

Life Course Model

Each life stage influences the next. What happens to your child early on in life, impacts how he/she develops later on.

What factors influence the child's development?

- Biological
- Social
- Environmental
- Behavioral
- Economic



www.hsc.unt.edu

This model stresses the importance of recognizing positive and negative factors that impact your child early in life and what you can do to ensure a long, healthy life.

A HEALTHY FUTURE STARTS TODAY!



For more information visit:

<http://www.dhs.wisconsin.gov/health/mch/>

Resources

Contra Costa Health Services. (2009). *Making a paradigm shift in maternal and child health: A report on the national MCH life course meeting*. Martinez, CA: Pies, Parthasarathy, Kotelchuck, & Lu.

MedlinePlus. 2011. *Well-child Visits*. Retrieved from www.nlm.nih.gov/medlineplus/ency/article/001928.htm

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Healthy Beginnings Matter



www.publicdomainpictures.net

Life Course Model

Give Your Child These Positive Influences

Behavioral

- Attending regular prenatal visits
- Scheduling and attending age appropriate well-child visits
- Provide proper diet
 - Visit choosemyplate.gov for more information
- Obtain recommended immunizations

Social

- Provide a positive family support system
- Ensuring that your child has healthy friendships
- Enroll your child in extracurricular activities
 - Sports, school clubs, after school programs, community activities



http://www.visualphotos.com/image/2x3212504/pregnant_mother_and_son

Environmental

- Access to:
 - Clean air and water
 - Recreational facilities
 - Quality daycare and schools
 - Healthcare
- Residing in a safe neighborhood



www.firststepskent.org

Economic

- Ability to obtain adequate healthcare
- Provide safe living conditions & healthy foods

Biological

- Obtain resources for maternal stress and depression (if needed)
- Take care of self while pregnant

Limit the following:

- Sweets/Junk food
- Video games
- Internet
- TV

“The American Academy of Pediatrics recommends no more than 2 hours of screen time for school-aged kids per day.”



Just say no to the following:

- Drugs
- Smoking
- Excessive drinking
- Violence

Help is available if you need it.