ASPHN
Advancing Health Through Leadership

WIC Developmental Monitoring Program
(*Learn the Signs. Act Early.)*

U.S. Department of Health and Human Services

Centers for Disease Control and Prevention

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Agenda

- Intensive States Year 5 Updates
  - Rhode Island
  - New Jersey
  - New Hampshire

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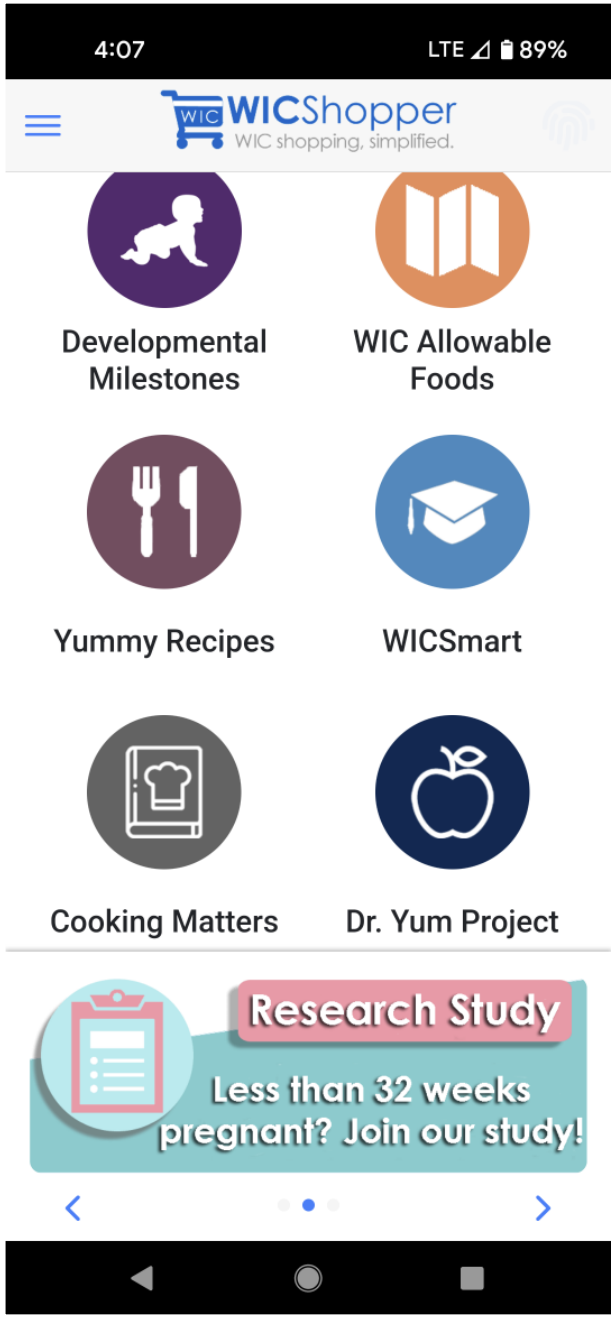
Rhode Island Developmental Milestones Project

ASPHN Year 5: Intensive State

RI Implementation Timeline

RI Pilot Site – East Bay Community Action



WIC Shopper

WIC Shopper	# of hits on the Milestones app	# of hits on the Dr. Yum webpage
December 2022	943	
January 2023	1210	
February 2023	936	
March 2023	1057	
April 2023	1161	
May 2023	1154	
June 2023	1109	216

Milestones App added to RI landing page for WIC shopper

ASPHN developed nutrition education modules added to WIC Smart

Resources for Nutrition Staff

How to incorporate milestones during nutrition appointment?

Developed training sheets that combined:

- Explore, Offer, Explore client centered counseling technique
- Utilizing age-specific Milestone checklists
- With other educational resources/tools that families could take home (such as training cup, MyPlate, feeding spoon)
- Ordered supplies of CDC developmental milestone books: Baby's Busy Day, Where is Bear, Amazing Me

Milestone Checklist with Self-Feeding Spoons	**Milestone Checklist "Your Baby at 6 Months" and I GOT THIS Self-feeding Spoon**	
Provided	• To infants (from 4-6 months old) at 6-month midcertification • By CPA only • At midcertification or as a SNEC – to be determined by CPA • As part of nutrition education – to encourage use of milestone checklists using spoon as teaching tool	

Talking Points	• Use Explore Offer Explore (examples provided below)
	• Use spoon as a visual aid to discuss/determine:
	  ○ Introduction of complementary foods
	  ○ Readiness for complementary feeding
	  ○ Infant development/milestones	

