CARE Project - Primary Care Provider Tool Kit: Early Relational Health

Key:

Table 1: Resources to Answer: "What is Early Relational Health?"
Table 2: Resources for promoting Early Relational Health strategies in primary healthcare
Table 3: Resources for implementing Early Relational Health strategies in the home

Table 1: Resources to Answer: "What is Early Relational Health?"

Source	Description(s)	How to Access

American Academy of Pediatrics:
 	
https://www.aap.org
	Learn about early relational health as a component of patient care during well-child exams.
	
	● Introduction to Early Relational Health
	   ○ (Part 1 & 2)
	   ○ Early Relational Health Implementation Guide (scroll down at first link)
		https://bit.ly/3LftwQo
		
		● Part 1:
		   https://bit.ly/3AaeSDp
		
		● Part 2:
		   https://bit.ly/3UOold6

Table 2: Resources for promoting Early Relational Health strategies in primary healthcare

Source	Description(s)	How to Access

American Academy of Pediatrics:
 	
https://www.aap.org
	● How to Address Common Concerns Using Early Relational Health during:
	   ○ 6-month, 3-year, 4-year well-child exams
		● 6-month
		   https://bit.ly/3LdS5gm
		
		● 3-month
		   https://bit.ly/41nyLTv
		
		● 4-year
		   https://bit.ly/3oqUbk8

Learn the Signs Act Early (CDC) https://www.cdc.gov/	● Milestone Checklists for each age include social/emotional milestones along with parenting tips that address early relational health along with other components of healthy development. ● Developmental Surveillance Resources for Healthcare Providers includes a link to the Milestone Checklists and other materials useful to primary care providers. ● Marketing materials for CDC's Milestone Tracker	● https://bit.ly/3Hk1Bwj ● https://bit.ly/40lSaTB ● https://bit.ly/3A9aViv
Brazelton Touchpoints Center https://www.brazeltontouchpoints.org/	Brazelton Touchpoints Center offers "A Conversation Roadmap for Talking with Families about their Child's Development."	● https://bit.ly/3AcN1Te

Table 3: Resources for implementing Early Relational Health strategies in the home

Source	Description(s)	How to Access
Head Start https://eclkc.ohs.acf.hhs.gov/	Head Start offers professional development on positive behavior support. The slides for Part 1 include a number of videos that may be useful.	● https://bit.ly/43IHp0z
Just in Time Parenting https://jitp.info/	According to their website, Just in Time Parenting is an educational partnership of educators and researchers from land-grant universities across the county. It offers a subscription to a free online parenting newsletter (including an option for professionals).	● https://jitp.info/
Vancouver Clinic https://tvc.org/news/reading-to-children-for-relational-health/	A book is an amazing tool that parents can use to promote shared attention with their children. Just taking five minutes to sit and read a book with a child can address the child's needs for attention and affection. During times of stress or	● https://www.kidlit.tv/category/read-out-loud/ ● https://www.audible.com/start-listen

	anxiety, children are most in need of the routine and sense of security provided by reading a book with a loved one. The website has recommendations for Virtual Reading and Live events: ● KidLitTV ● Amazon's Audible Library - Free ● San Diego Zoo Live Cams ● Georgia Aquarium-Ocean Voyager Cam	● https://sdzwildlifeexplorers.org/videos ● https://www.georgiaaquarium.org/webcam/ocean-voyager/
CDC Milestone Tracker	Free app for Android and Iphone which tracks development milestones of children.	● https://www.cdc.gov/ncbddd/actearly/milestones/index.html