Platform for Comprehensive Care

- More than 90% of families in the United States use pediatric primary care
- Children have 13 well-child visits in their first three years, bringing them and their caregivers to doctor’s offices

The Need is Great

- 6.7 million babies and toddlers in low-income families are on Medicaid or the Children’s Health Insurance Program (CHIP), or are uninsured

To learn more visit healthysteps.org

Not in Pediatrics or Family Medicine? Pass this on to someone who is!
Whether you are an educator, early childhood specialist, psychologist, or social worker/mental health professional, you can help us get the word out about HealthySteps by sharing this flyer.

Transforming the Promise of Pediatric Care
An innovative, evidence-based pediatric primary care program that promotes nurturing parenting and healthy early childhood development for babies and toddlers, with a focus on children in low-income communities.

A Nurturing Approach
HealthySteps is a program of ZERO TO THREE, the nation’s leading nonprofit dedicated to ensuring babies and toddlers have a strong start in life.

- A dedicated child development professional, referred to as a HealthySteps Specialist, partners with a pediatric care team
- Comprehensive child and family screening identifies risks that can impact the developing child
- Families, not just children, are the focus of care — receiving support and resources to foster their children’s health and wellness

Track Record of Success
For more than 20 years, HealthySteps has demonstrated positive outcomes for children, their families, and the physicians and practices that serve them. With over 100 pediatric and family medicine practices in 19 states, Washington, D.C., and Puerto Rico, HealthySteps is making a difference in the lives of children and families across the nation and beyond!

HealthySteps helps improve:
- Child Health, Development, and Safety
- Breastfeeding & Early Nutrition
- Connections to Resources
- Parenting Knowledge & Practices
- Parent & Physician Satisfaction
- Maternal Depression
- Early Literacy & School Readiness

We’re on a mission to serve more than 1 million children ages 0-3 by 2032, focusing on those most at-risk.

MEET RAHIL
Dr. Rahil Briggs is National Director for HealthySteps. She is the founder and former director of Pediatric Behavioral Health Services at Montefiore Medical Group, one of the nation’s largest integrated pediatric behavioral health services. She is also an Associate Professor of Pediatrics, Psychiatry and Behavioral Sciences at Albert Einstein College of Medicine.

“There’s no time of life more critical than the first three years. When babies and their caregivers form strong, positive early connections, the benefits last a lifetime. As a guest in the ‘medical home,’ we have the honor of strengthening those connections and adding even more value to routine pediatric care visits.”

“We take an approach of nurturing the parent as well as the child, to hold the parent so that they can hold the child.”
— HealthySteps Specialist