

grow your kids

TREE

Brief Overview

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grow your kids



Talk

Read

Engage

Encourage

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grow your kids TREE

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(NICHQ)

grow your kids TREE

- Adverse childhood experiences and poverty are risk factors for developmental delay
- A consistent caring adult in a child's life can help offset the adverse effects of toxic stress and poverty

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Can a brief intervention during well child visits lead to more positive parent infant interactions?

grow your kids TREE

- Pediatric practitioners may be the first and only professional voice that parents of infants and young children hear
- TREE program aims to help parents from low income families *explore* ways to *connect* with their children ages 4-24 months
- TREE program is a brief intervention that can be easily integrated into the well child visit

Well Child Visit

Examining the well child visit:

- Screening
- Observing
- Asking
- Listening
- Guiding (*Teachable moments*: nutrition, safety, immunizations, development and behavior)
- Empowering
- Referring

grow your kids

TREEtting Patients



"Hey Mr. Dr. T"

Pediatric ponderings by Dr. Ken Tellerman.
Illustrated by ACG



What Can Be Seen Beyond The Screen?

TREEtting Patients

- Hand out a book or toy starting at age 4 or 6 month well child visit
- Observe Child Development and Parent Infant Interaction
- Ask (during the developmental part of the visit)

“What kinds of things do you enjoy doing with your child?”

TREEtting Patients

“What kinds of things do you enjoy doing with your child?”

- Open ended
- Non judgmental
- Positive
- Strength based
- Transition from *anticipatory* to *participatory* guidance
- Provides parent with a platform

TREEding Patients

- Review just a few selective TREE concepts per encounter:
 - “In addition to what you are doing talking to young children during routine activities such as bathing or shopping helps to stimulate language development”

TREEtting Patients

Basic TREE Concepts

(for systematically observing and conveying)

- TALK: Bathe your baby in language
- READ: Read together regularly and enthusiastically
- ENGAGE: Have fun together / Make your child feel safe and loved
- ENCOURAGE: Be your baby's cheerleader

TREEtting Patients

Frequently Used TREE Concepts:

TALK- Bathe your baby in language:

- Speak in “*parentese*”
- Use the radio or sports announcer approach
- Talk during daily routines (meals, driving, bathing, diapering, shopping etc.)

TREEding Patients

Frequently Used TREE Concepts:

READ- Read together regularly and enthusiastically:

- Let children take the lead
- Play “show me” and “tell me” games

TREEtting Patients

Frequently Used TREE Concepts:

ENGAGE- Have fun together: “prescription for play”

- Does with objects
- Does to objects
- Objects have function
- Imaginary play

(minimize use of electronic toys)

TREEtng Patients

Frequently Used TREE Concepts:

ENCOURAGE-

Be your baby's cheerleader

“Yeah!” “Good job!”

TREEtting Patients

- Next ask:

“What fun things would you like to do with your child before our next visit?”

- Use the developmental narrative to review what the child will be doing:

“Over the next few months, your child will transition from doing things with objects to doing things to objects”

CHILD DEVELOPMENT

Developmental Narrative

(for systematically observing and conveying)

- Motor
- Communication
- Cognition: Play and Learning
- Social Emotional

CHILD DEVELOPMENT

Developmental Narrative

Motor:

Head, neck and arms: reaching

Trunk: rolling, sitting, crawling

Legs: pulling to stand, walking, running



CHILD DEVELOPMENT

Developmental Narrative

Communication:

Vocalization: coos/ babbles

Pre-verbal : non verbal imitation and gestures

Verbalization: receptive/ expressive language

Vocalization



Pre-verbal



Verbalization



CHILD DEVELOPMENT

Developmental Narrative

Cognition (Play and Learning):

Does “with” objects

Does “to” objects

Objects have *function*

Imaginary play

CHILD DEVELOPMENT

ENGAGE: Cognition

Does “with” objects



Does “to” objects



Objects have function



Imaginary play



CHILD DEVELOPMENT

Developmental Narrative

Social Emotional: first year of life

Attachment:

“You and me”: social smile/ laughing

“You and me and them”: stranger anxiety

“Us”: shares delight with caretaker/ joint attention

CHILD DEVELOPMENT

Developmental Narrative

Social Emotional: first year of life

“You and me”



“You and me and *them*”



“Us” sharing joy



CHILD DEVELOPMENT

Developmental Narrative

Social Emotional: second year of life

Separation and Exploration

Autonomy



TREEtting Patients

And finally...

Give parents a TREET
(Provide *positive feedback*)

- “You used lots of words with your baby”
- “You were reading to your baby in an excited tone”
- “You held her and cuddled her when she was upset”
- “You said ‘good job!!’ when she completed the puzzle”

TREEtng Patients

TREE program is about connection-

Helping parents to connect with their infants through positive interactions

but also

Helping pediatric providers connect with caregivers by listening and empowering



Please Listen To Us

TREEtting Patients

In order to *hear* parents must
first feel *heard*-

Listen carefully

TREEtng Patients

Summary

- Hand out toy/book and observe development and parent-child interaction
- “What kinds of things do you like to do with your child?”
- Review selective TREE concepts

TREETing Patients

Summary

- “What fun do you plan to do with your child between now and the next visit?”
- Review what child will be doing (consider having parent video tape a positive interaction and bring to next visit)
- Provide positive feedback (give parents a TREET)