

ONLINE RESOURCES TO SUPPORT DEVELOPMENTAL SURVEILLANCE

DR ANTHONY J LEVINSON, MD, FRCPC

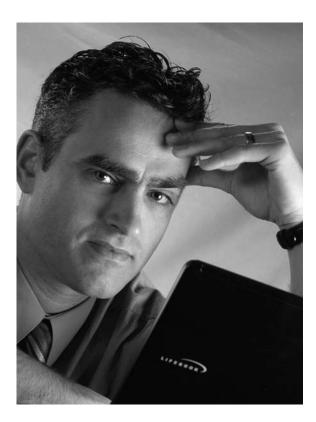
DIRECTOR, DIVISION OF E-LEARNING INNOVATION, MCMASTER UNIVERSITY

OVERVIEW

- Background
- Resources and training for health and child professionals
- Resources and e-learning for parents/public

ABOUT MEAND DELI

- John R Evans Chair
- Director, DeLl
- Medical Psychiatrist
- Division of e-Learning Innovation
 - <u>http://deli.machealth.ca/</u>



HISTORY OF THIS PROJECT

2009

- Develop online program to support enhanced 18-month well-baby visit
- Accredited e-learning courses for health professionals
- Resources for viewing/download
- Collaboration between several stakeholders
- Since launch
 - Hosted and maintained by DeLI

Enhanced 18-Month Well-Baby Visit

Measurement and Evaluation

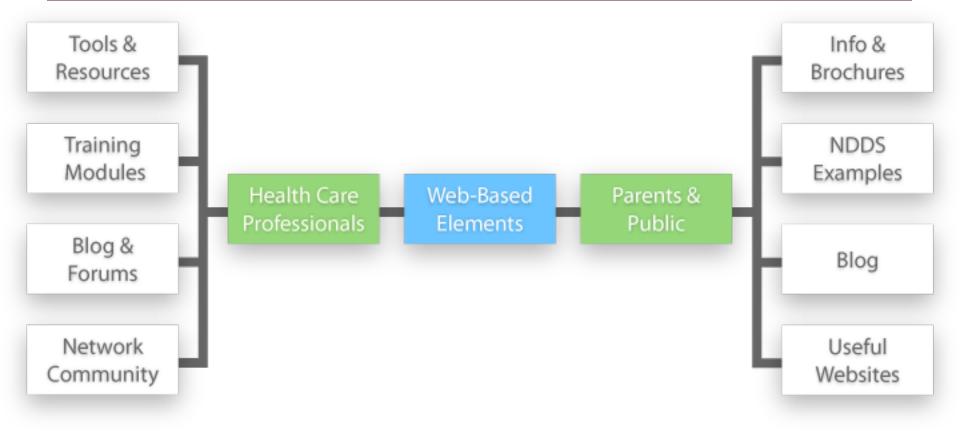
Enhanced 18-Month Well-Baby Provincial Strategy

Children, Parents, Health Care and Early Childhood Professionals Use of Standardized Tools

Web Portal

Education and Implementation Support Early Child Development and Parenting Resource System

INTERNET-BASED ELEMENTS



ONLINE PROGRAM AND COURSE

ACCREDITED/CERTIFIED E-LEARNING FOR HCP





Learn without boundaries

Free CME courses, patient resources and community forums for you and your peers. All at your fingertips.

SEE PROGRAMS

Osteoporosis

What is your patient's fracture risk?



Ontario's Enhanced 18-Month Well-Baby Visit

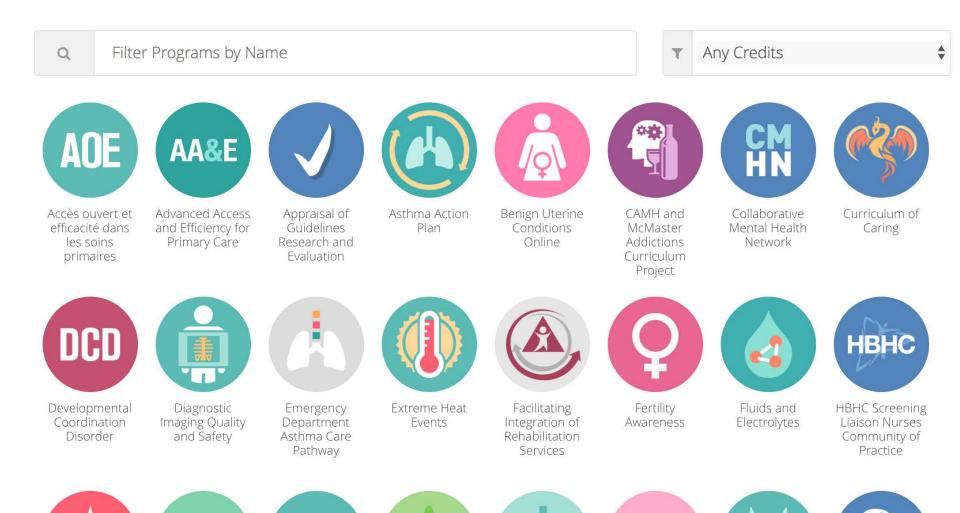
Promoting Healthy Child Development

a a



Programs

Free CPD courses, patient resources and community forums for you and your peers. All at your fingertips.





