

Early Brain and Child Development
BUILDING BRAINS, FOSTERING FUTURES
A Program of the American Academy of Pediatrics

Optimizing Early Brain Development for Lifelong Health and Productivity: Pennsylvania's Early Childhood Systems

Building Bridges Among Health & Early Childhood Systems
Beth A. DeIConte MD, FAAP
4/2/14


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Objectives:

- Discuss the basic research of Early Brain and Child Development (EBCD) and the negative impact of toxic stress.
- Promote positive parenting, home visitation and quality early care and education, which can buffer toxic stress and build resilience.

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Optimizing Early Brain Development

Pediatric Advisor
PA Chapter American Academy of Pediatrics
ECELS/Healthy Child Care PA
www.ecels-healthychildcarepa.org

Pennsylvania Chapter Child Care Contact
National Executive AAP Member of the Council on Early Childhood

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Objectives:

- Learn how to access Pennsylvania specific early childhood programs which promote Early Brain and Child Development


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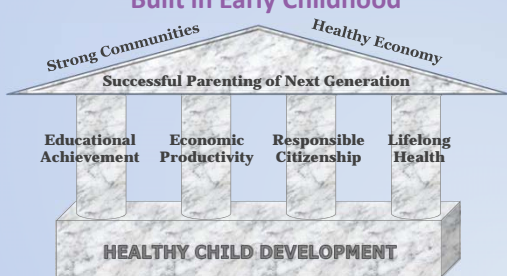
Optimizing Early Brain Development

Rose Tree Corporate Center II
1400 N. Providence Rd., Ste 3007
Media, PA 1906
1-800-24-ECELS (3-2357) (PA only)
484-446-3003

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The Foundation of a Successful Society is Built in Early Childhood



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First Five Years Fund YouTube Video



Change the First Five Years and You Change Everything

199,273 views

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Foundation for Executive Function Skills is Built in Early Childhood

- **Self-Control** – ability to filter thoughts and impulses to resist temptations and distractions
- **Working Memory** – ability to hold and manipulate information in our heads over short periods of time
- **Mental Flexibility** – adjusting to changing demands, priorities, or perspectives

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First Five Years Fund YouTube video

<http://www.youtube.com/watch?v=Eis-CLs6ds8>

For your use as “champions” of the real difference quality early childhood environments provide!

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The Development of Executive Function

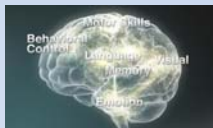
- Children are not born with these skills, they are born with the potential to develop them.
- Executive function then, describes the skills needed to successfully navigate the day-to-day in our increasingly complex world.

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Brain Architecture Supports Lifelong Learning, Behavior, and Health

- Brains are built over time, starting in the earliest years of life. Simple skills come first; more complex skills build on top of them.
- Cognitive, emotional, and social capabilities are inextricably intertwined throughout the life course.
- A strong foundation in the early years improves the odds for positive outcomes and a weak foundation increases the odds of later difficulties.



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Critical Factors in Developing a Strong Foundation for Executive Function Skills


- **Children's Relationships** – consistent reliable adults who support and protect them, and model and engage them in building executive function skills
- **Activities** - the opportunity to engage in activities that reduce stress, foster social connection, incorporate vigorous physical activity, and increase the complexity of skills at the right speed for each child
- **A safe and stable environment**

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Serve & Return Builds Brains and Skills

- Ongoing, reliable interaction with trusted adults is essential for the development of healthy brain circuits
- Systems available in PA. that support the quality of relationships in early care settings, communities, and homes help build brain architecture



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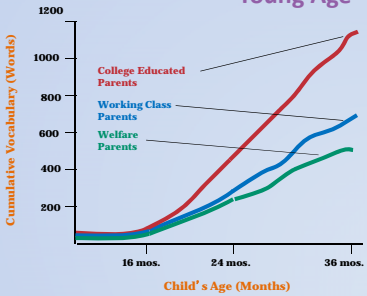
AAP Policy Statement

Early childhood adversity, toxic stress, and the role of the pediatrician: translating developmental science into life long health
Garner AS, Shonkoff JP
Pediatrics. 2012; 129(1)
www.pediatrics.org/cgi/content/full/129/1/e224

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Barriers to Educational Achievement Emerge at a Very Young Age



The graph shows cumulative vocabulary (words) on the y-axis (0 to 1200) and child's age (months) on the x-axis (16, 24, 36). Three lines represent different parent groups: College Educated Parents (red), Working Class Parents (blue), and Welfare Parents (green). All groups start at approximately 100 words at 16 months. By 36 months, College Educated Parents reach about 1100 words, Working Class Parents reach about 700 words, and Welfare Parents reach about 500 words.


