

Module 4: Guided Questions

Early Brain and Child Development: Supporting Parents and Cultivating Community Relationships

Overview

Promotion of optimal early brain and child development is essential for the health and well-being of children. This online learning module is designed to take about 30 minutes. Options for additional learning activities are provided.

These guided questions are designed to expand on the content provided in module one and to encourage learners to think about how the core early brain and child development information can be used in their practice and/or training. These questions can be used in either large group decisions and in small break-out groups by giving each group a question(s) and asking them to report back to the larger group.

Please note: These questions are provided to serve as a starting point for your teaching and presentation use. You are encouraged to adapt these questions to meet your learner's needs and/or add your own. Sample responses are provided. However, the responses provided should not be viewed as the only way to answer the questions.

1. It takes a village to raise healthy children. What core community linkages do you currently know about and where can you go to find resources?

- Access to resources that provide high quality child care. Do you know if your community has a resource that provides information on high quality child care programs? Consider using the [Quality Rating & Improvement System \(QRIS\) Compendium](#) to learn about quality systems in your state.
- The name of and process for early intervention and early childhood screening programs in your community.
- The contact information for Head Start, Early Head Start, and at-risk pre-school programs using the [Head Start locator](#) and [Child Care Resource and Referral Agency Search](#).
- The contact information for respite and other support programs/services for parents.

2. Relationships are a vital sign. What are some ways that you can check in on the relationships of your patients?

- Open-ended questions and screening tools that gather information in family-friendly ways.
- Engaging interactions through book-reading.
- An office-wide approach to family engagement.
- Connections to families with resources on care coordination.
- The mental health of parent and child are appropriately monitored and addressed in each interaction.

3. In what ways do you use your interactions with families to mitigate or remove stressors or adverse experiences in their lives?

- Carefully assessing family needs and responding to questions or concerns.
- Encouraging bi-directional communication with families through trust-building and positive reinforcement.
- Identifying and referring families to community resources that address their needs.
- Communicating with community partners about family needs and ensuring they are receiving support that addresses the social determinants of health.

4. How do you remove the stigma of mental health through your interactions with families?

- Make mental health a consistent part of routine interactions
- Find ways to make families comfortable as they discuss mental health needs
- Assess and respond to family's readiness to share and address mental health needs
- Follow the family's lead in identifying and responding to mental health needs.

Source: Many of the answers to the questions above were adapted from materials and information on the AAP Early Brain and Child Development web site at www.aap.org/ebcd