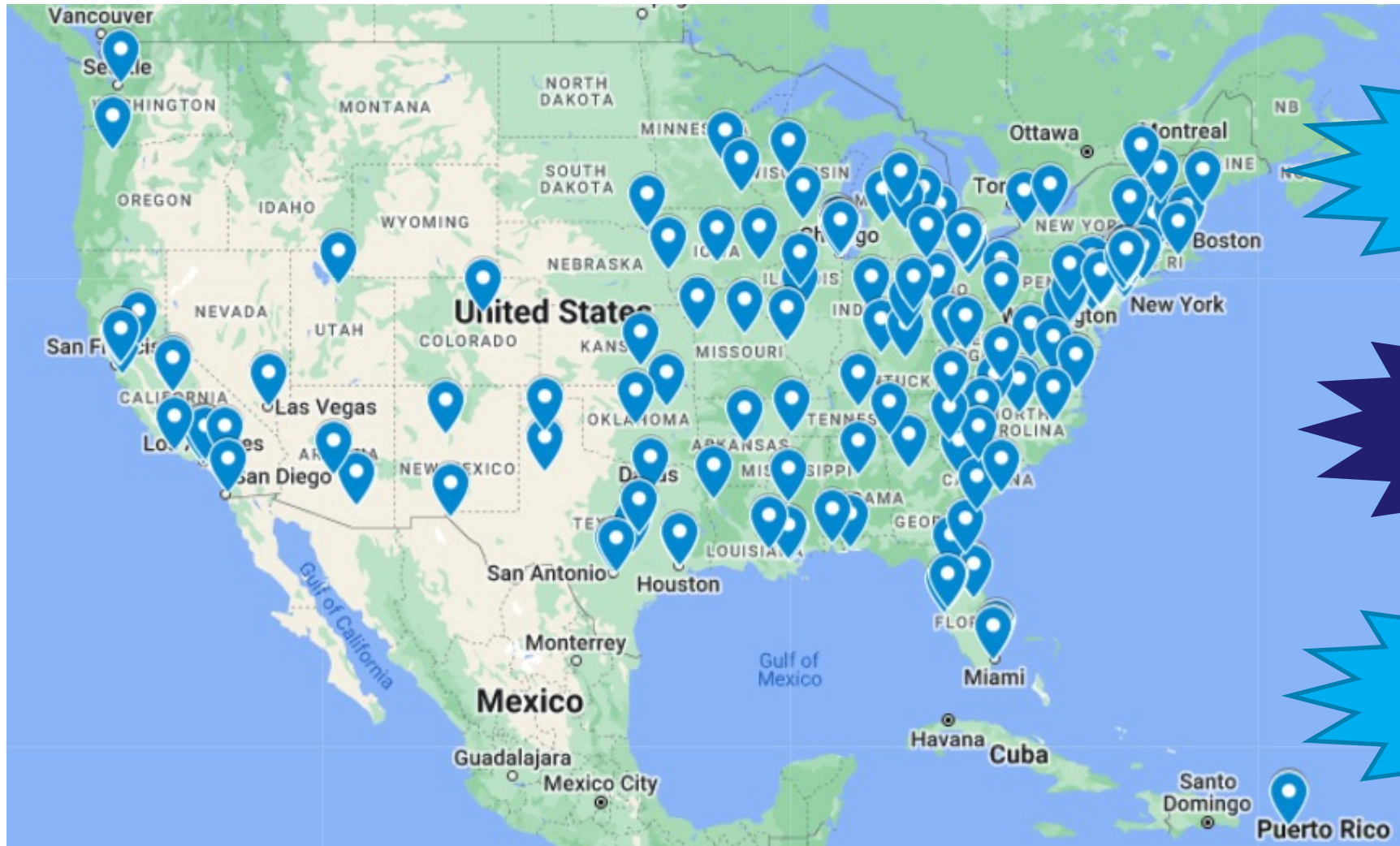


The screenshot shows the 'Newborn Discharge Class' page. The left sidebar contains navigation options: Home, Program Dashboard, Keystones of Development Curriculum, **Newborn Discharge Class**, Sparks Video Series, Voices in Healthcare, Parent Handouts, and Research Collaborative. The main content area is titled 'Newborn Discharge Class' and includes the heading 'What is Caring For Your Newborn?'. Below this, it states: 'Caring For Your Newborn is a 35-minute newborn education discharge class that addresses routine infant care, common parent questions, and ways to promote brain development and parent-child connection.' It also provides instructions on 'How to Use Caring For Your Newborn in Your Practice:' with three bullet points. At the bottom, there are buttons for 'Download a non-branded video' and two download links: 'Provider Guide - Caring For Your Newborn' and 'Print a flyer for families'. Language options for 'English' and 'Spanish' are visible above a video player thumbnail.



