

MCAAP Monday Drop In Lunch Bunch:

“Leveraging Community Services To Support Your Patients’ Learning and Developmental Needs”

*How to support parents
before, during and
after developmental
diagnosis*

March 4, 2024

Massachusetts Chapter

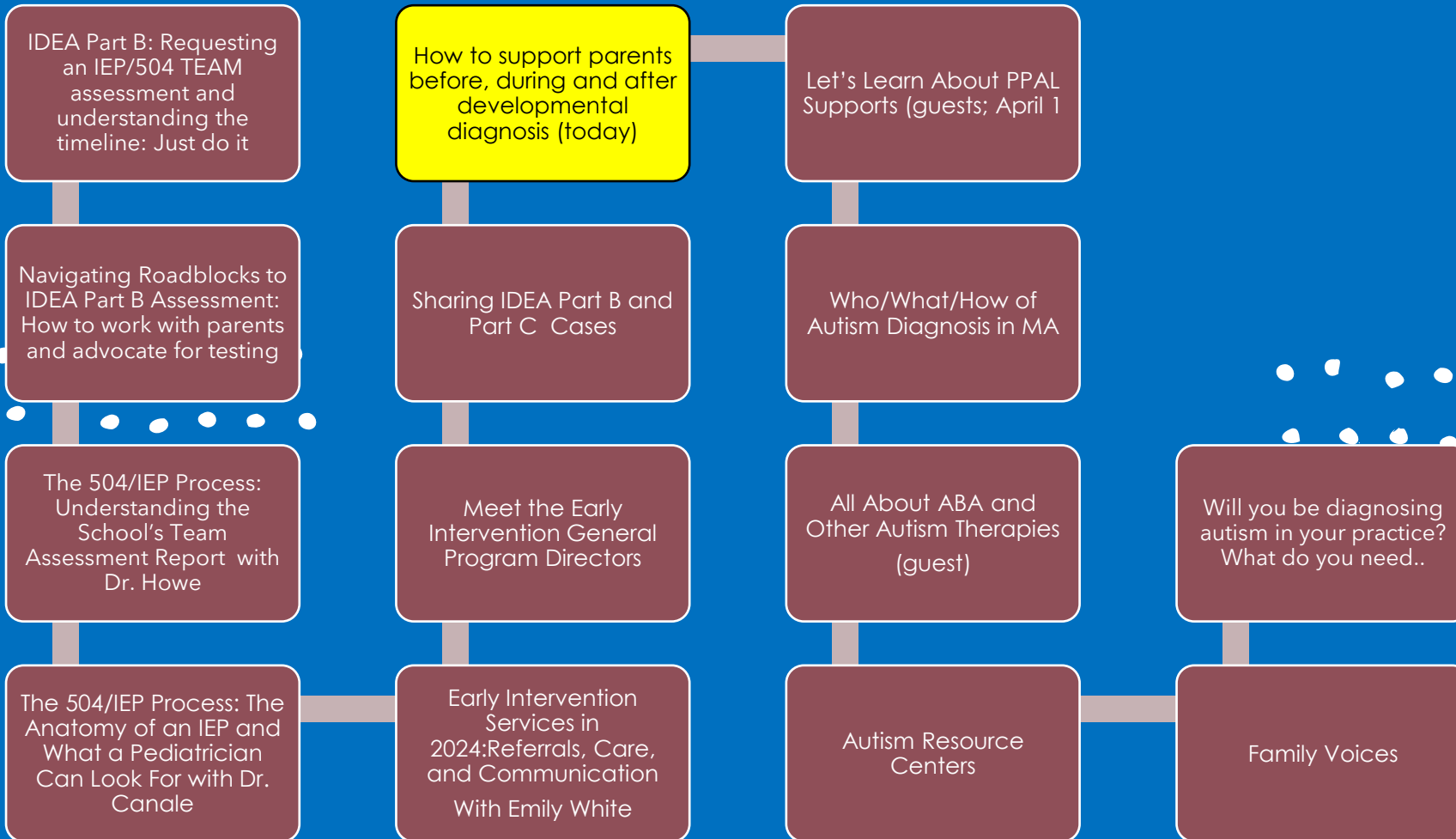
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American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Our MCAAP Lunch and Learn Journey Since October





How do we support and connect at every step of behavioral screening and surveillance?



During Screenings....

HOPE-informed Screenings and Assessments

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Screenings and assessments can be really helpful tools in understanding what is going on for families, but they often highlight deficits and risks. This resource provides simple guidance to direct service providers around delivering these tools in a HOPEful way from preparing the family for the screener/assessment through delivery and wrap-up.

