

Interventions to Support Parents and Parenting: Scaling Effective Interventions

Evidence is needed to:



Findings can then be used in an ongoing way to inform the integration of evidence-based interventions into widely used service platforms.

Recommendation



Actors

- US Departments of Health & Human Services, Education, state and local agencies, community based organizations

Actions

- Form a working group to identify points in the delivery of these services that reach large numbers of families

Goal

- To implement evidence-based strategies for supporting parents, and to enhance referral of parents to needed resources

Increasing Parents' Engagement in Programs and Services

Parents' engagement in young children's learning can improve:



Parent engagement is facilitated when providers, skilled in communication, participate in joint decision making with diverse families about their children's education.

Increasing Parents' Engagement in Programs and Services

Points of Consideration:

Programs that prepare individuals to work with young children do not always include evidence-informed strategies for creating successful partnerships with families

There is limited official guidance at the local, state, and federal levels on how to increase parent engagement, along with a lack of attention on impact of family culture and language on engagement programs



Communicating Evidence-Based Parenting Information

Key Opportunities:

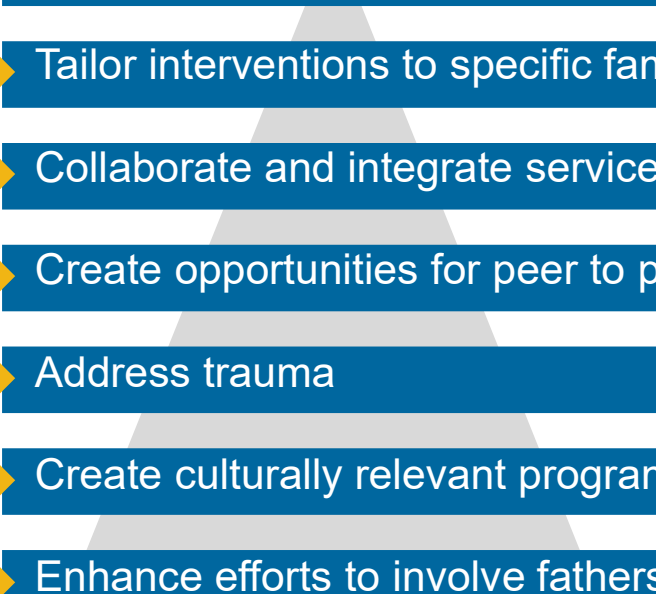
Awareness about parenting practices is foundational for behavior that supports children

Public health campaigns are an effective low-cost way to reach large and heterogeneous groups of parents

Information and communication technologies offer promising opportunities to tailor information based on needs, background and social circumstances

▶ Inequalities exist in how parenting information is generated, manipulated, and distributed among social groups, in the ability to access and take advantage of the information

Elements of Effective Interventions

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- ▶ View parents as equal partners
 - ▶ Tailor interventions to specific family needs
 - ▶ Collaborate and integrate services to support families with multiple needs
 - ▶ Create opportunities for peer to peer support
 - ▶ Address trauma
 - ▶ Create culturally relevant programs
 - ▶ Enhance efforts to involve fathers

PARENTING CHILDREN AGES 6-8

SCHOOLS

EDUCATION

- ▶ The transition to kindergarten and the early years of school are key times for children's cognitive and social development.
- ▶ Parents have a direct role in building a child's problem solving, study and cognitive skills.
- ▶ Child tax credit is linked to better academic achievement for elementary aged children.
- ▶ Higher levels of parent education are associated with knowledge about child development milestones and effective parenting strategies



INTERVENTIONS

- ▶ When parents are engaged with their child's school, children show higher academic achievement
- ▶ Regular routines at home are associated with better school performance.
- ▶ The transition to elementary school can be facilitated by providing parents with information on the demands and rules of the school as well as expected developmental changes in their children.
- ▶ Assistance can be provided to help parents establish a home environment conducive to literacy and learning activities.

HEALTH

- ▶ Well-child care is the mainstay of a family's interaction with the health care system
- ▶ Many families do not receive all the parent support and guidance that is recommended in well-child care guidelines
- ▶ Longer well-child visits are associated with more anticipatory guidance, more psychosocial risk assessment and better ratings of family-centeredness
- ▶ Kindergarten and first graders who watch more television are at increased risk to be overweight by the end of third grade
- ▶ Parent screen time behaviors are linked with those of their children, and contribute to sedentary behaviors



INTERVENTIONS

- ▶ The American Academy of Pediatrics recommends that children ages 0-8 receive an annual physical exam, developmental/behavioral assessment and anticipatory guidance
- ▶ Anticipatory guidance is intended to help parents prepare for and deal with issues and concerns they may encounter as their child grows. (e.g. discipline, safety)
- ▶ Primary care doctors serve as a source of parenting information, providing guidance on early learning, and well-child care.
- ▶ Balancing screen time with other activities can promote the health of children

PRIMARY CARE SETTINGS



For more information on the report *Parenting Matters: Supporting Parents of Children Ages 0-8*, please visit: www.nas.edu/ParentingMatters.

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parents are the secret sauce