Group WCC visit- 9 months

EDU Topics:

* Team based care: parent, child, coord, DA, DH, DDS, OT, MA, MD/NP/PA
* Setting routines & habits for the whole family:
	+ Play routines that support development-
		- Limit screen time
		- Daily outdoor play
		- Floor time play (crawling, pulling to stand, cruising, walking)
		- Table time play (fine motor, self feeding, pincer grasp)
		- Social-emotional/communication play (talk, read, sing, pointing, face-to-face play, connection and warmth)
	+ Sleep routines-
		- Stopping bottles/breastfeeding before bed and at night
		- Tooth brushing
		- Brush, book, bed
	+ Food/mealtime routines-
		- Solid food feeding (textures and chewing)
		- Responsive feeding
		- Weaning

Supplies:

Blankets on floor

Open ended toys (ring stacker, blocks, string, scarves, balls)

Large foam shapes for crawling over and climbing on

Pens, clip boards, “My Routines” handout

Finger toothbrushes

Water pitcher (check for one in kitchen)

Cups

Set up:

15 min before appt-

Set up blankets, toys, foam blocks for kids

Set out clipboards with handout plus pen by door

Have dental bags ready

Put out water pitcher and cups

Timeline:

Patients and parents arrive and get settled, 5 min

Introductions & team based care, 10 min

Setting the agenda, 3 min

Activities 1-4, 35 min

Wrap up/check out, 5 min.

Curriculum:

**Walk in and get settled**: 5 min

**Introductions**- 10 minutes

Welcome to our Group 9 month Well Child visit! This visit will obviously be a little different from your usual Well Child visits. This visit is confidential, and we ask that what is shared here is to be kept private within this group. Because this is group, we encourage questions and supportive ideas to be shared. We ask that we all be respectful of each other. If you have advice to offer another parent or thoughts to share, we encourage you to do so in a positive manner. As we talk, the babies are welcome to play. If at any time you need to nurse your baby, prepare or offer a bottle, change a diaper, or if your baby is crying, you are welcome to stay and do all those things. Of course if you need to or would like to step away from the group for a moment you are always welcome to do so.

We’d like to start by having each of you introducing yourself and your child and your biggest challenge or struggle right now with keeping him/her healthy.

Now we want to introduce ourselves to you (providers and staff introduce name and role).

**Setting the agenda**- 3 minutes

We are excited to do this visit as a group because when it comes to your child’s care, we (parents and medical professionals) are a team. And when we work together, we can do more to keep your baby healthy and get him/her off on the right foot for a healthy life with healthy habits from the start.

Let’s talk about healthy habits. There are a lot of things we do every day that effect our health and that we often don’t think about at all. Things like, getting a good night’s sleep, which foods we eat and snack on throughout our day, brushing our teeth or not, exercising, how we talk to ourselves and take care of ourselves. As adults, many of these habits were set starting in childhood and can be hard to change! But these actions, done repeatedly day after day, can have a very large impact on our health. So today we want to focus on 3 main habits and routines that can have a very large impact on your child’s health:

* Play routines
* Sleep routines
* Mealtime routines

We’ll talk about setting up healthy routines in each of these areas, things to look for and ways to support your baby within each of these areas.

**Activities-** 35 min

**Activity 1**- **Making a routine,** 5 min.

We’d like you to look at the handout we gave you when you arrived, titled, “My Routines.” Please use this to write down your baby’s daily routine, generally. You might want to start with their wake up time, naps, and bedtime, then try to fill in the rest. If you need help with this, let us know.

**Activity 2- Developmental play** (Floor time play with baby in lap. Songs that facilitate gross/fine motor skills, face to face play, anticipatory games), 10 min.

Ok now that you’ve written down your baby’s routine, we want to talk for a minute about play and development. Your baby’s number one job right now is to play. Play helps your baby develop their brain, their muscle strength, their coordination, and their social skills so it’s really foundational to just about everything else in life. And unlike adults, where we can listen to someone else tell us about a topic and understand, babies need to move their body on their own, explore, and feel what the movements are like to build skills.

