

Parenting Ages 0-2



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*Supporting communities to
give every child a Healthy Start.*

Healthy Start EPIC Center

Objectives

Describe recommendations for optimal care of a child from birth to age 2

Discuss the importance of recommended well baby checks and describe tests and procedures performed during these visits

Identify warning signs that a baby or toddler may be at risk for medical or developmental problems

Parenting

- Parenting is the process of promoting and supporting the physical, emotional, social, financial, and intellectual development of a child.
- Parenting practices vary by culture
 - e.g. individualistic vs. communal focus
- It is important that the father/partner be actively involved in the parenting process

Evidence-Based Basics of Parenting Encourage Father/Partner Involvement

Benchmark: Increase proportion of Healthy Start women participants that demonstrate father and/or partner involvement (e.g. attend appointments, classes, infant/child care) with their child participant to 80%.



Evidence-Based Basics of Parenting

Keep infant and child safe

Nurture and help child feel secure

Provide adequate nutrition

Assure access to medical care

- Know insurance sources (e.g. CHIP)
- Keep scheduled appointments

Evidence-Based Basics of Parenting

- **Both infant and toddler need**
 - Caregivers to engage with them face to face – mirroring emotions, responsiveness, approval
 - Physical touch, cuddling
 - Games, songs, and especially reading
- **Parents can be taught these skills in home visits or at community centers**

Healthy Start Benchmark

Increase the proportion of Healthy Start child participants aged < 24 months who are read to by a parent or family member 3 or more times per week to 50%



Reading to Young Children

- Children acquire the skills needed to read beginning in infancy
- Reading to infants and young children
 - Stimulates brain development
 - Promotes language skills
 - Introduces numbers, colors, shapes
 - Builds listening, memory and vocabulary skills
- Reading by 3rd grade is an important predictor of future success

Evidence-Based Basics of Parenting

Parental behaviors that place a child at risk

- Hard to control temper
- Alcohol abuse
- Use of mood-altering drugs
- Domestic violence
- Maternal depression (esp. postpartum)



Postpartum Depression

■ Risk factors

- History of severe premenstrual syndrome, postpartum depression, major depression
- Family history of postpartum depression

■ Environmental contributors

- Psychosocial stress, esp. low income, teens
- Inadequate emotional/social support
- Previous unfavorable pregnancy outcomes

Management of Postpartum Depression

- Screen all mothers at 2-6 weeks postpartum, also during pregnancy and later on if indicated
 - < 20% of diagnosed patients report their symptoms to a healthcare provider
- Referral and aggressive treatment essential for mother, infant, and their relationship (bonding)
- Antidepressant medication most effective
 - Given preventively if previous history
- Psychotherapy also helpful

Birth to 6 Months



DEVELOPMENTAL MILESTONES

6 MONTHS

SOCIAL

- Recognizes familiar faces
- Exhibits stranger anxiety
- Responds to own name

COMMUNICATION/LANG.

- Repeats sounds/actions to get attention

MOTOR

- Rolls over both directions
- Begins to sit without support
- Brings objects to mouth
- Moves objects from hand to hand
- When on tummy, reaches for out of reach toys



Evidence-Based Basics of Parenting

Newborn infant

- Needs food, sleep, cleaning, and comfort when crying
- Successfully forming attachments is crucial to future self esteem and relationship building
- Maternal depression, substance abuse, etc., can interfere with this

Birth - 6 Months Sleep

Infants need 12-16 hours sleep (including naps) per 24 hours on a regular basis. The infant should be placed in a crib in a quiet setting at about the same time each night.

The 's of Safe Sleep



Alone

Not with other people, pillows, blankets, or stuffed animals.



on my Back

Not on the stomach or side.



in my Crib

Not on an adult bed, sofa, cushion, or other soft surface.



Healthy Start Benchmark

Increase proportion of Healthy Start women participants who engage in safe sleep practices to 80%.

