



[New Guide: Transforming Care for Young Children in Community Health Centers](#)

A growing number of child health experts, health policy leaders, early childhood system builders, national organizations, federal agencies, thought partners, innovators, and parent experts have collectively come to recognize the emergence of a breakthrough moment for advancing health equity, social justice, and improved child, family and community outcomes. These leaders are aligning around a vision for the transformation of child health services and early childhood systems that equitably support all families of young children with the services and supports they need to flourish.

Nurture Connection's [Guide to Transforming Care for Young Children in Community Health Centers](#) by Kay Johnson and David W. Willis, MD serves as the authoritative, state-of-the-art resource for child health care transformation specifically targeted achievable advancements for community health centers. The opportunities are great for millions of families and young children.

The 1,400 federally funded community health centers across the nation are an important source of primary care for 2.8 million children under age 6, representing 1 in 10 young children and 1 in 4 young children living in poverty nationwide. Health centers are also disproportionately likely to serve young children living in poverty and those with Medicaid or no insurance — notably, Black, Indigenous, and Hispanic children overrepresented in those groups. In August 2023, the Health Resources and Services Administration (HRSA-HHS) made Early Childhood Development (ECD) grants to 151 community health centers across 40 states. This Guide is designed to anchor their work in research, best practices, and policy.

Read the [Executive Summary](#) and [download the full Guide](#) on our website.

Parent Perspective



Question: How do you manage your stress in the day-to-day care of your family?

Family Network Collaborative response:

I prioritize caring for myself so I can be present with my family.

- I create a list of things that bring me peace, pleasure, and joy — journaling, reading, meditating, etc.
- It's important to remember that self-care is not one-size-fits-all. I design what is true for me in that moment.
- If I begin to feel overwhelmed, I make a list of the top five things I need to address and just concentrate on one thing at a time.
- I enjoy a BIG laugh.

To learn more about the Family Network Collaborative at Nurture Connection, visit our website [here](#).

Explore More



[Securing the Foundation: Ushering in a New Era of Opportunity to Support Young Children, Families, and Communities](#)

This blog by Joan Lombardi, Ph.D. is the first in Nurture Connection's *Reflecting Forward* series, which features guest articles and reflections by



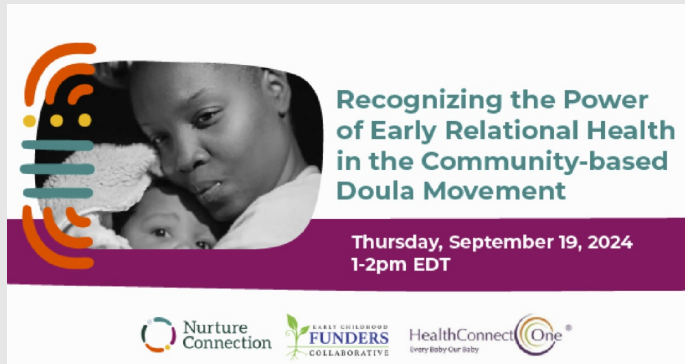
What is Early Relational Health?

Early Relational Health is the state of emotional well-being that grows from emotional connection between babies and toddlers and their parents and caregivers when they experience strong, positive, and nurturing relationships with each other.

ERH is foundational to children's healthy growth and development and parents' and caregivers' sense of

dedicated members of our national network, from across the country—who are advancing the early relational health field through practice, research, and parent leadership. These reflections pave paths forward for transforming early childhood systems and imagining new possibilities for children, families, and communities.

[Read More](#)



[New Webinar Recording: Recognizing the Power of Early Relational Health in the Community-based Doula Movement](#)

On September 19th, 2024, the [Early Childhood Funders Collaborative \(ECFC\)](#), [Nurture Connection](#), the Early Relational Health Funders Community, and [HealthConnect One](#) hosted this discussion to explore a partnership to expand a [community-based doula training curriculum](#) to deepen the foundational impact of early relationships between children and their caregivers.

Panelists included:

- **Twylla Dillion**, President and CEO, HealthConnect One
- **Hoda Shawky**, MSN, CPNP, PMHS, IBCLC, Noorture, LLC
- **Kay Johnson**, President, Johnson Policy Consulting, LLC.
- **Cynthia Hayes**, B.S., CLC; Project Director, Doula Advocacy Team, Doulas4CT Coalition
- **Andrea Palmer**, Program Officer, Pritzker Children's Initiative
- **Dana D. West**, Project Director, Department of Health Equity Innovation, National Institute for Children's Health Quality (NICHQ)

[Click here](#) to access the recording, slide deck, and other event resources!

competence, connection, and overall well-being. These strong and enduring relationships also help to protect the family from the harmful effects of stress.

Core ERH Resources

Frameworks Institute. [Building Relationships: Framing Early Relational Health](#). Prepared in collaboration with the Center for the Study of Social Policy. May 2020.

Willis D, Chavez S, Lee J, Hampton P, Fine A. [Early Relational Health National Survey: What We're Learning from the Field](#). Center for the Study of Social Policy. 2020.

Willis D, Sege R, Johnson K. [Changing the Mindset: Foundational Relationships Counter Adversity with HOPE](#). (Blog) Center for the Study of Social Policy. May 2020.

Perspectives on ERH Video Series. [Perspectives on Early Relational Health Series](#). Center for the Study of Social Policy. 2022.

Center of the Study of Social Policy and Health+ Studio. [How to Communicate Effectively About Early Relational Health: What It Is and Why It Matters](#). 2022.

Find additional resources on our [website](#).

What We're Reading

- The Trauma-Informed Pediatric Practice: A Resilience-Based Roadmap to Foster Early Relational Health by R.J. Gillespie, MD, MHPE, FAAP and Amy King, Ph.D. (August 2024). American Academy of Pediatrics, ISBN 9781610027403. [Read here.](#)

- Relational Health in Pediatrics by D. W. Willis, D. Long and K. Johnson. Pediatric Clinics of North America (2024). [Read here.](#)
- Addressing Mental Health and Social Needs in Tandem to Promote Health Equity by C. Anyigbo, S. J. Beal, J. Y. Lee and L. M. Gottlieb. Pediatric Clinics of North America (2024). [Read here.](#)
- A Scoping Review of Multimodal, Dyadic Early Relational Health Interventions in NICUs in the United States by U. Darilek, J. Graw, L. Sisk, A. D. Crawford, E. Lopez, R. Howe, et al., Adv Neonatal Care (2024). Vol. 24, Issue 5, Pages 453-465. DOI: 10.1097/anc.0000000000001189. [Read here.](#)

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info@nurtureconnection.org



Georgetown University, Center for Child and Human Development | 2115 Wisconsin Ave NW | Washington, DC 20007 US

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