PROGRAM BLOG FORUM RESOURCES MEMBERS

Courses

+

Ontario's Enhanced 18-Month Well-Baby Visit

Description	T Goals	📽 Audience	🖋 Development Team	🖈 Credits	
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Learn about the various components of the Enhanced 18-Month Well-Baby Visit, including the use of standardized assessment tools. Review the neuroscience that underpins the importance of this developmental evaluation. (35 minutes)

	60% complete	
Resume Course		In Progress 🔴

Completing the Enhanced 18-Month Well-Baby Visit

18-Month Well-Baby Visit Planner

Help parents ask the most important questions with the 18-Month Well-Baby Visit Planner

Key Resources





or some of the key tools, service monthation, patient education, and reference resources a

PROGRAMS PARTNERS HELP BLOG RESOURCES

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Tools

machealti



Rourke Baby Record - January 2017 Ontario English Version

The Rourke Baby Record (RBR) is an evidence-based health supervision guide for primary healthcare practitioners of children in the first five years of life. This is the January 2017 Ontario version of the RBR, and Guide IV of the RBR contains the column dedicated to the 18-month visit.



Rourke Baby Record - January 2017 Ontario French Version

The Rourke Baby Record (RBR) is an evidence-based health supervision guide for primary healthcare practitioners of children in the first five years of life. This is the January 2017 Ontario version of the RBR, and Guide IV of the RBR contains the column dedicated to the 18-month visit.



Nipissing District Developmental Screen® - English

The Nipissing District Developmental Screen® (NDDS) was compiled by a multi-disciplinary team, and is an easy-to-use tool that explores a child's skills in the following areas: vision, hearing, speech, language, communication, gross motor, fine motor, cognitive, social/emotional and self-help. Age appropriate activities which are designed to promote overall development accompany the Screens.



Nipissing District Developmental Screen® Video Examples - English

Video examples showing a child successfully demonstrate each item and activity on the NDDS® checklist.



Nipissing District Developmental Screen®+ - English

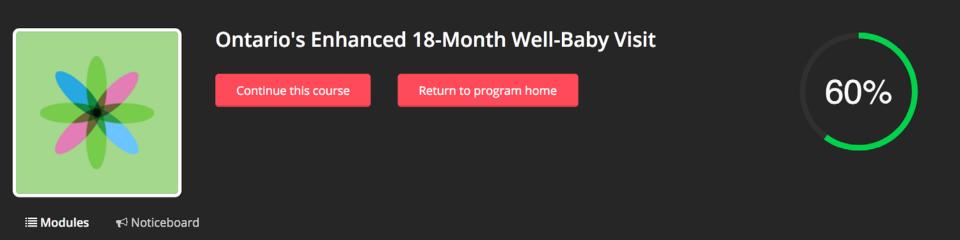
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COURSE LIBRARY ACHIEVEMENTS LIVE SESSIONS



Course Library / Ontario's Enhanced 18-Month Well-Baby Visit



The modules in this course must be completed in the order listed.

0	Disclaimer Information and Conflict of Interest
0	Pre-Module Survey
0	Ontario's Enhanced 18-Month Well-Baby Visit
	Post-Module Survey Locked
0	Course Feedback Questionnaire Locked





Certificate of Participation

This will confirm that:

Anthony Levinson

Participated in:

Ontario's Enhanced 18-Month Well-Baby Visit

on the date of:

October 22, 2017

Participant's Email Address:

levinsa@mcmaster.ca

Certificate Number:

22184752

This **Self-Learning** program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the **McMaster University Continuing Health Sciences Program** for up to 1 Mainpro+ credit.

This event is an Accredited Group Learning Activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada and approved by the Canadian Paediatric Society for 1 credit per educational hour.

machealth



Ontario's Enhanced 18-Month Well-Baby Visit

Information, resources, e-learning modules, events, discussion forums, and online groups related to the enhanced 18-month well-baby visit in Ontario.

Get this RSS feed

your child's enhanced 18-month well-baby visit

new focus on development to improve outcomes



Eighteen months is a milestone in a child's development and a visit to a family physician or other health care provider at this time is important.

Well-baby visits are a chance for you to see how your child's development is coming along, and talk with your health care provider about any questions or concerns you might have. You can also get some tips and suggested activities and resources to help encourage your child's development. Should your child need a little help along the way, the health care provider will be able to make the right referrals. Take this time to educate yourself on the resources currently available to you to help make this visit a meaningful one!

The new enhanced 18-month well-baby visit and this portal funded by the Government of Ontario.

what can i expect at this visit?

Like other well-baby visits, you and your health care provider will discuss your child's development. You will complete a checklist, such as the Nipissing District Developmental Screen®, which provides a snapshot of your child's development and a starting point for your discussion. Alongside the checklist is information on typical child development, as well as activities to enhance development. If you'd like to look at the checklist in advance, click here. It is a helpful parent tool that is free online to Ontario residents.



Click here to view the NDDS® video examples.

