



# Healthy Steps

## A Step in the Right Direction

The Cleveland County Health Department and United Way Success by Six of Norman, a Smart Start Oklahoma Community have partnered together to offer a new exciting program in Cleveland and McClain Counties for first time parents.

### WHAT IS HEALTHY STEPS?

- Is an evidence-based program that focuses on the importance of the first three years of life.
- Emphasizes a close relationship between health care professionals and parents in addressing the physical, emotional, and intellectual growth and development of very young children.
- Adds new members to pediatric teams, Healthy Steps Specialists, are experts in the field of in child development, to enhance the information and services available to parents.
- Healthy Steps Specialists address developmental issues, and give the medical practice the opportunity to focus on a whole-baby, whole-family brand of pediatrics.
- Parents are able to ask specific questions they may have about their child, such as sleep, crying, discipline, etc.
- The Healthy Steps Specialist will discuss with parents what to expect in terms of behavior and accomplishments at this age and in the coming months, providing parents with written information.
- The Healthy Steps Specialist will meet with parents during well-child checks, establishing a close relationship with the pediatrician. The Healthy Steps Specialist will also see the families during home visits.
- Each child will receive a new book at major milestones during the first three years of life to encourage early literacy skills.
- Families will have access to a child development "hot-line" to answer behavioral and developmental questions that come up between appointment times.
- Parents will be invited to attend different classes such as Baby Sign Language, Infant Massage classes, and Happiest Baby on the Block classes to help encourage early brain development.
- It's FREE!

The Cleveland County Health Department and Success by Six of Norman, a Smart Start Oklahoma Community are happy to provide this program to the families of Cleveland County. For more information please contact CHRIS JARKO at 405.579.2238 or by email at [Chrissj@health.ok.gov](mailto:Chrissj@health.ok.gov)

