The **Building Blocks Project** is based upon a systems approach for improving outcomes for young children and their families. Evidence-based practices provide for quality early learning opportunities, essential family and caregiver supports, and adequate provider resources to enhance early literacy and overall child development, family confidence and competence, and community capacity. Strategies designed for and implemented by collaborating community partners include:

- **Family Place Libraries™**
- **Learn & Play Parent/Child Groups**
- **Triple P Positive Parenting Program**
- **Healthy Steps**
- **Structural Supports:**
  - Turn a Page, Touch a Mind; Early Learning Stations; Lifetime Early Intervention Resources and Targeted Case Management; Staff Development; Partner Program Staffing; Newborn Follow-up; Community Liaisons; Literacy Buses; and Bright Beginnings Before and After School Program.

**Visit us online to learn more about Building Blocks Programs and training available in your community at**

[www.rcdc4kids.org](http://www.rcdc4kids.org)

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**Healthy Steps for Young Children**

**Building Blocks Project**

**Healthy Development**
**Strong Families**
**Early Learning**

**RUSSELL CHILD DEVELOPMENT CENTER**
714 Ballinger • Garden City, KS 67846

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[www.rcdc4kids.org](http://www.rcdc4kids.org)  
[www.facebook.com/rcdc4kids](http://www.facebook.com/rcdc4kids)  
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**Healthy Steps for Children** is funded through Building Blocks Early Childhood Block Grants awarded by the Kansas Children’s Cabinet and Trust Fund to Russell Child Development Center.
Program Overview

Healthy Steps Specialists monitor child health and development, promote good health practices, and respond to mothers’ and fathers’ concerns about their developing infants and toddlers.

Healthy Steps practices can offer a range of services:

- Home visits offered at birth and at key developmental stages
- Well-child visits with a Healthy Steps Specialist
- A dedicated parent telephone information line
- Child development and family health check-ups
- English– and Spanish– language written materials on topics such as toilet training, discipline, and nutrition
- Informational materials for mothers and fathers that emphasize prevention
- Parent support groups
- Referrals for children (e.g., speech or hearing specialists) and parents (e.g., maternal depression counseling)
- Links to community resources

All services are FREE of charge

Who Benefits from Healthy Steps Services?

- Teen parents
- First time parents
- Parents struggling with different aspects of life in general that need some extra help

Services are offered from pre-natal up to three years of age.

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Families involved in the Healthy Steps program are more likely than non-participating families to:

- Discuss concerns with someone in the practice about a variety of issues such as the importance of routines, discipline, language development, child’s temperament, and sleeping patterns.
- Be highly satisfied with care because someone in the practice went out of their way for them.
- Ensure that infants slept on their back to help reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Receive timely well-child visits and vaccinations.

In addition, Healthy Steps children, compared with children who did not receive Healthy Steps services, were more likely to receive:

- Age appropriate vaccinations at least through age 2.
- Care at the practice until the child was at least 20 months old.

Physicians were highly satisfied with the program and viewed Healthy Steps as a valuable service that helps keep families in their practices.