You should ask any questions you may have about your child's development. For example, you may want to talk about your child's motor or communications skills or behaviour concerns. The visit also allows early identification of any concerns and a referral to specialized community services, if necessary, for your child.

program menu
Home
Resources
NDDS Video Examples

featured resources

NDDS® Video Examples



- English
- French

Parent Brochure

- Download PDF English
- Download PDF French
- Web Version

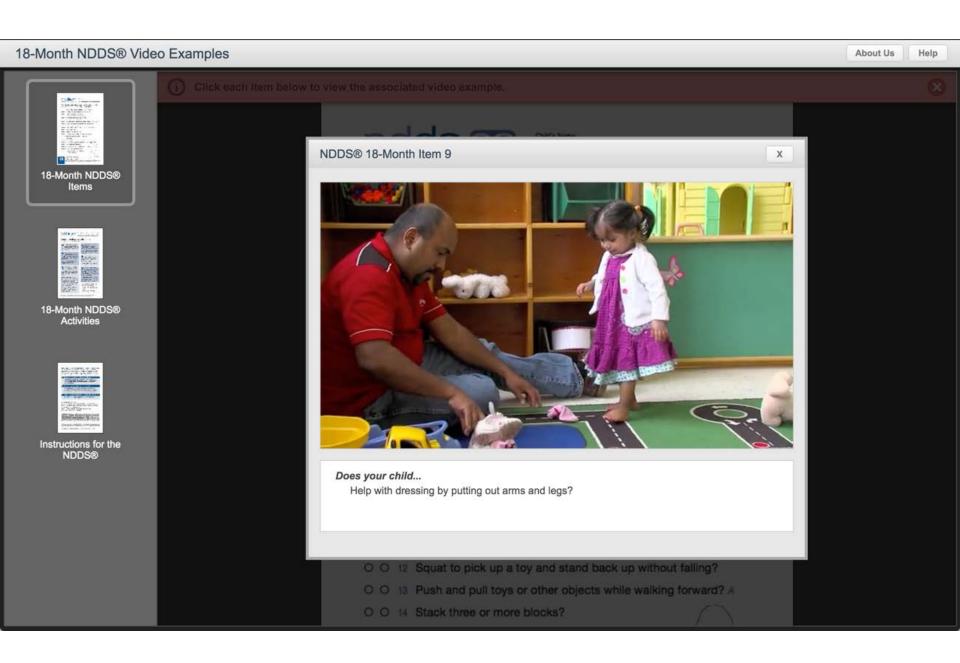
18-Month Nipissing District Developmental Screen®

- Download PDF English
- Download PDF French

Other Languages

18-Month NDDS® Video Examples About Us Help : date: ndds.@a Child's Name: 11 -----18-Month NDDS® Items The Ninissing District Developmental Screen is a checklist NDDS® 18-Month Item 1 X vice and NDDS 18-Month Item 1 from Anthony Levinson machealth* 18-Month NDDS® Activities Contraction of the Instructions for the NDDS® 00:09 IIIIII HD :: vimeo Does your child ... Identify pictures in a book?

O O 15 Show affection towards people, pets, or toys?



18-Month NDDS® Video Examples About Us Help NDDS® 18-Month Activities - Gross Motor Х 3 18-Month NDDS® Items 108 40 18-Month NDDS® Activities States with Let me play with balls of different sizes. Take some of the air out of a beach ball. Watch me kick, throw, and try to catch it. Instructions for the NDDS® Gross Motor Activity Playlist

NEW E-LEARNING FOR REGISTERED EARLY CHILDHOOD EDUCATORS

DSI.MACHEALTH.CA

OVERVIEW OF DEVELOPMENTAL SURVEILLANCE INITIATIVE AND

THE EARLY YEARS CHECK-IN





Developmental Surveillance Initiative

This program provides Registered Early Childhood Educators with an introduction to developmental surveillance and the Parent Concern Scale - a new approach to help parents identify concerns related to their child's development.

PROGRAM BLOG RESOURCES MEMBERS

THIS IS A PRIVATE GROUP - CONTENT IS ONLY VISIBLE TO GROUP MEMBERS.

Courses

Featured Resources

Developmental Surveillance and the Parent Concern Scale - An Overview

Description	🖤 Goals	📽 Audience	🖋 Development Team	🖈 Credits	
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Key Resources

Play & Learn

An online resource for Parents with expert-reviewed games and activities to support healthy child development through play.



Learn about developmental surveillance and the Parent Concern Scale – a new tool that measure's a parent's level of concern regarding their child's development across the following developmental domains: thinking and learning, social and emotional, movement and language.

100% complete	
Review Course	Complete 🧲





COURSE LIBRARY ACHIEVEMENTS LIVE SESSIONS



100%

Course Library / Developmental Surveillance and the Parent Concern Scale - An Overview

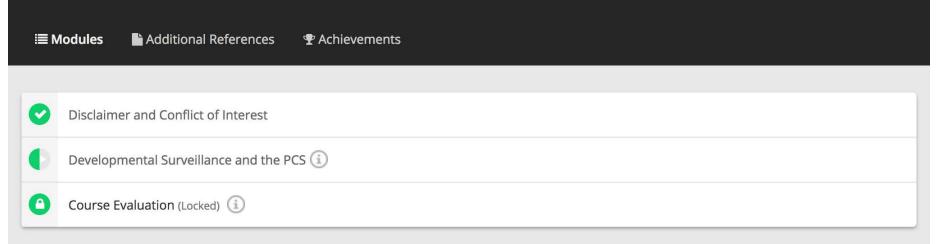


Developmental Surveillance and the Parent Concern Scale - An Overview

Learn about Ontario's developmental surveillance strategy, and how to use the new Parent Concern Scale to help promote healthy child development with parents and other caregivers.

