



In-person
March 13-16, 2024

45th National Conference
on Pediatric Health Care

**"Sparking" Connections in Primary
Care:
Strategies to Promote Strong Parent-
Child Relationships and Early Childhood
Development**

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Blair Hammond, MD, FAAP



Provider
Resources



Virtual
May - July 31, 2024




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Pediatric Nurse Practitioners
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Experts in pediatrics. Advocates for children.

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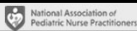
Welcome and Introduction



Blair Hammond, MD
Co-Founding Director and
Director of Medical Education
Mount Sinai Parenting Center
Associate Professor
Department of Pediatrics,
Icahn School of Medicine at
Mount Sinai



**Ariana Komaroff, DNP, FNP-BC,
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Clinical Director of Lactation and
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Advanced Pediatrics
Assistant Professor
Columbia University School of
Nursing



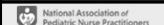
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Disclosures and Confessions

We have no financial disclosures or conflicts of interest with the material presented.

- As new clinicians, we sometimes made up parenting advice.
- As parents, it can be hard to practice what we preach.
- As providers, we find it difficult to fit in all there is to cover in a well child visit.



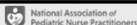
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Learning Objectives

At the conclusion of the presentation, participants should be able to:

1. Recognize how safe, stable, nurturing relationships serve as a foundation for optimal child development and health and can buffer the adverse effects of toxic stress.
2. Identify opportunities within the primary care visit to model and foster caregiver behaviors that support a child's attachment, autonomy, and self-regulation.
3. Create a specific plan to incorporate at least one new free resource or strategy that "sparks" the promotion of early relational health and child development in clinical practice.




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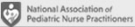
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Icebreaker

- Question 1: Where are you from?
- Question 2: How many years have you been in practice?
- Question 3: Have you heard the term "early relational health" before? (yes/no)
- Question 4: In 1 to 3 words how would you describe early relational health?

PollEv.com/parentingcen562



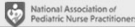


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Early Relational Health

Describes the positive, stimulating, and nurturing early relationships that ensure the emotional security and connection that advance physical health and development, social well-being, and resilience.

- Dyadic and two-generational focus
- Bidirectional perspective for caregiver-child development
- Universal but recognizes cultural variability
- Science-based, strength-based and family-centric
- Improved early learning, social, emotional, and physical health
- Foundational to equity, resiliency and recovery
- Paradigm shift for early childhood, society and our culture



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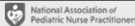
Our Mission

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.

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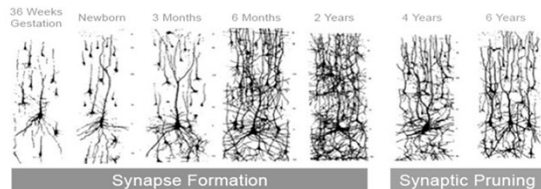
Research has shown...

- Positive parenting behaviors lead to improved child health outcomes.**
 - Scientific literature now recognizes **parenting** as a near-universal determinant of social, economic, and health outcomes.
 - Early negative experiences and relationships with parents change the expression of genes and can modify a child's development and health in profound ways.
 - Pioneering research is identifying specific parenting behaviors that are associated with improved outcomes and **reduced risk of diseases** such as asthma, obesity, diabetes and heart disease.



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Early Brain Development

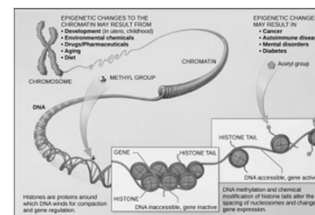


In the first few years of life, more than **1 million new neural connections** are formed every second!

