



## 5Rs to Healthy Brain Development

1. Relationships
2. Responsive Interactions
3. Respect
4. Routines
5. Repetition

Lily was adopted by the Smith family after being born with substances at birth and being in one other foster care home until she came to their home at 3 months old. Lily is unsure of new people and stays on her mother's lap. She has a four-year old brother.

Reason for referral: Lily is 2 years old and has about 10 words and occasionally walks on her toes. Her mother, Susan, is really worried because she does not adjust well to new environments or people.

Lily began child care this week and cried all day. The child care told Susan they will give it a week and see if Lily adjusts. Susan just started a new job a few months ago and can't keep missing work. Lily's father, Mark, just deployed three weeks ago for six months. During the assessment, Lily smiled occasionally but would cry if Susan tried to get Lily to sit away from her.

You are the service provider and just began services. Lily cries less at child care and participates in some activities. However, the child care provider is still concerned. The child care provider will not allow a provider to come into the home because they have disagreed in the past on what to do.

**Think about the 5R's of Healthy Brain Development. How can we help support Lily and her family?**

## 5R's to Healthy Brain Development

<b>Child Goal or Outcome:</b>	<b>Lily will use 2-3 word phrases to share her feelings (sad, tired, happy), ask for what she wants (doll, snack, mom, play), and/or talk about things in her home, child care, and community.</b>	
<b>5Rs</b>	<b>Reasons of Impact</b>	<b>Strategies to Support Child</b>
<b>1. Relationships</b>	<p>Father just deployed, 4-year-old brother may be impacted by deployment new child care provider, new friends,</p> <p>History of one attachment at birth for three months, then change.</p>	<p>Support secure attachment by focusing on Lily feeling safe to explore (support independence in baby steps).</p> <p>Support father's relationship while deployed (ask mother about what she does and build on it; book, videos, deployment doll, talking about her dad).</p> <p>Find out more how deployment is impacting Lily's brother. Any behaviors can impact Lily. Both should be supported.</p> <p>New child care provider &amp; friends – find out about relationship. Support Susan in making relationship stronger (social story).</p>
<b>2. Responsive Interactions</b>	<p>Pressure of child care only giving a week may impact stress, in turn, responsiveness</p>	<p>Lily feels more secure near her mother. Support transition to child care (book, Susan's shirt or scarf).</p> <p>Check in with Susan on her stress level, balancing work and home, and two small children without her husband.</p> <p>Provide calming techniques to Susan. Parent education on responsive interactions, serve-and return, and learning opportunities.</p>
<b>3. Respect</b>	<p>Lily may feel a lack of control over her environment.</p>	<p>Increase opportunities for choices and preferences.</p> <p>Discuss empathy with Susan and how she can share this information with new child care provider.</p>
<b>4. Routines</b>	<p>New child care, adjustments are hard, mother has a new job, dad just deployed.</p>	<p>Help maintain consistency in routines to create a sense of safety and calming the bottom functioning of the brain.</p> <p>Brainstorm easy and quick routines with Susan. (song before bed, morning hugs and cuddles, discuss using consistent language).</p>
<b>5. Repetition</b>	<p>Change in routines is disrupting normal learning opportunities</p>	<p>Problem solve ways to incorporate with Susan to share with child care provider (Lily bringing favorite book at home to read for story time or Susan sharing Lily's favorite nursery rhyme to sing at school, giving choices).</p>