The screenshot shows the 'The Keystones Curriculum' page. The left sidebar is identical to the previous screenshot. The main content area is titled 'The Keystones Curriculum' and includes sections for 'Introduction', 'The Exam Room: Making the most of your visit', and 'The Classroom: How to get the most from the classroom'. Below these sections is a '6 KEYSTONES' section with six icons. At the bottom, there is a 'Breakout Modules' section with three video thumbnails: 'Discipline', 'Healthy Sleep Habits', and 'Toilet Training'. The 'Toilet Training' module is highlighted with a red border.

# OUR REACH



**17,700+**  
Providers

**274** family  
medicine  
programs

**189**  
pediatric  
programs





8-minute videos paired to each well child visit (ages 0-5)

Discusses age-related health topics with practical ways to promote a child's social-emotional-cognitive development

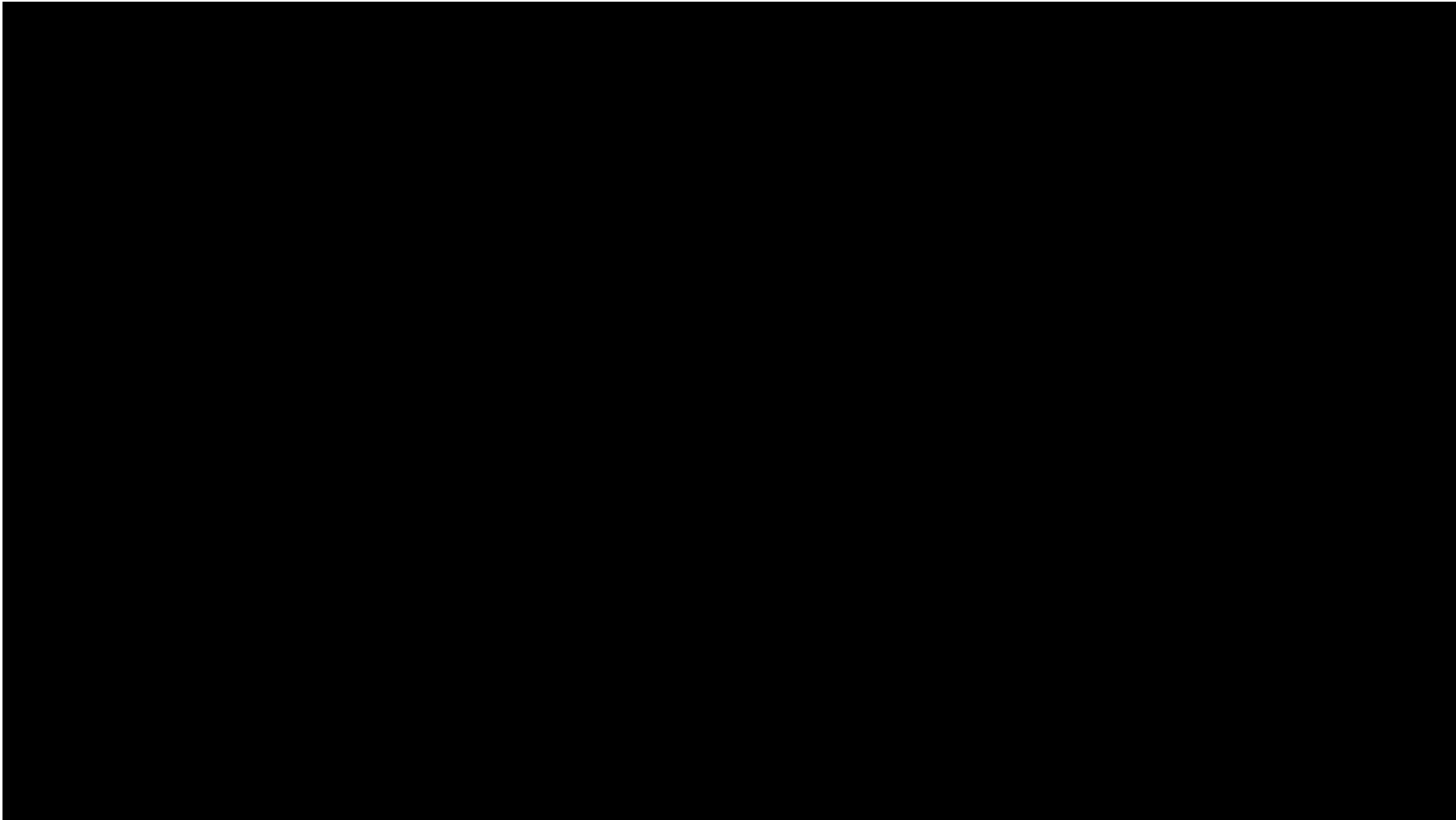
Available in English and Spanish



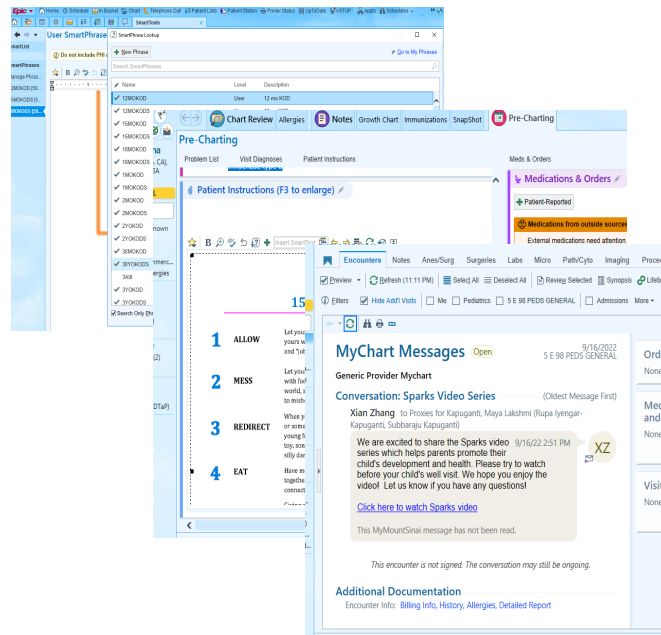
# Connecting with Your Newborn

 sparksParent  
