ABOUT THE Rx FOR SUCCESS

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Tricia Kirst, PNP
About the Rx for Success

- Strength Based, “Participatory Guidance vs. Anticipatory Guidance” as per Ken Tellerman, MD’s proposal of better pediatric care

- **Give the ROR book early** in the appointment and the **Rx for Success last** to summarize your encouragements to families

- A grant funded innovation- Combining Reach Out and Read at NHC with Help Me Grow and community connections

- Purpose: To give you as a medical provider a meaningful and powerful communication tool to make your work easier and more effective, so that parents can be more effective, ultimately raise their children better
How to utilize the Rx for Success

- Personalize the discussion and interaction to better connect with families and validate their experience. The book you give is both a gift and a tool for better parenting. The advice you give is your professional contribution to assisting families along in that process.
How to utilize the Rx for Success

• Re-iterate the Main Point:
  I. Parents should read to their child daily
  II. Put an emphasis on reading before nap and bedtime.

• Main Goal: To routinize the interaction of sharing books and meaningful communication between parents and their children to realize all of the benefits that that entails
How to utilize the Rx for Success

• Visit your local library and museums:
  
  I. Safe, supportive spaces

  II. Parents can take advantage of programs at local libraries and museums for infants, toddlers and pre-preschoolers

• Great environment to learn and exercise their imagination
How to utilize the Rx for Success

• Signature:

I. VERY IMPORTANT reminder to providers that this is a very personal gift

• Signature signifies encouragement and endorsement that we are giving to our families

• Research shows that YOUR WORDS MATTER-ROR evidence is parents read to their children 2.5x’s more and that children’s receptive and expressive language is 6 month ahead d/t the intervention & our advice
How to utilize HMG side of Rx

• The purpose of the Help Me Grow side of the Rx for Success is to:

• Gently inform parents that the early experiences matter and what they do matters most to their child

• Reiterate the Main Point:
  1. "You are your child’s first and best teacher."

For more information and connections to local resources, visit helpmegrowny.org or call 2-1-1 and press 7.

Para obtener más información y conexiones a recursos locales, visite helpmegrowny.org o llame al 2-1-1 y presione 7.
How to utilize HMG side of Rx

• During your interaction:
  • Encourage positive parenting techniques
    1. Praise and bolster what they already do well or to positively summarize an important discussion had in the body of the visit.

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The main point of this innovation: *Introducing HMG*

- Website: A local, trustworthy medical grade resource to check into your child's development and source of activities to do with your child

- 211 Access Line: A person who can answer any of your questions and connect you to local resources

- HMG Facebook: Follow Help Me Grow on Facebook for information on development and activities happening in our community

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**DID YOU KNOW?**

85% OF A CHILD'S BRAIN AND PERSONALITY DEVELOPMENT OCCUR IN THE FIRST YEARS OF LIFE.

85% DEL CEREBRO DE UN NIÑO Y EL DESARROLLO DE LA PERSONALIDAD SE PRODUCEN EN LOS PRIMEROS AÑOS DE VIDA.

You play the biggest role in supporting this development! *Usted juega el papel más importante en el apoyo a este desarrollo!*

- **TALK**: sing, laugh, and talk to your child while cooking, driving and playing.
  - **HABLE**: cante, ríe, hable con su hijo mientras cocina, conduce y juega.

- **PLAN**: Create regular routines so your child knows what to expect during their day.
  - **PUDES PLANEAR**: Crea rutinas regulares para que su hijo sepa qué esperar durante su día.

- **ENJOY**: Turn off electronics to have some quiet, relaxing time together.
  - **DISFRUTE**: Apague la electrónica para tener un tiempo tranquilo y relajante juntos.

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Financiado con el generoso apoyo de la Fundación Ralph C. Wilson, Jr.
Talking about *how to parent* might be one of the hardest parts of being a medical provider.

Yet, what parents do in the privacy of their own homes has an enormous impact on their babies’ health, especially when it comes to the developing brain.
Prescription for Success
Makes It Easier for You

Talking points for you to provide parenting tips

Encourage parents to connect with Help Me Grow for:
- FREE resources on child development
- Activities to do at home with their children to improve skills
- 1:1 connection with an early childhood specialist for non-medical questions

Help Me Grow

85% of a child's brain and personality development occur in the first years of life.

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- PLAN: Create regular routines so your child knows what to expect during their day.
- ENJOY: Turn off electronics to have some quiet, relaxing time together.

For more information and connections to local resources, visit helpmegrowny.org or call 2-1-1 and press 7.

DID YOU KNOW?
¿Sabías?

85% del cerebro de un niño y el desarrollo de la personalidad se producen en los primeros años de vida.

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Usted juega el papel más importante en el apoyo a este desarrollo!

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Concern

Refer to Early Intervention
Ages 0-3

Provide information on Help Me Grow
All children aged 0-3

Concern

Advise parents to contact Preschool Special Education
Ages 3-5

Ineligible

Ineligible

Refer to Help Me Grow
- Link to network of service partners (behavioral, parent support, basic needs)
- Provide ongoing screening, follow-up
- Address SDoH
- Feedback loop
Goal: Strengthen the family system to strengthen the child’s future.

PROTECTIVE FACTORS

1. Parental Resilience: Be strong and flexible.
3. Knowledge of Parenting and Child Development: Being a great parent is part natural and part learned.
4. Concrete Support in Times of Need: We all need help sometimes.
QUESTIONS?
THANK YOU!

Neighborhood Health Center
Quality Care for Your Family

Blasdell
4233 Lake Avenue
Blasdell, NY 14219

Mattina
300 Niagara Street
Buffalo, NY 14201

Northwest
155 Lawn Avenue
Buffalo, NY 14207

Southtowns
151 Elmview Avenue
Hamburg, NY 14075