



Collaboration for Early Childhood

Strong Start, Bright Future

October
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THE IMPORTANCE OF SLEEP

Karen Walker, MD

Growing up my Mother's answer to crankiness, getting sick or just feeling out of sorts was "You just need a good night's sleep." How right she was. We have always known that sleep is vital to our overall health, but we are now realizing the important part it plays in childhood development and how it is linked to potentially serious health issues. Not a week goes by that I don't encounter questions from parents about their children's sleep issues. Questions from "How much sleep should my child get?" to "What can I do to help my child get to sleep or sleep longer?"

Sleep is vital for a child's overall health and development. The amount of sleep needed varies from 16-20 hours for newborns, to adolescents and adults needing just 8-10 hours. These differences in the amount of sleep needed is reflected by the amount of growth occurring. Children and adolescents may require more sleep during rapid growth phases or when ill. Getting adequate rest is essential for children to reach their full potential.

The National Sleep Foundation in a 2004 poll showed that 69% of children age 10 and under experience some kind of sleep problem that resulted in inadequate sleep. These included insomnia, nightmares, restless legs syndrome, sleep terrors (night terrors), sleep talking, sleep walking, snoring or sleep apnea. Lack of sleep has been linked to potentially serious health issues from obesity, diabetes, immunity problems, and behavior issues like ADHD, anxiety and depression. Helping children adopt healthy sleep patterns while they are young will help them grow into happy, energetic and healthy adults.

So get a good night's sleep and join us for breakfast on October 30th at Maya de Sol where Dr. Lauren Boyd will discuss "Help for the Weary: Approaches to Sleep Problems in Early Childhood."

SCREENING FOR DEVELOPMENTAL DELAYS: HELP FOR BUSY PROVIDERS

Rebecca Barbato, MD

As Pediatricians and Family Practice doctors, we hear about developmental screening every day. Most of us are overwhelmed about incorporating this screening into our busy practices. The American Academy of Pediatrics recommends developmental "surveillance" at every well visit and developmental "screening" with a formal, validated tool at nine months, 18 months, 30 months, and when a parent or caregiver is worried. Because the 30-month visit is still not completely established on the schedule and may not be reimbursed by some insurances, we can also screen at the 24-month visit. An autism screening tool should be used at 18 months and 24 months.

As a result of the importance of developmental screening, there are now an increasing number of resources for health care providers. One of the goals of the Physicians Network is to make these resources even more easily accessible. Please look at our website; it is constantly updated and provides great information: www.collab4kids.org. If you click on information for health providers, you will find links for several screening tools. We also have a Facebook page where you can get frequent updates. Search for "Collaboration for Early Childhood" and "like" us!

Watch and Help Me Grow

Developmental Milestones: Birth to Five Years

The Collaboration for Early Childhood recently published the *Watch and Help Me Grow* guidebook for families with children ages 5 and under.

As you know, each child develops on his/her own timeline and not all children meet each milestone at the same time. The milestones listed in the *Watch and Help Me Grow* guidebook provide a timeline for when most children master these skills. Some children will gain several new motor skills without developing new language skills or vice versa. This is typical as long as the child begins to master new skills in the other areas within a month or two.

Children frequently learn through imitation and modeling, so encourage parents to provide many examples of the behavior that they would like to see from their child.

If a parent has concerns about their child's development, they may come to you with their concerns,

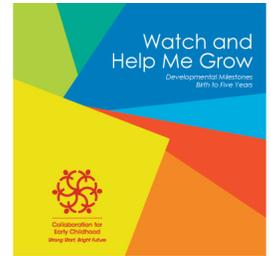
providing specific examples of what their child does well and when their child seems to struggle.

The Collaboration for Early Childhood will provide samples of the *Watch and Help Me Grow* guidebook to each physician's office, as well as many bookmarks, guiding your patients to the Collaboration website.

Once on the Collaboration website, patients can click on the *Watch and Help Me Grow* button on the homepage, which will direct them to pdfs of milestones stages, broken out by age brackets. Patients can also download the entire guidebook for their use.

Also on this page is additional information about when a parent should speak to a doctor, as well as other developmental milestone resources for parents.

This publication is made possible through a generous grant from *Communityworks* of the Oak Park-River Forest Community Foundation and support from the Rotary Club of Oak Park River Forest.



Our mission is to make sure that all children (birth to age 5) in our local community arrive at kindergarten safe, healthy, and eager to learn.

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