



**If You Give A Ped A Problem:**  
Resources ~ Well Child Visits 3-6  
Kristine Hobbs, LMSW ~ QTIP Mental Health Integration Coordinator  
January 2017 ~ CATCH Meeting

If you give a Ped a Problem





He will ask you what the AAP says about it...



Then she will ask you how to pay for it...

Then he will ask you how to screen for it...



Then she will ask you what to do when she finds a positive screen...

Then he will develop algorithms to make these things routine...



Then she will get bored and decide she wants to focus on 3-6 year olds visits...

Then they will want a list of resources for families of 3-6 year olds.



For QTIP Peds, the list will look like this:

Resources for 3-6 year old visits:

- Parenting
- Childcare and child friendly activities
- School readiness

Parent Coaching:

this BUSINESS  
of TRAINING  
little HUMANS  
for LIFE is a  
MIND-BOGGLING  
PROCESS

Strengthening Families Program

Increase:

- Parenting skills
- Family relationships
- Social competencies
- School performance

Decrease:

- Child maltreatment
- Children's problem behaviors
- Delinquency, alcohol, drug use

14 weekly sessions, free to families, prizes, gas cards, shared meal, 1 child needs to be aged 6-11

<https://scchildren.org/local-partners/strengthening-families-program/>




**5 Core Principles**

- Ensuring a safe and engaging environment
- Arranging a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of oneself as a parent



<http://www.triplen-parenting.com>



**Upstate**

- Anderson
- Greenville
- Laurens
- Oconee
- Pickens
- Spartanburg

**Low Country**

- Charleston
- Berkeley
- Dorchester
- Beaufort
- Jasper Colleton

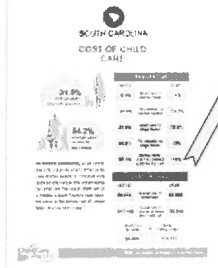
AGENCY	PROGRAM(S) OFFERED	LOCATION / CONTACT	COUNTIES SERVED
Hope Center for Children	Triple P, Empowering Families, Family Strengthening	303 Hudson E. Barnstable Blvd, Spartanburg, SC 29307-1267 1816 Clarendon Blvd, Columbia, SC	Spartanburg, Cherokee
The Parenting Place	Parent Support Groups, Healthy Families, Family Check-Up	1816 Clarendon Blvd, Columbia, SC 29204 East, SC 29904 Support Group: 716-74-30	Anderson, Oconee, Pickens
Adult Voluntary Center	Preventive Education, Self-Regulation, Nurture, Parenting	207 White Horse Rd, Greenville, SC 29605 101 W. Marion, Aurora Education Center, 844 331-0540 <a href="http://www.adultvoluntarycenter.org">http://www.adultvoluntarycenter.org</a>	Greenville, Pickens, Anderson
Upstate Family Resource Center	Family Solutions Program, Team Parent Support, Parents As Teachers, T.E.C.	5900 Oak Turnpike Rd, Belling Springs, SC 29518-3279 <a href="http://www.upstatefamilyresource.org">http://www.upstatefamilyresource.org</a>	Spartanburg
Tribe Community Center	Parents As Teachers, Triple P, Strengthening Families	147 W. 3 <sup>rd</sup> St., Spartanburg, SC 29304 <a href="http://www.tribecommunity.org">http://www.tribecommunity.org</a>	Spartanburg

## Child Care



The best indicator of quality day care is the kid wants to go there, and doesn't want to go home.

Edward Zigler




**ANNUAL COST OF CHILD CARE**

CENTER	HOME
\$6483	Infant Care \$4590
\$11,140	Infant and 4-year-old \$8640
Infant Cost in Center \$6483	vs. Public College Tuition \$11,816


<https://www.childcareaware.org/wp-content/uploads/2016/11/State-Data-South-Carolina.pdf>

<http://www.scchildcare.org/>



- License
- The building
- Safety
- The staff
- Supervision
- Meals and snacks
- Cleanliness
- Daily life
- In case of an emergency

<http://www.scchildcare.org/>



### Child Care Center Parent Checklist

Choosing the right child care can be overwhelming. Not all child care providers are required to follow the rules necessary to be licensed by the state. Parents can go to [www.scchildcare.org](http://www.scchildcare.org) to find these rules, as well as to see if their provider is licensed or registered.

We've created this checklist to help serve as a guide when visiting child care providers to select the best match for you and your child. Does the child care center have...

A license or registration that is displayed	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Enough space for children	Yes <input type="checkbox"/>	No <input type="checkbox"/>
No more children than allowed by the license or registration	Yes <input type="checkbox"/>	No <input type="checkbox"/>	A posted menu	Yes <input type="checkbox"/>	No <input type="checkbox"/>
A Quality Rating of A, A-, B+, B, or C	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Staff who read to children	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Enough staff to care for the children	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Properly stored and labeled food	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Staff who are supervising children	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Staff who wash children's faces and hands	Yes <input type="checkbox"/>	No <input type="checkbox"/>
A director at least 21 years old and teachers at least 18 years old	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Staff who wash their hands frequently especially after diapering children	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Staff who receive regular ongoing training about child care	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Staff who wear gloves to diaper children	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Early Literacy

**"The first five years have so much to do with how the next 80 turn out."**

Brought to you by **The Ounce** multiculturallearning.com

- Bill Gates Sr., Co-Chair of the Bill and Melinda Gates Foundation

**Ready4K**

Text messages to boost your child's learning.