Video Series

3-5 Day Visit



# INCORPORATING INTO PRACTICE



Electronic medical record templates

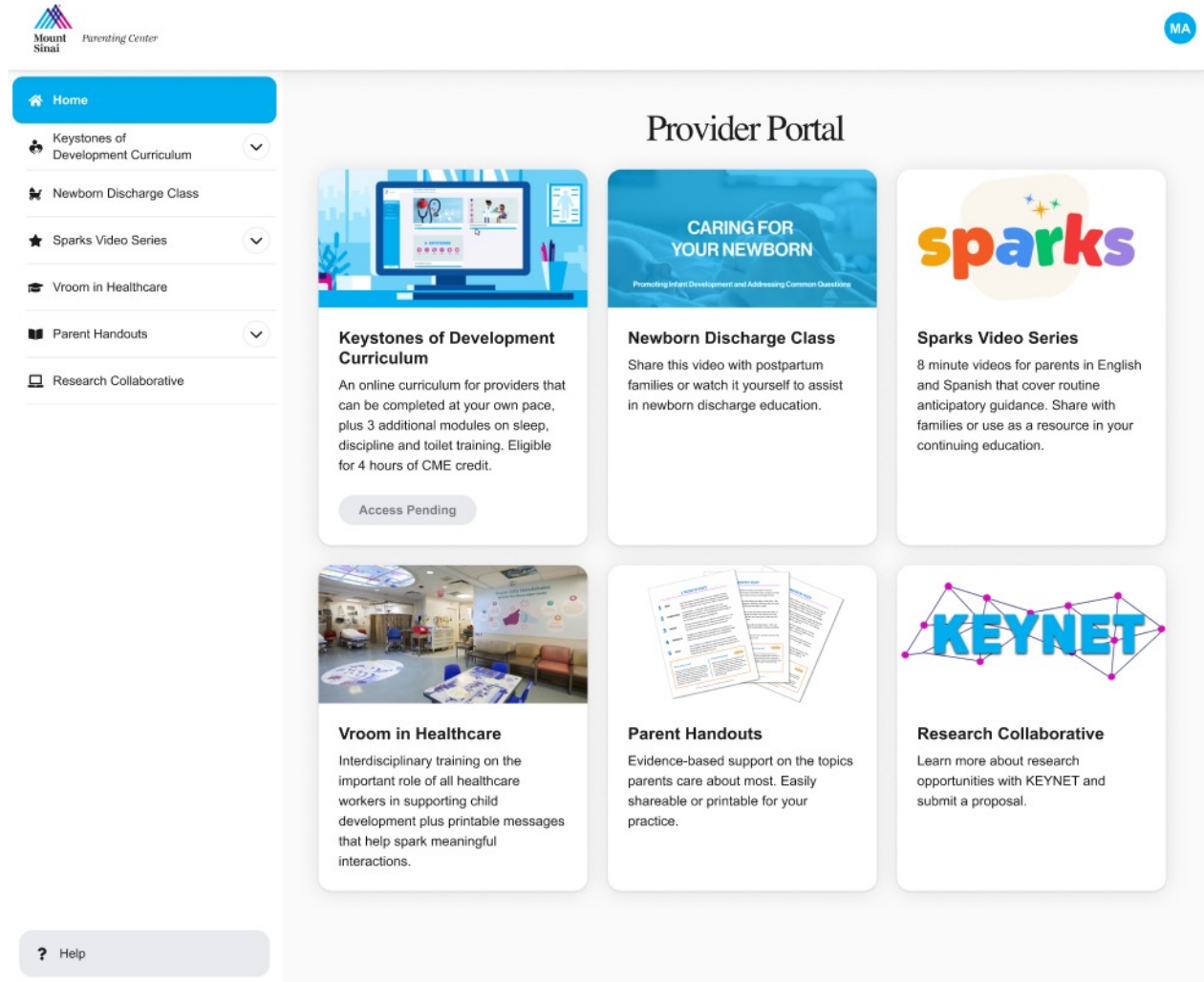


Flyers



Handouts

# ACCESS OUR RESOURCES



The screenshot shows the 'Provider Portal' website. On the left is a navigation menu with items: Home, Keystones of Development Curriculum, Newborn Discharge Class, Sparks Video Series, Vroom in Healthcare, Parent Handouts, and Research Collaborative. The main content area is titled 'Provider Portal' and contains six resource cards:

- Keystones of Development Curriculum:** An online curriculum for providers that can be completed at your own pace, plus 3 additional modules on sleep, discipline and toilet training. Eligible for 4 hours of CME credit. (Access Pending)
- Newborn Discharge Class:** Share this video with postpartum families or watch it yourself to assist in newborn discharge education.
- Sparks Video Series:** 8 minute videos for parents in English and Spanish that cover routine anticipatory guidance. Share with families or use as a resource in your continuing education.
- Vroom in Healthcare:** Interdisciplinary training on the important role of all healthcare workers in supporting child development plus printable messages that help spark meaningful interactions.
- Parent Handouts:** Evidence-based support on the topics parents care about most. Easily shareable or printable for your practice.
- Research Collaborative:** Learn more about research opportunities with KEYNET and submit a proposal.

A 'Help' button is located at the bottom left of the page.



Provider Resources

Email: [keystones@mssm.edu](mailto:keystones@mssm.edu)





Provider Resources

Circle of Love  
Circulo de amor

Los bebés aprenden mejor cuando se encuentran en un entorno contenedor.

Un ambiente amoroso y afectuoso estimula el desarrollo neuronal de los niños.

## This Moment Matters

Only you have this moment. How you use it can make a difference in a family's life.



## The Power of Words

Your words stay with a family long after you say them.