Explore, Offer, Explore: Milestone Checklist – Your Baby at 6 months with Self-Feeding Spoon

Explore via an open-ended question:	• What have you heard about introducing food to your baby? • What have you heard about Developmental Milestones? • How does your baby tell you that she is hungry? • How does your baby tell you that he's full?
Offer information after asking:	• Do you mind if I share some information on developmental milestones with you? • Would you mind if I share what other families have done? • Can I share with you what WIC recommends?
Topics to consider: (Choose a topic that will meet both your	**Introduction of Complementary foods:** • Include explanation of WIC food package for infants; quantity received based on breastfeeding status; brands; age • Developmental readiness: review the Developmental Milestones checklist for the corresponding age of the infant • Use resources from Dr. Yum to correlate developmental milestones with infant feeding and nutrition **Anticipatory Guidance**:

RAISING ADVENTUROUS EATERS with first foods

Dr. Yum Free Nutrition Educational Materials

- Doctor Yum
- Raising Adventurous Eaters printed materials
  - Aligns with Milestones birth through 15 months
  - Includes section on *Boosting Feeding Development*
  - pha-rae-9-12-months-1268.pdf (dttpvmri50pw3.cloudfront.net)
- Lots of WIC-friendly recipes
- Meal-O-Matic

Resources for Pilot Sites

Data collection
Communication
Training
Educational Resources

- Utilized Padlet for Pilot sites to share ideas, access the materials, upload data
- Less restrictive than Teams
- All resources available in one location
- Easy to navigate
- Dashboard | Padlet

:Padlet

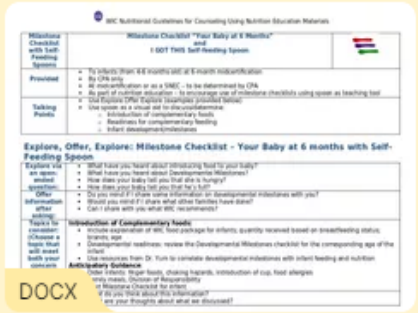
Denise Tamburro + 3 • 2d

RI Milestones Brainstorming & Sharing Padlet

Please Review January 2023

Denise Tamburro 6mo

Training Sheet for staff



DOCX

SelfFeeding Spoons Guidelines with Milestones DT 12.22

Please review and provide feedback.

Rate 8

tslack4 6mo

I think the self feeding spoon example is great. Especially when the conversation is opened up with "what have you heard about introducing baby foods" to gain valuable info about what mother might already know, then asking if you are able to share what wic

Data Collection

Anonymous 3mo

Westbay data as of 03/24/2023

XLSX

Milestone Workbook as of 03-24-2023

(1) 1

Denise Tamburro 3mo

This is great Tim!! thanks for being on top of the data collection :)

Add comment

Denise Tamburro 3mo

EBCAP Data

Nutrition Resources

Denise Tamburro 7mo

doctoryum.org

Doctor Yum Recipes

Rate 0

Add comment

Denise Tamburro 7mo

Dr. Yum - Prenatal Nutrition

Training

asphn.org

Introduction to Child Development and Resources from CDC's "Learn the Signs. Act Early." Program - ASPHN

Rate 0

Add comment

Denise Tamburro 7mo

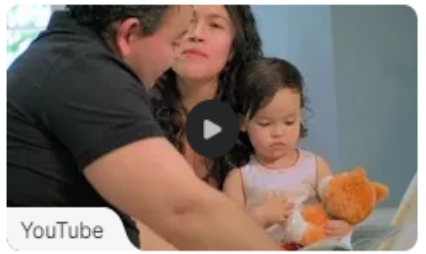
Milestones in WIC video

Implementing Your Developmental Milestone Checklist Program in WIC

Spanish Materials

Denise Tamburro 7mo

CDC: Personal stories of Developmental Milestones



YouTube

¡Los indicadores son clave para las familias!

These families discuss how the milestones helped their family.

