GUIDED QUESTIONS

MODULE 4

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

Overview
Promotion of optimal early brain and child development is essential for the health and well-being of children. Developing relationships by nurturing parent and caregiver relationships and cultivating relationships between health professionals and early childhood systems is key to EBCD.

These guided questions are designed to expand on the content provided in module five and to encourage learners to think about how they can apply brain and child development information in their practice and/or training. These questions can be used in either large group decisions and in small break-out groups by given 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 as you see fit to meet your learner’s need and/or add your own questions to the list. 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?
- The name of 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
- 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?

- Between parent and child (communication, choices, cooperation, appropriate responses to behavior)
  - Psychosocial interaction/building confidence in parenting skills
  - Consider asking the following questions:
    - How are you doing with your baby?
    - What ways have you found to calm your baby?
    - How is your baby sleeping, eating, etc?
    - How do you handle your child’s frustrations?
    - How do you help your child express his emotions/feelings?
    - How do you encourage good behavior and/or discipline your child?
    - How well does your child get along with other siblings/children/adults?
    - How do you encourage independence?
    - How do you encourage a healthy lifestyle for the family?
    - How do you encourage your child to help others?
    - How do you encourage your child’s abilities/interests?
3. Think about the child in the case study or a child that has experienced an adverse childhood event(s). What might the child be like 5 or 10 years from now? What are some key things that could change their story?

- The child could be a thriving, healthy child especially if the following take place as the child grows and develops:
  - The child is enrolled in a high quality daycare center and/or a high quality school that provides the type of environment and interactions needed for healthy development.
  - The child has a medical home and routinely accesses it.
  - The child and family are screened for common precipitants of toxic stress (poverty, domestic violence, parental mental illness or substance abuse.
  - The child’s family knows about and uses resources that help to mitigate or minimize the effects of stressors on the family.

- If nothing is done for the child or even despite our best efforts the child could be experiencing:
  - Relationships with adults that do not mitigate or lesson the efforts of stressors that the family is experiencing
  - Enrollment in after school care that is not high quality
  - Experiencing difficulties in school
  - Child does not have predictability in his life, and develops anxiety issues

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