



VMAP ECHO

— 2026 —

Birth to Five: A Deeper Dive

This VMAP ECHO cohort addresses infant and early childhood **mental, emotional, behavioral, and developmental** health concerns that arise in busy primary care practices. With a focus on neurodevelopmental factors and implications, each session teaches skills in early support and intervention.



Register at vmap.org/ECHO
or scan the QR Code to the left!
Questions? echo@vmap.org



Topics Include:

- Challenging behaviors in early childhood
- Early childhood mental health assessments
- Early childhood attachment & anxiety issues
- ADHD in preschoolers
- Sleep challenges in early childhood
- Tantrums, discipline, & spanking

CME Opportunity:
Earn up to 20 CME & MOC-2
and 25 MOC-4 points!

WHO:

Virginia PCPs Treating
Patients 5 & under

WHEN:

Jan - Dec 2026
4th Thursdays, 12-1 PM



Accreditation Information: this program is approved as a Continuing Medical Education (CME) Maintenance of Certification Performance Improvement Project, which qualifies participants to receive up to the following credits: **20 AMA PRA Category 1 credits™**; 20 ABMS (Maintenance of Certification) MOC Part 2 or Self-Assessment credits*; 25 MOC Part 4 or Performance Improvement credits.* In order to be awarded credits for participation, all project requirements must be met. The University of Virginia School of Medicine is accredited by the ACCME to provide continuing medical education for physicians. The UVA Office of Continuing Medical Education is an ABMS Multi-Specialty Portfolio Sponsor. *for participating boards.

University School of Medicine designates this live activity for a maximum of **20 AMA PRA Category 1 credits™**. Physicians should only claim the credit commensurate with the extent of their participation in the activity.