Source: Image created based on work of Harvard University Center for the Developing Child

Early Parenting Environment

Early parenting environment can program a child's future mental and physical health

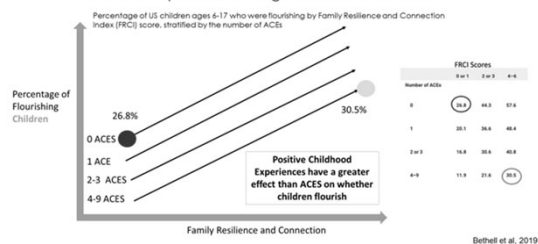


Toxic stress alters the methylation of genes and these **epigenetic** changes increase risk of illness and disease.

Source: NIH Common Fund

Early Parenting Environment

Positive Childhood Experiences Mitigate the Effects of ACEs



AAP Policy Statement

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



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

Adopted October 1992, 1995, 1998, 2002, 2005, 2008, 2011, 2014, 2017, 2020. Approved by the American Academy of Pediatrics Council on October 19, 2020.

"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."

"By focusing on the safe, stable, and nurturing relationships (SSNRs) that buffer adversity and build resilience, pediatric care is on the cusp of a paradigm shift that could **reprioritize clinical activities, rewrite research agendas, and realign our collective advocacy.**"

How do we do more than just identify delays and deficits in our primary care visits?

How do we promote early relational health and child development universally in primary care?

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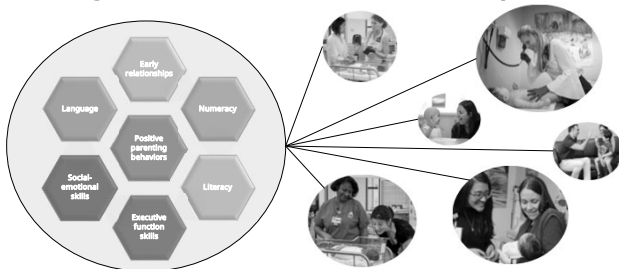


You are **already** promoting early relationships and child development!

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Infusing the Science in the Healthcare Space



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Our Resources



Keystones of Development Curriculum
An online curriculum for providers that can be completed at your own pace, plus 3 additional modules to keep, discuss and build learning together for a year of child care.



Staff Training and Physical Messaging
Interactive training for the providers and staff healthcare workers to support child development and promote messages that help build meaningful interactions.



Newborn Discharge Class
Share this video with preparation families or watch it yourself to ensure a smooth discharge experience.



Parent Handouts
Evidence-based content on the topics parents care about most. Easily adaptable or printable for your practice.



Sparks Video Series
A video series for parents in English and Spanish that covers topics: anticipatory guidance, sharing with families or use as a resource in your community education.



Research Collaborative
Learn more about research opportunities with KEYNET and submit a proposal.



Provider Resources

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Keystones of Development



Provider Resources

A free, 4-hour 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



Case: Newborn Visit



Secure Attachment

A parent of a newborn comes in for their first visit. You notice the caregiver is anxious and overwhelmed, with a long list of questions. How do you answer the parent's questions in the limited time and incorporate the importance of the early parent-child relationship?

Secure Attachment

A positive view of self and others and relationships based on the early experience of feeling loved, safe, protected by the primary caregiver, who serves as a "secure base" from which an infant can explore. This is a dynamic process and can improve throughout life.

- Dynamic – develops over time – involves repair
- Universal and yet can appear different
- Buffers adversity

Secure Attachment

- STUDY** "Minnesota Longitudinal Study of Risk and Adaptation," Cohort study done by Institute of Child Development, University of Minnesota
- METHOD** Followed over 200 babies from at-risk families for almost 40 years.
- RESULTS** Securely attached children were more likely to have a better sense of self reliance, better emotion regulation, social competence, higher self worth and higher academic success.

Researchers were able to predict who was most likely to drop out of high school based on the early attachment relationship at age three.



