

# Your Child, Your Well Visit

*The Early Childhood Cycle of Engagement—helping children and families thrive one well visit at a time!*



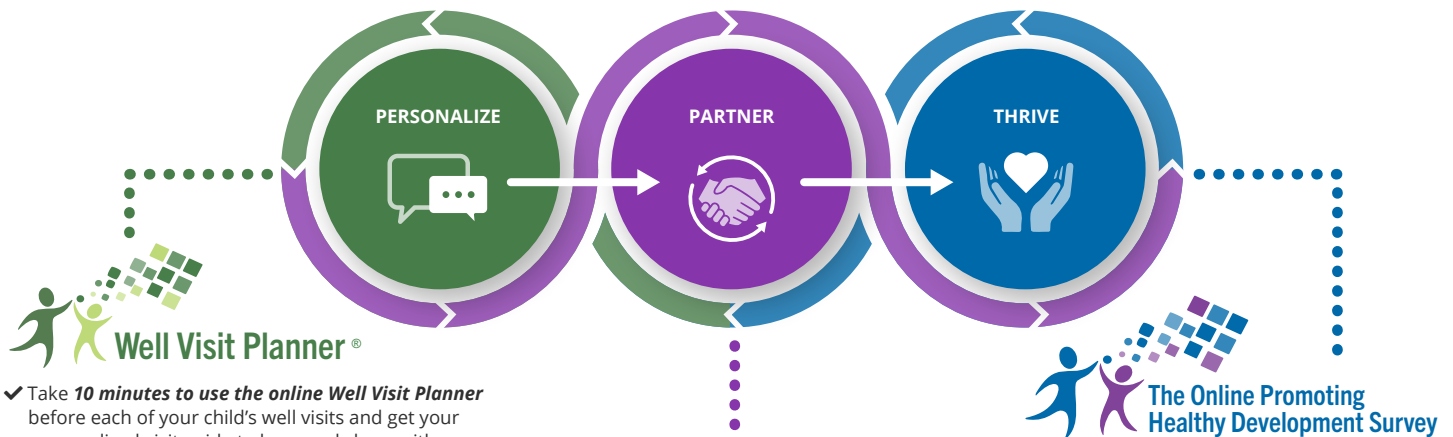
The Early Childhood Cycle of Engagement (EC\_COE) was created with families and child health care providers to make sure you get the most from your child's well child visit check-ups. By using the free, convenient EC\_COE online tools you will:

- ✓ **Learn about and know what to expect** during each of your child's well visit check-ups. Each visit is different as your child grows and develops.
- ✓ **Conveniently complete assessments all in one place** so you can reflect on what is going well for you and your child and learn about important topics such as how your child is developing.
- ✓ **Let your child's provider know** before and at the start of your child's visit what is going well, what needs attention, and your specific priorities to address during the visit.
- ✓ **Get a personalized Visit Guide** to use and share that summarizes what to celebrate, what needs attention, and your priorities for the visit. Get personalized information, tips, and resources.



## The Early Childhood Cycle of Engagement was built to help you personalize your child's care.

*Your child's health care providers want to partner with you to meet the unique needs of your child and family.*



- ✓ Take **10 minutes to use the online Well Visit Planner** before each of your child's well visits and get your personalized visit guide to keep and share with your child's provider or anyone else! English and Spanish.
- ✓ Be **confident knowing you have considered the most important questions** about your child's development and pick your priorities for discussion during well visit check-ups.
- ✓ **Streamline and get a personalized summary** of results from questions about how your child and family are doing. No more rushing to fill out forms in the waiting room.
- ✓ **Get your own free, secure family account** to manage and track your child's well visits and their development. You can use on a mobile device and for multiple children at the same time.

### During the Well Visit:

- ✓ When you use the Well Visit Planner before each visit, you and your child's providers start well visit check ups knowing **how things are going and what matters most to you!**
- ✓ The Well Visit Planner frees up **more time to connect, address your priorities, and give you the support, information, and resources you need.** Fewer forms, more time to talk.
- ✓ **Your child's well-being depends on your and your family's well-being.** The Well Visit Planner and your personalized Visit Guide make sure your family gets the support, care, and help you need to thrive!



- ✓ Complete the Promoting Healthy Development Survey (PHDS) when your provider asks you to or whenever you want to make sure you **get the best care possible.**
- ✓ Using the PHDS also reinforces what you should expect in your child's care and gives you a **personalized feedback report** on the quality of your child's care.
- ✓ Your **provider gets results from this anonymous survey** to continue to partner with you and other families to **improve care** and help **your child, you and your family thrive!**
- ✓ Your answers are confidential and **your provider wants your feedback!**

### Learn More

- **Get** easy to read instructions
- **View** a short video
- **Sign up** for a demonstration



### Try It Out

- Try out the Well Visit Planner today at [www.wellvisitplanner.org](http://www.wellvisitplanner.org).
- Get a report on the quality of your child's care at [www.onlinephds.org](http://www.onlinephds.org).
- If your provider invited you to use the WVP or PHDS, use the weblink or QR code they sent to you now!



### Get Help

Please email us at [info@cahmi.org](mailto:info@cahmi.org) for more information or questions. We aim to empower families to learn, partner, and get the best care possible to support you and your child's development, health, and well-being.