Rate 0

Add comment

Implementation BARRIERS

Data Collection

Contact Info:

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LEARN THE SIGNS. ACT EARLY

OCEAN COUNTY HEALTH DEPARTMENT, NEW JERSEY

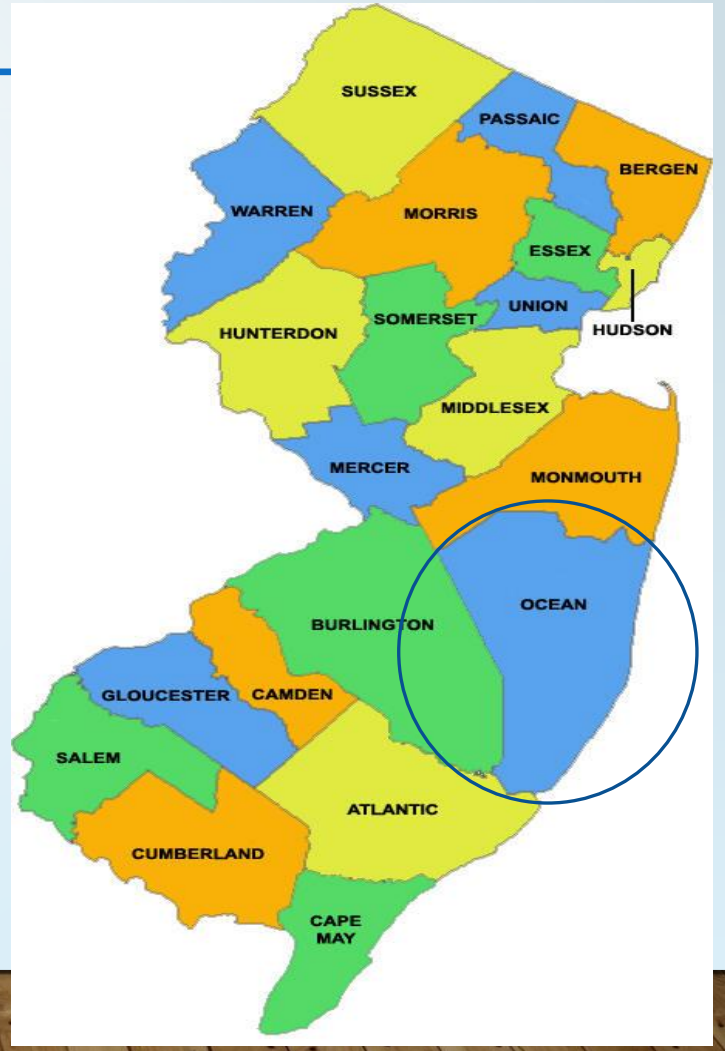
JULY 26, 2023

New Jersey WIC Women, Infants & Children

Every Child Deserves a Healthy Start

CATCHMENT AREA

- Ocean County WIC:
  - 28,000+ enrolled
  - ~27,000 participating
- Opportunities for LTSAE monitoring:
  - 0-4 years old enrolled: 21,000+
  - 0-4 years old participating: ~21,000