At this age, the best kind of play is on the floor, in a safe area free from anything that might hurt them, with open-ended toys like this. Your baby does not need tv, your phone, or tablets. In fact, screens at this age can negatively impact your baby if they are used often each day. We know parents need a break as well and often a screen is a good distraction. If you need this so you can take care of yourself, that’s fine, just try to make sure this is only a few times a week and for less than 20 minutes at a time. Last, one of the best things for your baby is to play with YOU. Get down on the floor with your baby if you are able. Be face to face and have fun.

Let’s practice some fun games to play with your baby that build your baby’s brain, body, and health.

* Have parent sit with legs straight out in front, place baby sitting on lap, facing parent
* Sing, “This is the way the mama, daddy, baby rides” (practicing anticipation)
* Sing, “head, shoulders, knees, and toes” (body parts and pointing)
* Have parent sit with legs crisscross, place baby sitting on lap facing *away* from parent w feet flat on floor
* Sing, “Row your boat” (weight bearing through legs)

We want you to look at your schedule and if your baby is not currently spending at least 2 hours per day playing on the floor like this, we’d like you to take a minute and think of where in their day they could be doing a little more play time. Also, now is a good time to ask questions about your baby’s development and about play.

**Activity 3**- **Sleep routines (and tooth brushing),** 10 min.

Now we’re going to move on to thinking about sleep routines.

Why are sleep routines so important? Sleep is essential for your baby’s growing brain and having a routine is important for helping your baby anticipate and prepare for bedtime, which can help your baby get better sleep. Routines also help everyone to feel less stressed and more in control.

Bedtime routines can be very simple. In fact, our favorite is just 3 steps:

* Brush
* Book
* Bed

The reason this one works so well is that it’s easy to remember, easy to follow, but adds in 2 very important healthy steps: brushing your baby’s teeth and reading.

DH/DA speaks about why tooth brushing is important as soon as that first tooth shows up and how to do this before bed (grain of rice size toothpaste on finger toothbrush and letting baby get used to sensation and routine. Also discuss why brushing just before bed is so important.

Books are important because they work wonders to help build your child’s communication skills. No need to read every word—at this age you can just point to pictures if your baby is not interested in the story. Also, books are a quiet and soothing activity which remind us parents to slow down, connect with our child, and turn off screens and extra noises.

Please take a minute to write down your bedtime routine and now is a good time to ask questions if you have any about sleep concerns.

**Activity 4**- **Mealtime routines,** 10 minutes.

Last, let’s talk about mealtime routines. By 9 months old your baby should be moving on from purees (if you offered them) to soft chewable foods. From 9-12 months your baby should naturally start reducing the number of times per day they are breast or bottle feeding or they will take in a bit less at each breast/bottle feeding. This can help them get to the goal of eating a family meal and weaning off formula or weaning off breastmilk as the primary source of nutrition by 12 months.

Now is the perfect time to set a consistent mealtime schedule of 3 meals per day and 1-2 snacks. You can be flexible with this schedule from day to day based on your baby’s and your family’s needs. Try to space out meals so that your baby is hungry at meal times, allowing 2-3 hours between each meal/snack. Think of each bottle or breastfeeding as either a meal or a snack depending on if they are taking a full feeding. Many parents find that when they write down their baby’s current mealtime schedule, they find that their bottles or breastfeedings are too close to table meals, which means your baby might not be hungry at table meals. For example, a baby who takes a 6oz bottle at 8am, might not be hungry for breakfast at the table at 8:30.

In addition to using a flexible mealtime schedule we recommend using what we call “Responsive feeding.” This means you set the menu and the schedule but at the table you follow your baby’s cues. This means avoiding putting food in your baby’s mouth, letting your baby “ask” for more by leaning towards the food or the spoon, or allowing your baby to self-feed with their hands. You also stop the meal when your baby “tells” you he or she is done by turning away, not picking up food, no longer feeding themselves, or even throwing food.

Let’s take a few minutes to write down your baby’s current mealtime schedule and answer questions about feeding your baby and about mealtime or weaning.

