



Parents as Teachers®

An Evidence-Based Home Visiting Model



Overview

Parents as Teachers (PAT) is an evidence-based home visiting model that promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers. The program model can be offered prenatally through kindergarten and is replicated by various types of organizations including, health departments, non-profit organizations, hospitals, and school districts.

The Parents as Teachers model offers a cohesive package of services for families with young children and is framed around four dynamic components: Personal Visits, Group Connections, Child Screenings, and Resource Network. These components are guided by explicit fidelity and quality standards that guide program service delivery and successful replication of the program (see page 5, Fidelity and Quality). A rigorous training, a robust curriculum and ongoing implementation support, guide our home visiting professionals who work with families.

Our home visiting professionals meet families where they are comfortable, typically in their home. During visits, parent educators assess family needs and partner with parents to set family goals. Home visitors provide necessary information and resources to ensure that parents are confident in the emotional, behavioral and physical development of their children. Each personal visit includes a focus on Parent-Child Interaction, Development-Centered Parenting and Family Well-Being.

Parent educators use partnering, facilitating and reflecting in their work with families to promote parental resilience; knowledge of parenting and child development; and social and emotional competence of children to strengthen protective factors.

Goals

- > Increase parent knowledge of early childhood development and improve parenting practices
- > Provide early detection of developmental delays and health issues
- > Prevent child abuse and neglect
- > Increase children's school readiness and school success

Evidence-Base

Independent evaluation has been integral to the success of PAT since its inception. Evidence of effectiveness of the PAT model has been supported by rigorous research designs, including randomized controlled trials and quasi-experimental methods. Studies published in peer-reviewed journals have shown statistically significant effects, demonstrating that PAT achieves its goals and makes a real difference in the lives of children and families. Research has been conducted and supported by state governments, independent school districts, private foundations, universities and research organizations and outcome data have been collected from more than 17,100 children and parents.

6 independent randomized controlled trials (RCT)

9 peer-reviewed published outcome studies

Recognitions

Meets the evidence-based criteria of the Maternal, Infant, Early Childhood Home Visiting program (MIECHV), 2011 <http://homvee.acf.hhs.gov/>

SAMHSA's National Registry of Evidence-based Programs and Practices www.nrepp.samhsa.gov

Community-based Child Abuse Prevention's (CBCAP) Evidence-based Program Directory www.friendsnrc.org/cbcap-priority-areas/evidence-based-practice-in-cbcap/evidence-based-program-directory

California Evidence-Based Clearinghouse (CEBC) for Child Welfare www.cebc4cw.org

National Academy of Parenting Practices' (U.K.) Commissioning Toolkit www.education.gov.uk/commissioning-toolkit

Strengthening America's Families: Effective family programs for prevention of delinquency www.strengtheningfamilies.org

Child Trends Lifecourse Interventions to Nurture Kids Successfully (LINKS) database www.childtrends.org/Links

Proven and Promising Practices website www.promisingpractices.net

Phineo Wirkt! program for working with children in poverty in Germany www.phineo.org

Listed as an "Educational Program that Works" by the National Diffusion Network, 1995 www.ed.gov/pubs/EPTW/index.html

Listed in the S & I 100, an index of nonprofits creating social impact www.socialimpactexchange.org/exchange/si-100



Guiding Theoretical Framework

Human Ecology and Family Systems | Tenets of Child Development | Developmental Parenting | Attribution Theory | Empowerment and Self-Efficacy

Inputs

- Implementing agency leadership and support
- Qualified supervisors and parent educators trained in Foundational and Model Implementation
- Participants (families with children ranging from prenatal to kindergarten)
- Technology (database, phones, etc.)
- Sustainable funding
- Policies, procedures and protocols
- Community support and partnerships
- The Foundational curricula, Model Implementation and Supervisor's Handbook
- Comprehensive Affiliate Plan with design elements that meet Parents as Teachers Essential Requirements and Quality Standards
- Program management, evaluation and Continuous Quality Improvement (CQI)
- Implementation, advocacy, data collection and management resources with support from state and national offices