Birth - 6 Months Nutrition

- Support exclusive breastfeeding for 6 months
- 79% of women begin breastfeeding in the hospital but only 49% continue for 6 months
 - Provide positive reinforcement
 - Reinforce benefits of continuing exclusive breastfeeding for 6 months
 - Address questions and concerns
- If exclusively breastfed, the infant needs Vitamin D 400 IU/day

Birth - 6 Months Nutrition

If formula feeding

- Make certain that formula is prepared according to instructions
- All formulas give the same calories as breast milk, 20 calories/ounce
- Infant should be gaining approximately $\frac{1}{2}$ pound per week the first four months of life
- Formula should never be overdiluted in order to save money! The infant will not receive enough calories to grow normally.



Birth - 6 Months

Developmental Concerns

Refer to healthcare practitioner if the child:

- Shows no affection for caregivers
- Doesn't respond to sounds around him
- Doesn't try to get things that are in reach
- Has difficulty getting things to mouth
- Doesn't roll over in either direction
- Doesn't laugh or make squealing sounds
- Seems very stiff, with tight muscles, or very floppy
- Doesn't make vowel sounds (ah, eh, oh)

Birth - 6 Months Safety Counseling

- Always use and appropriately position car seats
 - Place in center of back seat
 - Face backward until 1 year old
- Do not leave baby alone on changing tables, beds, sofas, or chairs. Babies can roll off and get injured.
- Don't carry baby and hot liquids at the same time
- Keep small objects out of baby's reach.
 - Everything goes in the mouth.
- **Never shake a baby!**

Shaking a baby causes trauma to the brain



Shaken Baby Syndrome

- In the US 1200-1400 infants are injured or killed each year by of shaken baby syndrome.
- Babies cry for many reasons. Caring for a baby, especially one with colic, can be difficult and frustrating.
- If caregiver is frustrated, baby should be gently placed in crib while they go to another room to calm down.
- Caregiver can call a person that they trust for support, listen to soft music, exercise, take a walk, but NEVER leave baby home alone.

Shaken Baby Syndrome

- Make sure ALL CAREGIVERS understand the dangers of shaking a baby. Provide them with the number of an alternate caregiver who can help in times of frustration.
- The baby should NEVER be left with anyone who is easily irritated, easily frustrated, has a bad temper, or has a history of violence.
- Child Help USA Hotline 1-800-4-A-CHILD
(Confidential)

7 - 12 Months



DEVELOPMENTAL MILESTONES

12 MONTHS

SOCIAL

- Cries when mom/dad leave
- Looks at pictures in story book
- Plays “peek-a-boo”

MOTOR

- Pulls to standing position
- “Cruises” by holding onto furniture
- May take some steps without holding onto someone’s hand
- Drinks from a cup
- “Finger feeds” self

COMMUNICATION/LANGUAGE

- Calls “mama” and “dada”
- Shakes head “no” and waves “bye-bye”
- Imitates by copying gestures

7-12 Months Sleep

- **Baby should**
 - Sleep in own bed
 - Continue to have nap time
 - Have an established sleep time routine
- **Caregivers should learn signs that baby is tired**
 - Rubbing eyes
 - Fussy

7-12 Months Nutrition

After 6 months

- Transition to table foods
- Cut food into thin, small bites
- No cow's milk under 12 months
- No popcorn, peanuts, candy, etc., to avoid choking



7-12 Months

Developmental Concerns

Refer to healthcare practitioner if the child:

- Doesn't crawl
- Can't stand when supported
- Doesn't search for things you hide
- Doesn't say single words like "mama" or "dada"
- Doesn't gesture by waving or shaking his head
- Doesn't point to things
- **LOSES SKILLS HE/SHE ONCE HAD!**



7-12 Months

Safety Counseling

- **Always use and appropriately position car seats**
- **Baby-proof the home**
 - Cover all electrical outlets
 - Keep all cleaners, chemicals, and medicines out of reach
 - Remove sharp-edged or hard furniture
 - Use gates on stairways and close doors to rooms where the child may get injured

7-12 Months

Other Dangers

- Do not use a baby walker. It may tip over, or the child may fall out of it or down the stairs.
- Drowning: Children are attracted to water. Never leave child alone near a bathtub, swimming pool, or wading pool, even for a moment. Drowning can happen in less than 2 inches of water.
- Burns: Never leave hot liquids in child's reach
- Choking: Babies put everything into their mouths. Small objects and balloons are dangerous, as are hot dogs, popcorn, peanuts, raw carrots.

