

# Laying the Groundwork for the Future of Health Communication to Parents

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# What is the Child Profile Health Promotion System?



# Other ways to reach parents



# Building infrastructure, keeping connections



# Electronic health communication





Washington State Department of Health  
Child Profile E-Newsletter  
Watch Me Grow - 6 Months

### Your baby's turning six months old!

Babies grow and change quickly in their first year. Keep your baby healthy and safe by following these guidelines.

**Six-month checkup time!**  
It is important to check your baby's growth and development often because she is changing so fast. Write down any questions you have now, so you can ask them at the checkup. Bring your baby's [Lifetime Immunization Record](#) and [Childhood Health Record](#) to every appointment.

**Immunizations at six months**  
Vaccines are given to babies because the diseases they prevent often strike at an early age. An infant who gets a vaccine preventable disease may have serious health problems that can last the rest of his life. [More...](#)

### Nutrition

**Tips for starting solid foods**  
Although breast milk or formula should still provide the majority of your baby's calories, he may be ready to start leaning to eat solid foods at about six months of age. [More...](#)

### Oral Health

**New teeth coming in**  
Between 6 and 12 months, your baby may show signs of new teeth. Your baby may have red, tender gums and he may not eat or sleep well. [More...](#)

# Best practices

**CHILD PROFILE**

## Watch Me Grow - 6 Months

**Six-month checkup time!**  
It's important to check your baby's growth and development often because she is changing so fast. Write down any questions you have now, so you can ask them at the checkup.

**Immunizations at six months**  
Vaccines are given to babies because the diseases they prevent often strike at an early age. An infant who gets a vaccine preventable disease may have serious health problems that can last the rest of his life. The following vaccines are recommended at the 6-month checkup:

- Rotavirus (RV)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- Poliovirus (IPV)
- Haemophilus influenzae type b (Hib)
- Pneumococcal conjugate vaccine (PCV)
- Influenza (flu)

Your baby may also get a third dose of hepatitis B vaccine (HepB) and inactivated poliovirus (IPV). Infants need 2-5 doses of each recommended vaccine against specific diseases. For the earliest and best protection, your baby needs to complete each vaccine series on time. A yearly influenza (flu) vaccine is recommended for everyone 6 months of age and older. The first season your baby gets the flu vaccine, he will need two doses about a month apart. The vaccine provides protection throughout the flu season. Infants and young children who get the flu are more likely to develop complications and be hospitalized than older children or younger adults. Everyone who cares for or has contact with your baby should get vaccinated against flu.

Keep your baby's Lifetime Immunization Record card in a safe place and bring it to every visit. Make sure to record all the vaccine doses he gets. You will need this record for child care and school.

**Early relationships matter**  
The relationships your baby is forming with you and her other caregivers will affect the rest of her life. Your baby needs adults that have close, caring relationships with her and meet her physical needs. Remember: with her and meet her physical needs. Remember: with her and meet her physical needs. Remember: with her and meet her physical needs.

• Your baby has feelings! She needs to feel loved, wanted, and...  
• Respond to...  
• Your baby adults who...  
Each baby I know your but concerns about or nurse. You 1-800-322-2588 (FRIC) in your concerns any baby's prog...

**New teeth**  
Between of new teeth he may not...  
• Offer...  
• Rub...  
giving too products...  
Clean a day any soft tooth toothbrush your old decay it.

**Family Health Hotline**  
1.800.322.2588  
www.Personalhelp323.org

Call the Family Health Hotline with questions  
This letter is available in other formats. Call the Family Health Hotline.

You help me learn and grow through everyday things we do together. Everything I learn, do and feel is connected. How I learn and grow depends on both who I am and what I experience.