Why is it important? Research shows that text messages can be used to provide parents with information about their child's learning progress.

Why should I get it? Parents and teachers can use text messages to share information about their child's learning progress.

How do I get it? Text messages are available to parents of children in the Ready4K program.

**Text SREADS to 70138**

Sign up for text messages to boost your child's learning!

For Example:

- FACT:** The grocery store is great for building literacy skills. On the way to the store, ask your child to name all the fruits & vegetables she can think of.
- TIP:** When you're at the store, go to the grocery store. Can you find an "A" on a sign, box, or food label? What about a "B"? Can she go all the way to "Z"?
- GROW:** Keep using letters at the grocery store to build literacy skills. A is what rhymes with egg (eg), and c comes (c)ome, please! & why (y)es!

<https://imaginationlibrary.com/>

**Inspire a Love of Reading**

TOTAL KIDS REGISTERED: 1,142,342

TOTAL BOOKS MAILED: 94,592,111

**Libraries**

**STORY TIME**  
Tuesdays & Wednesdays  
Neyland Library 1230 Cornal Pkwy

Peekaboo Story Time  
10:15 a.m. Ages 0-2

Play Zone  
10:30 a.m. Ages 0-5

Ready Readers  
11 a.m. Ages 3-5

**Music in Motion**  
Neyland Library 1230 Cornal Pkwy

10:15 a.m. to 10:30 a.m.  
Thursdays at 10:15 a.m.  
0-5 years old

**Play Zone**  
An educational and social time for babies and toddlers to play with toys and other children.

Tues. & Weds. at 10:30 a.m.  
Neyland Library 1230 Cornal Pkwy

**Parachute Play**  
Up, down, and round and round - join us for rhymes and songs using a giant parachute.

Thursdays at 11 a.m.  
0-5 years old

**Family Literacy Activity Calendar**

**January: Health and Safety**

[https://go.stateilbravsc.gov/bitstream/handle/10827/6097/5/SL\\_Day\\_By\\_Day\\_Part\\_1\\_2009.pdf?sequence=1&allowweb](https://go.stateilbravsc.gov/bitstream/handle/10827/6097/5/SL_Day_By_Day_Part_1_2009.pdf?sequence=1&allowweb)

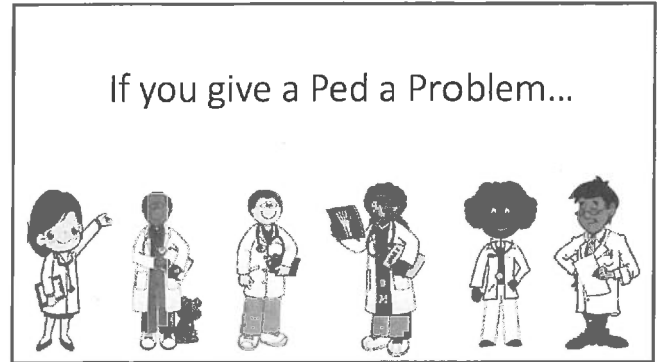
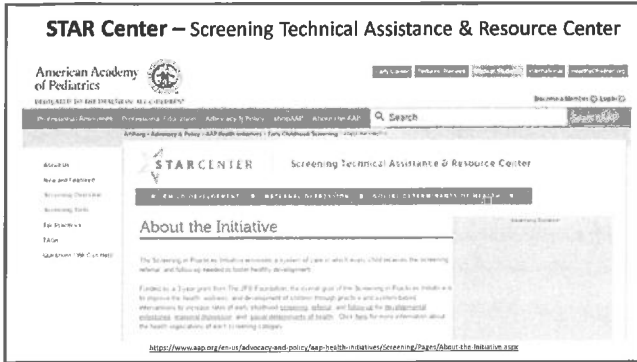
**Screening Tools:**

**Oldies but Goodies:**

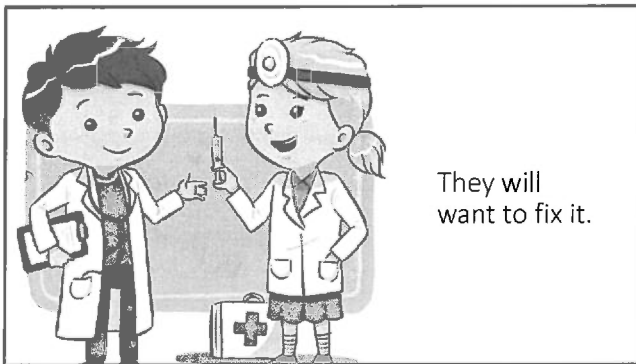
- ASQ – up to 60 months
- SWYC – up to 60 months
  - Preschool PSC is part of this
- PEDS – up to 8 yrs
- PSC Parent – starts at 4 yrs

**Possible New Ones:**

- Preschool Pediatric Symptom Checklist
  - 18-60 months
- Strengths and Difficulties Questionnaire
  - 3-17 years old



If you give a Ped a Problem...



They will want to fix it.