HealthySteps integrates early childhood development and behavioral health expertise directly into pediatric primary care.

HealthySteps®
PEDIATRIC CARE • SUPPORTING • PARENTING
A Program of ZERO TO THREE

WHY

The first years of life shape a child's future



The early years of life are a period of rapid brain development and lasting impact. At the same time, parents and caregivers are navigating new concerns and challenges, from tracking milestones to economic pressures to postpartum mental health.

Pediatric primary care is the only system that regularly reaches nearly all babies and toddlers and their families, during this window—and caregivers see pediatricians as a trusted source for advice and support.

But clinicians are asked to address an increasingly complex set of medical, developmental, behavioral, and family needs during a short visit that might last just 15 minutes.

The HealthySteps model helps streamline implementation of the American Academy of Pediatrics' Bright Futures Guidelines.

HOW

Transforming the promise of pediatric primary care

By adopting HealthySteps and adding a HealthySteps Specialist to the care team, pediatric practices* can better identify needs early, support parents and caregivers in real time, and connect families to the right resources before small challenges become bigger ones.

HealthySteps' priority population is children with Medicaid, CHIP, TRICARE, or those who are uninsured. Through HealthySteps, practices can better address health disparities and help ensure all children have a strong start in life, regardless of circumstance.

** Including academic medical centers, community health centers, and family medicine*

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THE RESULT

Better outcomes for children, families, and communities

- Better support for babies and toddlers' healthy development and school readiness
- A more responsive health care experience for the whole family
- Stronger caregiver-child relationships
- Improved provider experience and well-being
- Healthier families and communities

The cost-effective HealthySteps approach is supported by a robust evidence base built over 30+ years, including a multi-site randomized controlled trial and subsequent site-level evaluations. To learn more, visit healthysteps.org/the-evidence.

163%

Average annual return on investment to Medicaid

> **HealthySteps didn't just help my family survive—it helped us thrive.**
>
> *– Sara, HealthySteps Mom*

HealthySteps offers a range of services to meet families' needs through a flexible, resource-efficient approach.

The HealthySteps model is designed to benefit every family with an infant or toddler at a practice through services like universal screening and a Family Support Line, while providing additional, targeted support tailored to families' strengths, needs, and circumstances.



Child Development & Behavioral Screenings



Family Needs Screening



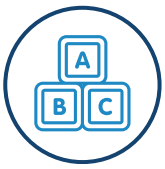
Family Support Line



Child Development & Behavior Consults



Care Coordination & Systems Navigation



Early Learning Resources



Positive Parenting Guidance



Team-Based Well-Child Visits

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> **[HealthySteps is] the glue needed in communities so that families have connections in safe places. It is a port of entry to redesign how we think about health care.**
>
> *- Rachel Herbst, PhD, Cincinnati Children's Hospital*

What Makes HealthySteps Different

- **Supports the whole family**
  The model recognizes that infant and toddler health is shaped by caregiver well-being, family stress, social needs, and access to resources.

- **Strengthens pediatric teams**
  Adding a HealthySteps Specialist to the team helps address comprehensive family concerns that often cannot be covered in a standard medical visit, improving quality of care while actively reducing provider burnout and boosting job satisfaction.

- **Scalable and structured**
  The model includes defined Core Components and a risk-stratified, tiered approach, enabling practices to deliver consistent yet tailored support. It's remarkably affordable without sacrificing outcomes.

- **Proven track record**
  HealthySteps is backed by decades of experience, expertise, and evidence. It combines a commitment to innovation with rigorous research and evaluation.

HealthySteps has reached 2 million+ children and their families



The HealthySteps National Office at ZERO TO THREE provides training and technical assistance, professional development, and additional resources for the hundreds of pediatric practices with HealthySteps across the country. The National Office also works to strengthen the conditions for implementing transformational pediatric care nationwide. Learn more by visiting healthysteps.org.

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