**Wrap up-** 5 min

Thank you for participating today! Before we wrap up, we encourage you to schedule your child’s next Well Child visit and if needed, their next dental visit.

End by making your f/u appt

Group WCC visit- 15 months

EDU Topics:

* Behavior, co-regulation, positive parenting and boundaries
* Setting routines & habits for the whole family:
	+ Play routines that support development-
		- Limit screen time
		- Daily outdoor play
		- Practice playing
	+ Oral health routines-
		- Tooth brushing twice per day
		- Stopping bottles/breastfeeding before bed and at night
		- Limits on snacks and juice
		- Limiting snacking/grazing
		- Bi-annual teeth cleaning & fluoride varnish
	+ Food/mealtime routines-
		- Picky eating

Supplies:

Blankets on floor

Toys

Pens, clip boards, “My Routines” handout

Tooth brushes + paste

Water pitcher (check for one in kitchen)

Cups

Set up:

15 min before appt-

Set up blankets for kids

Set out clipboards with handout plus pen by door

Have dental bags ready

Put out water pitcher and cups

Timeline:

Patients and parents arrive and get settled, 5 min

Introductions, 5 min

Setting the agenda, 3 min

Activities 1-4, 42 min

Wrap up/check out, 5 min.

Curriculum:

**Walk in and get settled**: 5 min

**Introductions**- 5 minutes

Welcome to our Group 15 month Well Child visit! This visit will obviously be a little different from your usual Well Child visits. This visit is confidential and we ask that what is shared here is to be kept private within this group. Because this is group, we encourage questions and supportive ideas to be shared. We ask that we all be respectful of each other. If you have advice to offer another parent or thoughts to share, we encourage you to do so in a positive manner. As we talk, the babies are welcome to play. If at any time you need to nurse your toddler, change a diaper, or if your child is crying, you are welcome to stay and help your child here in this room. Of course if you need to or would like to step away from the group for a moment you are welcome to do so at any time.

We’d like to start by having each of you introducing yourself and your child and your biggest challenge or struggle right now with keeping him/her healthy.

Now we want to introduce ourselves to you (providers and staff introduce name and role).

**Setting the agenda**- 3 minutes

We are going to start by talk about Positive parenting, managing toddler behaviors, the importance of a supportive parent-child relationship, and setting boundaries with love. We’ll answer your questions as we go.

After that, we’re going to talk about habits that are important to keeping your child healthy.

Let’s quickly talk about healthy habits in general. There are a lot of things we do every day that effect our health and that we often don’t think about at all. Things like, getting a good night’s sleep, which foods we eat and snack on throughout our day, brushing our teeth or not, exercising, how we talk to ourselves and take care of ourselves. As adults, many of these habits were set starting in childhood and can be really hard to change! But these actions, done repeatedly day after day, can have a very large impact on our health. So today we want to focus on habits and routines that can have a very large impact on your child’s health:

* Play routines
* Oral health routines
* Mealtime routines

We’ll talk about setting up healthy routines in each of these areas, things to look for and ways to support your baby within each of these areas.

**Activities-** 42 min

**Activity 1- Positive parenting, behaviors, the importance of a supportive parent-child relationship, and setting boundaries with love,** 10 min.

Starting around 18 months, babies are driven to be independent and to explore. Often this looks like then trying to control the things around them (like eating and when they go to sleep), including us, and refusing what we say and want. Toddler’s brains are trying to make sense of their world but as they start to see themselves as separate from you, they, push boundaries to see what they can get or make happen by refusing, tantruming, yelling, and demanding. Their brains are not organized enough yet to

ask for things in a “nice” way, using words, and a calm voice, nor can they manage their emotions consistently without over-reacting. It takes YEARS to build those skills and lots and lots of practice getting mad, losing their cool, then calming down.

Toddlers need us to be there for them during this time, setting boundaries but staying calm and unruffled when they yell, scream, hit, or break rules. It’s normal to lose OUR cool as parents but try to remember that if we can’t stay calm all the time, we should never expect a toddler to stay calm and kind and organized more than once in a while.