Preparing

- Provide information about screening
 - Explain the screener and the kinds of questions you will be asking
 - Explain why you are conducting the screening
 - Remind family that this is optional
- Schedule for a time in the future when parent can feel prepared to discuss

Conducting the Screener

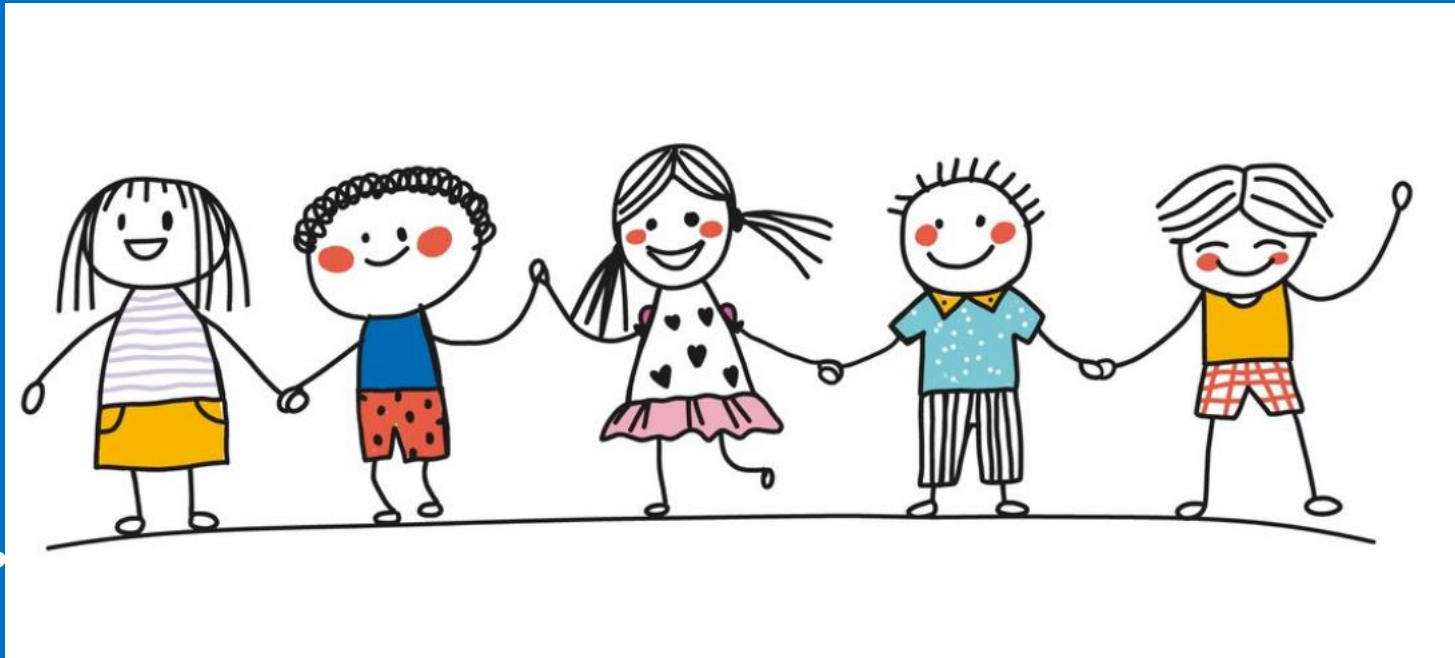
- Briefly review power of the brain to change
- Review science of Positive Childhood Experiences and the power to offset health outcomes
- Create a safe space to share, acknowledging that parent should not feel obligated to go into detail
- Conduct screener or assessment

After the screener

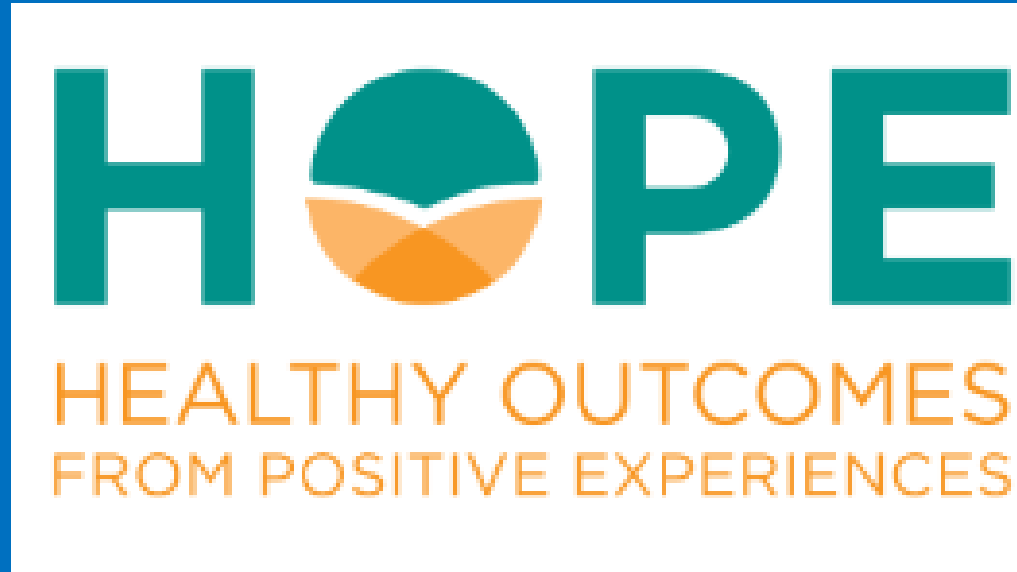
- Review PCEs that you have witnessed in the family
- Celebrate with the parent the work they are already doing to create resilience and health for