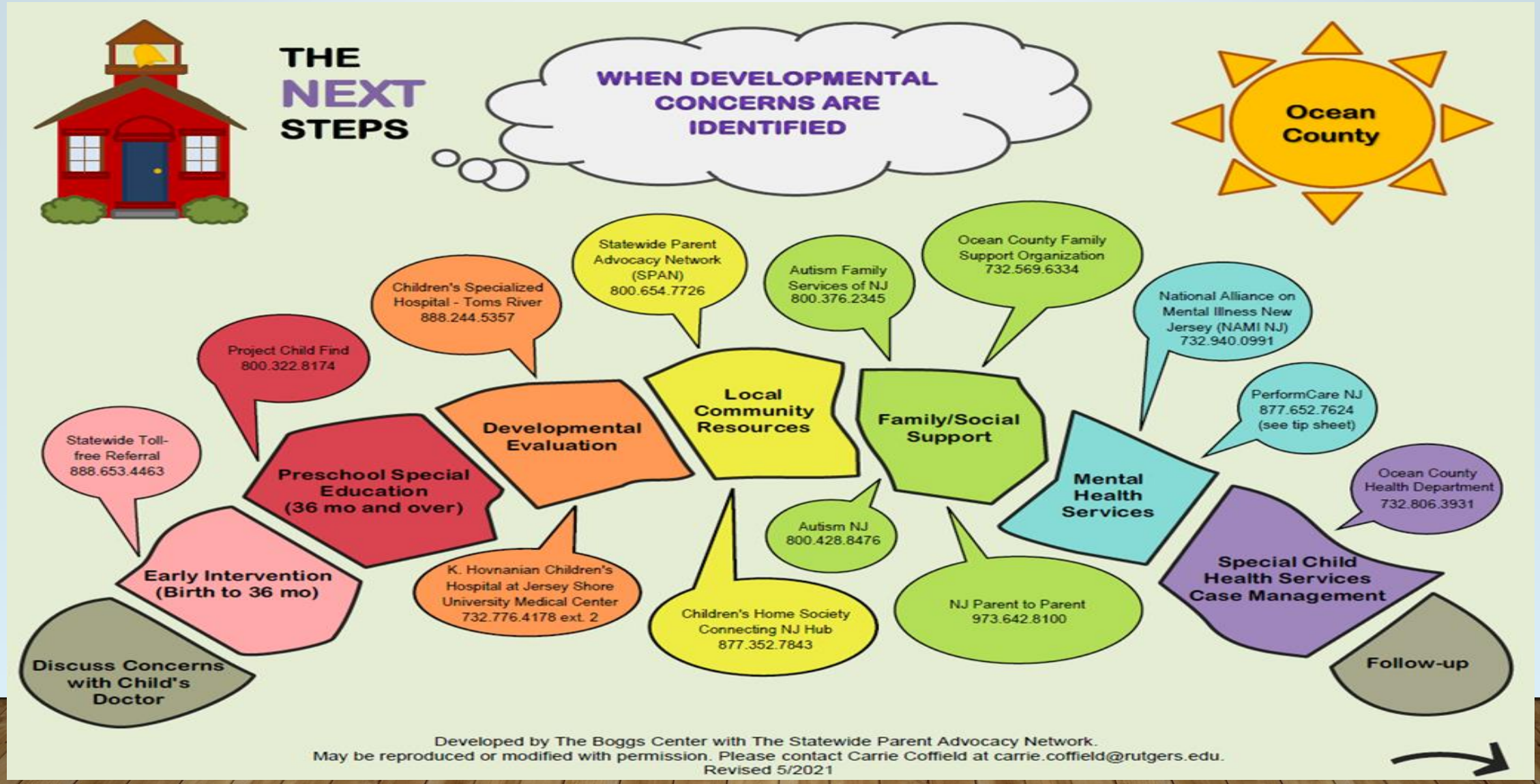
TIMELINE

- October 2022: NJ selected as one of the intensive (funded) states for the WIC Developmental Monitoring Project
- November 2022: Begin creating buy-in from WIC staff – email updates and staff completing the Introduction to Child Development and Resources from CDC's "Learn the Signs. Act Early." Program, WIC Staff Course Content
- December 2022: Staff training
  - Virtual presentation by Amber Brown with ASPHN
  - Early Intervention Manager in Ocean County, Kathryn Hohner, MSW
  - Stakeholder LRRC – Lakewood Resource and Referral Center
  - LTSAE FAQs
- February 2023: Training on LTSAE and the referral map
  - Act Early Ambassador - Deepa Srinivasavaradan, Director of Early Childhood Initiatives, SPAN Parent Advocacy Network
- March 2023: Initiated checklists with in-person appointments
  - 3 sites: Toms River, Lakewood and Manahawkin

INTEGRATING CHECKLISTS INTO STANDARD DELIVERY OF WIC SERVICES

- All in-person appointments who has a child 2 months or older who receive a checklist
  - All new households and new mom/baby households are scheduled in-person
- No additional time beyond what currently exists
  - Intake – Breastfeeding – Nutrition (bypassing the waiting room)
    - Important to not add any additional time to a WIC appointment
      - Nutrition staff already provide/document NE and referrals, therefore no additional processes
- Authorized rep reviewed the checklist while the CPA reviewed the WIC file
- Referrals made based on unmet milestone
  - Right to refuse or to wait
- Encouraged families to bring checklist to next well-visit appointment

REFERRAL MAP



DATA COLLECTION

- From 3/13/2023 – 7/13/2023
- 1891 paper checklists provided
- Main referrals sources:
  - EI - Early Intervention – 32
  - POAC – Parents of Autistic Children – 14
  - Project Child Find – 7

ACCOMPLISHMENTS OF THIS INTEGRATION

- WIC and the LTSAE Developmental Milestone monitoring is a natural fit
  - Age group, reinforcing development, referrals and ties into nutrition/feeding
- Well-received by WIC families
- Connected families to resources
- WIC staff learned more about childhood development and resources available

BEYOND THE PILOT

- CDC Developmental Milestones Link added to New Jersey WIC Shopper App
  - Averaging 9,500 clicks per month March through June 2023
- Continued to build on relationship with SPAN Parent Advocacy Program
  - Deepa Srinivasavaradan, IMH-E® Director of Early Childhood Initiatives