Case



JR is 7 months old and has frequent ear infections. He also coughs a lot, and has recently been diagnosed with asthma. His mother smoked before she was pregnant, but then quit. His father continues to smoke in the house and when carrying JR.

Counseling JR's Parents about Secondhand Smoke

- **Secondhand smoke is dangerous for infants and children**
 - Higher risk of infant SIDS
 - Increased # of ear infections, colds/coughs
 - Can lead to respiratory problems, such as bronchitis and pneumonia
- **Children with asthma are especially sensitive to secondhand smoke. It can cause more asthma attacks and the attacks may be more severe, requiring hospitalization.**
- **Refer JR's Dad to sources that can help him quit.**
- **If Dad continues to smoke, he should always do so outside, away from JR.**



Age 1 to 2 Years

life with a toddler

THE DAY IS FULL OF IMPORTANT ACTIVITIES.



SPINNING IN CIRCLES



YELLING PRACTICE



COUCH EXPLORATION



WATER FUN



DOG WALKING



UPSIDE-DOWN WORLD



BLANKET HEAD



FREQUENT COLLISIONS

DEVELOPMENTAL MILESTONES

24 MONTHS

SOCIAL

- Enjoys playing with other children
- Begins to learn how to share with other children
- Knows how to use common items (fork, spoon, brush, etc.)
- More independent and shows defiant behavior (“Terrible 2’s”)

COMMUNICATION/LANGUAGE

- Speech is understandable
- Says sentences containing 2-4 words
- Follows simple instructions
- Names items in a picture book such as a dog or cat
- Knows names of common body parts and points to them



DEVELOPMENTAL MILESTONES

24 MONTHS

MOTOR

- Is able to build a tower of 4 or more blocks
- Climbs on and off furniture without help
- Walks up and down stairs holding on
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Throws ball overhand

Evidence-Based Basics of Parenting

Toddler ages 12 months – 2 years

- Needs free physical activity, to explore, to learn new things
- Can get frustrated when things go wrong and throw tantrums
- Management requires a lot of patience
 - Can be especially difficult for parents with history of abuse

13 Months - 2 Years

Nutrition

- Diet should include iron-rich foods such as meat, eggs, iron-fortified cereals, beans
- Can now generally tolerate cow's milk
- Child is becoming much more active and burning lots of calories, so may not gain much weight
- Make sure parents aren't struggling to put food on the table. Refer to WIC.

13 Months - 2 Years

Concerns about Development

Refer to healthcare practitioner if the child:

- Doesn't use 2 word phrases (for example, “drink milk”)
- Doesn't know what to do with common items, like a brush, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- **LOSES SKILLS HE/SHE ONCE HAD!**

Case



Delroy is 23 months old and does not follow simple instructions or use 2 word phrases. He does like to mimic the actions of his older brothers and sisters, and knows what to do with a spoon. He likes to grab the phone when his mom is talking on it. He is at his doctor's office for his 2 year well-child visit.

Counseling Delroy's Parents

- Delroy should be using 2 word phrases and following simple instructions
- His other activities are normal for his age
- He has a delay in language, and the most common cause of language delay is hearing problems
- Delroy should have a hearing test to see if he is hearing normally

13 Months - 2 Years

Safety Counseling

- Always use and appropriately position car seats
- Protect child from burns
- Keep safety caps on medicines and toxic household products out of reach.
- Prevent serious falls by blocking stairwells, porches, etc.
- Never leave child alone near any source of water
- Environmental Toxins, esp. lead

Ask: Does your child have a sibling or playmate with lead poisoning? Does he/she regularly visit a house or facility built before 1950, or a house built before 1978 that has recently been or is being renovated?

