

### Why Treating Toxic Stress is Important

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

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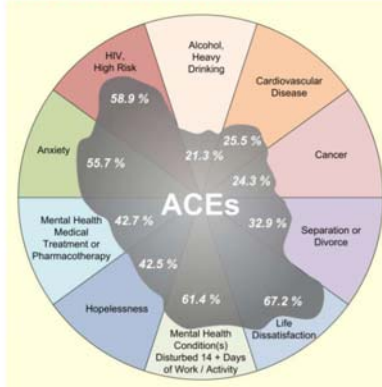
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### MAGNITUDE OF THE SOLUTION

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

Population attributable risk




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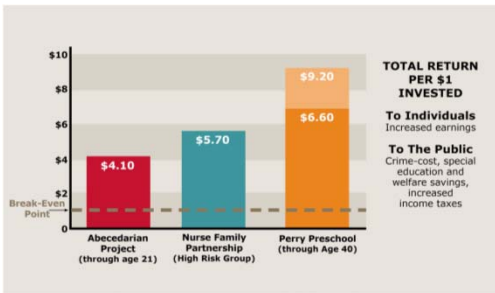
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### 4-9 \$4 - \$9 IN RETURNS FOR EVERY DOLLAR INVESTED IN EARLY CHILDHOOD PROGRAMS




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### Specific Screening Tools

- ASQ SE
- PEDS

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### 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](http://www.casel.org))
- Bright Futures, Connected Kids

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### Involve Schools

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

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**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.)

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**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

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**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

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### 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

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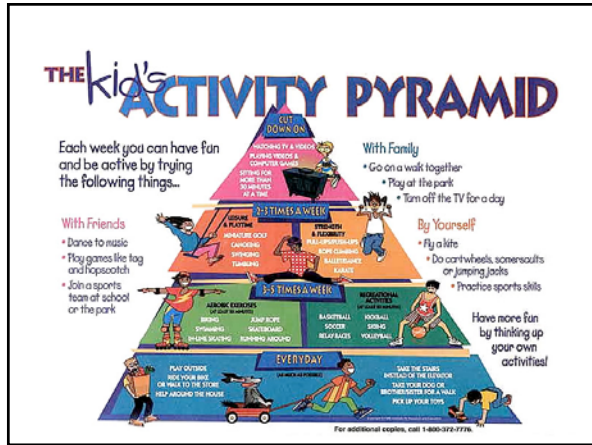
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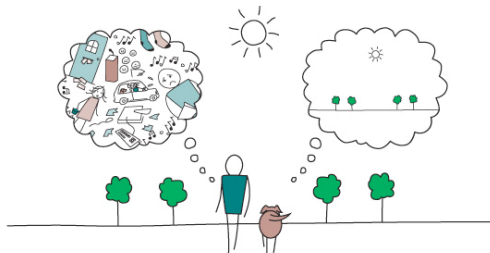
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### Mindfulness



Mind Full, or Mindful?

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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

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The Healing Power of Imagination



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

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### 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

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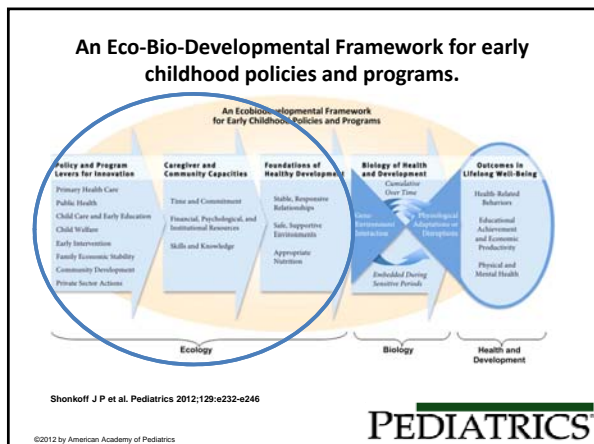
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- ### AAP Recommendations
- Pediatricians should be vocal advocates for development of new evidence-based interventions that reduce toxic stress or mitigate its effects
  - Pediatric medical homes should
    - strengthen provision of anticipatory guidance
    - 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

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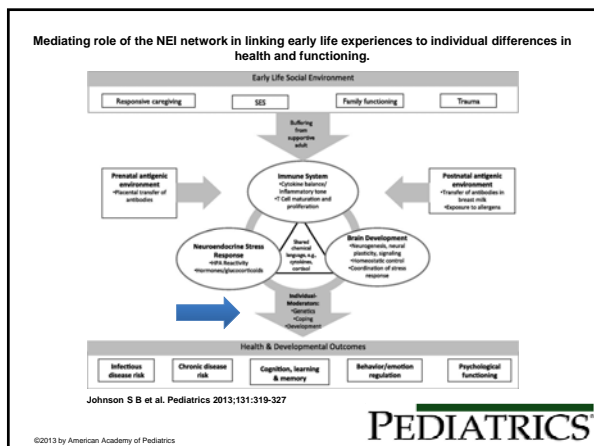
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