## Watch and help me grow from birth to 18 months

|                                                                                                              | Birth - 3 Months                                                                                          | 3 - 6 Months                                                                                                         | 6 - 9 Months                                                                                                     | 9 - 12 Months                                                                                             | 12 - 15 Months                                                                                            |
|--------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>PHYSICAL HEALTH</b><br>grow and learn best when my body is healthy.                                       | <b>I can lift my head.</b><br>I rest some awake time on my tummy playing with you on the floor.           | <b>I can roll over.</b><br>I like crawling on the floor. I like to move.                                             | <b>I can sit up, try to move.</b><br>I learn to sit up. Give me toys I can hold and a safe place to move around. | <b>I use my fingers and toes.</b><br>Play games and play songs with me that use my hands and feet.        | <b>I start walking without...</b><br>Let me try new things. Play with me outside.                         |
| <b>SOCIAL &amp; EMOTIONAL</b><br>learn best when you love me, encourage me and help me be with other people. | <b>I need and trust you.</b><br>Feed me and respond when I cry so I learn I can count on you.             | <b>I show my feelings.</b><br>Notice my feelings. Respond to my sounds and moods in a reassuring way.                | <b>I like familiar people best.</b><br>Have the same people take care of me. This helps me feel safe and loved.  | <b>I enjoy playing with adults.</b><br>Sing out loud and dance with me. Play with things that make noise. | <b>I like to explore with...</b><br>Encourage me to explore. Watch, smile and say, "Hi."                  |
| <b>HOW I LEARN</b><br>want to learn and you can encourage me.                                                | <b>I look at faces and smile.</b><br>Look in my eyes while you change me or feed me. Smile at me.         | <b>I like to hold things.</b><br>I like to see and touch everything. Help me play with safe toys.                    | <b>I like to play with toys.</b><br>Play with me using toys with different textures, sounds and shapes.          | <b>I move to explore.</b><br>Give me safe places to play and move. Watch me closely.                      | <b>I know what I want.</b><br>Notice what I like and what I don't like.                                   |
| <b>THINGS I KNOW</b><br>learn when you help me explore the world around me.                                  | <b>I learn through my senses.</b><br>Play quiet music while you hold me close.                            | <b>I notice routines.</b><br>Cuddle me and sing softly to me before bedtime.                                         | <b>I am interested in people.</b><br>Show me people in pictures and books. Look in the mirror with me.           | <b>I like to play hiding games.</b><br>Hide something and then uncover it. Play peek-a-boo with me.       | <b>I begin to scribble.</b><br>Let me try crayons and markers while you draw with me.                     |
| <b>LANGUAGE</b><br>learn when you play, talk, read and write with me.                                        | <b>I make noises and listen.</b><br>Talk to me and respond to my sounds. I'm listening from what you say! | <b>I make and respond to sounds.</b><br>I learn words before I can talk. Tell me the words for things we see and do. | <b>I babble and try to talk.</b><br>Read books with me. Name and help me point to things in the pictures.        | <b>I use sounds with gestures.</b><br>Talk with me. Wait for me to make sounds and then talk to me again. | <b>I begin using words.</b><br>I want to understand and say words. Tell me what is happening as we do it. |

Birth - 3 Months    3 - 6 Months    6 - 9 Months    9 - 12 Months    12 - 15 Months    15 - 18 Months

## 24 HOURS OF FEEDING YOUR BABY the first 5 months

|                         | Breastfeeding                                                                                                                                    | Iron-fortified Formula                         |
|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| <b>Birth to 1 Month</b> | 8 - 12 times<br>No more than 4 hours between feedings, regardless of method. Ask your doctor or nurse if your baby needs a vitamin D supplement. | every 2 to 3 hours<br>(14 - 28 ounces per day) |
| <b>2 Months</b>         | 8 - 12 times                                                                                                                                     | every 3 to 4 hours<br>(23 - 34 ounces per day) |
| <b>3 Months</b>         | 6 - 12 times                                                                                                                                     | every 3 to 4 hours<br>(25 - 39 ounces per day) |
| <b>4 - 5 Months</b>     | 6 - 12 times                                                                                                                                     | every 3 to 4 hours<br>(27 - 39 ounces per day) |

**Please breastfeed me until at least my first birthday.**

**Ask your doctor or nurse if your baby needs an iron supplement. Do not add cereal to your baby's bottle at any age. It will not help him sleep longer at night and may cause him to choke. It may also give him too many calories.**

## 24 HOURS OF FEEDING YOUR BABY at 6 months

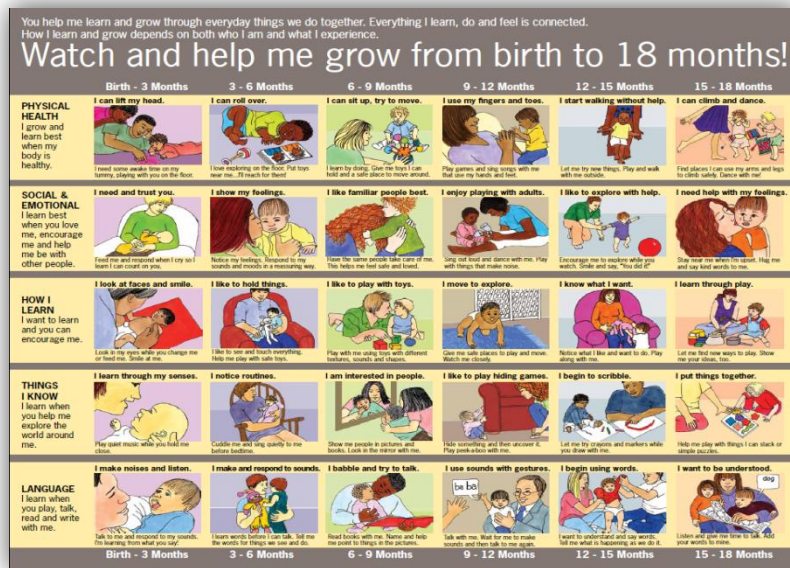
|  | Breastfeeding | Iron-fortified Formula                         | Soft Solids (cereal or baby food meal)               |
|--|---------------|------------------------------------------------|------------------------------------------------------|
|  | 6 - 12 times  | every 3 to 4 hours<br>(27 - 40 ounces per day) | 1 - 4 Tablespoons per day<br>Offer 2 - 3 times daily |