- Lock up all firearms (guns)



Additional Parenting Benchmarks

Increase the proportion of Healthy Start women and child participants with health insurance to 90%

Increase the proportion of women and children participating in Healthy Start who have a usual source of medical care to 80%

Increase the proportion of Healthy Start child participants who receive the last age-appropriate recommended well child exam based on AAP schedule to 90%



Evidence-Based Basics of Parenting

The American Academy of Pediatrics recommends well child visits at 1, 2, 3, 4, 6, 9, 12, 15, 18, and 24 months.



What happens at well child visits?

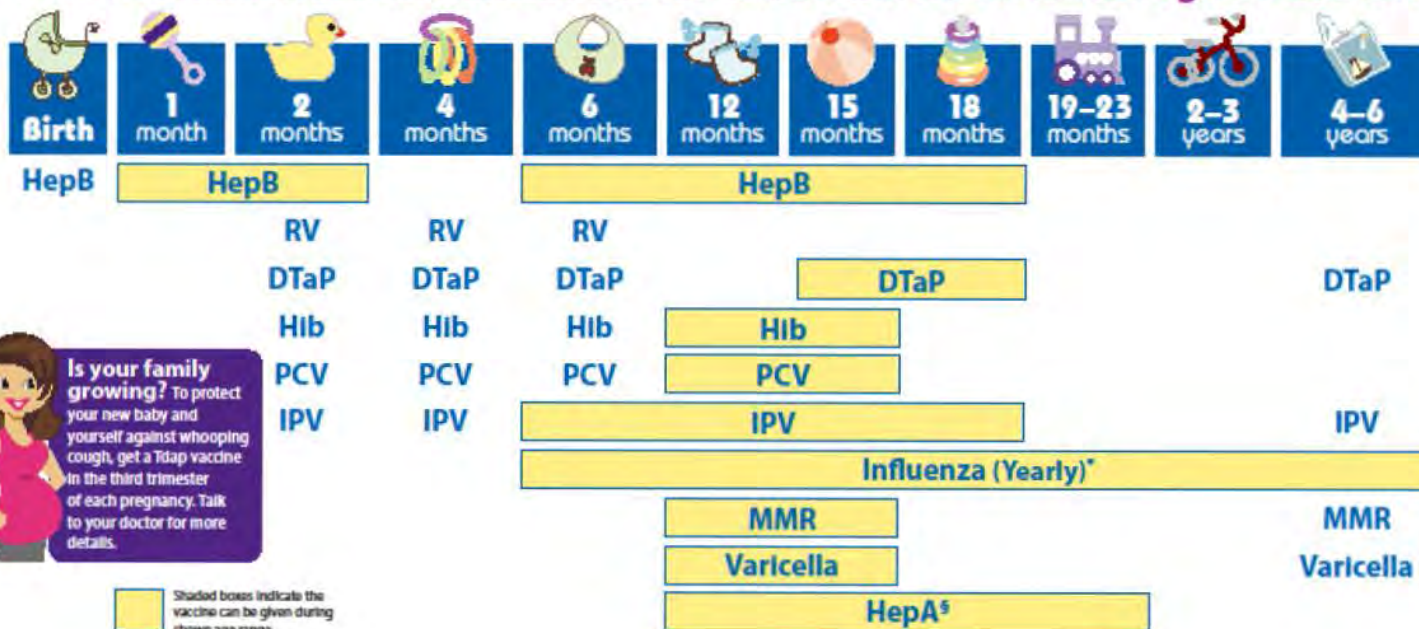
- History, Physical Exam, Blood Tests
- Height, Weight, and Head Circumference
- Recommended Immunizations
- Hearing Test
- Vision Test
- Cognitive, Motor, and Speech Development Screens
- Socio-Emotional Development Screen
- A chance for Mom and Dad to ask questions!

Importance of Immunizations

- Vaccines can prevent infectious diseases that once killed or seriously harmed many infants, children, and adults.
- Without vaccines, a child is at risk for suffering serious illness or even death from entirely preventable diseases such as
 - Polio
 - Measles
 - Whooping cough

Immunizations

2016 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES:

- * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting an influenza (flu) vaccine for the first time and for some other children in this age group.
- § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

SEE BACK PAGE FOR MORE INFORMATION ON VACCINES—PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.