## Why do I need to make sure my child has regular well visit check-ups?

Experts and family leaders agree that your child and you should visit your child's primary care provider regularly for well visit check-ups. **Over 12 visits are recommended in the first five years of life** when your child is developing rapidly. These early years are the best time to **promote your child's well-being, find and address any concerns early, and make sure you and your family are thriving too**. Even if your child sees other doctors, well child visits are there to **promote the whole health of your child and family!**

## YOUR PROVIDERS, YOUR PARTNERS!

### What Families Say?

**92.4%**

of families using the Well Visit Planner report they were comfortable with the amount of time it took and they would recommend the WVP to other parents!

*"[The Well Visit Planner] asks me if I have any questions that I would like to discuss with the doctor before the physical. So, then it makes my job easier when I go in to see the doctor, everything is written down back there."*

## Our Journey and Commitment

The EC\_COE has been a labor of love for the CAHMI. We are driven by our dedication to partner with you to meet the great need and possibilities to promote the early and lifelong health of children, families, and communities. As a part of our broader **Advancing Tools and Technologies to Achieve Child Health (ATTACH)** work, since 1997 the **Child and Adolescent Health Measurement Initiative (CAHMI)** has partnered with families, providers, and experts at the national, state, health plan, practice, and provider levels to design, develop, and test the EC\_COE model and tools. With initial support from The Commonwealth Fund and the Health Resources and Services Administration, CAHMI has worked in close collaboration with *Family Voices* and leaders of the *American Academy of Pediatrics' Bright Futures Guidelines for Health Supervision of Infants, Children and Adolescents* to translate guidelines into family friendly, actionable tools to customize and improve the quality of well child care services based on family reported assessments and priorities. *The Well Visit Planner includes standardized assessments, including the Survey of Well-Being of Young Children (SWYC), for which the CAHMI holds a license for use in the EC\_COE. Other guideline-aligned content was designed and tested by CAHMI.*

## Partner and Support:

CAHMI aims to continue to innovate and partner to help all children thrive! We need your partnership and support. Current funding for the EC\_COE comes from a grant from the Robert Wood Johnson Foundation to the CAHMI at Johns Hopkins School of Public Health and from the Center for the Advancement of Innovative Health Practices. *If you wish to partner or support this work please contact Christina Bethell, PhD, MBA, MPH at [cbethell@jhu.edu](mailto:cbethell@jhu.edu).*

## How It Works

You can start using the EC\_COE tools today! How you use these tools today depends on whether your child's provider invited you to use them or not. If not, you can use EC\_COE on your own and introduce the EC\_COE to your child's provider. Scan the QR codes on page 1 to begin using the Well Visit Planner or Promoting Healthy Development Survey on your own!



## Frequently Asked Questions

- 1. Do I have to pay?** No. The EC\_COE tools and your private, secure WVP account is free.
- 2. Does my child's provider have to ask me to use the EC\_COE?** No. You can use it on your own. Studies show that the Well Visit Planner and Promoting Healthy Development Survey help your child's providers and they like using it! Use the QR codes above. Share this overview of the EC\_COE with your child's provider so they can partner to improve care for you and your child.
- 3. Can I use the Well Visit Planner (WVP) and Promoting Healthy Development Survey (PHDS) for all my children?** Yes. Currently, our tools are for children up to age six. Expansion to other ages is underway.
- 4. Can the WVP and PHDS be used on mobile devices?** Yes. The WVP and PHDS can be used on a smartphone or similar device.
- 5. What if I cannot access the internet?** You can complete the WVP and/or PHDS on devices in your provider's office or during home visits, and you can also complete the WVP over the phone or video platforms.
- 6. What languages are available?** The WVP is currently in English and Spanish.
- 7. Is the data collected secure?** Yes. We use the highest data security standards. See our easy to read Use Agreement & Privacy Notice for more.
- 8. How do I send Visit Guides to my child's provider?** If you use your provider's Patient Portal you can simply upload the Visit Guide to your child's provider directly. You can also email it or bring it with you to visits. If you child's provider has signed up to use the EC\_COE they will automatically get your child's Visit Guide but to be sure they hear from you directly, take the time to share it yourself! Your child's provider wants to hear from you directly!
- 9. What other benefits do I get by using the Well Visit Planner:**
  - ✓ Families report that they learn a lot by using the WVP and PHDS.
  - ✓ Families say they learn what to expect from visits and their child's development.
  - ✓ Families like getting access to information and resources tailored to their priorities and needs.
  - ✓ Families like being able to have other family members use the WVP and compare responses to the WVP and PHDS.
  - ✓ Families like being able to share their child's Visit Guide with everyone on their child and family's team –including teachers and anyone else that needs to know about how their child and family are doing and what is important to you!
- 10. Can I or others sponsor the use of the EC\_COE on behalf of families in our community?** Yes. You can [sign up](#) to become a sponsor and learn about the needs, priorities and well-being of families who agree to join together to use the Well Visit Planner or PHDS. [Learn more.](#)

**The Well Visit Planner and Promoting Healthy Development Survey help your child's providers help you!**



**Share this overview of the EC\_COE with your child's provider!**