It Takes Two

7-22-24
By Tina McGoldrick, PT, C/NDT

Problem Identification

Significant decrease in interactions/conversational turns between caregivers and children since the pandemic

- Conversational turns went from 35-50 exchanges to 15-25 exchanges per hour
  - o Decrease in verbal scores for children age 1 (Deoni et al 2021)
  - o Greater conversational turns= greater verbal abilities (Romeo, 2018)
  - o Caregivers are often not aware of the value of vocal play and gestures

Proposed Solution

- PSA and questionnaire to parents on the importance of interaction/ verbal exchanges. Focus age 0-1

- General points focused on the value of a parent/caregiver responding to their infant/ young child

- Description of what that interaction could look like

- Questions about how often these back and forth interactions occur throughout the day as well as what they look like will be included

My Network

Internal planning Team

- Director of CTS
- UCONN team
- B23 Coordinator
- CTS team

External Partners

- Pediatrician office
- Family resource Centers
- WIC
- Community Health
- Mall
- Medical Home
- Hospitals/birthing Centers/OB offices

Communication

- Determine what information needs to be shared
  - Benefits of serve and return/ responsiveness/interaction
  - Stats on parent/child responsiveness since pandemic
- How to share the information
  - Questionnaire
  - PSA

UCONN
CENTER FOR EXCELLENCE
IN DEVELOPMENTAL
DISABILITIES

Political Environment

- Decision Making
  - ICC
  - Office of Early Childhood
  - Pediatrician offices

- Competing priorities/Funding
  - Other priorities include resources, advocacy, family support
  - Funding needed for materials

Data

Data element

o Questionnaire in pediatrician offices for babies 0-1

- o Begin questionnaire and information sharing
- o Caregivers answer the questions at 3 months, 6 months and 12 months at the well visit during that first year
- o Calculate responses adding up points appointed to each response (which caregivers are not aware of)
- o Goal is for the points/score to increase each visit
- o PICCOLO

Information Sharing/PSA

Did you know…

Responding to your child can make them smarter!

- When an infant or young child babbles, gestures, or cries, and an adult responds appropriately with eye contact, words, or a hug, neural connections (in the brain) are built (developingchild.Harvard.edu)

- Children who engaged in at least 40 conversational turns per hour had higher IQ scores than those children that engaged in 10 turns per hour (LENA, 2021) therefore more interactions = smarter kids

- Conversational turns are more brain building than adult words alone

UCONN
CENTER FOR EXCELLENCE
IN DEVELOPMENTAL
DISABILITIES

UCONNUCEDD.ORG

Information Sharing/PSA (cont.)

- The more screen time, the less social interactions
- For every 30-minute increase of screen time per day there is a 2.3times greater risk of language delay (van den Hewel, 2019)
- The brain forms faster in the first 3 years than at any other time in our lives
- American Academy of Pediatrics recommends NO screens from 0-18 months unless talking with family

Sample Questionaire

How many back and forth interactions/conversational turns do you have with your child each hour? A. 10 B. 20 C. 30 D. 40

During what routines are you interacting with/ responding to your child using conversational turns?

❑ Diaper changing

❑ Mealtime

❑ Dressing

❑ Bedtime

UCONN

CENTER FOR EXCELLENCE
IN DEVELOPMENTAL
DISABILITIES

Sample Questionaire (cont.)

How much time does your child spend on screens per day?

❑ 30 min

❑ 1 hour

❑ 2+ hours

How much time do you as a caregiver spend on screens per day ? (not including work or when child sleeping)

❑ 1-2 hour

❑ 2-3 hours

❑ 4+ hours

Conclusion

- Back and forth interactions are critical for a child's overall development in the first year of life.

- Education is needed to help families understand the value of increased back and forth vocalizing/ talking with their child

- Added benefits of responsiveness include attachment between caregiver and child, security and confidence, increased attention and problem solving

- Why this matters to me as a physical therapist