For more information, call toll free
1-800-CDC-INFO (1-800-232-4636)
or visit
<http://www.cdc.gov/vaccines>



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
HYPERBOLIC MEDICINE FOR AMERICA

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN



Case



Serena has followed her doctor's recommendations for vaccines so far, but she's beginning to feel that her son Demian has gotten enough of these shots. She has heard vaccines can be dangerous, plus Demian cries every time from the pain.

Counseling Serena

- The main side effects associated with vaccines are redness and swelling at the injection site, which go away in a few days.
- Serena may have heard that vaccines are associated with autism, seizures, and mental retardation, but this has been disproven in many scientific studies.
- Getting every dose of a vaccine when it is recommended is important because all vaccines are timed to protect against diseases that can be especially serious for infants and very young children.
- The benefits of getting vaccines are much greater than the risks for almost all children.

Tips for Making Shots Easier

■ During injection

- Breastfeed
- Give sweet liquid in a bottle or cup
- Hold child front-to-front against parent

■ Distract child

- Talk to/play with child
- Give toys
- Show video



Help Parents Recognize When Child May Be At Risk: Questions to Ask

- Have you or anyone else noticed any problems with hearing? Has your child's hearing been tested?
- Have you or anyone else noticed any vision problems? Do your child's eyes appear unusual or seem to cross, drift, or be lazy?
- Does your child seem to be developing normally? Is he/she doing what other children do at that age?
- Have you or anyone else noticed any unusual behavioral problems?

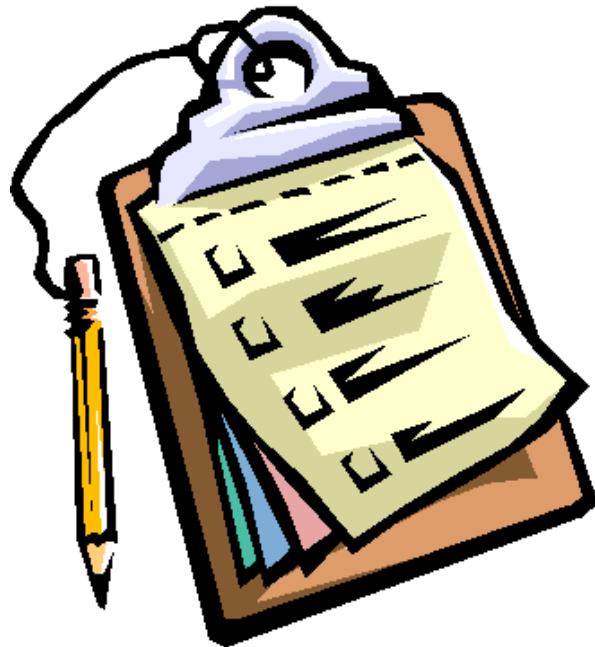
Help Parents Recognize When Child May Be At Risk

Signs of Potential Serious Medical Illness:

- Refusal to eat or drink, or unable to tolerate feedings/food (severe vomiting)
- Dehydration (for example, no tears when crying, or decrease in # of wet diapers)
- Fever $>102^{\circ}$ or $>100.6^{\circ}$ if less than 3 months old
- Breathing hard or fast
- Blue or gray color to lips and/or skin
- Loss of consciousness or decreased mental alertness; difficult to keep child awake
- Abnormal shaking movements (possible seizures)



Coming Soon:
Interconception/Parenting
Screening Tool!



Summary



Good parenting practices are vital to the health of the baby, parents, and family

And Make for Happy Kids!



Resources

- CDC Positive Parenting Tips

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

- CDC Recommended Immunizations

<http://www.cdc.gov/vaccines/schedules/easy-to-read/child.html>

- Bright Futures - American Academy of Pediatrics
- TIPP (The Injury Prevention Program)

