



# Nurturing Parent and Child Development

**Presenter: Pradeep Gidwani, MD, MPH, FAAP**

Website: [CalTrin.org](http://CalTrin.org)

Email: [info@caltrin.org](mailto:info@caltrin.org)

X: [@cal\\_trin](https://twitter.com/cal_trin)

Facebook: [@caltrin](https://www.facebook.com/caltrin)

LinkedIn: [California Training Institute](https://www.linkedin.com/company/california-training-institute)

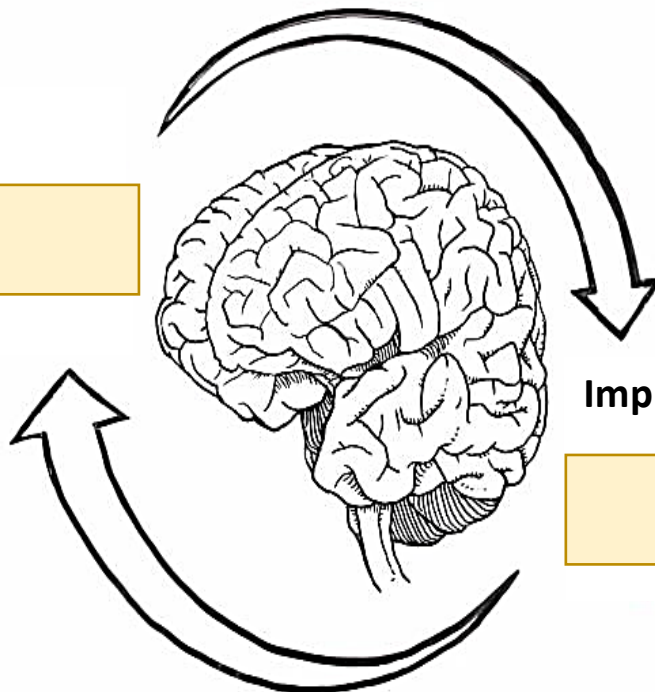
# Today's Focus

Children live in the context of

**What brought you to today's training?**

To achieve breakthrough outcomes for children experiencing toxic stress, we have to transform the lives of the  who care for them.

**Build Adult**



**Improve Child**

# Knowledge of Parenting and Child Development

The Protective Factor of Knowledge of Parenting and Child Development includes seeking, acquiring, and using accurate and age/stage-related information.

List three types of information that are important to build this protective factor:

1.

2.

3.

---

## Nurture

- To care for and encourage  or .
- Occurs when parents or caregivers are , , and .
- Relationships + Regulation = .

# Childhood Development

Childhood development is a process that involves learning and mastering skills called   during predictable time periods.

---

## Domains of Development

Draw a line or type the number that corresponds to each domain of development.

- |                         |                          |  |
|-------------------------|--------------------------|--|
| 1. Speech and Language  | <input type="checkbox"/> | Ability to learn and solve problems  |
| 2. Gross Motor          | <input type="checkbox"/> | Ability to use large muscles   |
| 3. Fine Motor           | <input type="checkbox"/> | Ability to interact with others, including helping themselves and self-control |
| 4. Cognitive            | <input type="checkbox"/> | Ability to understand and use language   |
| 5. Social and Emotional | <input type="checkbox"/> | Ability to use small muscles, specifically their hands and fingers             |



# Speech and Language

- The first  months of life are the most crucial to a child's development of language skills.
- and  EARLY (by 2-3 years).
- is fully grammatical speech that involves real words, elongated vowels, and exaggerated tones of voice.

---

## Parent Education and Coaching

Use the space below to highlight new information and key takeaways on parent education and coaching.

# Screening

Developmental and behavioral screening is recommended for **all children** at regular well-child visits at these ages:

                     months                      months                      months

---

## Screening Tool: Ages & Stages Questionnaires (ASQ-3)

[Free Online Version of the ASQ-3 \(Easterseals\)](#)

- The ASQ-3 is completed by a                      or                     .
- Screening intervals range from                      months to                      months.

## Screening Tool: ASQ-SE-2

- The ASQ-SE-2 is designed to exclusively screen for                      and                      behaviors.
- Screening intervals range from                      months to                      months.

