

# HealthySteps Practices Support Caregiver Well-Being to Support Child Well-Being

SEE HOW HEALTHYSTEPS SUPPORTS BABY JAYLA AND HER CAREGIVER

Jayla's mom (Maya) brings her to her 1-month well-child visit. The pediatrician and care team are happy to see the baby and Maya doesn't share that she is actually feeling quite overwhelmed...



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Without HealthySteps, Jayla and Maya both struggle.

The pediatrician discusses Jayla's growth, development, and immunizations; but she does not ask about caregiver well-being, so she does not know that Maya feels overwhelmed, anxious, and unable to sleep since giving birth.



At the 2-month visit, Maya tells the pediatrician she stopped breastfeeding, but they do not discuss the reasons for this or the fact that Maya is struggling to get through the day.



Maya brings Jayla in five times over the next four months with concerns that Jayla is sick or is having difficulty breathing. Each time the pediatrician reassures Maya that Jayla is fine because she doesn't find any medical concern.



By the time Jayla is referred and evaluated for Early Intervention, she only receives a couple of months of services before turning 3 and transitioning to preschool special education services where she continues to receive speech and behavior therapy.



Jayla has a tantrum (now common) during the 24-month visit. She is only using a few words so the pediatrician refers her to Early Intervention for a language evaluation. Maya is now experiencing significant anxiety, but she does not share this during the visit.



At the 9 and 12-month visits, Maya is frustrated that Jayla only wants milk from a bottle and refuses food. Jayla is not yet using any sounds, words, or gestures to communicate. Jayla does not attend her scheduled 18-month visit.



## HealthySteps Practices Support Caregiver Well-Being to Bolster Child Well-Being


When caregivers are well, they are better able to support their children. When primary care providers use a family-based approach and recognize the critical importance of caregiver well-being, they are better able to promote child well-being. HealthySteps requires universal screenings for maternal depression in pediatric primary care settings. This creates more opportunities for prevention

and encourages treatment by providing families with referrals and offering close follow-up and support to support access to services. Research demonstrates that HealthySteps mothers are more likely to disclose maternal depression symptoms, get referred for necessary services, and report fewer symptoms. Explore HealthySteps outcomes at [healthysteps.org/the-evidence](https://healthysteps.org/the-evidence).

With HealthySteps,  
Jayla and Maya  
are healthy.




At the 1-month well-child visit, Maya and the pediatrician discuss Jayla's growth and development, as well as the feelings of anxiety and overwhelm she indicated on the post-partum screening questionnaire. They decide to invite the HealthySteps Specialist into the care team.




The HS Specialist joins the visit. She shares handouts, discusses how common post-partum anxiety/depression are, and they think together about ways to increase support from friends and family members. Maya feels relieved to have shared her feelings and to have developed a plan with her team.



Maya and the HS Specialist talk by phone as planned. Maya feels safe and supported to discuss some breastfeeding challenges and her feelings of anxiety. They decide it will be helpful for Maya to see a behavioral health provider. The HS Specialist helps Maya make the appointment and follows up to make sure services are started.



Jayla has a close and secure relationship with her mom. She feels safe to explore her environment and to learn. She is developing social emotional health and meeting developmental milestones.



At each visit, the team focuses on promoting the well-being of both Maya and Jayla. Maya continues to see her own behavioral health provider. She feels healthy and supported, and able to provide consistent and responsive care for Jayla.



Between well-child visits, the HS Specialist meets with Maya and Jayla. They practice smiling and "talking" back and forth –all the while strengthening brain development, attachment, and social-emotional health. Maya reports that her behavioral health treatment is going well.