    Provided training and support and prior to pilot had presented as local agency trainings
- Established collaboration with State and Local Early Intervention Programs
  - Met with Department of Children and Family Services which oversees Early Intervention Statewide to discuss ways to provide mutual support

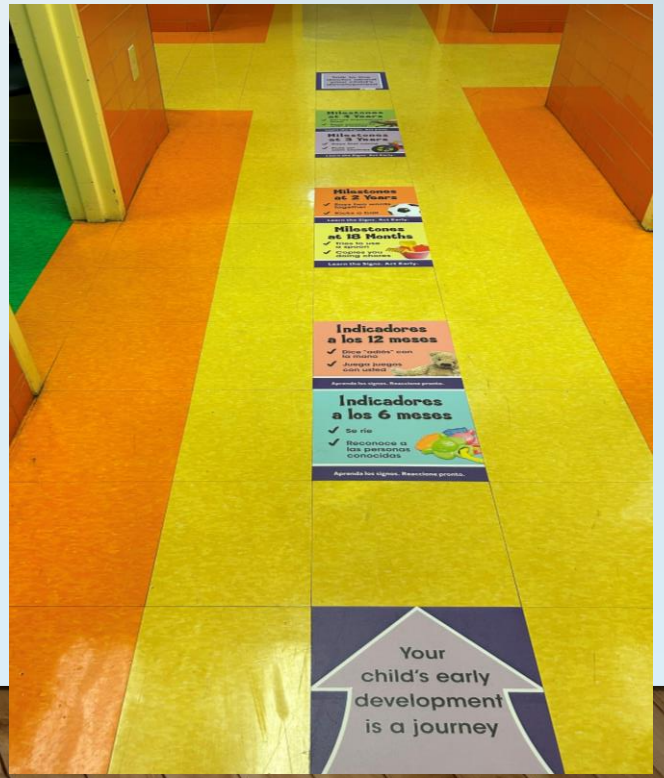
LESSONS LEARNED

- Staff buy-in is key and takes time
  - Bring in stakeholders to reinforce the positive integration
- Bolstering WIC services
  - Families carve time to be us – enhancing their experience with WIC allows for more hands to touch these families and provide services they may not know exists
- There is a lot of information provided to families during a WIC appointment
  - Information overload!

LOOKING AHEAD

- Integrating an automated system with WOW
  - Personalized checklists delivered to email addresses based on date of birth
  - Families have time to review
  - Not done at the WIC appointment
  - Milestones would be delivered based on date of birth, not on WIC appointment
  - Reduces paper checklist
- Share pilot experience with local agency staff to encourage other agencies to increase attention to Milestone Matters Checklist and appropriate referrals

THANK YOU FOR YOUR TIME!

