

# From Baby to Preschooler: Health Resources for Children

4/16/14

**From Baby to Preschooler:  
Early Childhood Health Resources**



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NN/LM Pacific Southwest Region

An Infopeople Webinar Presented April 16, 2014

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## Objectives

Participants will be able to:

- Understand the topics that concern parents of young children
- Match users with appropriate, high quality resources, based on needs and circumstances
- Envision engaging programs for kids, parents and caregivers



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## Agenda



- Your community snapshot
- Types of information needs
  - Health topics
  - Special circumstances or populations
- Resources
- Program Ideas
- Final thoughts and take-aways

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# From Baby to Preschooler: Health Resources for Children

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## Your Community Snapshot



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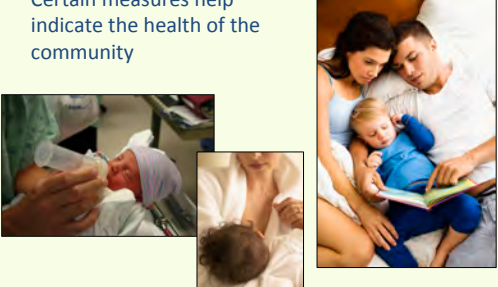
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## Health Indicators

Certain measures help indicate the health of the community



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## California Demographic Profiles

<http://www.library.ca.gov/lds/demographicprofiles/>



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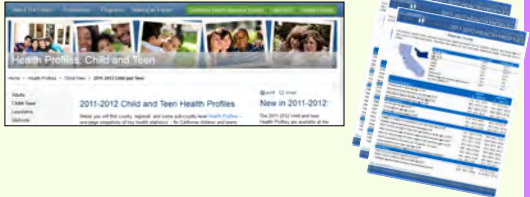
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## UCLA Health Profiles

**2011-2012 Child and Teen Health Profiles**  
One page snapshots of key health statistics for California children  
Created from the California Health Interview Survey (CHIS)  
[http://healthpolicy.ucla.edu/health-profiles/Child\\_Teen/Pages/2011-2012-Child-and-Teen.aspx](http://healthpolicy.ucla.edu/health-profiles/Child_Teen/Pages/2011-2012-Child-and-Teen.aspx)



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## Community Health Needs Assessments

- Non-profit hospitals required to provide reports
- Wealth of information
- Community demographics
- Identify health issues not readily apparent
- Findings lead to change



Try this with your county name:



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## The Parent Perspective

Babies and toddlers don't come with an owner's manual

What information will parents need?

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## Types of Information Needs

- Basic Care (breastfeeding, nutrition, sleeping)
- Child development and behavior
- Childhood illnesses
- Prevention (injuries, illness, vaccinations)
- Choosing childcare
- Special populations



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## The Kid Perspective



Are there materials for young kids related to health?

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## Know Your Own Collection

- The library's collection – knowing what you have and knowing when to use it
- Subscription databases
- Circulating materials
- Print reference
- Multimedia



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## What Works in Your Library?

- Parenting Collection?
  - books or media focusing on healthy development, concerns, and topics of interest
  - picture books with health theme to share with young kids
- Playaways or other media?
  - A few Playaway titles for Age 3-5: Happy Healthy Monsters and More; Healthy Elmo, Justin Time: New Friends, New Foods; Sid the Science Kid: Health and the Body

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## Recommended Online Resources

A handful of good online resources will save you time and provide the information the user needs to provide the best care for their kids.



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## MedlinePlus



<http://medlineplus.gov>

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The screenshot shows the CDC Parents website. At the top, it says "Centers for Disease Control and Prevention". Below that is a navigation menu with "MENU" and "CDC A-Z" buttons. The main heading is "Parent Information". There are three main sections: "Infants and Toddlers (Ages 0-3)", "Children (Ages 4-11)", and "Teens (Ages 12-19)". Each section has a brief description and a "Learn more" link. At the bottom, there is a URL: <http://www.cdc.gov/parents/>

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The screenshot shows the CDC Vaccines website. The main heading is "About Vaccines". Below that is a sub-heading "For Parents: Vaccines for Your Children". There are several sections: "Give your baby the safe, proven protection of vaccines", "Inspector General's Report on Vaccines for Children", "Who & When (Immunization Schedules)", "International Travel", and "Protect your Child at Every Age". The "Protect your Child at Every Age" section has a table with columns for "Overview", "Birth", "1 to 2 months", "4 months", "6 months", "7 to 11 months", "12 to 23 months", "2 to 3 years", "4 to 6 years", "7 to 10 years", "11 to 12 years", and "12 to 18 years". At the bottom, there is a URL: <http://www.cdc.gov/vaccines/parents/>

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The screenshot shows a CDC poster titled "Protect Babies from Whooping Cough". The poster features a cartoon illustration of a doctor and a baby. It includes text such as "Great Free Stuff!", "CDC and other .gov sites offer posters, brochures, and other materials", "Perfect for library displays, handouts, and programs!", and "Try these Google searches: - posters flu cdc.gov - bulletin board nutrition usda.gov". At the bottom, there is a URL: [www.cdc.gov/whoopingcough](http://www.cdc.gov/whoopingcough)

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## KidsHealth for Parents



<http://kidshealth.org/parent/>

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## Zero to Three



<http://www.zerotothree.org/child-development/>

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## First Five California



<http://www.first5california.com/>

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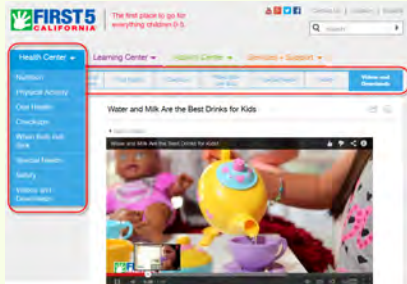
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## First Five Videos



Water and Milk Are the Best Drinks for Kids

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## HealthyChildren.org



<http://healthychildren.org>

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## Kids Eat Right



<http://www.eatright.org/kids/>

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## Choose My Plate



<http://choosemyplate.gov/preschoolers.html>

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## Mommy Blogs: The New Reference?