Continue this course

Return to program home

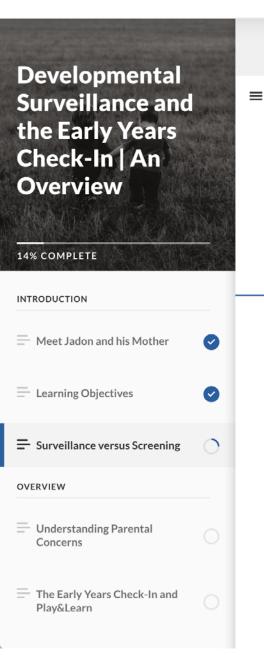


Developmental Surveillance and the Early Years Check-In | An Overview

START MODULE

MODULE DETAILS V

This brief course is an introduction for Registered Early Childhood Educators to the concept of developmental surveillance and introduces the Early Years Check-In – a new approach to help parents identify concerns related to their child's development.



∧ Lesson 2 - Learning Objectives

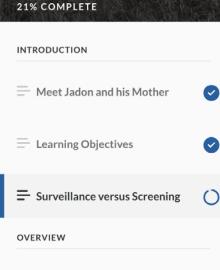
Lesson 3 of 14

Surveillance versus Screening

Surveillance vs screening: what are the differences?

- Screening involves intentional activities around identification and referral for treatment.
- Surveillance involves regular monitoring with a primary focus on attending to possible concerns and supporting families and making referrals as needed.

Developmental Surveillance and the Early Years Check-In | An Overview



Understanding Parental Concerns

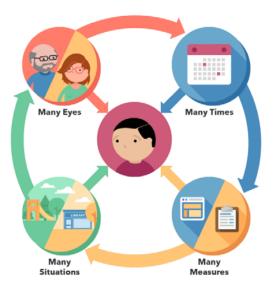
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The Early Years Check-In and Play&Learn

The 4M's as a framework for developmental surveillance

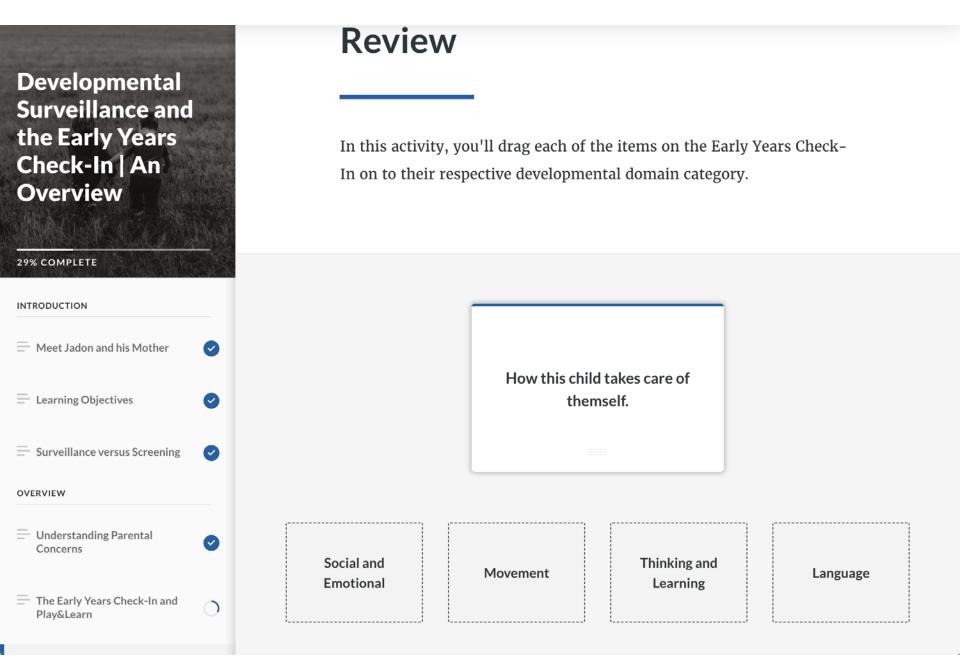
How should we do developmental surveillance?



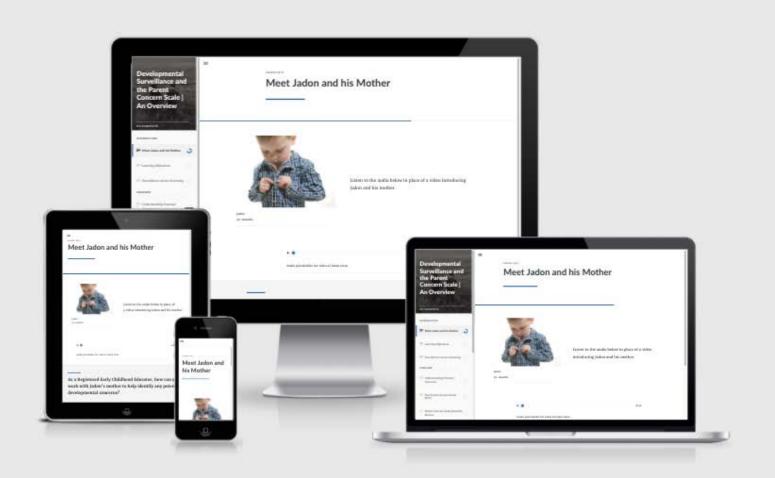
The 4M's - an approach to developmental surveillance.

