

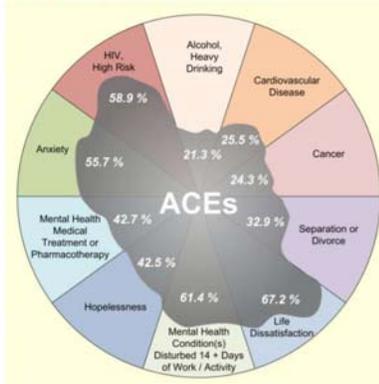
Why Treating Toxic Stress is Important

- Improve Health
- Improve Education
- Reduce Inequalities
- Improve Economy

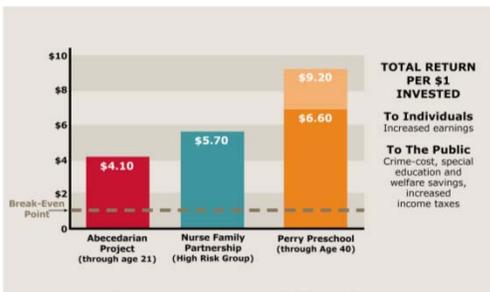
MAGNITUDE OF THE SOLUTION

ACE reduction reliably predicts simultaneous decrease in all of these conditions.

Population attributable risk



4-9 \$4 - \$9 IN RETURNS FOR EVERY DOLLAR INVESTED IN EARLY CHILDHOOD PROGRAMS





How to Start Treating Toxic Stress

- Screen for Risk Factors of Toxic Stress
- Build Resilience
- Teach the Importance of Positive Parenting
- Teach Skills for Positive Parenting
- Build Programs that support this critical period
 - early intervention
 - home visitation programs
 - headstart

Screening

- Regular screening to identify family or community-level factors that may put child at risk of toxic stress
- Signs of social or emotional deficits
 - Age appropriate symptoms
 - Behavioral outbursts
 - Social withdrawal

aap.org

Specific Screening Tools

- ASQ SE
- PEDS

Prevention in the office

- Routine anticipatory guidance
 - Strengthen family social supports
 - Adoption of positive parenting techniques
 - Facilitate child’s emerging social emotional and language skills
- Build Resiliency
 - Reach out and Read, 7 C’s, emotional coaching, parenting programs, SEL (www.casel.org)
- Bright Futures, Connected Kids

Involve Schools

- Social and Emotional Skills can be taught and learned for improved resilience
 - Affect Regulation
 - Non-Cognitive Skills
 - Mindfulness
 - www.casel.org
- Safe school environment
 - Zero tolerance for bullying
 - Healthy lunches and snacks

Involve Community

- Educational efforts focused on parents, providers, teachers
- Investment in development of new strategies
- Community-based mentoring
 - Big Brother Big Sister, Little League, gymnastics
- Investment in early-intervention programs
 - Head Start
 - Visiting Nurse Programs (Nurse Family Partner.)
 - Parenting Programs (Triple-P, Nurturing Parent.)

Tips to Promote Social-Emotional Health in Young Children - Parents

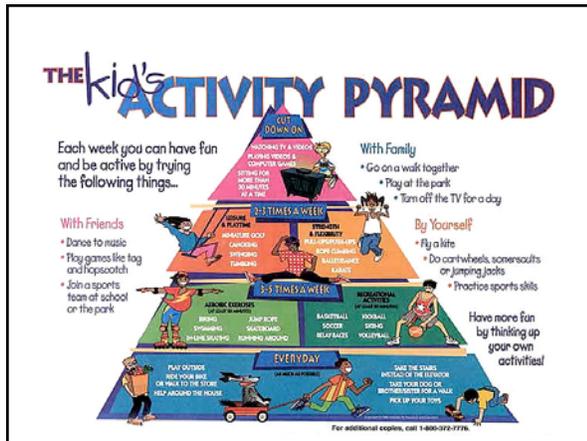
- Praise your child
- Find ways to play with your child
- Facilitate Supervised Play w Peers
- Read with your Child
- Limit Screen time (<2 hrs > 2yo)
- Encourage Family Meals Together
- Bedtime Routines to Promote Healthy Sleep
- Model Behaviors
- Set Limits and Be Consistent with them
- Teach you child to ask for help/identify who to ask
- Help your child find ways to express anger or stress
- Listen to and respect your child
- Give choices when your child is oppositional

Tips to Promote Social-Emotional Health Among Young Children – Early Education/Child Care Providers

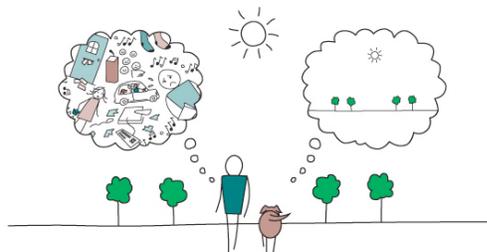
- Greet each child warmly
- Be friendly and affectionate with each child
- Look for each child’s strengths
- Show children how to talk to each other
- Teach children how to follow directions
- Reinforce desirable behaviors/ignore trivial
- Provide Opportunities to make choices
- Help them to understand consequences

Tips to Promote Social Emotional Health among Young Children – Health Provider

- 5 R's of Early Education
 - Reading
 - Rhyming, playing, cuddling
 - Routines
 - Reward everyday successes with praise
 - Reciprocal and nurturing relationship
- Help parents focus on child's assets/strengths
- Importance of Family Support System
- If a parent seems depressed, encourage intervention
- Educate on Community Resources



Mindfulness



Mind Full, or Mindful?

In the presence of significant **ADVERSITY**
Resilience is understood to be both the
 capacity of individuals
 to **NAVIGATE** their way to the
 psychological, social, cultural and physical resources
 that sustain their well-being
 & their capacity to individually and collectively **Negotiate**
 for these resources to be provided and experienced
 in culturally **MEANINGFUL** ways

The Healing Power of Imagination



- <http://kidsrelaxation.com/?cat=15>
- www.kaiserpermanente.org
- <http://www.themindfulword.org/2012/guided-imagery-scripts-children-anxiety-stress/>







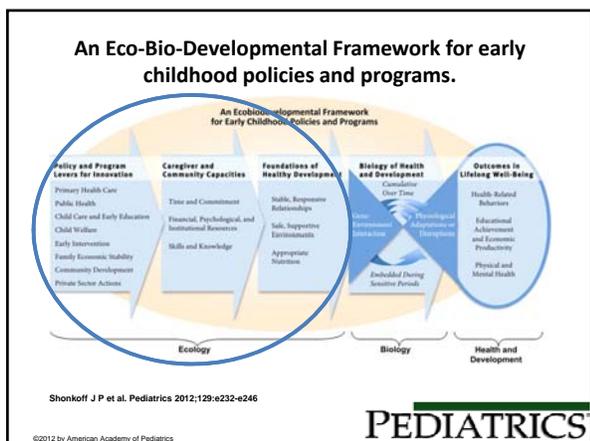






AAP Recommendations

- All health care professionals adopt Eco-Bio-Developmental framework
- Training of all current and future physicians on growing scientific knowledge base that links childhood toxic stress with lifelong consequences
- Pediatricians should adopt a more proactive leadership role in educating parents, teachers, policy makers, civic leaders, general public



- ### AAP Recommendations
- Pediatricians should be vocal advocates for development of new evidence-based interventions that reduce toxic stress or mitigate its effects
 - Pediatric medical homes should
 - strengthen provision of anticipatory guidance
 - actively screen for toxic stress
 - develop, secure funding, and participate in service-delivery adaptations that expand the ability of medical home to support children at risk
 - Identify local resources addressing those at risk