Parenting Behaviors that Promote Attachment

- Warm, sensitive and reciprocal interactions between a parent and infant dyad
- Predictable and stable responses from caregiver

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Promoting Attachment

Keystones of
Development

Newborn, 1 Month,
2 Month Visits

Promoting Attachment clip
Duration: 3:06
<https://youtu.be/IgJoYTCt4ps>

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spark

A parent video series designed to deliver standardized and high-quality anticipatory guidance that promotes positive parenting and early childhood development to all parents of children birth to age 5 through their healthcare provider

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Connecting With Your Newborn

Parent
Video Series

3-5 Day Visit

Connecting with Your Newborn clip
<https://youtu.be/Dn9bgjmRY1A>

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Children's Inner Voice

Parent
Video Series

4 Year Visit

Your Child's Inner Voice
<https://youtu.be/EzWQtA4VG8U>

Promoting Attachment in the Clinical Setting

Discuss:

- Skin to skin – "Your touch teaches your baby"
- "You can't spoil a baby"
- Noticing cues and responding to them
- Hugs, high fives, showing delight, time-ins, reading
- Catching your child being good
- Avoid shaming older children

Model:

- Warm, positive affect, showing delight
- Back and forth interactions, using parentese

Praise what you observe...

- "He calms down so nicely when he snuggles with you"
- "Those hugs and kisses are so great for his development and actually help build his brain."

Promoting Attachment in the Clinical Setting

NEWBORN, 1 MONTH, 2 MONTH

- Encourage and praise back and forth interactions
- Help parents recognize what cues
- Encourage modeling, snuggling and holding
- Demonstrate modeling techniques
- Discuss management of postpartum depression



4 MONTH, 6 MONTH, 9 MONTH

- Discuss parents role coordinating during visits...
- Emphasize importance of parent-child relationship
- Model consistency and positive affect



12 MONTH, 15 MONTH, 18 MONTH

- Discuss benefits of family meals
- Emphasize importance of routines
- Model positive emotion in strong and separation anxiety



2 YEAR, 2 ½ YEAR, 3 YEAR

- Discuss sensitive responses to fluctuations and tantrums
- Avoid shaming during toilet training
- Show delight
- Avoid harsh or physical punishment



4 YEAR AND 5 YEAR

- Model modeling during modeling
- Discuss deeper exploration of character relationships



Autonomy



Case: 18 Month Visit



Autonomy

During a visit with an 18-month-old and their caregiver, you notice that the child is being held instead of walking, and the parent is interrupting you as you try to engage with the child. Over the last several visits, she has expressed concerns about letting the child feed themselves and often worrying about the child getting hurt.

Autonomy

A child's sense that they are able to use their own skills in thinking and behaving.

- Explore and learn from the environment
- Confidence to take risks
- Fulfills a basic need
- Necessary to have intrinsic motivation

What Parenting Behaviors Promote Autonomy?

Autonomy Supportive Parenting...

- Let children do for themselves what they **CAN** do
- Guide and encourage children to try and do what they can **ALMOST** do
- Teach and model behavior that they **CANNOT** yet do

Promoting Autonomy: Keystones

Keystones of
Development

4 Month, 6 Month,
9 Month Visits


Clip: "Yes" environment example and definition
Stefanie Carlson defining autonomy-supportive
parenting
<https://youtu.be/r1hS46t2vus>

Promoting Autonomy: Sparks

Parent Video Series

Messy eating clip
<https://youtu.be/79br6phFmHM>

15 Month Visit

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Promoting Autonomy in the Clinical Setting

Discuss:


- Tummy time
- Creating a “yes” environment
- Using the word “explore”
- Allowing child directed play
- Encouraging the child to help with routines (put on coat)


Model:

- Asking patient questions
- Giving choices
- Asking patients for their thoughts on how to do things (i.e. how do you think you could be healthier in your eating?)
- Asking parents questions about what they think works best for their child

Praise what you observe...

- “It is so great how you allow her to explore the room”
- “Thank you for letting her answer my questions”





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Self-Regulation/Executive Function Skills



A cartoon illustration of a lizard with a speech bubble that says: "THAT'S RIGHT, BLAME THE LIZARD, BECAUSE IT'S ALL MY FAULT." The lizard is looking up at the speech bubble. The cartoon is signed "W. B. Paul" in the bottom left corner.