# Tips for Parents and Caregivers: Discussing Your Concerns with Your Child's Doctor

## **1. Schedule an appointment specifically to discuss developmental concerns**

It's a good idea to schedule an appointment with your pediatrician specifically to discuss your concerns. That way, you can have a focused conversation and ensure you have enough time to discuss all your concerns in detail.

### **When you call your child's doctor's office, say:**

"I would like to make an appointment to see the doctor because I am concerned about my child's development."

## **2. Write down your concerns ahead of time**

Before your appointment, take some time to write down your concerns. Make a list of any symptoms or behaviors that worry you and any questions you have for the pediatrician. Take this list with you to the appointment to help you stay organized and ensure that you cover everything you want to discuss.

## **3. Be specific about your concerns**

## **4. Ask for clarification if you don't understand something**

## **5. Ask about next steps**

## **6. Be prepared for additional testing or appointments**

## **7. Follow through with any recommended treatments or therapies**



# Tips for Parents and Caregivers: Early Intervention Services

**Early intervention** is a term we use to describe services and support that help babies and toddlers (from birth to 3 years of age in most states/territories) with developmental delays or disabilities and their families.

- Services may include speech therapy, physical therapy, and other types of services based on the needs of your child and family
- Services are provided for **free or at a reduced cost** for any child who meets the state's criteria for developmental delay.
- In California, parents of children who are **younger than 3 years of age** can call their local Regional Center Early Start program to request an evaluation. [Find contact information for your community's Regional Center](#) or call 1-800-515-2229 (BABY).

**When you call the Regional Center Early Start Program, say:**  
“I am concerned about my child’s development and would like to request an evaluation. Can you help me, or let me speak with someone who can?”

**Be ready to share your specific concerns** about your child. You will also be asked for some general information about yourself and your child, including your name, your child’s name and age, where you live, and more).

**Write down who you spoke to, the date, and what was said;** you might need this information later.



# Executive Function and Self-Regulation

## Executive Function

Executive function is a set of

to manage daily life. We use executive function skills to:

1.
2.
3.

---

## Self-Regulation

Self-regulation can be defined as the act of managing thoughts and feelings to enable  . It is needed for success in school, relationships, and the workplace.

### *Self-Regulation Metaphor*



Accelerator  
Brakes



#### **Needs to consider**

Engine  
Gas Tank  
Speedometer  
Gauges  
Tires



#### **Needs to consider**

Roads  
Weather  
Traffic



# Emotional Regulation and Temperament

## Emotional Regulation

Babies and young children regulate their emotions by asking for                     .

Parents can help babies and young children learn to                      themselves.

---

## Temperament

Temperament refers to our in-born (not learned)                                      style.

Understanding our own temperament and the temperament of our children is incredibly helpful.

## Temperament Tool

- [Infant Toddler Temperament Trait Chart](#)
- [Infant Toddler Temperament Tool \(IT3\) \(Online Version\)](#)
- [Infant Toddler Temperament Tool \(IT3\) \(Print Version: 0-18 Months\)](#)
- [Infant Toddler Temperament Tool \(IT3\) \(Print Version: 18-36 Months\)](#)







# Post-Partum Depression

- Screening more accurate after                      of age
- Affects                      and infant mental health
- Delays
- Treatment is highly effective for                      and                      developmental delays for the child

## Tools: Post-Partum Depression Screening

- [Edinburgh Postnatal Depression Scale](#)
- [Patient Health Questionnaires 2 and 9 \(PHQ 2 and 9\)](#)

## Resource

- [Down Came the Rain: My Journey Through Postpartum Depression](#) by Brooke Shields



# Take Home Points

- Children are born with the capacity to learn
- The quality of the child's relationship with their caretaker nourishes that capacity
- Encourage and support parents
- With secure attachment, quality emotional regulation, and a supportive environment, each generation can surpass the previous one in development and learning.

---

## Notes & Next Steps

# Additional Resources

- [Touchpoints – Birth to Three](#) by T. Berry Brazelton, MD, and Joshua Sparrow, MD
- [Strengthening Families Protective Factors Framework](#) (CSSP)
- [Autism Spectrum Disorder](#) (CDC)
- [Exceptional Family Resource Center](#) (San Diego/Imperial Counties)
- [California Children’s Services](#) (DHCS)
- [First 5 California](#)
- [Help Me Grow](#)