



## CHANGE IDEA: Offer brief intervention from an early childhood developmental expert or team member to provide immediate guidance and support.

### STEP 1: GET READY (TASKS)

- A. Assess the need for brief intervention as an enhancement to current family services.
- B. Develop an operational definition for brief intervention (e.g., can be completed in 1-3 visits and not inclusive of tertiary interventions).
- C. Determine delivery mode (e.g., telephone, virtual, in-person).
- D. Select topic areas appropriate for brief intervention. This example uses safe sleep.
- E. Train the expert in [safe sleep guidelines](#), or your chosen topic, using reputable guidelines.
- F. Identify a brief intervention strategy. This example uses [motivational interviewing](#).
- G. Select print materials for all families. For this example, print the National Institutes of Health's [Safe Sleep for Your Baby: Reduce the Risk of Sudden Infant Death Syndrome \(SIDS\) and Other Sleep-Related Infant Death](#).
- H. Develop [clinic workflows](#) to identify eligible families. For this example, infants under 1 year.

### STEP 2: PLAN AND PRACTICE

Test a brief intervention delivered by an integrated early childhood developmental expert or other team member during routine pediatric visits to promote safe sleep practices. Use motivational interviewing to explore and reinforce safe sleep behaviors.

#### SAMPLE PROCESS:

- A. The pediatric provider introduces the developmental expert during the visit.
- B. The expert uses motivational interviewing to assess caregiver knowledge, attitudes, and challenges.
- C. The expert provides guideline-aligned education and helps caregivers create a safe sleep plan.
- D. Document the interaction in the electronic health record (EHR) and review in team huddles for follow-up.

### STEP 3: REVIEW AND REFINE

[Collect data](#) on the number of safe sleep conversations, family feedback, and caregiver-reported behavior changes. Hold team debriefs to assess what is working and what needs [adjustment](#).

### STEP 4: EXPAND

Based on initial feedback, extend the intervention to more providers and visit types. Tailor materials and approach to meet families' linguistic needs.

## STEP 5: SUSTAIN

Continue monitoring safe sleep knowledge and practices. Partner with community organizations for crib distribution or home safety support.

Formalize the developmental expert's role. Seek funding or reimbursement mechanisms. Provide ongoing training in motivational interviewing and brief intervention.

Test improvements to timing, delivery, documentation, visit flow, motivational interviewing, and handoff language based on staff and family feedback. Continue reviewing data on completion rates, family engagement, and EHR use.