How to use a positive childhood experience lens when you screen in the office

<https://positiveexperience.org/wp-content/uploads/2023/08/hope-informed-screenings-and-assessment.pdf>

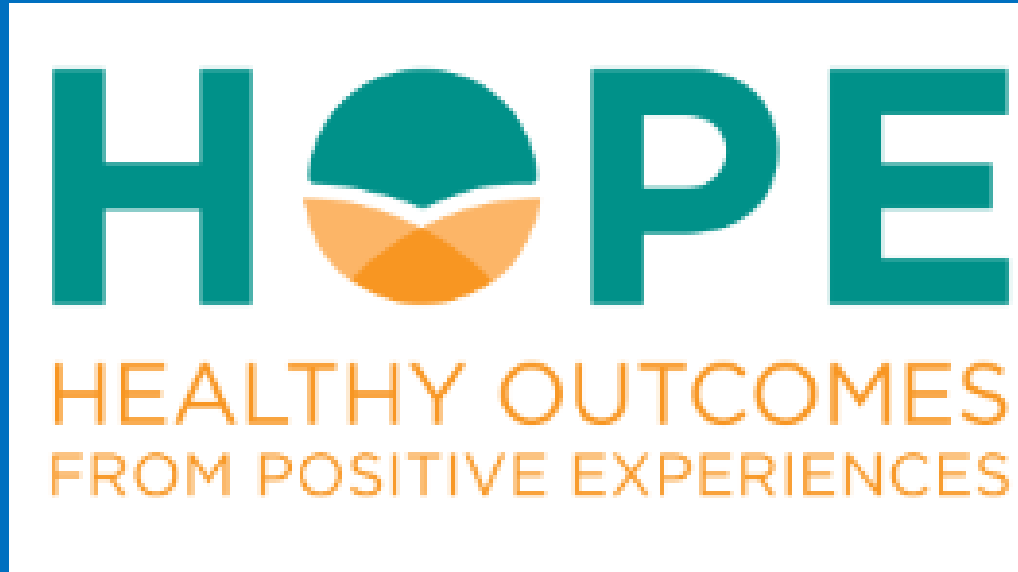


When You Plan to Refer



How are we talking about results and how are we referring for services?

Developmental Therapy Referral without HOPE perspective



How are we talking about results and how are we referring for services?

Developmental Therapy Referral with HOPE perspective



*For Every Visit with Families Facing
Developmental or Behavioral Challenges*



*Recognize the wellness needs of the
parent*

Verbalize it right in the room: Validate their exhaustion, fear, and frustration

A Dozen Ways to Co-Regulate with your Child



Lower your Body Position



Lower your Voice



Soften your Facial Expression



Model Deep Breathing



Do Heavy Work Together



Walk Outside



Offer Deep Pressure



Model a preferred sensory activity



Move your Body Together



Dim the Lights



Stop Talking



Change your Proximity

[@coastalconnectionsot](https://www.instagram.com/coastalconnectionsot)

Can you teach parents about co-regulation?



With every referral or prescription, can we offer a prescription for targeting family wellness?

https://www.AcesAware.Org/manage_stress/



We all need to breathe:

Even the pediatrician

Even the parent

Even the child

Let's practice right here.



Rainbow Finger Labyrinth

This Finger Labyrinth is a winding path for you to trace to relax and calm your body. Start by taking deep breaths and focus on the start of the rainbow labyrinth. Put your pointer finger at the start and slowly trace the path, clearing your mind from outside thoughts. Place all your focus and concentration on the winding path.

When you get to the center of the rainbow path, take deep breaths and reflect on how you are feeling. Use your finger, to retrace the path back to the starting point.

