Supporting Early Childhood Development Using Telehealth During Covid-19
And Beyond...

BHIPP TELECONFERENCE OCTOBER 2020
grow your kids:

TREEHOUSE
(TELEHEALTH)

Climb On Up and
Become Your Beyond!!!

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QR code to access TREE website:
grow your kids:

TREE PROGRAM

Grant Funding:
- Abell Foundation
- AAP Healthy People 2020
- AAP Section on Developmental Behavioral Pediatrics
- JHH Children’s Center Innovation Grant
- JHH School of Public Health Urban Health Institute
- NICHQ Pediatrics Supporting Parents
Coaching vs Counseling

Interactive process that promotes positive parent child interactions by:

• facilitating parental *self-reflection* on the importance of developmental stimulation through open ended questions and *determine the stage* their children are developmentally

• providing a platform for parents to *learn and try out new skills* with feedback from the clinician

• transitioning to *participatory guidance* in place of the more traditional *anticipatory guidance*

• allowing pediatric practitioners to provide *positive feedback* to parents and perform *developmental surveillance*
What questions do you have about your child’s development?

Can you recall one of your favorite early childhood memories?
Basic TREE Concepts

TALK: Bathe your baby in language

READ: Read together regularly and enthusiastically

ENGAGE: Have fun together / Make your baby feel safe and loved

ENCOURAGE: Be your baby’s cheerleader
Basic TREE Concepts

• Talking and reading to your young child promote language development and school readiness

• Playing and having fun together builds your child’s ability to deal with stressful events
“What kinds of *fun* things do you enjoy doing with your child?”
"Bathe your baby in language"
Communication:

Young infants *vocalize* by cooing and babbling

Older infants use *gestures* like “hi”, “bye”, “pick me up”, point and sign

Young toddlers *verbalize* and begin to *understand* simple directions and *say* a few words like “mama” and “dada”
What are some good ways that you can talk and communicate with your child?
TALK

Use everyday experiences for talking while cooking, eating, cleaning, shopping, driving, diaper changes and bathing
TALK

Speak in “parentese” (high pitch sounds to engage *young infants* using vowel (ooh and ah) and consonant sounds (baba, gaga)

Try it out *now if age appropriate*

Your thoughts? How did it feel?

What is next?
Use gestures like “hi”, “bye”, “pick me up”, point and sign for *older infants*

Try it out *now if age appropriate*
Your thoughts? How did it feel? What is next?
Comment like a *sports announcer*: “this truck is red and now you are moving it back and forth” starting with infants

Try it out now
Your thoughts? How did it feel?
What is next?
Name people and objects for your baby \textit{(infants and toddlers)}

“Show me” games... \textit{(young toddlers)}

“Tell me” games... \textit{(older toddlers)}

Ask your child questions \textit{(older toddlers)}
Read together regularly and enthusiastically!!!
What are some good ways to read with your child?
READ

• Read in an *excited* manner

• Let babies handle books and turn pages – they may want to put the book in their mouth or read the same book over and over
Name people and objects for your baby and describe what is going on.

“Show me” games... (young toddlers)

“Tell me” games... (older toddlers)

Ask your child questions (older toddlers)

Try it out now

Your thoughts? How did it feel?

What is next?
ENGAGE

Have fun together!

Make your baby feel safe and loved!
“What kinds of **new fun** things would you like to do with your child in the next few months?” (How will your child change?)
Motor: Head to Toe

Head, neck and arms: reaching

Trunk: rolling, sitting, crawling

Legs: pulling to stand, walking, running

(Where does your child fit in?)
What is next?
**Engage**

**Motor:** Things To Do

**Tummy time**

Get babies to grab, roll, crawl or cruise or walk towards something interesting out of reach, play “chase me” games.
Play and Learning

Does “with” objects  (young infants)
(mouthing objects)

Does “to” objects  (older infants)
(experimenting with objects)

Objects have function (young toddlers)

Imaginary play (older toddlers)

(Where does your child fit in?)
When playing, let your child take the lead
ENGAGE

Play and Learning: Things To Do

➢ For young infants, use safe objects that they can put in their mouth like pacifiers and rattles

➢ Older infants like to examine, handle, drop, roll, and bang household objects (balls, large blocks, cups, pots, spoons etc.)
ENGAGE
Play and Learning: Things To Do

➢ For young toddlers, objects have function - play with blocks, stacking rings, legos, and puzzles, pop up toys (cause and effect)

➢ Older toddlers use their imagination - play with stuffed animals, toy figures, dolls, puppets, cars, and dress ups

Try playing with your child now - think about which stage your child is in
Your thoughts? How did it feel? What is next?
Don’t forget to sing and dance!!!

(Do you have a favorite song that you like to sing with your baby? Can you sing it together now?)
Watch for these Social Emotional Milestones (Attachment/ Separation/ Autonomy)

Social smile (young infants)

Stranger Anxiety (older infants)

Separation Anxiety (young toddlers) play peek a boo games

Joint attention/ joyful play/ exploring the environment

Autonomy ("terrible twos" in older toddlers)

(Where does your child fit in?)
What is next?
ENCOURAGE
You can do it!
Yeah!
You did it!

Be your baby’s cheerleader!!!
What did you find helpful from our session?
Can you say at least one thing you learned today?
On a 1-10 scale with 1 being not likely and 10 being very likely, how likely are you to try out something new that you learned today?

What would hold you back?

Any other questions?
Billing

**ICD codes**: use both Z13.40 (screening for developmental delay nonspecific) and Z13.42 (screening for global developmental delay)

**CPT codes**: 99401 (preventative medical counseling 15 minutes) or 99402 (preventative medical counseling 30 minutes) / with Medicaid use **CPT codes** 99213 (15 minutes) or 99214 (25 minutes)
Any questions, contact:

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