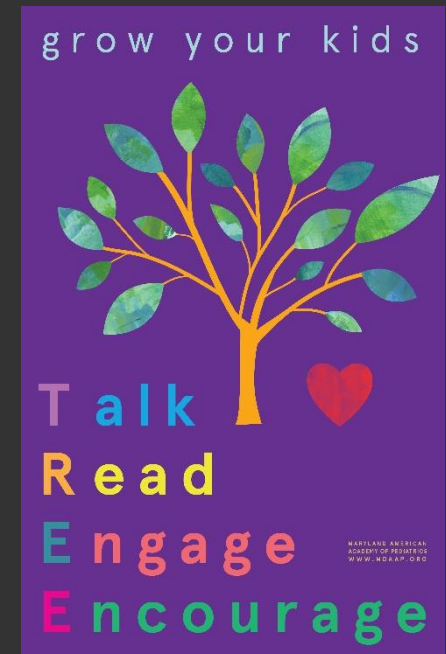


# TREEHOUSE PROGRAM

Supporting Early Childhood  
Development Using Telehealth During  
Covid-19  
And Beyond...

BHIPP TELECONFERENCE OCTOBER 2020



grow your  
kids:

# TREEHOUSE

(TELEHEALTH)

*Climb On Up and  
Become Your Beyond!!!*

Maryland Chapter  
American Academy  
of Pediatrics

Ken Tellerman M.D.  
Anna Maria Wilms-Floet M.D.

Emotional Health Committee

QR code to access TREE  
website:



grow your  
kids:




# TREE PROGRAM

Grant Funding:

- Abell Foundation
- AAP Healthy People 2020
- AAP Section on  
Developmental Behavioral  
Pediatrics
- JHH Children's Center  
Innovation Grant
- JHH School of Public  
Health Urban Health  
Institute
- NICHQ Pediatrics  
Supporting Parents

# Coaching vs Counseling

*Interactive* process that promotes positive parent child interactions by:

- facilitating parental *self-reflection* on the importance of developmental stimulation through open ended questions and *determine the stage* their children are developmentally
  - providing a platform for parents to *learn and try out new skills* with feedback from the clinician
  - transitioning to *participatory guidance* in place of the more traditional *anticipatory guidance*
  - allowing pediatric practitioners to provide *positive feedback* to parents and perform *developmental surveillance*
- 

TREEHOUSE  
PROGRAM

# TREE



What questions do you have about your child's development?

Can you recall one of *your* favorite early childhood memories?



# Basic TREE Concepts



TALK: Bathe your baby in language



READ: Read together regularly and enthusiastically



ENGAGE: Have fun together / Make your baby feel safe and loved



ENCOURAGE: Be your baby's cheerleader

## Basic TREE Concepts

- Talking and reading to your young child promote language development and school readiness
- Playing and having fun together builds your child's ability to deal with stressful events







# TREE

“What kinds of *fun* things do you enjoy doing with your child?”





TREE



TALK

“Bathe your  
baby in  
language”

# CHILD DEVELOPMENT PROCESS

## Communication:

Young infants *vocalize* by cooing and babbling



Older infants use *gestures* like “hi”, “bye”, “pick me up”, point and sign



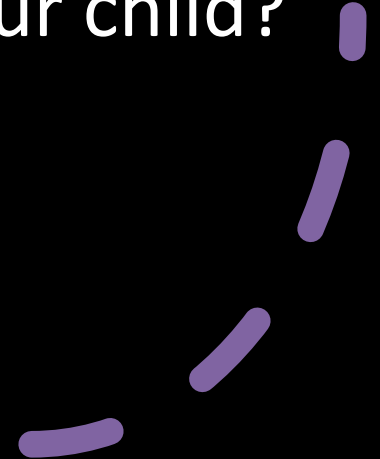
Young toddlers *verbalize* and begin to understand simple directions and say a few words like “mama” and “dada”



(Where does your child fit in?)

TREE

What are some good ways  
that you can talk and  
communicate with your child?

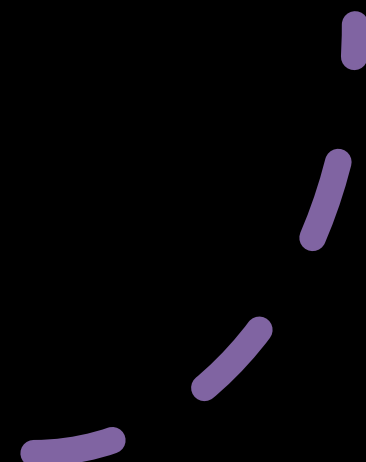




TREE

## TALK

Use everyday experiences for talking while cooking, eating, cleaning, shopping, driving, diaper changes and bathing



# TREE

## TALK

Speak in “parentese” (high pitch sounds to engage young infants using vowel (ooh and ah) and consonant sounds (baba, gaga)

Try it out *now if age appropriate*

Your thoughts? How did it feel?

What is next?



# TREE TALK

Use gestures like “hi”,  
“bye”, “pick me up”, point  
and sign for older infants

Try it out *now if age appropriate*

Your thoughts? How did it feel?