We recommend managing the inevitable toddler behaviors that come up using Positive Parenting. Positive parenting is based on connection, respect and love. You want to foster your growth and personality while still holding firm to your rules. It’s based on the idea that discipline is about teaching our children how to behave, not about punishing our child. Positive parenting teaches without spanking or yelling.

Your goal is to set a clear boundary but be loving and calm as you hold that boundary before you get annoyed or angry. If your child tantrums or has a meltdown, with positive parenting we recommend you accept that they are having big emotions, acknowledge that we all experience big emotions and when we accept them, they pass. Last, with positive parenting we recommend that when you toddler misbehaves, even when they do something on purpose, such as hit you or a friend, that you keep in mind that they are still learning and they need our help and lots of practice to make good choices consistently.

Ask, have any of you seen any behaviors like these cropping up so far? If someone is willing to share, ask if it’s ok for you to use that as an example of how to handle this using Positive parenting. If not, use one or two of the examples below.

*A few examples of what this looks like:*

You tell your toddler not to climb on the table and he keeps doing it. You lovingly but firmly tell your child that you can see he wants to climb but climbing on the table is not safe. You will help him keep his body off the table and find somewhere more safe for him to play.

You serve dinner of chicken, rice, and broccoli, but your child starts screaming, “No like it!” when he sees the broccoli. You can take a deep breath to stay calm and then let your child know, “I hear that you don’t want this food and you’re upset.” Then, “You don’t have to eat that food, but this is our dinner. Would you like to start with the chicken or the rice?”

Your 15 month old is playing with their baby brother when suddenly you see her hit him on purpose. First attend to the baby and help him calm. Then tell your toddler, “Gentle touches only.” For the next week, you should not leave your 15 month old alone with the baby because you’ll need to be ready when they are playing to remind her that you will only allow gentle touches and also to catch her hand before she hits in case she forgets.

**Activity 2**- **Making a routine,** 5 min.

Please look at the handout we gave you when you arrived, titled, “My Routines.” Please use this to write down your toddler’s daily routine, generally. You might want to start with their wake up time, naps, and bedtime, then try to fill in the rest, like mealtimes and play times. If you need help with this, let us know.

**Activity 3- Developmental play** 10 min.

Ok now that you’ve written down your toddler’s routines, we’re going to use that as we talk about some important activities that should be in their daily routine. First let’s talk about play and your toddler’s development. Your toddler’s number one job right now is to play. Play helps him or her develop their brain, their muscle strength, their coordination, and their social skills so it’s foundational to just about everything else in life. And unlike adults, where we can listen to someone else tell us about a topic and understand, toddlers need to move their body on their own, explore, and feel what the movements are like in order to build skills.

Toddlers need several hours of play each day in a safe area free from anything that might hurt them, with open-ended toys like what we have here and space to move around, run, jump, and climb. Your toddler does not need tv, your phone, or tablets. In fact, screens at this age can actually slow your toddler’s development if they are used often each day. We know parents need a break as well and a screen can be a good distraction. If you need this so you can take care of yourself, that’s absolutely fine, just try to use only a few times a week and for less than 20 minutes at a time. Last, one of the best things for your toddler is to play with YOU. Get down on the floor with your toddler if you are able. Be face to face and have fun.

Let’s practice some games to play with your toddler that build your baby’s brain, body, and health.

* Have parents stand in a circle holding their toddler
* Sing, “The elevator song” and do movements
* Sing, “head, shoulders, knees, and toes” (body parts and pointing)
* Have parent sit with legs crisscross, place baby sitting on lap facing *away* from parent w feet flat on floor
* Sing, “Itsy bitsy spider” and do hand motions

We want you to look at your schedule and if your toddler is not currently spending at least 2 hours per day playing like this, we’d like you to take a minute and think of where in their day they could be doing a little more play time. Also, now is a good time to ask questions about your toddler’s development and about play.

**Activity 4**- **Oral health routines** 10 min.

Now we’re going to move on to thinking about keeping your toddler’s teeth healthy.