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Case: 3.5 Year Visit



Self
Regulation

During a visit with a 3½-year-old, their caregiver shares that they have been receiving reports that the child is not listening during daycare and has been placed in long time-outs. The parent also notes that at home, the child has been having meltdowns when they don't get their way, and they find themselves threatening to take away their favorite toys.

How can we talk about discipline in a non-judgmental, safe way for parents?

Self-Regulation

The child's increasing skill in managing their emotion, behavior, and attention in order to achieve goals.

Allows children to:

- Plan
- Focus
- Hold information in their mind while they use it (working memory)
- Juggle multiple tasks successfully (cognitive flexibility)

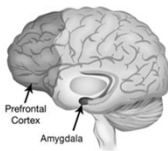
The brain needs these skills to:

- Filter distractions
- Prioritize tasks
- Set and achieve goals
- Control impulses (inhibitory control)

These skills are crucial for school readiness and life success

How does Self-Regulation Develop?

We are not born with these skills, but we are born with the capacity to develop them through the right experiences and practice.



Prefrontal Cortex=Wizard Brain

Complex mental processing, empathy, judgement

Amygdala/Limbic System=Lizard Brain

Fight or flight, acts on emotions and instincts

How do we encourage "connections" between the two areas?

Self-Regulation

STUDY Mischel, Walter, et.al, "Delay of Gratification in Children." Science, 244 (4907), pp. 933-938

METHOD Administered variety of tests in laboratory to 4 year olds using marshmallows in effort to measure early **self control**.

RESULTS Those 4-year-old children who **delayed gratification longer** had higher educational attainment, higher SAT scores, reduced risk of drug use, improved self esteem and were less likely to exhibit aggressive behaviors.



What Parenting Behaviors Promote Executive Function Skills and Self-Regulation?

To help with Behavioral, Emotional, Attentional Self-Regulation

- Labeling emotions and allowing emotions
- Sensitive caregiving
- Promoting autonomy and scaffolding
- Consistent routines and healthy sleep
- Identifying and avoiding triggers for distraction
- Offering and rewarding delayed gratification reliably
- Positive discipline
- Impulse control games (Simon says, freeze dance, red light/green light)
- Mindfulness

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Promoting Self-Regulation: Keystones

Keystones of
Development

Self regulation roadshow clip
<https://youtu.be/RjMdkG3rHhc>

12 Month, 15
Month, 18 Month

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Sparks: Setting Limits & Taking A Breath

Spark Parent
Video Series

Setting limits & taking a breath clip
<https://youtu.be/SCXnKyD8TtU?feature=shared>

15 Month Visit

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Promoting Self-Regulation in the Clinical Setting

Discuss:

- Creating routines
- Positive discipline strategies
 - Pausing – responding instead of reacting
 - Positive opposites
 - Paying more attention to wanted behaviors
 - Logical consequences
- Co-regulation – emotions are contagious
- Using games like freeze dance, Simon says, red light-green light

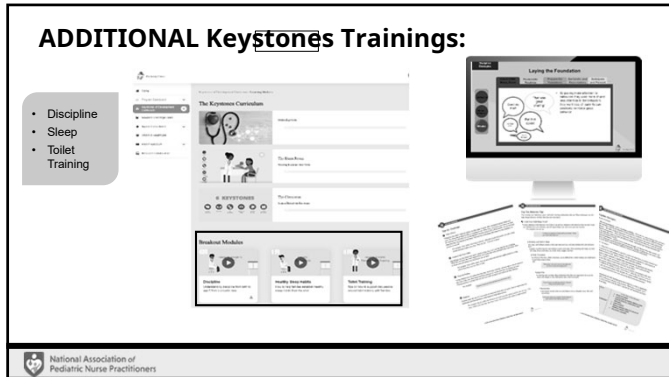
Model:

- Labeling emotions ("name it to tame it" - all emotions are ok, all behaviors are not)
- Model transition objects like a pacifier
- Mindfulness activities

