

HealthySteps Practices Improve Well-Child Visit Attendance

SEE HOW HEALTHYSTEPS SUPPORTS SAM'S HEALTH AND DEVELOPMENT



Without HealthySteps, Sam and Laura miss well-child visits during the critical first year of life.

2 Month Well-Child Visit

At their first visit, Sam and his mom Laura leave after the pediatrician completes the physical exam. No one knows that Laura is a single mom who feels overwhelmed, or that she has not had any postpartum care for herself.



Missed 4 Month Well-Child Visit

Laura returns to work even though she does not have consistent childcare and she has symptoms of depression including lack of appetite, fatigue and difficulty getting out of bed. She does not remember Sam's 4 month appointment.



12 Month Well-Child Visit

Laura is afraid someone will call Child Protective Services, so she takes a day off work without pay and goes to the appointment, but does not feel safe to discuss how isolated and overwhelmed she feels or how she often does not have enough money for food. The pediatrician notes that Sam is not standing or using words, so he gives Laura a number to call for Early Intervention services. Laura leaves a message, but they never call back. She is relieved — she does not want someone coming into her apartment.



9 Month Well-Child Visit

When Sam spikes a 103 degree fever, Laura takes him to the emergency room where he is diagnosed with an ear infection. They also threaten to file a medical neglect report since Sam hasn't been to the pediatrician since he was 2 months old. During the 15-minute appointment, the pediatric office does not administer screening and instead focuses on catching up on shots before mom says she must return to work or she will be fired.



Missed 6 Month Well-Child Visit

Sam is now due for another well-child visit and vaccinations; however, Laura does not get off work until 6:00 and the office closes at 5:00. She worries about Sam and has so many questions she wishes she had someone to ask, but she cannot figure out how to get him there with her work schedule.



HealthySteps Practices Promote Child & Family Health Through Improved Well-Child Visit Attendance

Well-Child visits are the foundation for promoting optimal child development by providing a platform within which the team can identify and address child concerns, as well as any caregiver challenges. In practices with HealthySteps, research shows that children were more likely to receive well-child visits and vaccinations on time and had better continuity of care.

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

With HealthySteps, the team works together to ensure Sam and Laura are healthy during the critical first year of life!

2 Month Well-Child Visit

Based on on screening results, the pediatrician and the HealthySteps Specialist engage the family during the visit. By asking, "Do you have anyone to help you when things are hard?," they identify Laura's feelings of overwhelm and work to increase her support. They develop a plan before Sam and Laura leave that includes connecting Laura to care for herself.



4 Month Well-Child Visit

Laura receives a call from the HS Specialist reminding her about the appointment. She is relieved when the HS Specialist starts the visit with "what's it like being back at work?" so she can share how difficult it feels. They connect Laura to other moms in the community. The team focuses on using routines to build in language, and parent-child play into their busy schedule.



12 Month Well-Child Visit

When the pediatrician and HS Specialist ask Laura what has changed since they last met, Laura is proud to report "Sam started taking steps!" At 12 months, the family has received regular screenings, Sam is up to date on his vaccines, and the team has worked together to ensure a strong first year – setting a critical foundation of healthy development!



9 Month Well-Child Visit

Laura is eager for her evening appointment with her trusted team and starts by saying "Help! Sam has started screaming every time I leave him!" The pediatrician and HS Specialist share how common this "stranger anxiety" is at Sam's age and discuss ways to manage. At this visit they celebrate that Sam is babbling and pointing to share, and playing back and forth social games with mom like peek-a-boo. They also talk about what they might expect Sam to be doing before the next visit.



6 Month Well-Child Visit

When the HS Specialist and Laura check in by phone, Laura shares that she joined the community group and loves talking to other moms! Today, Laura asks the HS Specialist for support to wean Sam after meeting her goal of 6 months of breastfeeding. In addition to the pediatrician's evaluation, Sam gets his required vaccines and Laura and the HS Specialist agree to check in by phone monthly.