Data Source: Hart & Risley (1995)
Slide Source: © 2011, Center on the Developing Child at Harvard University

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Relationships Buffer Toxic Stress

- Learning how to cope with moderate, short-lived stress can build a healthy stress response system
- Toxic stress (when the body's stress response system is activated excessively) can weaken brain architecture
- Without caring adults to buffer children, toxic stress can have long-term consequences for learning, behavior, and both physical and mental health



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Early Childhood Stress Influences Developmental Outcomes

Positive Stress Response

- Brief increases in heart rate, mild elevations in stress hormone levels; important to development in the context of stable and supportive relationships

Tolerable Stress Response

- Serious and temporary, but impact buffered by supportive relationships and safe environments

Toxic Stress Response

- Prolonged activation of stress response systems in the absence of protective relationships; disrupts brain architecture, increases the risk of stress-related physical and mental illness

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Prevalence of Adverse Childhood Experiences (ACE)

	Girls (n=9,367)	Boys (n=7,970)	Total (17,337)
Abuse			
– Emotional	13.1%	7.6%	10.6%
– Physical	27.0%	29.9%	28.3%
– Sexual	24.7%	16.0%	20.7%
Household Dysfunction			
– Mother Treated Violently	13.7%	11.5%	12.7%
– Household Substance Abuse	29.5%	23.8%	26.9%
– Household Mental Illness	23.3%	14.8%	19.4%
– Parental Separation or Divorce	24.5%	21.8%	23.3%
– Incarcerated Household Member	5.2%	4.1%	4.7%
Neglect *			
– Emotional	16.7%	12.4%	14.8%
– Physical	9.2%	10.7%	9.9%

*Wave 2 data only (n=8,667)
Source: Kaiser ACE Study, 1.995-1997. Data from: www.cdc.gov/nccdphp/ace/demographics

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What are We Building?

Strong Communities Healthy Economy
Successful Parenting of Next Generation

Educational Achievement Economic Productivity Responsible Citizenship Lifelong Health

Healthy Child Development

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Cost/Benefit for Three Early Childhood Programs

Program	Total Return per \$1 Invested
Abecedarian Project (early care and education aged 0-5)	\$3.23
Nurse Family Partnership (home visiting prenatal - age 2 for high-risk group)	\$5.70
Perry Preschool (early education age 3-4)	\$9.20

Break-Even Point: 2

Data Sources: Karoly et al. (2005); Heckman et al. (2009)
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The Mismatch Between Opportunity and Investment

Brain's "Malleability"

Spending on Health, Education and Welfare

Age: 0, 3, 10, 70

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Rates of Return to Human Development Investment Across All Ages

Return Per \$ Invested

Age: 0, 6, 18

Pre-school Programs, School, Job Training

15% Return on Investment

“The most effective strategy for strengthening the future workforce, both economically and neurobiologically, and improving its quality of life is to invest in the environment of disadvantaged children during the early childhood years.”

Carneiro, Heckman, *Human Capital Policy*, 2003
Eric Knudsen, James Heckman, Judy Cameron and Jack Shonkoff
Proceedings of National Academy of Sciences (PNAS), July 5, 2006

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Documented Positive Impacts from Quality Preschool Programs

Perry Preschool *Abecedarian*

Percent of Children

■ = Program Group ■ = No Program Group

Source: Eric Knudsen, James Heckman, Judy Cameron and Jack Shonkoff
Proceedings of National Academy of Sciences (PNAS), July 5, 2006

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Approaches that Actively Build Resiliency

- Positive parenting education (in PA, Home visitation programs: Nurse Family Partnership, Early Head Start, Parents as Teachers, Healthy Families America)
- Incorporate formalized social-emotional learning into early learning experiences

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Approaches that Actively Build Resiliency

- Circle of Security-relationship based early intervention program designed to enhance attachment security between parents and children
<http://circleofsecurity.net/about-us/>
- 5 Rs-related to early literacy and relationship building; read, rhyme, routines, reward, and relationship

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State Early Childhood Development System

Comprehensive health services that meet children's vision, hearing, nutrition, behavioral, and oral health as well as medical health needs.

Early Learning

Family Support

Special Needs/Early Intervention

Economic and parenting supports to ensure children have nurturing and stable relationships with caring adults.

Early identification, assessment and appropriate services for children with special health care needs, disabilities, or developmental delays.

Early care and education opportunities in nurturing environments where children can learn what they need to succeed in school and life.

