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Delivering the Science of Early Childhood Development
through an Online, Animated Residency Curriculum

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**Mount
Sinai**

Parenting Center

A New Mindset

A Preventive Mindset: How do we give residents the knowledge and skills to promote strong parent-child relationships and parenting behaviors that foster optimal development?

VS

An Illness Mindset: Screening for delays and pathology



Objectives

- ❖ Evaluate your program's current approach to teaching about early childhood development and strong parent-child relationships
- ❖ Discuss existing strategies used at other residency programs to teach residents about this topic
- ❖ Discover a free, online residency curriculum that promotes parenting behaviors that foster optimal child development
- ❖ Develop a plan for optimal implementation of a curriculum at your own institution

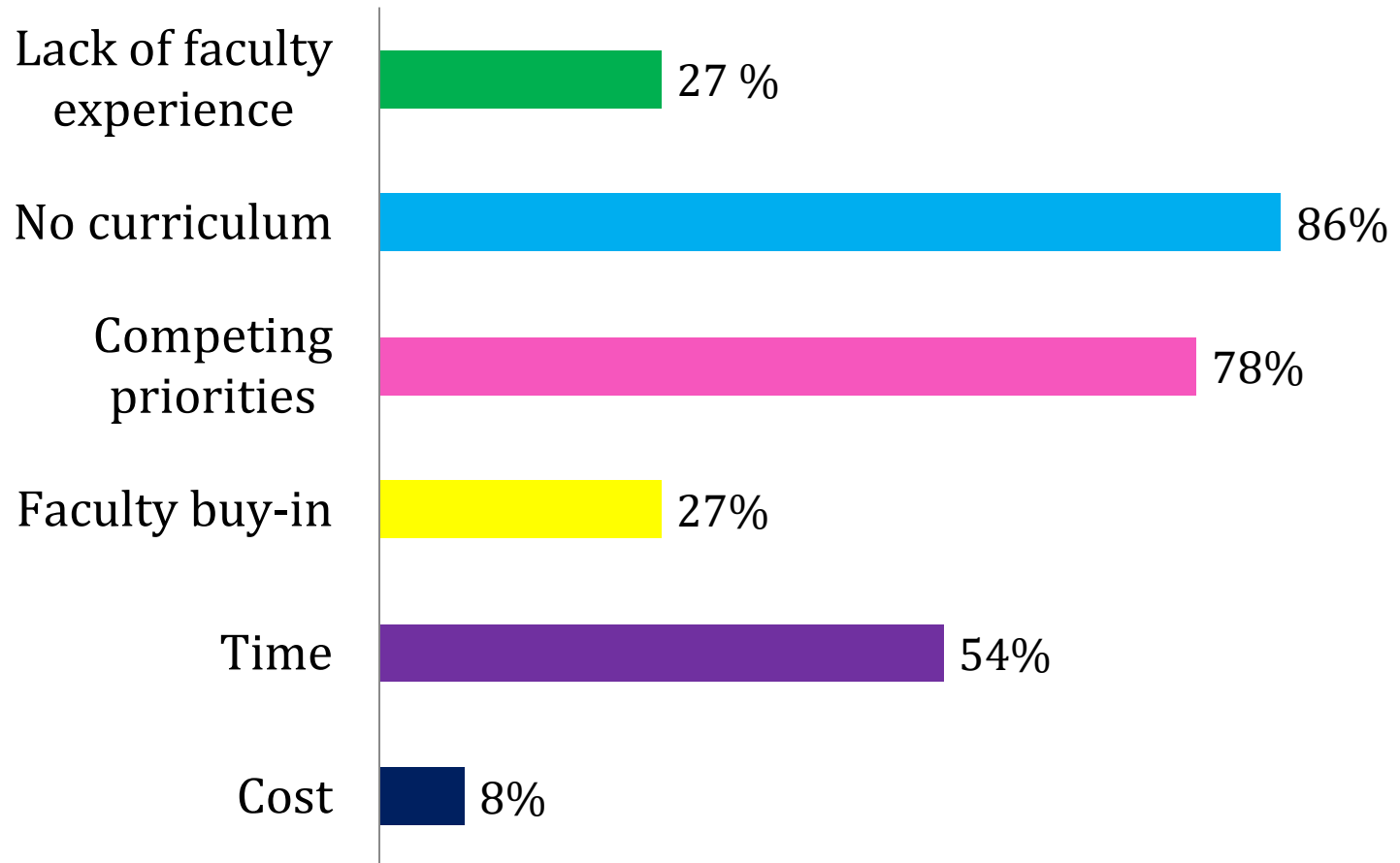
Needs Assessment