- Blogs and social sites
  - Sense of community
  - Common concerns and topics
  - Social support
  - Non-authoritative
  - Heavily supported by targeted advertising
  - Not-for-everyone topics



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## Mobile Apps and Sites

Some are excellent, some are not ready for prime time  
Evaluate like a website (plus some)



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## Special Circumstances: Traumatic Experiences

In the news:

- Recent school violence
- Shooting at Fort Hood
- Landslide



Personal experiences:

- Earthquakes, tornadoes
- Other traumatic events

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## National Child Traumatic Stress Network (NCTSN)



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

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## Natural Disasters Trinka and Sam: The Day the Earth Shook



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## Resources for Schools



<http://www.nctsn.org/resources/audiences/school-personnel>

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## Handling Hot Button Issues



- Affordable Care Act
- Childhood vaccines
- Latest advice on child raising
- HPV vaccination

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## Finding Local Services

Do you maintain a list of local service providers at the reference desk? If so, post in chat!

- Common request, but difficult to answer
- Library's role is to provide information, but not to recommend a provider or service
- Time-consuming to create and maintain
- What are some solutions?



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## Healthy Programming Ideas

- Storytimes are a perfect fit
- Invite a dietician to demonstrate kid-friendly healthy snacks
- Look at community health issues, then bring in a health professional to speak
- Get ideas from titles and build on a theme



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## Scrub Club



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

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## Early Learning with Families



<http://pinterest.com/ELF2Libraries>

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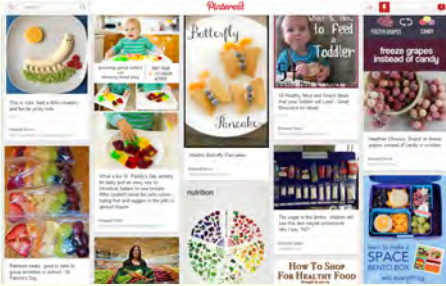
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## ELF2Libraries Nutrition Board



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## Health Reference in Brief

- ✓ Provide quality information, not advice
- ✓ Offer factual, vetted information, not personal experience or perspective
- ✓ Avoid judgment
- ✓ Respect the patron's point of view
- ✓ Provide current, authoritative, unbiased resources
- ✓ Help patron evaluate resources
- ✓ Be wary of health sites that lead users to targeted advertising

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## MedlinePlus: One Stop Shop

- MedlinePlus points to the best resources
- Results are manageable
- In English and Spanish; some materials in over 45 other languages
- Results are vetted for quality
- Powerful search tools
- Try out some sample searches!



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## Over 20 Health Child Health Topic Pages; Thousands of Articles

- [Baby Health Checkup](#)
- [Infant and Newborn Care](#)
- [Infant and Newborn Development](#)
- [Infant and Newborn Nutrition](#)
- [Medicines and Children](#)
- [Common Infant and Newborn Problems](#)
- [Premature Babies](#)
- [Rh Incompatibility](#)
- [Sudden Infant Death Syndrome](#)
- [Uncommon Infant and Newborn Problems](#)
- [Child Behavior Disorders](#)
- [Child Care](#)
- [Child Dental Health](#)
- [Child Development](#)
- [Child Mental Health](#)
- [Child Nutrition](#)
- [Child Safety](#)
- [Asthma in Children](#)
- [Childhood Brain Tumors](#)
- [Cancer in Children](#)
- [Childhood Immunization](#)
- [Childhood Leukemia](#)
- [Obesity in Children](#)
- [Diabetes in Children and Teens](#)

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## Take-away Points



- 1) Provide information users can trust to make good decisions
- 2) MedlinePlus saves time for busy library staff and users
- 3) Your users are listening – use teachable moments
- 4) Healthy babies and healthy kids equals a healthy community!

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# Thank You!

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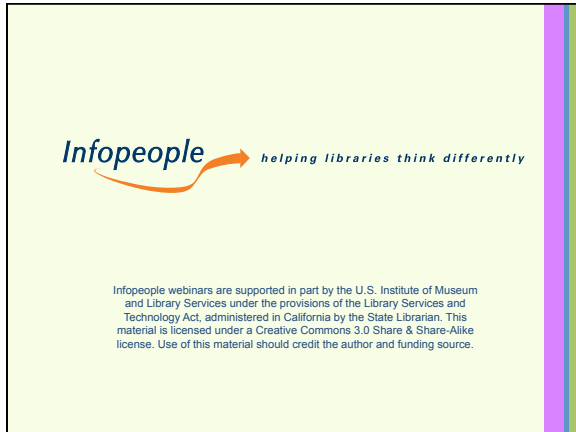
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