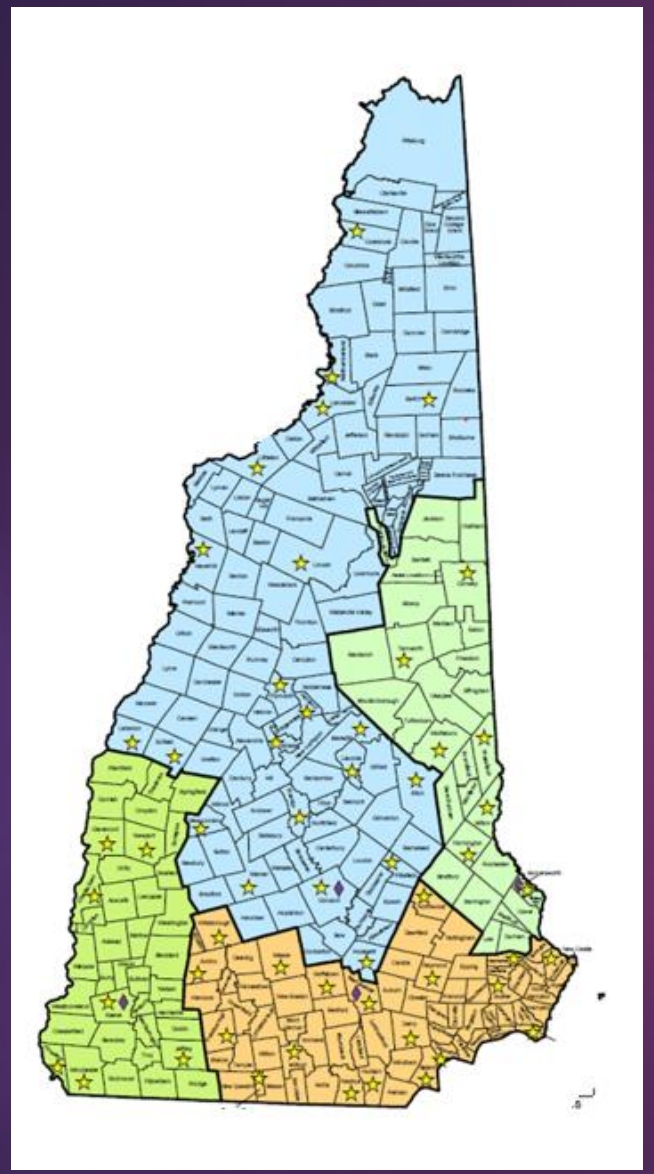


New Hampshire WIC

LEARN THE SIGNS ACT EARLY

Learn The Signs Act Early in New Hampshire WIC

- Technical assistance state since the project started and became a funded state in 2022
- Pilot Agency- Goodwin Community Health Center, training in January 2020, implementation February 2020
- March 2020--break from Learn the Signs Act Early due to COVID.
- Staff still continued efforts through 2020, but wasn't at the same capacity due to the pandemic.
- April 2020– we added the CDC Milestone App to our WICShopper App
- In March 2021, met with the team and the Local Agency to make a plan to "relaunch" LTSAE virtually at GCHC/pilot.
- We had a training for all agencies in New Hampshire in JUNE 2022 w/ a goal of statewide rollout in September; our pilot and 1 other agency were fully implementing.
- February 2023 relaunch and training provided; currently have 3 agencies fully implementing.



- COMMUNITY ACTION PROGRAM BELKNAP & MERRIMACK COUNTIES, INC. **(CAPBMI)**
- GOODWIN COMMUNITY HEALTH CENTER **(GCHC)*** **PILOT AGENCY**
- SOUTHERN NEW HAMPSHIRE SERVICES **(SNHS)**
- SOUTHWESTERN COMMUNITY SERVICES **(SCS)**

Data Collection & Documentation

Using StarLINC the following screens are used to document the LTSAE implementation:

- Nutrition Education Topic
- Nutrition Education Handout
- Referrals

These screens are updated at certification, mid-certifications and re-certification visits.

It is not an expectation that FUN appointments will have follow-up documentation—unless there is extenuating circumstances and you have designated the child as PDHR to do so.

Data Collection & Documentation-continued

- Nutrition Education **Topics**
  - LTSAE_Developmental Monitoring
  - LTSAE_Devleopmental Monitoring—online
  - *LTSAE Developmental Monitoring-Referral Follow-up*
  - *LTSAE_NoChecklistVisit*
  - LTSAE_Developmental Monitoring_SERVICES IN PLACE
- Nutrition Education **Handouts**
  - LTSAE_Checklist
  - LTSAE_Checklist_DECLINED
  - LTSAE_CHECKLIST_DECLINED_DONE_AT_DRs
  - LTSAE_Checklist_App
  - LTSAE_MilestoneMoments
  - LTSAE_MilestoneMatters-book

