

## **Healthy Growth and Development Screening and Assessment Resources for Healthcare Providers**

This summary of evidence-based resources can be used by health care and social service providers of infants and children to identify and adopt applicable screening, assessment, and counselling resources on healthy growth and development. The resources listed identify a target audience and type of resource followed by a description.

**Title:** [We're in the Family Forum](#)

**Target:** Health care Provider/Social Service Providers

**Resource Type:** Healthy Growth and Development Education Sessions

**Cost:** Free

**Description:** The We're All in the Family Forum is provided by the Haliburton Kawartha Pine Ridge District health unit twice a year focusing on priority health topics for family health. This session provides an overview of healthy growth and development screens, assessment, and interventions offered in Northumberland County, the City of Kawartha Lakes, and Haliburton County. Providers can review the recorded session on healthy growth and development and attend future meetings.

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**Title:** [Promoting Early Literacy - CPS](#)

**Target:** Health Care Providers

**Resource Type:** Healthy Growth and Development Clinical Guide

**Cost:** Free

**Description:** This educational tool provides tips and strategies on how to speak with care providers about their child's literacy. It emphasizes the importance of literacy starting from an early age and being lifelong. This guide offers conversations starters to support communication between health care providers and parents/care providers. It is advertised as a guide for clinicians; however, it can be used by all health care providers.



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**Title:** [ASQ-3 - Ages and Stages](#)

**Target:** Health care Providers/Parents/Care Providers

**Resource Type:** Healthy Growth and Development Assessment Tool

**Cost:** Yes

**Description:** This developmental assessment tool can be used to assess development and milestones for children ages 1 month to 5.5 years. Developmental areas covered include communication, gross motor, fine motor, problem solving, and personal-social. Parents can complete a questionnaire at home or with a care provider. A care provider scores the assessment, makes recommendations and completes or refers for further assessment. ASQ is available in multiple languages.

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**Title:** [LookSee](#)

**Target:** Health Care Provider/Social Service provider/Parents

**Resource Type:** Healthy Growth and Development Screening Tool

**Cost:** Yes\* (18-month Screening Tool is Free)

**Description:** LookSee is a developmental screening tool for children aged 1 month to 6 years. The tool includes a "yes or no" checklist to complete. LookSee is integrated into Ontario's 18 month enhanced well baby visits. The tool can be completed by parents/care providers independently and it offers tips and activities to support childhood development. For pricing, please connect with LookSee.

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**Title:** [Rourke Baby Record](#)

**Target:** Health Care Providers/Parents

**Resource Type:** Healthy Growth and Development Charting Tool/Parent Information

**Cost:** Free

**Description:** This record provides a template for charting well child visits for children up to 5 years of age. The Rourke Baby Record includes development, immunization, physical exam, and screening charts. It also offers a large list of resources for parents/care providers on many health topics. The baby record can be integrated into electronic medical records, is free, and is printable.

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**Title:** [Bayley Scales of Infant and Toddler](#)

**Target:** Health Care Providers/Parents

**Resource Type:** Healthy Growth and Development Assessment Tool

**Cost:** Yes



**Description:** The Bayley Scale of Infant and Toddler offers a comprehensive scale tool to identify developmental issues during childhood. The tool scores testing and offers play-based activities and training materials. The tool is focused on infants and children aged 0-42 months (about 3 and a half years). This tool requires involvement from families and is led by a health care provider.

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**Title:** [Best Start ACEs Development](#)

**Target:** Health care Providers/Social Service Providers

**Resource Type:** Healthy Growth and Development Education

**Cost:** Free

**Description:** This webinar presents findings of how Adverse Childhood Experiences (ACES) can increase the risk of substance abuse disorders later in life and discusses the negative impact ACES can have on the developing brain, and the resilience a brain can have. Providers can watch the webinar, and it can be shared with applicable families.

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**Title:** [Relationships matter: How clinicians can support positive parenting in the early years](#)

**Target:** Health care Providers

**Resource Type:** Healthy Growth and Development Counselling Guide

**Cost:** Free

**Description:** This guide supports health care providers connecting with their patients (specifically families) using the ABCDE method: Ask questions, build on strengths, Counsel using family-centred guidance, develop plans & educate on positive parenting strategies. This guide focuses on 0-6 years child development. The guide is a supportive tool that outlines the health care provider's role in working with families on child development. The guide offers tips and evidence-informed decision making to support positive development with an Adverse Childhood Experiences lens.

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**Title:** [The Brain Story](#)

**Target:** Parents/Caregivers/Health care Providers/Social Service Providers

**Resource Type:** Healthy Growth and Development Education

**Cost:** Free



**Description:** The Brain Story is an in-depth course to learn about the science behind brain development. This education helps families and professionals to understand how experiences early on can affect health in the long term.

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**Title:** [Play and Learn](#)

**Target:** Parents/Care Providers

**Resource Type:** Healthy Growth and Development Family Activity

**Cost:** Free

**Description:** The website provides activities parents/care providers can use to support their child's healthy growth and development. Categories of activities include thinking and learning, social & emotional, movement, and language. Activities are specific for a "toddler" age group and are accompanied by videos. Providers can refer parents/care providers to Play and Learn. This is a cost-free option for families with Internet access.

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**Title:** [Early Years Check-In Tool](#)

**Target:** Parents/Care Providers

**Resource Type:** Healthy Growth and Development

**Cost:** Free

**Description:** The Early Years Check-In Tool consists of 11 items relating to social, emotional, language, movement, thinking and learning skills. Results will offer recommendations based on answers. Providers can refer families to the website where they will find a sliding scale based on their child's exact age. Parents/Care providers can assess their child(ren) based on specific ages and complete the tool at home within a couple of minutes. This is a cost-free option for families with Internet access.

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**Need more information?**

Call the Healthy Families Support line to speak with a Public Health Nurse: 1-866- 888-4577 ext. 5003 or visit our website [hkpr.on.ca/HealthyFamilies](http://hkpr.on.ca/HealthyFamilies).