



HEALTHY STEPS FOR YOUNG CHILDREN PROGRAM

PROTOCOL: PARENT HANDOUTS

I. DEFINITION

Mothers and fathers often want or need more information on a specific topic than they can reasonably receive or absorb during an office visit or on the telephone. Parent handouts meet this need by providing a great deal of information on specific topics of interest or concern to many mothers and fathers. These handouts take the form of single- or double-sided loose-leaf pages, and each one addresses a single topic related to the health, development, and care of a child. When they enroll in Healthy StepsSM, or leave the hospital, or have an office or home visit, the family will be offered relevant handouts on a variety of medical, developmental, and practical topics. Handouts include practical suggestions for new mothers and fathers, clear answers to common questions about child health and development, guidelines about when to call the physician/pediatric nurse practitioner, and references to popular child care books for more information.

Objectives:

- Provide information in a concise and comprehensive manner on a variety of medical, developmental, and practical topics.
- Increase mothers' and fathers' knowledge of the topics covered in the handouts.
- Provide informational resource that Healthy Steps Specialists can refer to when they take calls on the Child Development Telephone Information Line.

II. SPECIFICATIONS

A. Content and Distribution:

1. Topics: The following pages contain a list of topics for which prepared handouts are available. The practice may prepare handouts on additional subjects.

2. Distribution: Upon enrollment, the family may receive relevant handouts pertaining to their newborn in the Welcome to the Practice book. Healthy Steps staff will also distribute handouts to mothers and fathers during office and home visits to provide additional information on a specific topic and/or reinforce a "teachable moment." Handouts will also be mailed to mothers and fathers as a follow-up to information provided on the Child Development Telephone Information Line.

B. Reference: See Chapter 8 of *Strategies for Change: Child Development in Primary Care for Young Children*.

C. Documentation for Implementation: The Healthy Steps file maintained for each family should show which handouts they received, when, and from whom.

The Healthy Steps protocols were originally developed as program requirements for use in the national evaluation phase of the program. In order to ensure the integrity of the evaluation, all sites needed to implement Healthy Steps in virtually the same manner. Because evaluation concerns will not affect new practices beginning Healthy Steps operations, these practices will have considerable flexibility in shaping their Healthy Steps programs. New practices should therefore use these protocols as guidance in their decision making.

III. EXPECTED OUTCOMES (EXAMPLES)

- Mothers and fathers will request handout on specific topic.
- Mothers and fathers will ask the Healthy Steps team questions related to information in the handouts.
- Mothers and fathers will request new handouts addressing other topics.

IV. MEASURES FOR THE PARENT HANDOUTS (PARTIAL LIST)

- Number of handouts distributed.
- Number of requests for handouts from families.
- Parental satisfaction with handouts.
- Provider satisfaction that handouts meet the needs of mothers and fathers.

TOPICS OF PARENT HANDOUTS

Common health questions:

- When Should I Call the Doctor?
- What Should I Keep In My Medicine Cabinet?
- What Should I Do When My Child Is Constipated?
- What Should I Do When My Child Has Diarrhea?
- What Should I Do When My Child Is Vomiting?
- How Can I Tell If My Child Has Food Allergies?
- What Can I Do About Diaper Rash?
- How Can I Care For My Baby's Blocked Tear Duct?
- Does My Child Have "Pink Eye"?
- How Can I Keep My Child From Choking?
- How Can I Get My Child To Take Her Medicine?
- What Should I Do When My Baby Has An Ear Infection?

Immunizations:

- Measles, Mumps and Rubella ("MMR") Vaccine
- Polio Vaccine
- How Do DPT Shots Protect My Child?
- Why Does My Baby Need an Hib Vaccination?

Practical tips:

- Baby-Proofing Your Home
- Choosing and Using a Diaper Bag
- Choosing a Child Care Program-What Do I Ask?
- Stocking the Changing Table
- Tips for Eating Out
- Tips on Infant Equipment
- Tips For Returning To Work
- Ten Tips for Managing Temper Tantrums
- Tips on Reading Aloud with Your Toddler
- Tips for Traveling with Infants and Toddlers
- Traveling with a Toddler? Ten Tips for Success
- Tips For Visiting With The Relatives

Newborn-related handouts:

- How Do I Get Started With Breast Feeding?
- Breast Feeding Basics
- Tips from Breast Feeding Moms
- Your Baby's Circumcision
- What About the Umbilical Cord?
- Why Is My Baby Crying So Much?
- What Should I Do When My Newborn Cries?
- Why Am I Feeling So Blue?
- Do I Have Postpartum Depression?
- How Can I Help My Older Child Adjust to the New Baby?
- What Position Should My Baby Sleep In?
- Why Do Babies Have "Soft Spots"?
- Why Do Some Newborns Have Jaundice?
- What's That White Stuff In My Baby's Mouth?
- What Are Those Scales on My Newborn's Scalp?
- Splish Splash I Was Taking a Bath

- What Kind of Daily Routines Are Good For My Baby?
- How Can I Help My Baby Wind Down In The Evening?

Older baby-related handouts:

- What Kind of Temperament Does My Baby Have?
- Getting Started With Solid Foods
- How Can I Help My Child Learn To Talk?
- Is My Baby Teething?
- Baby-Proofing Your Home

Toddler-related handouts:

- Why Is My Toddler Fearful?
- Why Is My Child Biting?
- What Can I Do When My Toddler Is Overexcited?
- How Can I Begin Setting Limits for My Child?
- How Can I Help My Child Stay Dry During The Day?
- A Toddler's Toy Box
- Blankies, Loveys and Thumbs: Transitional Objects and Toddlers
- Developmental Milestones of Early Literacy
- Good Nights: Solutions for Bedtime Battles
- Help! My Toddler Is Waking During the Night!
- Help! My Child Is Biting! Aggressive Behavior and Toddlers
- How Can I Get My Toddler to Take Medicine?
- How Can I Help My Older Child Adjust to the New Baby?
- How Can I Help My Toddler Learn to Talk?
- "I Can Do It" Promoting Toddlers' Self-Esteem
- Is My Child Ready for Toilet Training?
- Is My Toddler Ready to be Weaned? How Do I Do It?
- It's Child's Play: Play Is Important for Learning
- "It's Mine" Sharing and Turn Taking in Toddlerhood
- "Me Afraid!" Fear of Strangers in Toddlerhood
- "Me Go Too!" Survival Strategies for Shopping with Toddlers
- "Me Do It Myself" Tips for Helping Your Toddler Get Dressed
- "Me Don't Want It" Helping Your Toddler to Eat Happy and Healthy
- Monsters Under the Bed: Nightmares and Night Terrors
- "No Doctor, No Doctor" When Your Child Is Afraid of the Primary Care Clinician
- "No, No, No!!" Handling the "No's" of Toddlerhood
- "Now I'm Big" Moving from a Crib to a Bed
- Should I Be Worried about My Toddler's Language Development?
- Using Time-Out Effectively
- "We Did It!" Helping to Make Toilet Training a Success
- What Book for What Age? Choosing Books for Toddlers
- What Can I Do When My Toddler Is Overexcited?
- Why Are Good-Byes So Hard? Separations in the Toddler Years
- Why Is My Child Biting?
- "Why? Why? Why?" Why Does My Toddler Ask So Many Questions

Note: Practices may develop other handouts if they wish.