Data Collection & Documentation-continued

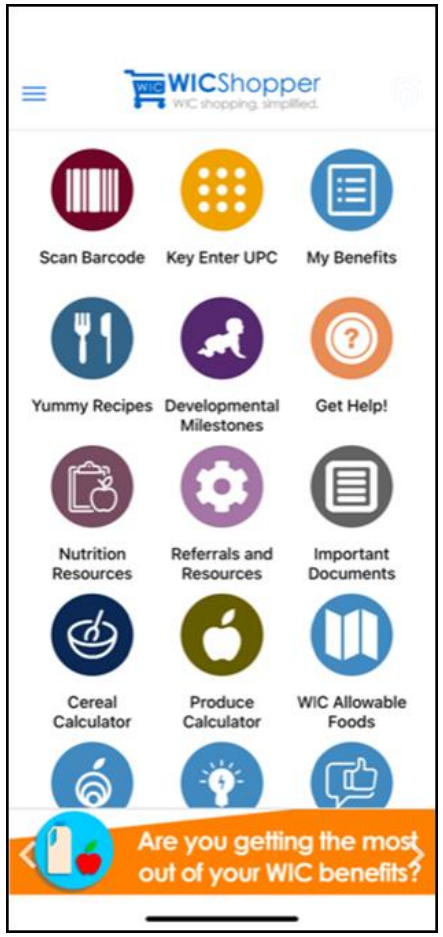
Referrals

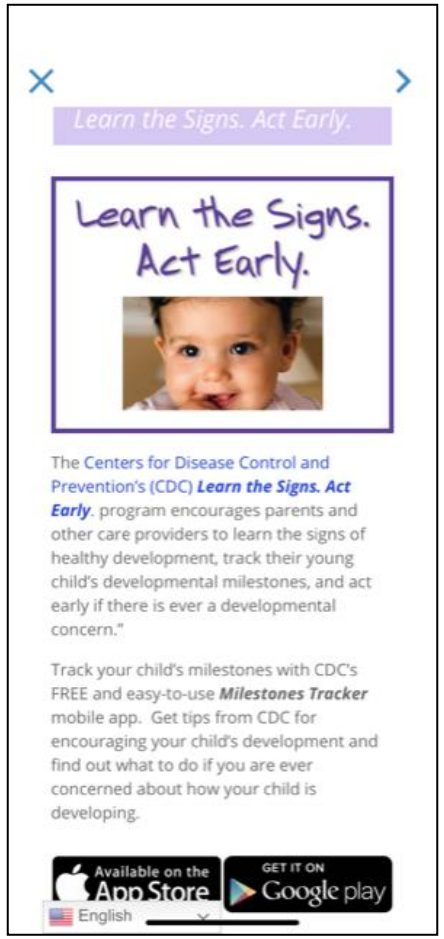
- LTSAE_HCP
- LTSAE_CommunityResources
- LTSAE_ReferralDECLINED
- LTSAE_App

September 2022-June 2023 year end results

TOPICS					HANDOUTS						REFERRALS			
NutitionEdTopicLTSAE_DevelopmentalMonitoring	NutitionEdTopicLTSAE_DevelopmentalMonitoring_Online	NutitionEdTopicLTSAE_DevelopmentalMonitoring_ReferralFollowUp	NutitionEdTopicLTSAE_NoChecklistVisit	NutitionEdTopicLTSAE_DevelopmentalSERVICESinPLACE	NutritionEdHandoutLTSAE_Checklist	NutritionEdHandoutLTSAE_ChecklistECLINED	NutritionEdHandoutLTSAE_ChecklistECLINED_Done_at_DRs	NutritionEdHandoutLTSAE_Checklist_App	NutritionEdHandoutLTSAE_MilestoneMoments	NutritionEdHandoutLTSAE_CDC_MilestonesMatter_Book	ReferralLTSAE_HCP	ReferralLTSAE_CommunityResources	ReferralLTSAE_REFERRAL_DECLINED	ReferralLTSAE_App
2199	752	14	380	604	558	55	598	939	150	53	457	537	17	1547
											Has=406	Has=399	Has=2	
											Referred=51	Referred=84	Referred=7	
												Applied=15	N/A=8	
												N/A=39		

Month	Total C/MC	LTSAE C/MC	Has services already	Referred to services	Referred to WICShopper App
SEPT_DEC 2022	3422C/3262MC (TOTAL 6,624 appts)	1,368/6,624 had documentation **(20.65%)**	174	49	438
JAN_MAR 2023	2469C/2496MC (TOTAL 4,965 appts)	1,160/4,965 had documentation **(23.36%)**	173	33	326
APR_JUN 2023	2492C/2578MC (TOTAL 5,070 appts)	1,810/5,070 had documentation **(30.50%)**	257	53	783
TOTAL STATE SEPT2022_JUNE2023	8,383C/8,336MC TOTAL 16,659 appts)	4,338/16,659 had documentation **(26.50%)**	**604**	**135**	**1547**





	# of hits CDC Milestone APP	TOTAL
March 2020--Dec 2020	8,676	8,676
Jan 2021—Dec 2021	8,710	8,710
Jan 2022—Dec 2022	8,132	8,132
Jan 2023	955	
Feb 2023	791	
Mar 2023	1,023	
Apr 2023	1,006	
May 2023	1,069	
Jun 2023	1,015	5,859
		(**31,377**)

LTSAE Materials

Your baby at 9 months*
Your baby at 6 months
Your baby at 2 months
What most babies do by this age:
Social/Emotional Milestones
Language/Communication Milestones
Cognitive Milestones (learning, thinking, problem-solving)
Movement/Physical Development Milestones
Other important things to share with the doctor...
You know your baby best.
Don't wait.
Acting early can make a real difference!