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Medical Home
Child/Family

- Maternal Mental Health Promotion (awareness, screening, treatment)
- Early Literacy and Early Care
- Financial Literacy, Tax Credit, Education and Legal Supports
- Community Linkages across Systems/Relationships; Ongoing Care Management Team
- Routine Screenings and Surveillance including Toxic Stress
- Community Support and Advocacy (quality pre-k, child care, home visiting, social services)
- Parental Support and Education

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Pennsylvania at a Glance:

- Nearly 60% of Pennsylvania children under age 5 live in economically at risk families
(Source: Reach and Risk Assessment 09'-10')
- 46 of Pennsylvania's 67 counties are at moderate-high or high risk of school failure
(Source: OCDEL annual report 09'-10')

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Young Children and Their Families Need New Champions

"The time has come for fresh leadership in both the public and private sectors to address significant inequalities in opportunity, beginning in the earliest years of life, as both a moral responsibility and a critical investment in our nation's social and economic future."

Jack P. Shonkoff, M.D., Center on the Developing Child. Presentation 1/18/07.


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Pennsylvania's Early Childhood Systems

Office of Child Development and Early Learning
OCDEL
(joint venture of the Department of Public Welfare and Department of Education)
www.papromiseforchildren.com

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OCDEL

4 Bureaus:

1. Certification Services
2. Child Care Subsidy
3. Early Learning Services
4. Early Intervention


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Bureau of Certification Services

Regulations cover the bare minimum requirements for health and safety of children in out of home group care


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Bureau of Certification Services


- Regulates Child Care Centers
- Registers Group Child Care Homes and Family Child Care Homes

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Bureau of Child Care Subsidy

- Pennsylvania's program=Child Care Works
- Child Care Works Helpline: 1-877-4-PA-KIDS.



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Bureau of Certification Services

PA code 3270 (Child Care Centers)

PA code 3280 (Group Child Care Homes)
(more than 6, but less than 13 children of any age)

PA code 3290 (Family Child Care Homes)
(6 or less children)


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Subsidy at a Glance:

- ★ Child Care Works provides financial assistance to income eligible families so they can afford quality child care.
- ★ Child Care Information Services (CCIS) sites enroll families in Child Care Works and provide family counseling services to all families wanting to learn about the full range of early care and education opportunities for their child


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Child Care Information Service(CCIS)

- Acts as the hub of early care and education information for all families, assisting and counseling parents on quality child care and early learning options that best meet their needs.
- Learn about Keystone STARS, PA Pre-K Counts, Early Intervention, Head Start, and more.

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Services which may be relevant:

- [Medical Assistance](#)
- [Children's Health Insurance \(CHIP\)](#)
- [Home Energy Assistance \(LIHEAP\)](#)

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Child Care Information Services (CCIS)

- ★ Request listing of child care programs in your area, based on wide variety of criteria to meet your family's needs.
- ★ Request information on other family services such as: Nurse-Family Partnership; Women, Infants and Children (WIC); Children's Health Insurance Program (CHIP); and more.


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Services which may be relevant:

- [SNAP \(Food Stamps\)](#)
- [Home and Community Based Services- including child care services](#)
- [School Meals](#)

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On-line subsidy and other services:

- **COMPASS=Commonwealth of Pennsylvania's Access to Social Services** (online application for many health and human service programs)
- <http://www.dpw.state.pa.us/applyforbenefits>


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Bureau of Early Learning Services

- ★ Quality early learning helps children reach their promise(or optimize their early brain development).
- ★ Helps families partner with quality early learning programs to promote the healthy development of their child.


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Bureau of Early Learning Services

- Infant, Toddler and Preschool Early Learning GPS (Guiding Parents Smoothly)
- Keystone STARS Quality Rating Improvement System
- Early Childhood Mental Health Consultant


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Early Learning GPS

- 4 sections: Your Child’s Brain, Your Child’s Development, You and Your Child and When Your Child is not With You.
- Downloadable worksheets available


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Bureau of Early Learning Services

- Child Care Health Consultation
- PA AAP ECELS
- Other Early Learning Programs and Home Visitation Programs


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Keystone STARS




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Early Learning GPS

- Available @ www.papromiseforchildren.com
- Interactive Tool developed by OCDEL for parents/guardians

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Keystone STARS

- A 12 year old voluntary quality improvement program in which early learning programs and practitioners (teachers) are encouraged and supported to improve child outcomes
- Pennsylvania geographically divided into 5 regions for support=Regional Keys

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Keystone STARS

For state map of regions, go to

www.pakeys.org

Click on “site map” (top red box)
Then click on “Regional Keys”

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Keystone STARS

- **S = Standards**
- **T = Training/Professional Development**
- **A = Assistance,**
- **R = Resources**
- **S = Supports**

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Keystone STARS

- Northeast
- Northwest
- South Central
- Southeast
- Southwest

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Keystone STARS

- **STAR 1, STAR 2, STAR 3, and STAR 4.**
- Each level builds on the previous level
- utilizes research-based best practices to promote quality early learning environments

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Keystone STARS

www.papromiseforchildren.com

Select “Choosing a Program” from top bar
Click on “Keystone STARS”
Search for a Keystone STARS program by county or zipcode