How well are residents being trained to counsel on parenting behaviors that promote development?

2017 APPD survey n=173

- ❖ **100%** reported that training residents on parenting behaviors that promote children's early cognitive, psychosocial development is important
- ❖ **58%** responded it was "very important"
- ❖ Only **10%** reported that their residency program currently trains residents "very well" on parenting behaviors that promote development

Question: If not very well, why?



Current Strategies

Curriculum:

- ❖ Bright Futures (91%)
- ❖ Healthy Steps (28%)
- ❖ Triple P (7%)
- ❖ Incredible Years (7%)



Wishlist:

- ❖ Free of charge (89%)
- ❖ Increases residents' knowledge and skills (84%)
- ❖ Addresses specific core competencies (71%)
- ❖ Does not displace other topics (78%)

Current Training Breakout

What are you doing at your institution to train residents on parenting behaviors that foster optimal child development?

What are you teaching?

How are you teaching it?

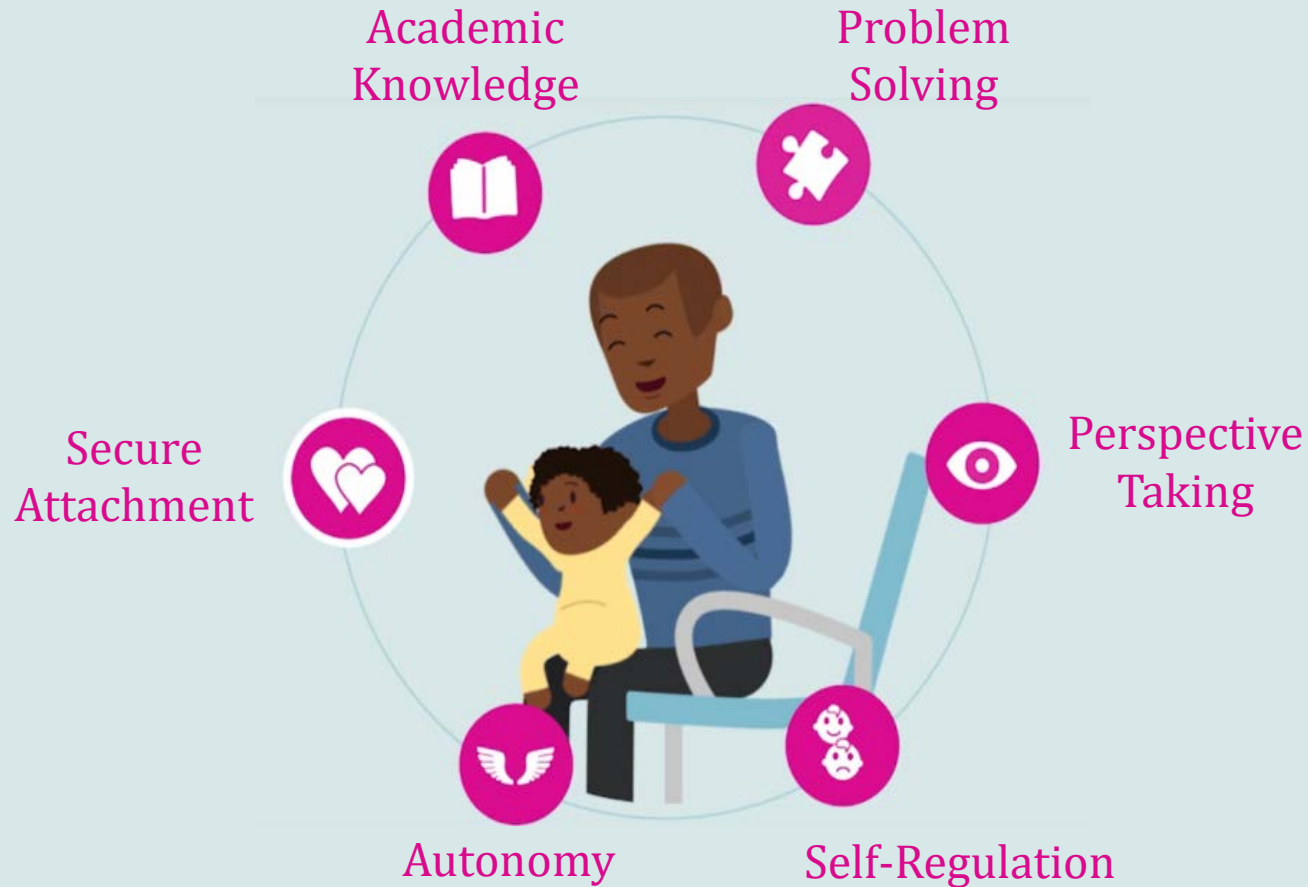
Who teaches it?