Finding a way

Moving towards a process of developmental surveillance that incorporates the 4M's – many eyes, many situations, many measures, and many times – helps to address the limitations with traditional screening for development problems.







RESOURCES FOR PARENTS

INCLUDING VISITPLANNER.CA AND PLAY&LEARN





FLASHBACK

- I5-month visit
- Written educational prescription
- Socially shared
- Spookily targeted

Patient Name: James' mom Vísít Planner.ca 18-month vísít appt In about 3 months MD: Dr. A. J. Levinson



Welcome to your 18-Month Well-Baby Visit Planner

We want to make sure you have the best enhanced 18-month well-baby visit possible. So we've created an easy 5-10 minute guide to help you think about any items that you might want to discuss about your child's development with your family's health care provider.





By using the Visit Planner I agree to the Terms and Conditions of Use.

BEGIN >

Here's how it works

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Here's how it works

Step 1

Identify any items that you wish to discuss with your health care provider.

Physical Health

Safety

Parenting & Healthy Habits

Motor & Language Skills

Social & Emotional Development



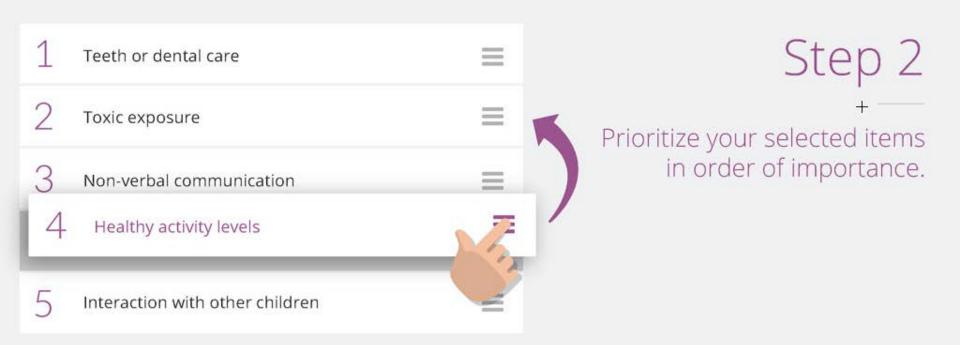
Teeth or dental care

2 Toxic exposure





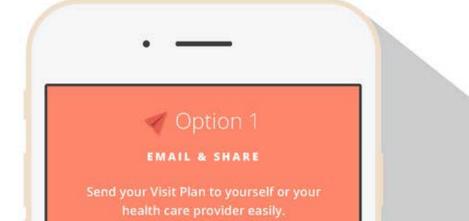
Prioritize your selected items



Step 3

Review and save your Visit Plan

Once you've completed steps 1 and 2 you can email, share or print your results, to bring to the 18-month visit appointment.



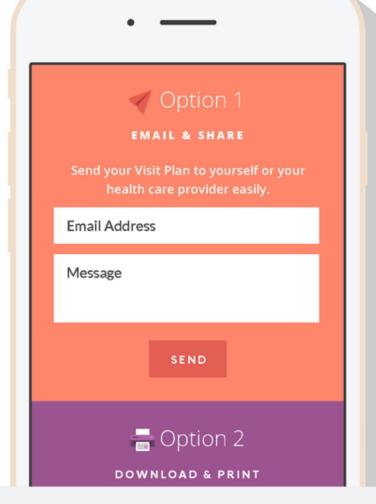
Step 3

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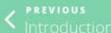
There will also be several opportunities to learn more via links to our online education centre about any of the topics of the Visit Planner and other topics related to early childhood development.