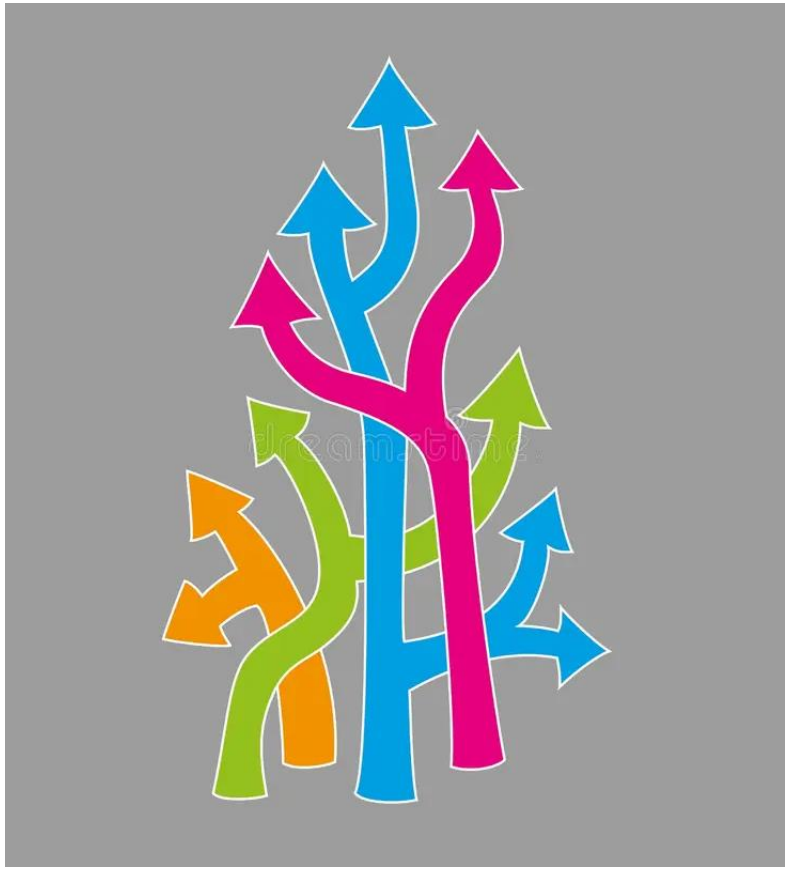
Your Child's Early Development is a Journey
WIC NEW HAMPSHIRE
Start Here
2 MONTHS
6 MONTHS
12 MONTHS
18 MONTHS
2 YEARS
30 MONTHS
3 YEARS
4 YEARS
5 YEARS

El desarrollo de su niño es un camino por descubrirv
WIC NEW HAMPSHIRE
Empieza Aquí
2 MESES
6 MESES
12 MESES
18 MESES
2 AÑOS
30 MESES
3 AÑOS
4 AÑOS
5 AÑOS

WATCH ME GROW
Milestones at 6 Months
✓ Knows familiar people
✓ Laughs
Learn the Signs. Act Early.
Milestones at 12 Months
✓ Waves "bye-bye"
✓ Plays games with you
Learn the Signs. Act Early.
Milestones at 18 Months
✓ Tries to use a spoon
✓ Copies you doing chores
Learn the Signs. Act Early.
Milestones at 2 Years
✓ Says two words together
✓ Kicks a ball
Learn the Signs. Act Early.
Milestones at 3 Years
✓ Says first name
✓ Puts on own clothes
Learn the Signs. Act Early.
Milestones at 4 Years
✓ Serves themselves food
✓ Says sentences with 4 words
Learn the Signs. Act Early.
Your child's early development is a journey

Staff reports a mom was excited to see her 7 month old baby surpassing the developmental milestones expected of a 6-month old. Mom was curious about her daughter meeting milestones expected of older babies so I provided her with the 9-month and 12-month LTSAE checklists. Mom was able to complete the 9-month checklist in its entirety and almost all of the 12-month checklist. It was clear how proud she was of her daughter for not only reaching but surpassing the developmental milestones expected of her age group.

Lesson Learned



- Be patient
- Be flexible
- Celebrate it all!!!

👏 👏 👏

Questions/Contact info

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Nutrition Services Manager

NH DHHS/DPHS/Bureau of Family Health-Nutrition Services Section-WIC

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Questions?

Next Training: August 23rd at 11 am ET: *Networking Call*

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