



Special Kids, Special Care

Beginning Rhythms and Keys to Caregiving Programs

Program Proposal Overview

The ***Beginning Rhythms and Keys to Caregiving Programs*** cover the foundation of early childhood development for typically developing infants and young children birth to three. The first program is intended for those who care for healthy term infants and their families while the second program addresses the unique needs of premature and medically complex infants and their families. Using a strength-based approach, we emphasize the importance of the parent-child relationships, supporting early childhood regulation, and early brain and social-emotional development.

Content includes:

- The concept of self-regulation and how it frames how we accommodate to life circumstances.
- The impact of self-regulation, especially during pregnancy and during the early months of life.
- The importance of recognizing and understanding infant behavioral communication, sleep/wake states, supporting infant and child state transitions, and strategies to manage infant fussiness and crying.
- The importance of consistent and predictable daily routines on the parent-child relationship and subsequently on a child's development.

Case studies and discussion highlight strategies that support the critical foundations of successful early infant feeding, development of infant sleep/wake cycles and regulation, and management of infant fussiness.

The programs are intended for nurses, early interventionist, early childhood educators, childcare providers, doulas, social workers, dietitians, primary care providers, lactation consultants and others who care for newborns and young children in the home, hospital, clinic or childcare setting.

WHAT PARTICIPANTS SAY ABOUT THE PROGRAM

- ✓ "I immediately used the information I gained in two different baby evaluations."
- ✓ "I was able to use the information with parents struggling to understand their baby's cues. "
- ✓ "I can see how I can use the Sleep Activity Record not just for sleep but for a lot of other issues parent have."
- ✓ "The course gave me great ideas to help moms understand their baby's communication."
- ✓ "This course has been helpful more than once this week in identifying sleeps issues with 2 of my clients."
- ✓ "I appreciated the information about observing a feeding. I now have a systematic strategy to use. "

SUPPORTING THE PARENT-CHILD RELATIONSHIP: ESTABLISHING EARLY FEEDING AND SLEEP ROUTINES

Supporting the Parent-Child Relationship of the Breastfeeding Dyad addresses the needs of new parents and families who are breastfeeding their baby, especially parents of late preterm and near-term infants.

While appearing healthy and thriving their immaturity presents unique challenges for their parents. This program is especially developed for nurses in the Nurse-Family Partnership Program, lactation consultants and home visitation programs. Participants will receive a “Certificate of Professional Development Education” for 13.0 clock hours and CERP’s will be requested.

SUPPORTING PREMATURE AND MEDICALLY COMPLEX INFANTS AND THEIR FAMILIES

Supporting Premature and Medially Complex Infants and Their Families has been developed for the unique needs of healthcare, education, home visitors and early intervention professionals working with infants and young children who were born prematurely, with medically complex conditions, or developmental concerns as well as those with increased social-emotional needs. The support of positive parent-child relationships is critical in offering developmental guidance of all children, especially infant and young children who are vulnerable due to health, developmental, and environmental concerns. Participants will receive a “Certificate of Professional Development Education” for 13.0 clock hours after the training.

PROGRAM HOURS

The Beginning Rhythms and Keys to Caregiving Programs are both scheduled for two days, generally from 8:30 am to 4:30 pm with an hour for lunch and a 15-minute break in the morning and 15-minute break in the afternoon. Programs scheduled locally may be scheduled one week apart; however, the schedule is generally two consecutive days.

PROGRAM COST

Agency or Groups:

These programs can be provided to an agency or organization for 30 of their staff or community members for a flat rate of \$3,500.00 if the agency can provide the space and coffee breaks. We will cover the cost of the faculty and AV equipment (if needed). Any travel expenses for mileage, lodging and per diem costs for two faculty will be extra depending on location and scheduling (i.e. if an overnight stay is required).

Individual Programs:

An agency can host one of the programs for the community and include their staff for a minimum of 18 participants for the registration fee of \$195.00 per person. We ask that the host agency provide the space and coffee breaks.

Recommended Materials

The Beginning Rhythms Manual and Keys to Caregiving Study Guide are an additional cost (see below). We recommend a minimum of one set for every two staff members.

Approximate cost of the Manual and Study Guide:

Beginning Rhythms Manual (www.ncast.org)	\$ 40.00
Keys to Caregiving Study Guide (www.ncast.org)	<u>\$ 22.00 plus S& H of \$12.00</u>
*Both may be ordered at the time of registration	\$74.00

CANCELLATION POLICY

Special Kids, Special Care will provide a full refund up until two weeks before the first class. Registration may be transferred to another person by sending a written notice with the name of the participant who will be attending. Within two weeks of the class, SKSC will provide a 50% refund including any materials ordered or offer a written credit for another Special Kids, Special Care education program within the next year. If there are an inadequate number of registrations two weeks before the class, the class will be canceled and all registration fees refunded.

FACULTY

Barbara Deloian, PhD, RN, CPNP, IBCLC

Dr. Deloian is a pediatric nurse practitioner with over 35 years experience working with families of infants and young children and has over 20 years experience as a certified NCAST (Nursing Child Assessment Satellite Training) Instructor. She has used her knowledge and skills from these programs clinically in pediatric cardiology, high-risk preemie follow-up, pediatric feeding clinic, ENRICH early intervention, and her lactation consultation practice. As a certified NCAST Instructor, she participated in research in an NIH Infant Growth Study and the Infant Irritability Study for Fussy Babies. She also completed Partners in Parenting Education (PIPE) certification. Barbara received her master's from UCLA and her PhD from the University of Colorado Health Sciences Center with her dissertation focusing on transitioning premature infants and their families' home from the NICU. She also completed a post-graduate fellowship in Neuro-developmental Behavioral Leadership.

Sarah McNamee, LCSW, MBA, IMH-E (Mentor)

Sarah is a Licensed Clinical Social Worker with over ten years of experience working with young children and their families in school, office and home-based services. She specializes in working with children ages birth to 3 and their families and feels especially connected to working with families with infants and young children with special health care needs, babies and families transitioning home from the NICU, children with highly sensitive temperaments, and families who have experienced trauma. Sarah also provides clinical and reflective supervision/consultation to a diverse group of working professionals. Sarah holds a Masters of Social Work and a Masters of Business Administration, as well as postgraduate training in couples and family therapy. She is endorsed as an Infant Mental Health Mentor, is a Certified Infant Massage Instructor through the International Loving Touch Foundation and is certified in the NCAST Feeding Scales. She is the past Secretary of the Colorado Association for Infant Mental Health and is a Board Member of Special Kids, Special Care.

Chris Russell, BSN, Certified NCAST and PIPE Instructor

Chris is a certified NCAST Instructor and has taught the NCAST Programs through the Colorado Nurse-Family Partnership Program (NFP) as well as internationally for over 25 years. She graduated from the State University of New York, Binghamton with a Bachelor's of Science in Nursing. She was also a certified PIPE Instructor and she has used information from both programs in her role as a public health nurse with Tri-County NFP. She also has worked in collaboration with Developmental Pathways as a public health nurse consultant.

Paulina Erices, BS, IBCLC, RLC

Paulina Erices is a bilingual Registered Lactation Consultant (IBCLC) in private practice and a Maternal Child Health Specialist for the Jefferson County Health Department in Colorado. She holds a BS in Psychology from Pennsylvania State University and is currently completing her MS in Organizational Leadership from the University of Denver. She is a member of several workgroups with the goal to improve child health and well-being, including the Early Childhood Colorado Partnership, the Early Childhood Mental Health Policy Council, the NICU Consortium and the Community Leaders in Health Equity.