When done, take deep breaths and think about how you are feeling.



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*Everyday Mindfulness
Exercises that are easy
to Model in a Minute*

from <https://www.yourtherapysource.com/>

Stay Calm ♥ Stay Safe ♥ Stay Present



**Grounding Exercise
Takes Moments to
Demonstrate**

**This is the Littlest Kid
Version**

from <https://www.yourtherapysource.com/>

Free printable to help children regulate their emotions.

5, 4, 3, 2, 1 GROUNDING EXERCISE

HOW TO DO IT:

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

5 - LOOK: Look around for 5 things that you can see, and say them out loud. For example, you could say, I see the computer, I see the cup, I see the picture frame.

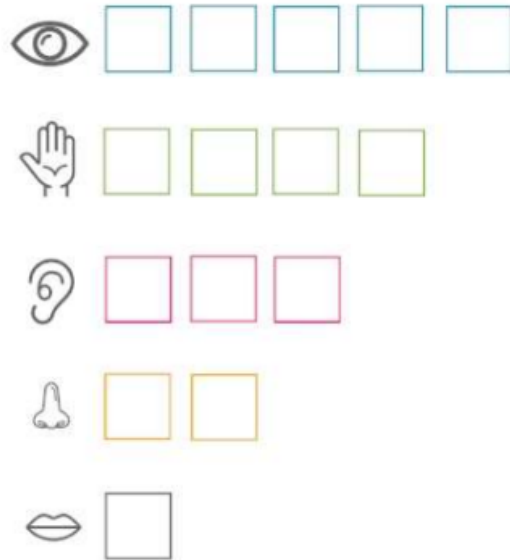
4 - FEEL: Pay attention to your body and think of 4 things that you can feel, and say them out loud. For example, you could say, I feel my feet warm in my socks, I feel the hair on the back of my neck, or I feel the pillow I am sitting on.

3 - LISTEN: Listen for 3 sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
2 - SMELL: Say two things you can smell. If you're allowed to, it's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your 2 favorite smells.

1 - TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.

5 4 3 2 1 Grounding Exercise



Grounding Exercise Takes Moments to Demonstrate

This is the Bigger Kid OR PARENT Version

from Boys and Girls Clubs of Greater Denver: <https://www.bgcmd.org/wp-content/uploads/2020/03/Grounding-Exercise.pdf>



School Age: Mandalas

AT HOME AT SCHOOL

PARENT CHILD

*"Walk as if you are
kissing the earth with
your feet"*

Thich Nhat Hanh



Walking Meditation

AT HOME AT SCHOOL

PARENT CHILD



Metronome Walk For Agitated Kids to Help them Slow Down



1

For this method, you will need a metronome app (such as [this one](#)), or a real metronome.

2

Set the metronome to a fast speed, such as 150 or 200 beats per minute. Ask the kids to walk (nearly run) with steps in sync with the beats—every beat is one step.

3

After a minute, start slowing down the beats, and ask the children to pay attention and keep pace with it.

4

Slow it down all the way to 30 beats per minute. At this point, the kids will be walking calmly and peacefully.

5

instruct them to sync their breath with the steps, so that each breath in takes two beats (4 seconds), and each breath out also takes two beats.



*How often should
I be seeing these
families?*

Questions:

- What happens when you don't check in with the family?
 - Loss to follow-up and THEN a RUSH
 - Only hear about things during busy "well" visits
 - Development → behaviors
- Would you bring a tough asthmatic back in to assess & manage?
- How do you feel when you get an unexpected crisis visit?

Solutions?

- Can you swing 15-minute tele-health visits monthly?
- Single topic visits?
- Sharing a tip a month via email or portal?
- What else?



*How Are You Feeding
Your Needs As You Move
to The Next Family ?*

Many thanks to Dr. Gretchen Pianka who continues to inspire and empower primary care pediatricians through her Resilience University programs.



Are there more Massachusetts places parents can get support?

- Autism Alliance: <https://autismalliance.org/get-support>
- Regional Autism Support Centers: <https://www.mass.gov/autism-support-centers>
- Mass Family Ties: <https://www.massfamilyties.org/>
- MA Insurance Resource Center for Autism and Behavioral Health: <https://massairc.org/>
- Autism Speaks 100 Day Kit: <https://www.autismspeaks.org/tool-kit/100-day-kit-young-children>
- Free Guided Meditations: <https://www.uclahealth.org/programs/marc/free-guided-meditations/guided-meditations>



We hope you took home a little food for thought today

Find past Monday Lunch Bunch videos and hyperlink-powered slide decks at <https://mcaap.org/cme/>

Suggest future topics and speakers: chaggerty@mcaap.org