



What is HealthySteps?

HealthySteps, a program of ZERO TO THREE, is an evidence-based, team-based pediatric primary care program that promotes the health, well-being and school readiness of babies and toddlers, with an emphasis on families living in low-income communities. Visit healthysteps.org to learn more.

HealthySteps Serves the Whole Family



Caregiver

- Screening for family risk and protective factors
- Screening for social determinants of health
- Positive parenting guidance and information

Family-Centered Care

- Two-generation approach
- Relationship-based
- Community connections and referrals

Child

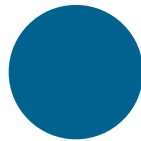
- Team-based well-baby and well-child visits
- Child development, social-emotional, and behavioral screening

Tiers of Service Delivery

SERVICES INCLUDE

TIER 1

UNIVERSAL SERVICES



Child developmental, social-emotional & behavioral screening

Screening for family needs

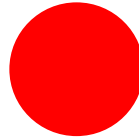
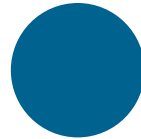
MATERNAL DEPRESSION
OTHER RISK FACTORS SUCH AS ACEs
SOCIAL DETERMINANTS OF HEALTH

Child development support line

PHONE, TEXT, EMAIL, ONLINE PORTAL

TIER 2

SHORT-TERM SUPPORT
MILD CONCERNS



Child development consults

Child behavior consults

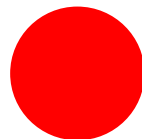
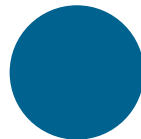
Care coordination & systems navigation

Positive parenting guidance & information

Early learning resources

TIER 3

COMPREHENSIVE
SERVICES
FAMILIES MOST AT RISK



Ongoing, preventive team-based well-child visits (WCV)

The Evidence

A multi-site randomized controlled trial, as well as other more recent site-level evaluations of HealthySteps, have demonstrated positive outcomes for children, their families, and the physicians and practices that serve them. Children who participate in HealthySteps are more likely to attend recommended well-child visits and receive timely screenings and vaccinations. Their parents are more likely to: receive information on community resources and services; provide infants with age-appropriate nutrition; adhere to child safety guidelines; use positive parenting strategies; and engage in early literacy-enhancing practices with their children. They also report higher levels of satisfaction with their pediatric care than other parents. In addition, HealthySteps improves provider experiences, with physicians reporting that the model fosters a team-based approach to care and enhances their ability to effectively meet the needs of the children and families they serve. Visit healthysteps.org to learn more.

Early Childhood Resources

Zero To Three <http://zerotothree.org/> This website provides information on nurturing development in young children.

“Learn the Signs. Act Early” www.cdc.gov/actearly This website provides information and resources on developmental milestones, developmental monitoring, and acting early on concerns.

Serving Young Infants – Sharing Knowledge with Infant-Toddler Teachers and Home Visitors

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Curriculum/Teaching%20Strategies/SharingKnowledge.htm> This booklet describes development, security, and brain growth for infants from birth to 8 months. It was developed for Head Start Staff members who are working with teachers and home visitors.

The Foundations for School Readiness: Fostering Developmental Competence in the Earliest Years, Technical Assistance Paper #6 http://eclkc.ohs.acf.hhs.gov/hslc/hs/resources/ECLKC_Bookstore/PDFs/TA6%5B1%5D.pdf This paper explores the scientific knowledge base concerning the remarkable developmental tasks that occur in the first 5 years of life. It also illustrates the important role of early childhood programs in preparing children for school.

What are “Behavioral Skills” in Infants and Toddlers? How Do We Screen Them?, Early Head Start Tip Sheet #27 <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/eecd/Individualization/Children%20With%20Challenging%20Behaviors/WhatAreBehavior.htm> This tip sheet provides information on understanding when infant and toddler behaviors are developmentally appropriate and when they are not.

Early Childhood Resources

News You Can Use: Foundations of School Readiness: Physical Development and Health

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/ehsnrc/docs/nycu-foundations-sr-physical-dev-health.pdf>

This article uses short stories to illustrate how physical development and health relate to school readiness. **When Health Affects Assessment** <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/physical-health/satf/WhenHealthAffec.htm> This fact sheet offers questions to consider about the impact of a child's health on assessment. It also includes a list of tools that programs use to improve child assessment strategies.

Healthy Children Are Ready to Learn <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center/physical-health/individual-wellness-plans/HealthyChildren.htm>

This fact sheet explains how Head Start's management systems support comprehensive health services that benefit children's school readiness.

CDC's Essentials for Parenting Toddlers and Preschoolers <https://www.cdc.gov/parents/essentials/> Designed for parents of 2 to 4 year olds, *Essentials for Parenting* addresses common parenting challenges, like tantrums and whining. The purpose of the resource is to provide as much information as possible on things you can do to build a positive, healthy relationship.

Head Start Center on Inclusion <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/teaching/Disabilities/staff%20support%20and%20supervision/orientation/headstartcenter.htm>

The goal of the Head Start Center on Inclusion is to increase the competence and effectiveness of personnel in Head Start programs to include children with disabilities