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Keystone STARS

Improvements address:

- Staff qualifications
- Staff ongoing professional development
- Early learning program environment
- Partnerships of the early learning program with family and community
- leadership and management of the early learning program

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Keystone STARS/Rising STARS

Rising STARS

2012-focus state resources to move presently enrolled programs to increase the number of “high quality programs” at STAR 3 or 4

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Early Childhood Mental Health Consultants

On-site (at the child care center) support including:

- Observation
- Social/emotional and/or developmental screening
- Individualized Action Plan

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Early Childhood Mental Health Consultation

- Originally established to reduce the number of children expelled from early care and education settings due to challenging behavioral issues

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Early Childhood Mental Health Consultation

On site supports continued:

- Referral to additional community supports
- Facility wide professional development

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Early Childhood Mental Health Consultation

- Available to STARS programs through each Regional Key
- Requires parental permission
- Free of charge to the early learning program

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Early Childhood Mental Health Consultation

- Further information available at:
- www.pakeys.org
- Click on “Early Childhood Programs”
- Scroll down on side bar to “EC Mental Health”


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Child Care Health Consultation

- Child Care Health Consultants (CCHCs)
- Health Professionals who provide training, support and monitoring of infectious disease reduction, injury prevention, safe sleep, nutrition, oral health, physical activity, emergency preparation, medication administration and the care of children with special health care needs

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- Training (with self learning modules (SLM) for Child Care Providers)-newest modules are on-line and interactive- 22 topics

Examples: Asthma, Food Allergies, Medication Administration, Child Abuse Prevention, Children with Special Health Care Needs


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Child Care Health Consultation

- Limited availability through the Regional Keys for Keystone STARS programs
- PA AAP ECELS also maintains a registry of independent CCHCs and provides training and support for those providing CCHC


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- HRSA funded grant: Early Childhood Comprehensive Systems Grant (ECCS)
- 8/1/13-7/31/16
- working with 32 Child Care Centers who care for Infants and Toddlers
- PA Adoption of CFO3 I/T Standards: CCHC Intervention=Infant/Toddler Quality Improvement Project (I/T QIP)

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- Consultation (with experienced staff concerning all aspects of health and safety in child care) for any non-parental caregiver and health professionals

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www.ecels-healthychildcarepa.org

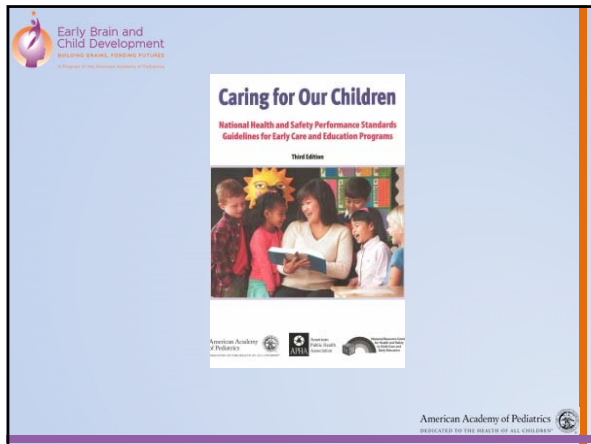
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PA AAP ECELS

- PA Adoption of CFO3 I/T Standards: CCHC Intervention=Infant/Toddler Quality Improvement Project (I/T QIP)

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I/T QIP

- Rosemary Johnston, RN, MSN-Project Coordinator
 484-446-3041 or 1-800-24-ECELS
rjohnston@paaap.org

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I/T QIP

Improvement in 8 topic areas:

- child abuse and neglect identification and prevention
- personal caregiver-child interactions
- physical activity
- safe infant sleep practices

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Developmental Screening and Early Intervention

- Upon entry into STARS 3 and 4 programs and many departments of the Office of Children, Youth and Families-perform Ages and Stages Questionnaire (ASQ).
- Results of these screenings may be brought to the pediatrician or other primary care provider by parents for further evaluation

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I/T QIP

- sanitation and hand hygiene
- immunization
- care for children with special health care needs
- medication administration in child care


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Developmental Screening and Early Intervention


- CONNECT Helpline: 1-800-692-7462
- makes a direct link to county Early Intervention program or local preschool Early Intervention program (school district) for further evaluation

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Next Steps for You!

- Discuss parenting supports and child care with young children’s parents-the quality of care they receive is vitally important!
- Provide parents with the PA Promise for Children website information and supports.

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The Foundation of a Successful Society is Built in Early Childhood



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Next Steps for You!

- Be a resource of health and safety support and education for your local child care sites-PA AAP ECELS is here to help.
- When necessary, refer children for further evaluation to Early Intervention Services for developmental support.

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Next Steps for You!

- Support and advocate politically for quality early childhood services in Pennsylvania and nationally.

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