Your toddler’s baby teeth may fall out one day but it’s still very important to keep them healthy now for a few reasons:

* Cavities are an infection in your toddler’s mouth and if they get bad enough they can make your toddler very sick.
* Cavities can cause your toddler a lot of pain if not treated but often the only way to treat these cavities in a 1-3 year old is to put your child to sleep.
* Cavities in baby teeth put your child at higher risk for getting cavities in their adult teeth
* Cavities are preventable! Building strong habits of caring for our teeth now can set you up for healthy teeth throughout life, which can save you time and money.

There are 3 main ways to keep your toddler’s teeth as healthy as possible:

Brushing their teeth with a small amount of toothpaste twice per day

Avoiding snacks especially sweet and sticky snack foods or letting your toddler sip on juice, soda, and even milk throughout their day

Visiting the dentist twice a year for a check up and cleaning

DH/DA speaks about why tooth brushing is important twice per day and how to do this in morning and before bed (grain of rice size toothpaste on small tooth brush) letting toddler start then parent finishes, letting toddler see parent brush their own teeth.

DH/DA discusses the impact of sweet and sticky snacks and drinks on toddler teeth

DH/DA discusses why visiting the dental team twice per year is important, what will happen in those visits and how it’s important to start those visits now, even if the toddler might not fully participate.

Please take a moment to write down on your child’s schedule when you brush their teeth if you don’t already have that on there. Also, this is a good opportunity to ask questions if you have them.

**Activity 5**- **Picky eating,** 7 minutes.

Last, let’s talk about picky eating. By 15 months old your baby may already be showing some signs of picky eating. This is often a normal phase and most toddlers will move through it if you sent loving but firm boundaries and do not cater to the picky eating. There are also several common parenting mistakes that can make picky eating worse so we’ll talk about those.

We recommend following what’s known as the “Division of Responsibility” at mealtimes with your toddler. As the parent, you are in charge of the menu and WHAT foods to serve, as well as WHEN and WHERE to serve those foods. You should take full ownership of those things and do not allow your toddler to try to control these elements. Your toddler is in control of his or her own body so he or she gets to decide whether to eat and how much. You can’t control that part even if you want to, so it is best not to get into a battle with your child over this. In practice this looks like you setting a consistent mealtime schedule, with opportunities for 2-3 hours between meals for your child to get hungry, then you serving a healthy meal to your child at the table. Once you get to the table, you can eat your meal and leave the food in front of your child but you do not need to tell your child to take a bite or to eat. That part is up to him or her. If you child chooses not to eat what you serve, they still must stay at the table with you until the meal is over then they can go play but there will be no other foods offered until the next meal, which should be in about 2-3 hours. If they make the mistake of not eating at the meal, they will naturally be more hungry at the next meal and that is safe.

Next we recommend avoiding the common parenting mistakes of:

Grazing- allowing your child to snack and eat between meals and away from the table

Too much milk- allowing your child to drink more than 12-16oz of milk per day

Taking bottles/breastfeeds in the middle of the night

All 3 of these mistakes can decrease your child’s hunger for the foods you serve at the table and should be avoided.

Now is the perfect time to set a consistent mealtime schedule of 3 meals per day and 1-2 snacks. You can be flexible with this schedule from day to day based on your toddler’s and your family’s needs. Try to space out meals so that your toddler is hungry at meal times, allowing 2-3 hours between each meal/snack.

Let’s take a few minutes to write down your child’s current mealtime schedule and answer questions about picky eating, feeding your child and about mealtimes.

**Wrap up-** 5 min

Thank you for participating today! Before we wrap up, we encourage you to schedule your child’s next Well Child visit and if needed, their next dental visit.

End by making your f/u appt.

**My Routines**

1. Start by writing down all the activities you need to accomplish in a day.
2. Fill in times of any activities you do regularly (IE- wake or bed times, naps, meals, etc.)
3. Add in each of the activities you need to do throughout your day.
4. Last, double check the times and tweak as needed.

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