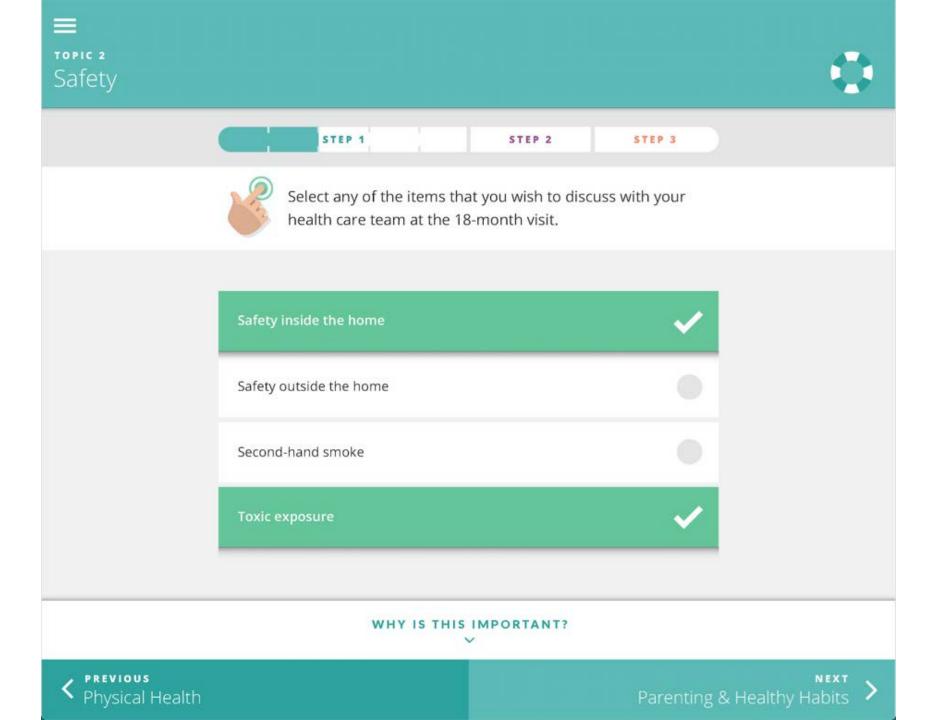


Disclaimer

Information provided on the 18-Month Visit Planner website is intended for informational purposes only. It is not intended as, and therefore should not be interpreted as, medical advice, professional diagnosis, or medical opinion and should not be relied on in any such regard. The information provided through the 18-Month Visit Planner website is not a substitute for medical services. Do not act or rely upon this information without seeking the advice of a physician or other healthcare provider. Never disregard

STEP 1 STEP 2 STEP 3 Select any of the items that you wish to discuss with your health care team at the 18-month visit. Height or weight Eating, drinking or nutrition Hearing or vision Vaccination and immunization WHY IS THIS IMPORTANT? V

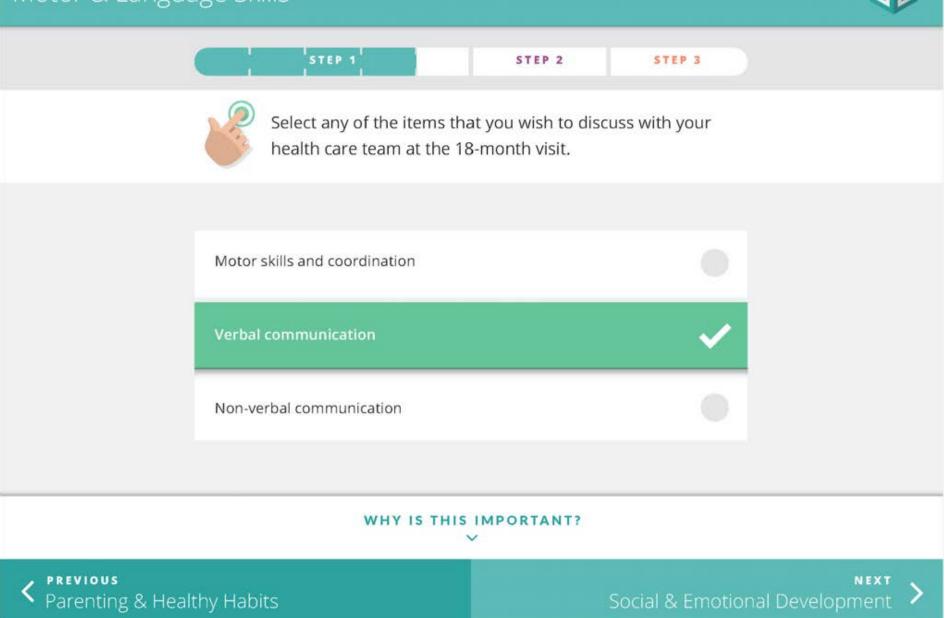




•••• STEP 2 STEP 3 Select any of the items that you wish to discuss with your health care team at the 18-month visit. Parenting strategies Child's sleep habits Weaning your child from a pacifier or bottle Toilet training Health activity levels WHY IS THIS IMPORTANT? V <

Motor & Language Skills





Social & Emotional Development







Select any of the items that you wish to discuss with your health care team at the 18-month visit.

Repetitive or unusual behaviours (for example, flapping hands, rocking or spinning)

Interaction with other children

Community resources to support development

WHY IS THIS IMPORTANT?



WHY IS THIS IMPORTANT?

Social & Emotional Development

What is this and why is it important?

Wide-ranging emotions

At this age, your child will be going through some important changes in their needs, moods and emotions. As they continue to explore and test their boundaries, toddlers can go from being fiercely independent to very anxious in a heartbeat. As a parent, you can support your child by being a stable presence as he/she discovers his/her limits. Negative attitudes and behaviours will naturally occur. Your reactions can show your child how to properly handle his/her feelings.

Changes in interests

It is perfectly normal for children to take stronger interest in certain toys or activities than in others. That being said, some may show an excessive fixation on some unusual behaviour. If that is the case, don't be afraid to talk to your healthcare provider about your worries.