**Be sure that I'm ready before you start feeding me solid food.**

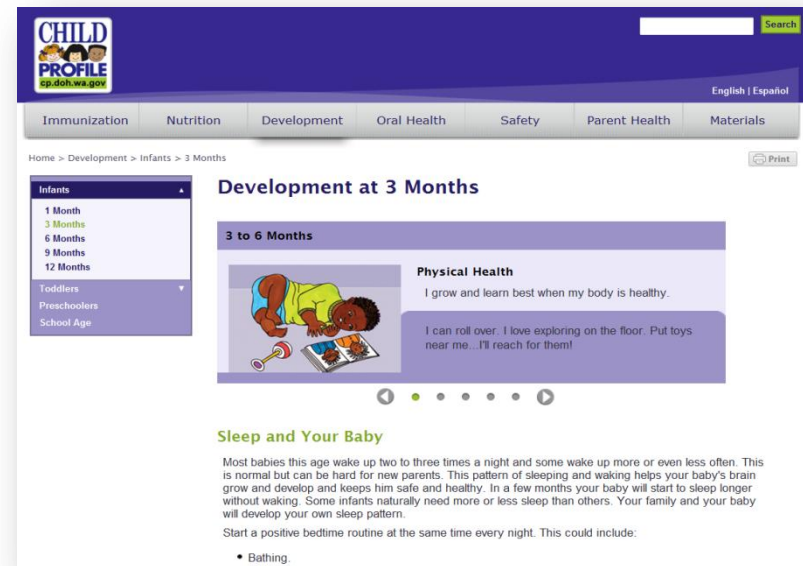
**Ask your doctor or nurse if your baby needs a fluoride supplement.**

# Example: hard copy vs. webpage

## Development chart



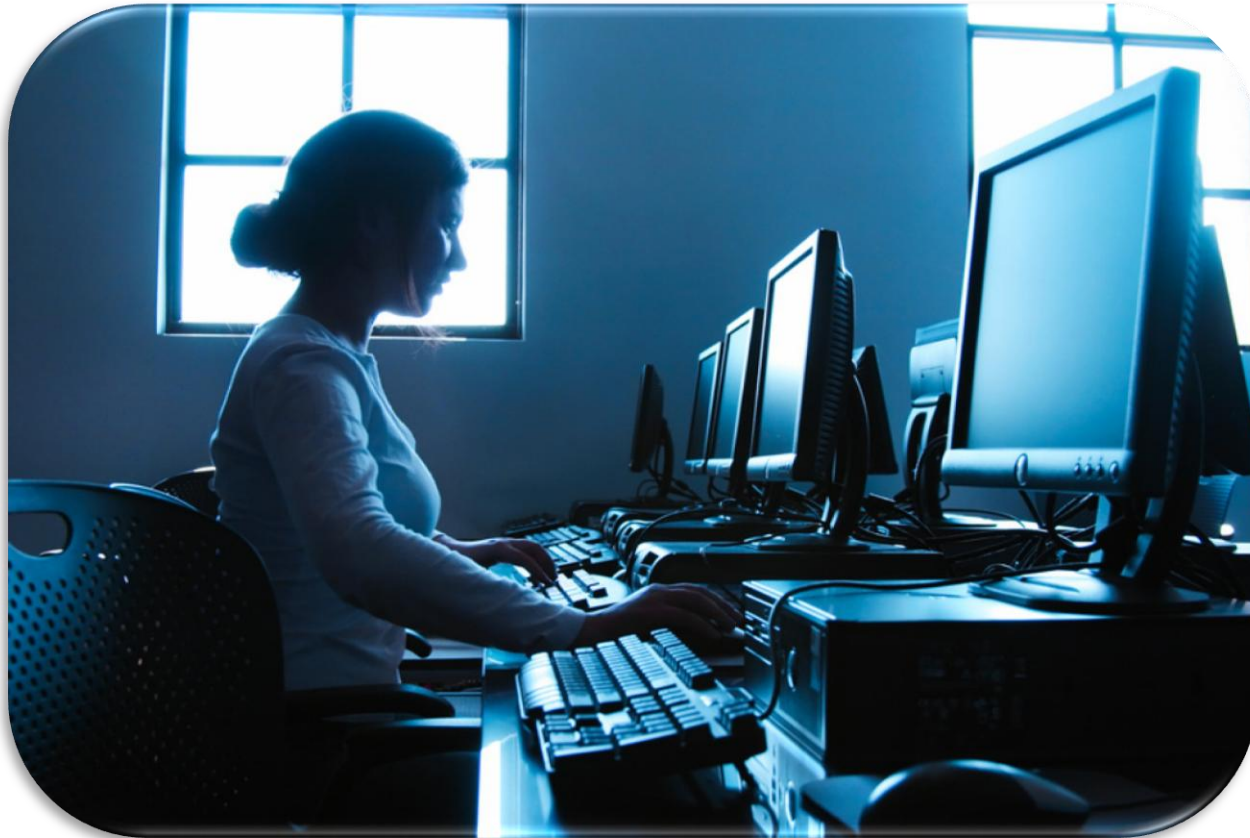
## Development webpage



# User testing



# Parent usability testing



# Lessons learned



# Next steps



# Contact

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