When does this learning occur?

Current Training

What are you doing at your institution to train residents on parenting behaviors that foster optimal child development?

Keystones of Development Curriculum



Implementation Discussion Breakout

How would this work in practice?

Benefits of an online curriculum?

Disadvantages of an online curriculum?

Barriers to implementation?

Solutions to barriers?

How could this be implemented at your program?

Implementation Discussion

How would this work in practice?

Pilot Sites



- **Mount Sinai Hospital**
Blair Hammond, M.D.
- **Elmhurst Hospital**
Gwen Raphan, M.D.
- **Tulane Medical Center**
Myo Thwin Myint, M.D.
- **Mass General Hospital**
Daniel Hall, M.D.
- **Children's Hospital LA**
Jeffrey Yang, M.D.
- **Univ. of Mississippi Medical Center**
Susan Buttross, M.D.
- **UT Southwestern Medical Center**
Sari Bar, D.O.
- **University of Utah**
Quang-Tuyen Nguyen, M.D.

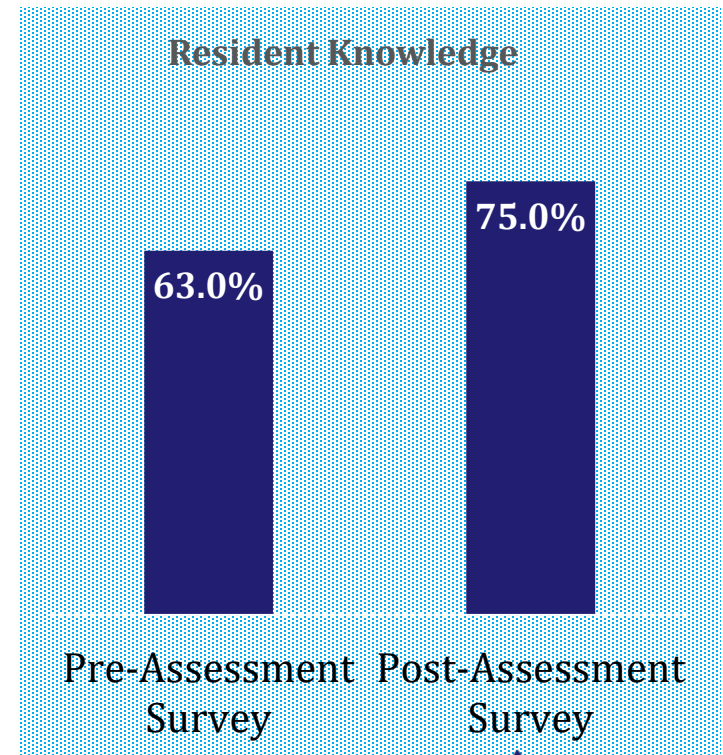
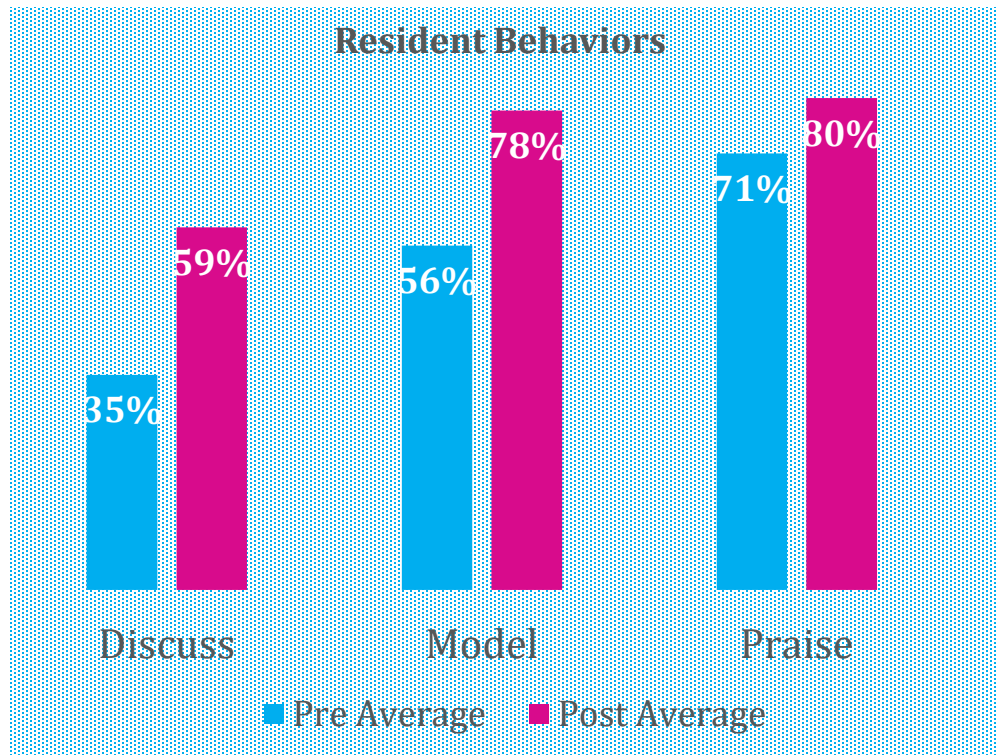


Resident Feedback

- ❖ “It’s something that I **started using the very next day** with a lot of my parents in terms of knowing how to model some of the different behaviors or in terms of educating the parents on how to use things like sportscasting or parentese.”
- ❖ “I thought it was great – I loved how **interactive** it was.”
- ❖ “The online format **works really well for a busy resident’s** schedule.”
- ❖ “The content itself I thought was **really wonderful**”
- ❖ “We haven’t really received that much training around **answering a lot of parents’ questions** or how to raise their kids in terms of development, specifically how to incorporate that into the visit”
- ❖ “The content itself I thought was really **applicable** and really **helpful** for both myself and for my **patient and their families.**”

Pilot Data 2018-2019

Results show statistically significant changes in residents' behaviors, knowledge, and confidence towards implementing parenting practices that promote development in well-child visits



Questions?

6 KEYSTONES



Secure
Attachment



Autonomy



Self
Regulation



Perspective
Taking



Problem
Solving



Academic
Knowledge



For More Information...

- ❖ Webinar – April 9th
- ❖ Visit us at PAS - April 27th-30th
- ❖ www.parenting.mountsinai.org