Socialization

During this stage in development, children often become more interested in their peers. Often, they will need time and guidance to learn the importance of sharing and playing together. Creating opportunities for your child to interact with others their own age is vital for their social development. In most communities, there are many affordable places (such as libraries, playgrounds, play centers etc.) that help promote social interaction.

step 2 Prioritize

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STEP 2 STEP 3 Move your selected items either up or down in the list by dragging the handle on the right hand side. 1 \equiv Eating, drinking or nutrition Teeth or dental care \equiv 3 Safety inside the home Toxic exposure \equiv 5 Parent fatigue, stress and depression Ξ Healthy childhood development 0 Verbal communication \equiv 8 = Interaction with other children

1

Add other items for discussion with your health care team.

concerned about?

1

	STEP 1	STEP 2	STEP 3
	Here's your list of items t team.	to bring up with your	health care
1	Eating, drinking or nutrition		0
2	Teeth or dental care		0
3	Safety inside the home		8
Que	estions to ask your health care	team	
Ho	w can l ensure my child's safety du	uring a bath?	
How	w can I reduce the risk that my chi	ild has a dangerous fall o	or injury?
	ich foods or toys should be avoide d is choking?	ed at this age? What do I	do if my
How	w can I ensure good air quality in t	the home? What do I nee	ed to be

4	Toxic exposure	0
5	Parent fatigue, stress and depression	0
6	Healthy childhood development	0



EMAIL & SHARE

Send your Visit Plan to yourself or your health care provider easily.

Email Address	
Message	1
SEND 🥐	



DOWNLOAD & PRINT

Easily download a PDF of your Visit Plan that you can print or save to your desktop or mobile device.

DOWNLOAD 🕑



BOOKMARK YOUR UNIQUE URL

Below is a unique URL for your Visit Plan. Bookmark it in your browser or send it to yourself via email. By visiting to this link you can download, print, email or edit your Visit Plan anytime.

visitplanner.ca/F8s9f1sf4d









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Your 18-Month Well-Baby Visit Plan

Below are a list of suggested questions to ask your health care team based on the items you selected.

1. Eating, drinking or nutrition

Should I avoid giving my child sweetened juice/liquid to drink, and until what age?

What does a healthy diet for a child at this ager look like? (Examples of kinds of foods, and how much; healthy snack options)

Are there foods to help with constipation?

Should I use multivitamins, minerals or other supplements for my child?

How much milk should my child drink at this age? What type?

2. Teeth or dental care

Does my child have the correct amount of teeth at this age? When should I bring him/her to the dentist for the first time? Why is it so important to use a toothbrush & toothpaste at this age? What can I do if my child has dental cavities?

3. Safety inside the home

How can I ensure my child's safety during a bath?

How can I reduce the risk that my child has a dangerous fall or injury?

Which foods or toys should be avoided at this age? What do I do if my child is choking?

How can I ensure good air quality in the home? What do I need to be concerned about?

4. Toxic exposure

What are some household items that could be poisonous for my child?

5. Parent fatigue, stress and depression

What are some coping strategies to manage stress?

Where can I find support if I am feeling overwhelmed, stressed out or depressed.

6. Healthy childhood development

Why is reading books so important for my child's development? How can I get him/her interested in reading?

What are the right kinds of books for his/her age?

7. Verbal Communication

How many words should my child be able to say at this age? How can I help develop his/her language skills?

How many words or instructions can a child understand at this age?

How can I help my child better understand what I'm saying?

8. Interaction with other children

My child prefers to play alone, is that normal?

Why is it important for my child to play with other children? How can I encourage my child to play with other children?

9. Additional Items

Food Allergies

TOPICS

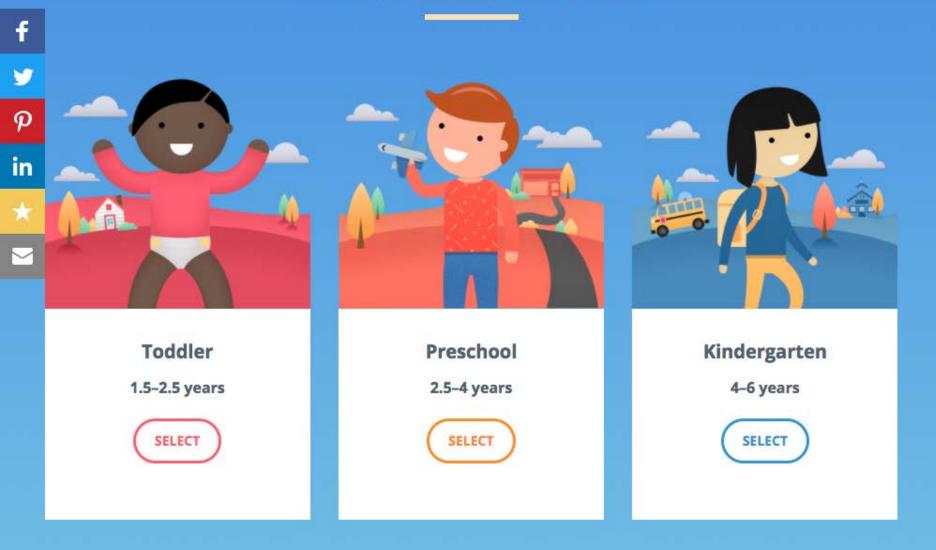
Domain	Items	Rationale
Physical health	Height/weight, nutrition; hearing/vision; dental; vaccination	Aligns with RBR; FAQ and concern
Safety	Inside; outside; smoke; toxic exposure	Aligns with RBR; risk
Parenting & habits	Strategies; depression; sleep habits; weaning; toilet; activity; development	Aligns with RBR; explores parenting
Motor & language	Motor skills/coordination; verbal; non-verbal	Aligns with RBR; common concerns
Social & emotional	Unusual behaviours; interactivity; community resources	Aligns with RBR; autism; community resources

PLAY&LEARN

A WEBSITE WITH GAMES AND ACTIVITIES TO ENHANCE DEVELOPMENT



What age group is your child in?



