

Promoting Early Relational Health and Positive Parenting Learning Collaborative
*A Pilot Project with Family Medicine Education Consortium
and Mount Sinai Parenting Center*



MOMENTS MATTER:
Promoting Early Relational Health
and Positive Parenting



Building Relationships. Supporting Development. Transforming Primary Care.

**A Family Medicine Residency Program Advancing
Early Relational Health**
— with Mount Sinai Parenting Center Resources —



Build stronger
parent-child
relationships



Support early
brain and child
development



Empower
families in
every visit



Strengthen
communities
across generations



**Mount
Sinai** Parenting Center
We help children thrive.

SCIENCE • COMPASSION • CONNECTION | *At the heart of excellent family medicine.*



Who is this Quality Improvement (QI) Project for?

Family Medicine Residency Programs (FMRPs) that care for patients 0 to 5 years and wish to implement early relational health practices to improve care.



Is this a virtual QI Project?

Yes, training and coaching will be provided virtually. The Collaborative will be led by Blair Hammond, MD, co-director of the Mount Sinai Parenting Center (MSPC) with Nicole Delgado, EdD, Behavioral Health Faculty and Education Specialist, Assistant Professor of Family and Community Medicine at St. Joseph's Medical Center.

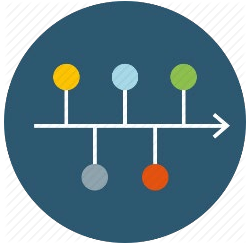
FREE training and resources include:

- 1) Online Keystones of Development Curriculum
- 2) Sparks Parent Video Series with parent handouts (in English and Spanish)
- 3) Newborn Education and Discharge Class video
- 4) Modules on sleep, toilet training and discipline
- 5) Faculty training to support preceptors in teaching residents on these topics
- 6) Reflections/observation form to provide residents with patient/family encounter feedback
- 7) Noon conferences or didactics provided to FMRPs
- 8) Findings from the field on innovative research

Incentives to Participate (What's in it for You!)

- Free CME and Family Medicine Performance Improvement (PI) credits (20 Points, pending approval)
- Ability to meet Accreditation Council for Graduate Medical Education learning collaborative recommendations
- National recognition for participation in a QI activity

What's the timeline for this QI Project?



- Sept-Dec 2026 – FMRP enrollment in Collaborative
- Jan 2027 – Enrolled participants complete trainings: 1) Resources webinar; 2) Keystones of Development Online Curriculum; and 3) QI Structure, Measures, Data Collection
- Jan 2027 – FMRPs collect and report baseline data; develop QI strategies
- Feb-Mar 2027 – QI action period #1
- Mar 2027 - FMRPs collect and report QI cycle #1 data; FMEC shares progress
- Apr-May 2027 – QI action period #2
- May 2027 – FMRPs collect and report 2nd QI cycle #2 data; FMEC shares progress
- Jun 2027 – Collaborative meets virtually to discuss overall results

Proposed Key Clinical Activities (KCAs) for QI Project

- 1) Resident Education:** Participating faculty and residents complete the online Keystones of Development Curriculum. **It takes 3 ½ hours to complete the online curriculum and 30 minutes to review the MSPC resources.**
- 2) Family Resource Distribution/Clinical Integration Outcome:** Increase the proportion of well-child visits for children ages 0–5 years in which families receive educational resources to at least 50%, whether through Epic childhood care plan, MyChart, SmartPhrases, printed materials, or other workflows, over the course of the collaborative (FMRP directors will advise project leader of what methods they will use to document and measure anticipatory guidance.)
- 3) Faculty Engagement:** Implement a faculty development initiative in which at least one faculty member or preceptor per residency completes training and incorporates discussion or modeling of early childhood development and positive parenting during resident supervision.
- 4) Didactic Integration:** Each participating residency program delivers at least one educational conference or didactic session on early childhood development and positive parenting, with content and speakers available through MSPC.
- 5) Reflective Practice:** Residents complete at least one structured reflection describing how they applied concepts related to early childhood development or positive parenting during a patient encounter and how it influenced their clinical practice.



To Receive More Information and Enroll

To indicate your FMRP's interest in participating, complete the brief survey at <https://www.surveymonkey.com/r/EarlyChildQIProject> (use QR code, right) by November 15, 2026. For questions or more information, contact Kathy Fredericks, FMEC Consultant, at kathy.fredericks@fmec.net; Scott Allen, FMEC CEO, at scott.allen@fmec.net



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