



*Drs. Lang and Brazelton*

On November 11, 2011, Lowell welcomed renowned pediatrician and author, Dr. T. Berry Brazelton, and child psychiatrist and co-author, Dr. Joshua Sparrow, to campus to speak to the Lowell community. This was Dr. Brazelton's second visit to Lowell; his first visit was in 1989 when Former Director, Abigail Wiebenson, invited him to be the kick-off speaker for Lowell's inaugural parent education lecture series.

This visit by Dr. Brazelton was arranged by pediatrician and Lowell School parent, Dr. Nicole Lang. Dr. Lang's practice is Washington Pediatric Associates (WPA). WPA's mission is to deliver comprehensive and wholistic healing to children of all ages.

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*Upcoming Parent Ed speakers:*

**Jean Orvis**

January 18, 2012 at 7:00 PM  
*Preparing Students for College, Careers, and Citizenship in the 21st Century*

**Rosetta Lee**

March 7, 2012 at 7:00 PM  
*What Boys and Girls are Made Of: Supporting Healthy Gender and Sexual Identities of Children*

# Dr. T. Berry Brazelton Touchpoints Approach to Pediatric Care

by Dr. Nicole V. Lang

*My goal is that parents everywhere work with supportive providers, feel confident in their parenting role, and form strong, resilient attachments with their children. To help achieve this, providers must be knowledgeable about child development, and eager to see every parent succeed. — Dr. T. Berry Brazelton*

Dr. Brazelton Touchpoints Approach is a model of preventative care that focuses on the positive relationships between doctors/providers, parents/caregivers, and the community at large with the common goal of optimal child development and healthy, functional families. The model honors parents' innate wisdom and their desire to do what is best for their children while empowering them to be increasingly effective caregivers. Dr. Brazelton has been a tremendous role model for me since 1998 when I was first introduced to him and the Touchpoints philosophy. Now, I am pleased to serve as one of a select group who are designated as his National Trainers in the Touchpoints Approach.

As Dr. Brazelton mentioned when he spoke at Lowell, families are more stressed today than ever before and they need extra support and nurturing. The Touchpoints model focuses on the entire family during these stressful times. Here are four guiding principles that I use in my work with families that you might find helpful:

- 1) **Focus on your parental strengths; you are the expert on your child.**
- 2) **Parenting is a process built on trial and error. Be patient with yourself as a parent. There is not just one right way to parent a child. Always follow your intuition.**
- 3) **The support system you have is critical. The African proverb is true: It takes a village to raise a child.**
- 4) **Stress can be overwhelming. Try not to over-schedule your child. Live in the here-and-now and be PRESENT.**

Dr. Brazelton has taught me that when we strengthen families we ultimately strengthen communities. In November 2002, I launched my own private pediatric practice, the essence of which is family-centered care. The majority of my time with patients is spent on anticipatory guidance, preventative medical education, and counseling.

I am sure a large part of the success of my practice can be attributed to the strong connections we have with our families and the support we provide in a multidisciplinary manner. ■



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