What is next?





TREE

## TALK

Comment like a sports announcer: “this truck is red and now you are moving it back and forth” starting with infants

Try it out *now*

Your thoughts? How did it feel?

What is next?



# TREE

## TALK

Name people and objects for your baby (*infants and toddlers*)



“Show me” games... (*young toddlers*)



“Tell me” games... (*older toddlers*)



Ask your child questions (*older toddlers*)

TREE



READ

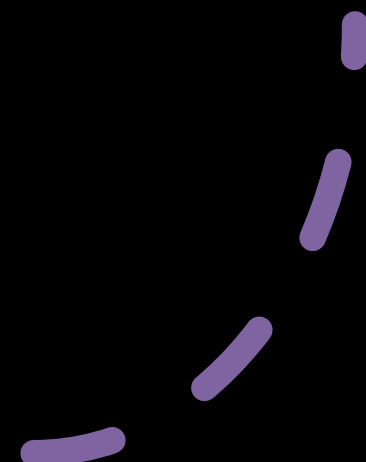


Read together  
regularly and  
enthusiastically!!!



TREE

What are some good ways to read with your child?



# TREE

## READ

- Read in an *excited* manner
- Let babies handle books and turn pages – they may want to put the book in their mouth or read the same book over and over



# TREE

## READ

Name people and objects for your baby and describe what is going on

“Show me” games... (young toddlers)

“Tell me” games... (older toddlers)

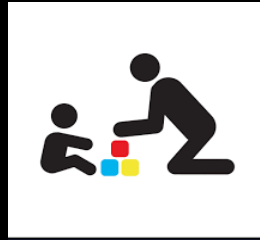
Ask your child questions (older toddlers)

Try it out *now*

Your thoughts? How did it feel?

What is next?

TREE



ENGAGE



Have fun  
together!



Make your baby  
feel safe and loved!

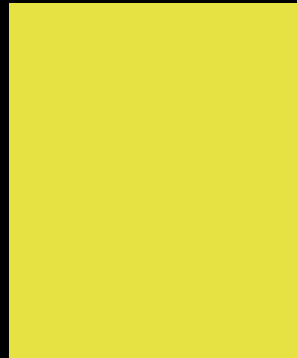


# TREE



“What kinds of new fun things would you like to do with your child in the next few months?” (How will your child change?)

# CHILD DEVELOPMENT PROCESS



## Motor: Head to Toe

Head, neck and arms:  
reaching

Trunk: rolling, sitting,  
crawling

Legs: pulling to stand,  
walking, running

(Where does your child fit in?)

What is next?





TREE



## ENGAGE

Motor: Things To Do

Tummy time

Get babies to grab, roll, crawl or cruise or walk towards something interesting out of reach, play “chase me” games

# CHILD DEVELOPMENT PROCESS



## Play and Learning

Does “*with*” objects (young infants)  
(mouthing objects)



Does “*to*” objects (older infants)  
(*experimenting* with objects)



Objects have *function* (young toddlers)



*Imaginary* play (older toddlers)

(Where does your child fit in?)



# TREE

When playing, let  
your child take the  
lead



TREE

## ENGAGE

### Play and Learning: Things To Do

- For young infants, use safe objects that they can put in their mouth like pacifiers and rattles



- Older infants like to examine, handle, drop, roll, and bang household objects ( balls, large blocks, cups, pots, spoons etc.)



TREE

## ENGAGE

Play and Learning: Things To Do

- For young toddlers, objects have function -play with blocks, stacking rings, legos, and puzzles, pop up toys (*cause and effect*)



- Older toddlers use their imagination- play with stuffed animals, toy figures, dolls, puppets, cars, and dress ups

Try playing with your child now- think about which stage your child is in

Your thoughts? How did it feel?

What is next?

TREE

ENGAGE

*Don't forget to sing  
and dance!!!*

(Do you have a favorite song that you like to sing with your baby? Can you sing it together now?)



# CHILD DEVELOPMENT PROCESS



Watch for these Social Emotional Milestones  
(Attachment/ Separation/ Autonomy)

Social smile (young infants)



Stranger Anxiety (older infants)



Separation Anxiety (young toddlers) *play peek a boo games*

Joint attention/ joyful play/ exploring the environment



Autonomy (“terrible twos” in older toddlers)

(Where does your child fit in?)  
What is next?

TREE



ENCOURAGE

You can do it!

Yeah!

You did it!

Be your baby's  
cheerleader!!!







TREE

What did you find  
helpful from our  
session?

Can you say at least  
one thing you learned  
today?



TREE

On a 1-10 scale with 1 being not likely and 10 being very likely, how likely are you to try out something new that you learned today?

What would hold you back?

Any other questions?

# Billing

**ICD codes:** use both Z13.40 (screening for developmental delay nonspecific) and Z13.42 (screening for global developmental delay)

**CPT codes:** 99401 (preventative medical counseling 15 minutes) or 99402 (preventative medical counseling 30 minutes) / with Medicaid use **CPT codes** 99213 (15 minutes) or 99214 (25 minutes)

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