Activities

- **Reflective Supervision and Professional Development**
- **Personal Visits**
- **Group Connections**
- **Child Screening**
- **Resource Network**
- **Family-Centered Assessment and Goal Setting**
- **Stakeholder Engagement**
- **Evaluation and Continuous Quality Improvement**

Approach: Partner, Facilitate, Reflect

Outputs

- Staff receive regular reflective supervision and participate in professional development.
- Families have regular personal visits that include the areas of emphasis and follow the Foundational curricula.
- Group connections are provided for families.
- Children receive regular developmental screening and a health review, including hearing and vision.
- Families are connected to needed community resources.
- Parent educators complete family-centered assessment and support families to set goals.
- Advisory committee meetings are held regularly and advocacy work is conducted.
- Measurement of outcomes and participant satisfaction and participation in the Quality Endorsement and Improvement process.

Outcomes

Short-term

- Increased healthy pregnancies and improved birth outcomes.
- Increased early identification and referral to services for possible developmental delays and vision, hearing and health issues in children.
- Increased parent knowledge of age-appropriate child development, including language, cognitive, social-emotional and motor domains.
- Improved parenting capacity, parenting practices and parent-child relationships through the demonstration of positive parenting skills and quality parent-child interactions.
- Improved family health and functioning as demonstrated by a quality home environment, social connections and empowerment.

Intermediate

- Improved child health and development.
- Reduced rates of child abuse and neglect.
- Increased school readiness.
- Increased parent involvement in children's care and education.

Long-term

- Strong communities, thriving families and healthy, safe children who are ready to learn.

Vision

Mission

Core Values

Approach

Results

Parents promote children's language and literacy:

- > Parents as Teachers families with very low income were more likely to read aloud to their children and to tell stories, say nursery rhymes and sing with their children.¹
- > Over 75 percent of parents in Parents as Teachers reported taking their child to the library regularly and modeling enjoyment of reading and writing.²
- > Parents engaged in more language and were more likely to promote reading in the home.³
- > Parents as Teachers families have more books at home.⁴

Parents improve their parenting knowledge and skills:


- > Parents as Teachers parents showed significant improvements in parent knowledge, parenting behavior and parenting attitudes.⁵
- > Teen mothers showed greater improvement in knowledge about discipline and organized their home environment in a more appropriate way.⁶

Parents are involved in their children's school:

- > Sixty-three percent of Parents as Teachers (PAT) parents (versus 37 percent of non-PAT parents) requested parent-teacher conferences.³
- > Parents as Teachers parents were more likely to enroll their children in preschool, attended parent-teacher conferences, PTA/PTO meetings and school events, volunteer in the classroom, talked with their children's teacher and assist with their children's homework.⁷

Parents in tribal communities report that Parents as Teachers helps:

- > Increase the amount of time they spend with their child.⁴
- > Become more involved with their child's education.⁴
- > More effectively interact with their child.⁴
- > Increase their understanding of child development.⁸
- > Improved health literacy with parents.⁹
- > Parents' understanding of their child's development increased.¹⁰
- > Decrease behavioral concerns in toddlers.⁴



"By enrolling in Parents as Teachers through my school district, I began receiving visits from a trained parent educator, twice a month from my son's birth until he turned 6. As a mother, I felt empowered to have a professional that I could ask questions of and get advice from; someone I could trust with questions about my children's development and health."

– Leslie Miller, PAT participant mom

Improve children's health and detect developmental delays early:

- > Approximately 25,092 children every year are newly identified with a developmental delay or problems with vision, hearing, or health (including mental health).¹¹
- > Children enrolled in Parents as Teachers were five times more likely to be fully immunized.⁵
- > Parents as Teachers children are more likely to meet American Academy of Pediatrics (AAP) well-child visit recommendations.¹²

Child abuse and neglect is prevented:

- > Children in Parents as Teachers are less likely to go to the emergency room to be treated for injury.¹²
- > Parents as Teachers participation was related to 50 percent fewer cases of suspected abuse and/or neglect.¹³

Children show better adaptive behavior and self-control:

- > Parents as Teachers children showed lower rates of bottle feeding at night at 12, 24 and 36 months.¹⁴
- > Parents as Teachers children showed higher rates of sleeping through the night at 12, 24 and 36 months.¹⁴
- > Children enrolled in Parents as Teachers demonstrated higher levels of self-control at 36 months.¹⁴

Children enter kindergarten ready to learn and the achievement gap is narrowed:

- > Parents as Teachers children scored higher on measures of initiative achievement, language ability, vocabulary, social development, persistence in task mastery and other cognitive abilities.^{1,4,14,15}
- > Parents as Teachers (PAT) combined with quality preschool education reduced the achievement gap between low-income and more advantaged children at kindergarten entry. More than 75 percent of the low-income children who participated in PAT and preschool were rated by their teachers as ready for kindergarten.¹⁶
- > Teachers rated Parents as Teachers children significantly higher than non-PAT children on multiple, developmental indicators of school readiness (emotional well-being, fine motor, expressive language, receptive language and social competence).¹⁷

Children achieve school success into the elementary grades:

- > Children in Parents as Teachers scored higher on standardized measures of reading, math and language at kindergarten entry and later grades.^{4,18}
- > Compared to non-Parents as Teachers children, PAT children required half the rate of remedial and special education placements in 3rd grade.^{19,20}

"It wasn't until I started working with our parent educator that I realized just how far behind Layla was. Eventually we got a diagnosis: autism.

Parents as Teachers gave me the tools and information to move in the right direction. Those visits continue to make a huge difference for my daughter today."

Fidelity and Quality

Parents as Teachers Model Affiliates adhere to the program model, as it was designed to be implemented, to achieve positive results for children and families.

Parents as Teachers offers a portfolio of resources to help ensure that model affiliates provide evidence-based home visiting services. This portfolio includes resources to guide model replication and tools for ongoing monitoring of fidelity and quality.

Resources to Guide Parents as Teachers Implementation With Fidelity

Logic Model	Provides a simplified, visual description of the theory of change and shows how the Parents as Teachers model is designed to achieve desired outcomes.
Essential Requirements	Outlines the programmatic elements necessary for model replication.
Quality Standards	Guide to initial and ongoing implementation of the model and form the basis of quality endorsement.
Affiliate Implementation Manual (Formerly called the Quality Assurance Guidelines)	Provides supporting information on how to implement the Essential Requirements.
Readiness Reflection	Provides an opportunity for reflection about organizational capacity, staffing and community needs and relationships. Completed prior to developing an Affiliate Plan.
Affiliate Plan	Helps organizations design their Parents as Teachers affiliate and demonstrate how they will fulfill the essential requirements, using a Logic Model format.
Model Implementation Library (Formerly called the Model Implementation Guide)	Expands upon the Affiliate Implementation Manual and provides additional implementation strategies and evidence-based practices.
Affiliate Updates	Address emerging issues around quality improvement, measurement, and evaluation of the Parents as Teachers evidence-based model.

Tools for Ongoing Monitoring of Fidelity and Quality

Supervisor's Handbook	Includes a variety of tools for affiliate supervisors to conduct and track quality assurance activities: Quality Assurance Blueprint, Personal Visit Observation Tool, Group Connection Observation Tool, Family File Review Tool and Core Competencies Self-Assessment.
Data in Motion: A Manual for Documenting Family Data, Services and Impact	Provides a road map for high-quality data collection and documentation.
Affiliate Performance Report (APR)	A tool for reporting on and understanding the affiliate's design and implementation of essential requirements across a program year.
Performance Measures Report (PMR)	Provides specific indicators of performance using the affiliate's APR data to help understand and continually improve fidelity of implementation and service delivery.
Self-Study/Quality Endorsement Process	Affiliates engage in the quality endorsement process, including a self-study, in their fourth year of implementation and every five years thereafter.

Citations

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HOW TO JOIN THE PARENTS AS TEACHERS FAMILY

Contact Parents as Teachers today to discuss the right pathway to outcomes for you.



Parents as Teachers®

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