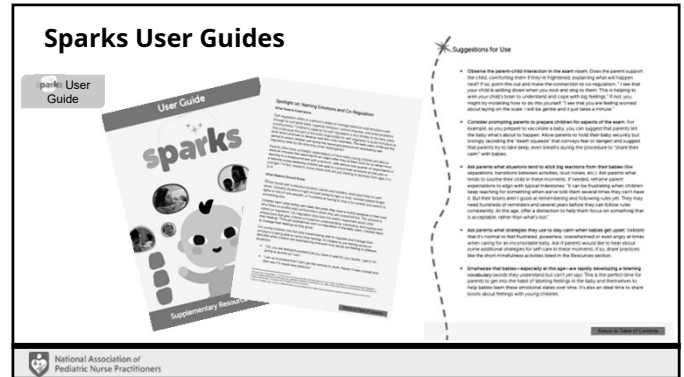
Praise:

- Good routines, good sleep habits, positive opposites

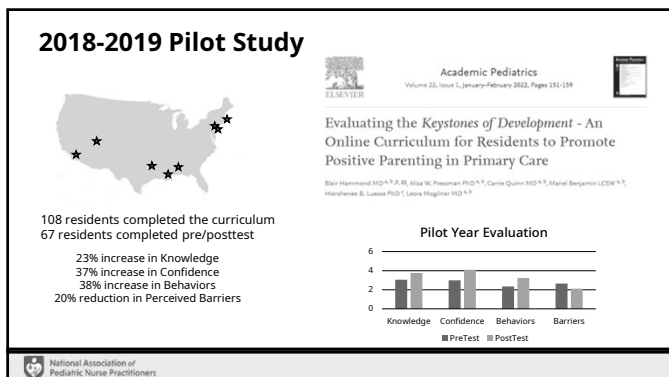
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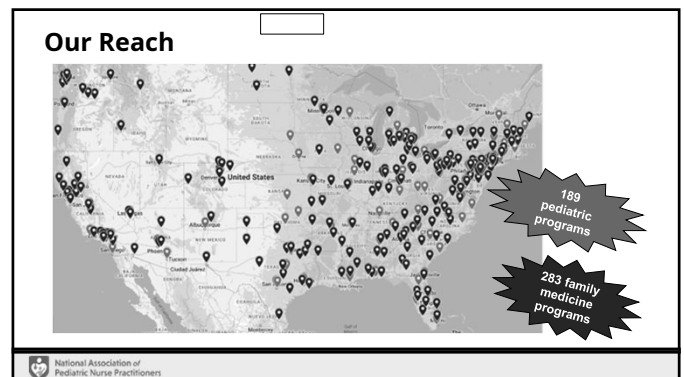
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Additional Resources



Keystones of Development mobile app



Continuing Medical Education credit



Tip of the Week



Summary Sheets

Incorporating Into Practice



Electronic medical record templates



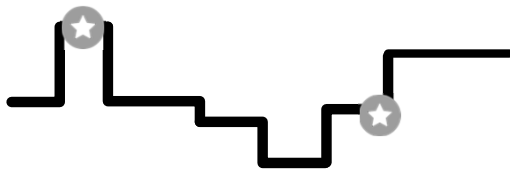
Flyers



Handouts

VROOM + Healthcare

We all have our moments with families
Each interaction can have an impact



Enhancing Our Healthcare Moments

Your Moment Matters
<https://youtu.be/CYZ-a-QyKKA>

Reflection

- ✓ One thing you'll do to change your practice today
- ✓ Create a Keystones account now
- ✓ PollEv.com/parentingcen562



Provider Resources

We Have Opportunities...

The Power of Words

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



Moments Matter

Use your everyday moments to help build strong families.



Provider Resources

Thank You

Thank you to the Mount Sinai Parenting Center team:



Thank you to those who made the Sparks Parent Video Series possible:



Provider Resources