Home / Toddler What toddler topic interests you? y Social & Emotional P **Thinking & Learning** Problem solving and attention to details. Behaviour issues and getting along with others. in SELECT SELECT \leq Movement Language Whole body down to hands and fingers Talking and understanding others. movement. SELECT SELECT

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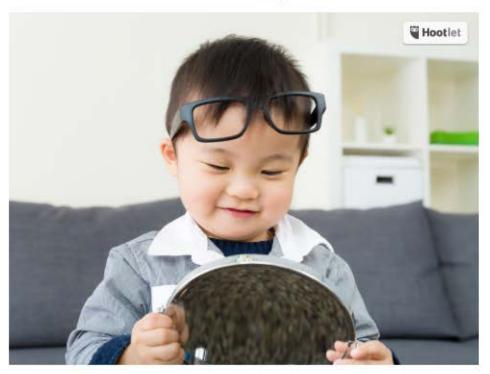
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Home / Toddler / Social & Emotional

Social & Emotional

As children reach the age of 2-3 years, they are becoming more social and able to separate from their caregiver to interact with others. Children are able to start naming their feelings and increasingly will want to do things on their own without help of others.





Use positive instructions for what you would like your child to do, rather than what you do not want your child to do. Recognizing when your child behaves well can help build confidence and provides reinforcement to repeat these behaviours.

Activities

Mirror Mirror (Emotional Growth)

Have fun making faces with your child for different emotions.

Make Believe (Emotional Growth)

Bring out the actor in you and your child in this fun way to play with your child.

View Activity

View Activity

Play, Care, Share (Gets Along with Others)

Practice sharing while playing together using everyday objects.

View Activity

Mirror Mirror

Setup: None

Time required: Can last from a couple minutes to much longer depending on how many times you and your child want to play

Materials: A mirror.

How to Play: Hold up a mirror so that you and your child can see each other. Begin with making different facial expressions such as happy, sad, or scared. Ask your child to first copy the expressions and then ask them to label the emotions.

Some Tips: Play in the bathroom if you do not have a mirror.

Make it Easier: Start with simple expressions including happy and sad.

Make it Harder: Once your child knows the game, ask them to go first and choose their own emotions. Try more difficult emotions such as surprised, worried, sleepy, bored or silly.

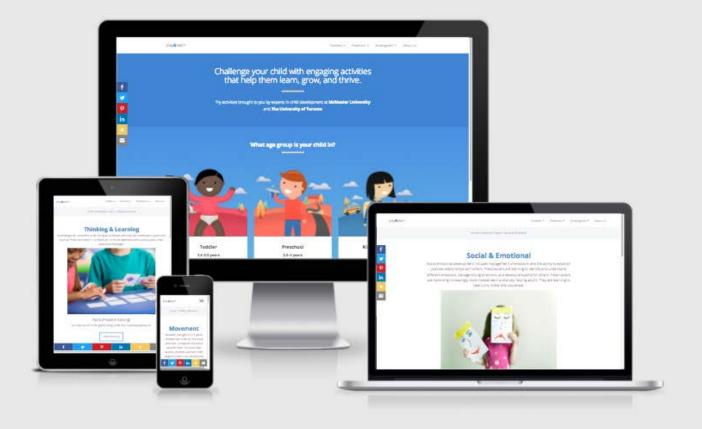
Reference: Adapted from My child and I, Attachment for Life (Pg. 21)

View Reference

Make Believe Play, Care, Share	
Play, Care, Share	
Other Topics	

Movement

Language



PROMOTION

EXAMPLES AND ANALYTICS



Ontario's Enhanced 18-Month Well-Baby Visit

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Social Media

Share our suggested messages on Twitter and Facebook - remember to follow and like machealth.

Check out our suggestions below to get you started.



Facebook

Like Share 322 people like this. Be the first of your friends.

Health HQ

about 2 months ago

Introducing the 18-Month Well Baby Visit Planner, developed in collaboration with the Government of Ontario. This free web application guides you through important topics related to your child's developmental health. In 5-10 minutes you will create a unique and personalized plan for discussion with your child's health team.



18-Month Well-Baby Visit Planner This easy 5-10 minute guide helps you to think about any items...

FUTURE PLANS

- Electronic version of the Early Years Check-In help discuss parent concerns
- Expanding parent e-learning content on Play&Learn
- Working to personalize e-learning and games/activities based on parental concerns

ACKNOWLEDGEMENTS

- Government of Ontario
- McMaster University
- INCH Lab

VISIT PLANNER ACKNOWLEDGEMENTS

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- Reviewers
- Funded by the Government of Ontario



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INCH

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 Funded by the Government of Ontario



DISCUSSION

THANK YOU

LEVINSA@MCMASTER.CA

