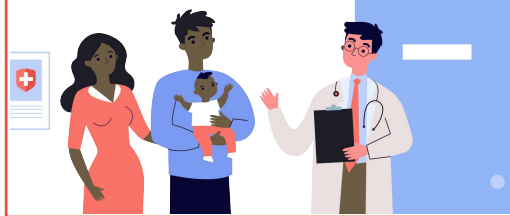


HealthySteps Promotes Healthy Growth and Development

Without HealthySteps, Mallory and Jay face multiple barriers to caring for Zach, as well as their other children, ages 2 and 4

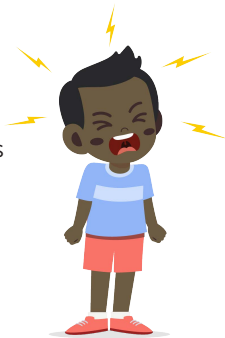
Mallory wanted to breastfeed Zach, but she was worried that he wasn't getting enough to eat so they switched to formula (and the cost of formula only added to their already high stress). At the newborn visit, Mallory and Jay didn't feel comfortable sharing so much about their family so they just said they were bottle feeding.



At 6 months, Zach is not yet rolling over. He is frequently irritable and difficult to console. Mallory and Jay often feel overwhelmed and resort to giving Zach a bottle of milk to calm him down.



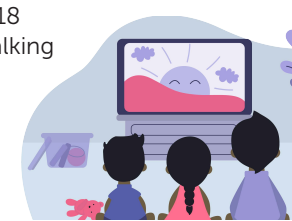
Zach's family experiences chronic financial stress, which continues to negatively impact Zach's growth and development. Zach continues to present with physical/motor delays, as well as concerns with self-regulation.



At the 2-year well child visit, Zach's pediatrician reports concern for his height and weight, and talks about the importance of fruits and vegetables. The pediatrician is also concerned about his motor skills since he is not walking steadily, climbing, or jumping, and gives the family a pamphlet about Early Intervention. Neither recommendation feels realistic to Zach's parents, who are already feeling stretched too thin.



The family schedule is often chaotic with both parents working different shifts and three small children. This means the children spend a significant amount of time watching TV; it also means that sleep is inconsistent and often disrupted, and that they missed the 9-, 12-, & 15-month well-child visits. Zach, now 18 months, is not walking independently.



HealthySteps Supports Families, Promotes Healthy Growth and Development

Safe, stable, and nurturing relationships improve children’s social-emotional, cognitive, and language development. They are also associated with long-term indicators of health and well-being. Parenting practices and activities that support healthy growth and physical development—including exclusive breastfeeding, responsiveness to a child’s cues (e.g., hunger), provision of healthy foods, and opportunities for physical activity—are linked with healthier growth trajectories in childhood.

Explore HealthySteps outcomes at healthysteps.org/the-evidence.

With HealthySteps, Mallory and Jay are supported and start early to create habits that promote healthy growth and development

During the newborn visit, the pediatrician says, “A lot of moms find breastfeeding challenging, how is it going for you?” Mallory says she’s ready to give up. “We support whatever is right for your family,” replies the pediatrician, “but we have someone on our team who can help if you are interested.” Mallory agrees to have the HealthySteps (HS) Specialist join. They begin to build a rapport and develop a plan to have a lactation consult and to ask her sister for help with the older kids.



The HS Specialist meets with Mallory regularly (alone and in team-based well-child visits) to support her in breastfeeding Zach until she decides to wean at 12 months. They also work together to notice Zach’s cues that he’s full, to try different ways to calm him (without food), and to monitor his motor development since he is not yet walking.



At the 3-year well-child visit, the team celebrates Zach’s on-track motor development and his graduation from Early Intervention. They are also pleased with the health of the family, who now share routines and meals and engage in physical activities together.



At 24 and 36 months, the HS Specialist checks with Mallory and Jay about Early Intervention and the progress Zach is making in physical therapy. She also talks with them about the importance of healthy sleep, family mealtimes, limiting screen time, and building physical activity into the day - all of which support healthy growth and development.



At the 18-month well-child visit, the HS Specialist follows up about the family needs identified by screening and shares community resources. The family and health care team discuss concerns that Zach is not walking independently, and decide to refer him to Early Intervention for evaluation of motor development.

