



FOR HEALTH PROFESSIONALS

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Appointments Donate Now

Programs Newsroom

Ways to Give Contact Us



WHO WE ARE

WHAT WE DO

FIND A DOCTOR

PATIENT GUIDE

Home > Other Programs > Healthy Steps Progra...

Healthy Steps Program

Ever wish that babies came with instructions? Montefiore Medical Group Comprehensive Family Care Center (CFCC), Family Care Center (FCC) and Comprehensive Health Care Center (CHCC) offer a program for parents of infants and toddlers called Healthy Steps. This program helps to ensure that parents and their babies get started on the right track.

During pediatric appointments from birth through 5 years, babies are seen by a Healthy Steps specialist in addition to their pediatrician. Healthy Steps specialists are specially trained experts in child development and behavior, and have experience working with infants, toddlers, parents and healthcare professionals.

Healthy Steps monitors development and behavioral needs with:

- A Healthy Steps specialist at many well-baby checkups
- A dedicated parent hotline to answer questions regarding care of infants and toddlers
- Educational materials on a variety of parenting topics, including toilet training, discipline, crying and sleeping patterns
- Optional home visits
- Parent discussion groups and referrals
- Referrals to children's specialists, including hearing and speech pathologists
- On-site treatment for parents regarding depression, anxiety and other mental health concerns

At Healthy Steps, parents of infants and toddlers are not alone. We take extra care to ensure that all of baby's first steps are healthy ones.

To learn more, visit the National Healthy Steps site at www.healthysteps.org.

Contact information - Healthy Steps Program

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In This Section:

Pediatric Grand Rounds

Bronx Nutrition and Fitness Initiative
for Teens (B'N Fit) Program

Behavior Clinic

J.E. and Z.B. Butler Child Advocacy
Center

Child and Family Support Programs

Phoebe H. Stein Child Life Program

Suzanne Pincus Family Learning
Place

Healthy Steps Program

Horizon Center

Integrative Medicine and Palliative
Care Team (IMPACT)

Ira Greifer Children's Kidney Center

Lead Poisoning Treatment and
Prevention Program

Linking Individual Needs of Children
with Services (LINCS)

Rett Syndrome Center

School Health Program

Social Services

Spiritual Care and Religious
Services

The Explainer Program

Women, Infants, and Children (WIC)