

NEXT STEPS

Choose a developer or platform, set up secure data storage, and build a small MVP. Test it with real users, refine the experience, and prepare a launch plan with clear messaging and funding options.



Keeping the App Running Through Sponsorship & Donations



ACKNOWLEDGEMENTS

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THE OHIO STATE UNIVERSITY

Early Childhood Daily Check-In & Well-Being App



THE OHIO STATE UNIVERSITY/Ohio Statewide Family Engagement Center

Sophia Cincinnati, OH

INTRODUCTION/NEED ADDRESSED

Caregivers and educators often lack real-time insight into a child's emotional and behavioral well-being. Updates are limited, inconsistent, and usually shared only at the end of the day, making it difficult to recognize patterns, respond to needs quickly, or provide coordinated support. This gap leaves adults guessing about how a child is feeling in the moment and limits their ability to intervene early or celebrate meaningful progress.

GOAL and OBJECTIVES

To strengthen communication and support around a child's emotional and behavioral well-being by giving caregivers and educators real-time insight throughout the day.

IMPLEMENTATION PLAN DESCRIPTION

The implementation of this app begins with defining the core user experience: simple, developmentally appropriate check-ins that children can complete independently or with support. The design team will create intuitive screens, visual cues, and emotion-based prompts to ensure accessibility for young learners. Once the interface is drafted, prototypes will be tested with a small group of caregivers, educators, and children to gather feedback on usability, clarity, and engagement.

Next, the development phase will focus on building secure data systems that protect each child's information while enabling real-time sharing between home and school. Features such as mood tracking, behavior notes, alerts, and progress summaries will be integrated and refined based on user testing.

Training materials—including short videos, onboarding guides, and classroom integration tips—will be provided to help adults adopt the tool smoothly. A pilot program will then be launched in select classrooms or childcare settings to evaluate effectiveness, identify improvements, and measure impact on communication and child well-being.

Following the pilot, the app will be scaled to additional sites, supported by ongoing updates, technical assistance, and optional sponsorship-based funding to keep the platform accessible and sustainable.

EXPECTED OUTCOMES

The app is expected to strengthen daily communication between caregivers and educators, leading to quicker recognition of emotional or behavioral changes. Children will benefit from having a consistent, supportive way to express their feelings, while adults gain clearer insight into patterns, triggers, and progress over time. This increased awareness supports earlier intervention, more coordinated responses, and a more nurturing environment. Over time, the tool promotes improved emotional regulation, stronger adult-child relationships, and a more responsive approach to each child's well-being.

EXPECTED CHALLENGES

Implementing the app may present challenges such as ensuring consistent use by busy caregivers and educators, maintaining child engagement during daily check-ins, and providing adequate training for adults unfamiliar with digital tools. Protecting sensitive data and meeting privacy requirements will require careful planning. Gathering reliable feedback during early pilots may also be difficult, and ongoing updates will be needed to address technical issues, improve usability, and support long-term adoption.