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PARENTING MATTERS

SUPPORTING PARENTS OF CHILDREN AGES 0-8



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Parenting Matters

Supporting Parents of Children Ages 0-8

Board on Children, Youth, and Families

Division of Behavioral and Social Sciences and Education

Meeting:

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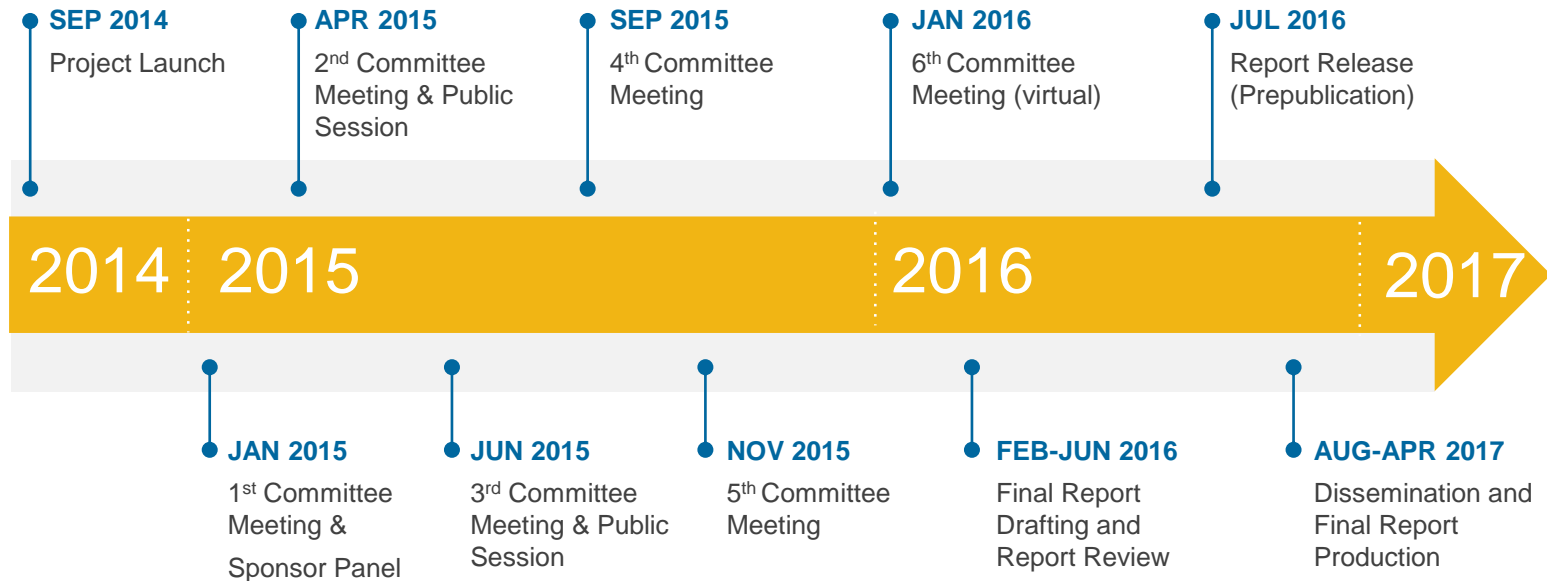
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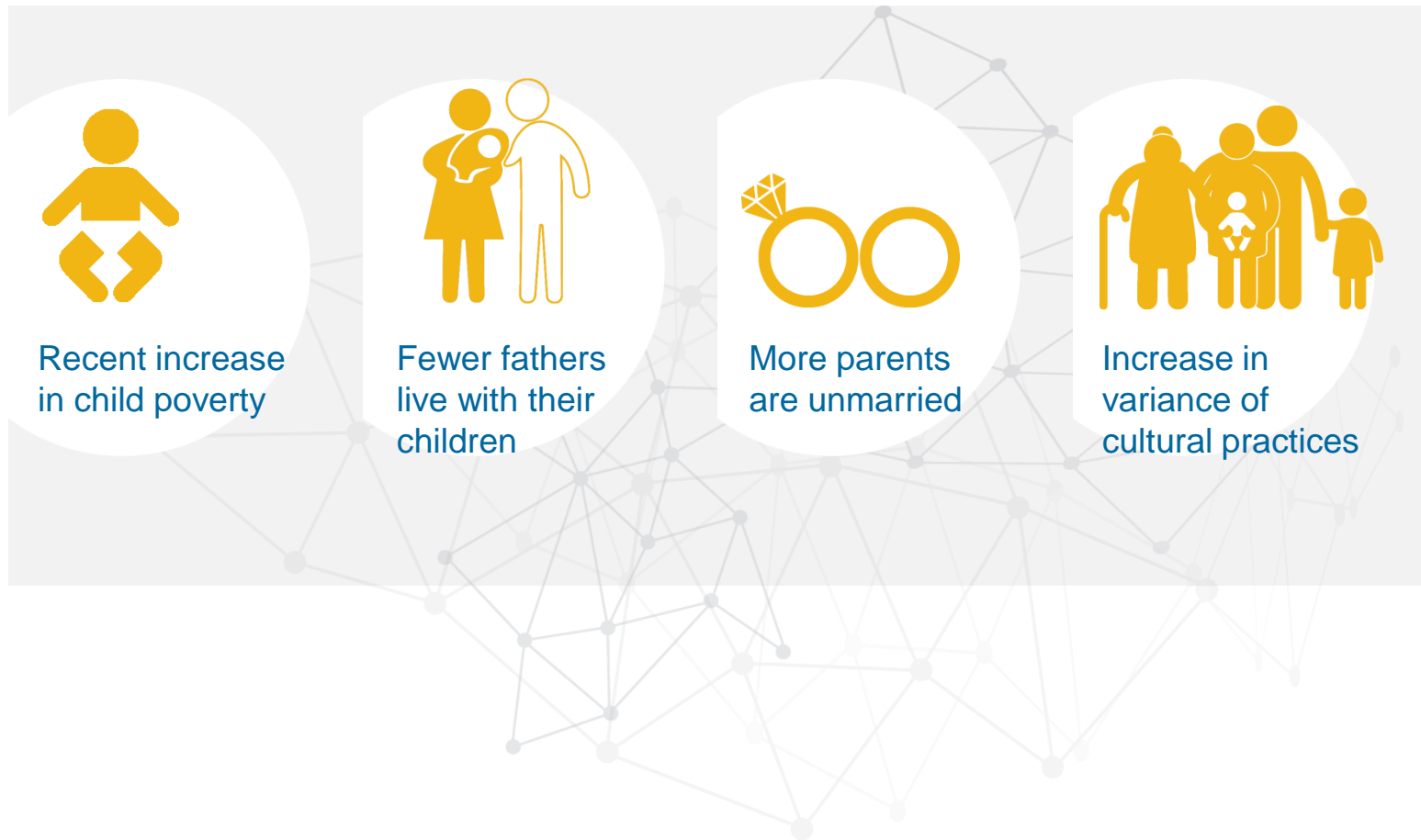
Study Timeline



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The Changing Landscape for Parents



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Statement Of Task

Identify parenting knowledge, attitudes, and practices that support positive parent-child interactions and healthy development of children ages 0-8

Describe effective strategies for supporting parents in carrying out parenting practices associated with healthy child development

Identify barriers and facilitators to strengthening parenting capacity and parents' participation and retention in effective programs and services

Identify areas for future research to strengthen the evidence on strategies for supporting parents

Make recommendations to promote the wide-scale adoption of effective strategies across public and private sectors and to health, human services, and education systems

The Following Questions Were Of Particular Interest To The Committee

What are core parenting knowledge, attitudes and practices that support healthy child development, birth to age 8?

What evidence based strategies to strengthen parenting capacity have been shown to be effective with parents of young children, prenatal to age 8?

What types of strategies work and for which populations of parents and children?

What are the most pronounced barriers to strengthening parenting capacity and retention in effective programs designed for children birth to age 8?

Are there evidence-based models that support parenting capacity and build upon existing family assets?

What are 3-5 research areas that warrant further investigation, in order to inform policy and practice?

Study Methodology

Extensive review of literature pertaining to parenting as well as reports from the National Academies of Sciences, Engineering, and Medicine

Held two public information gathering sessions

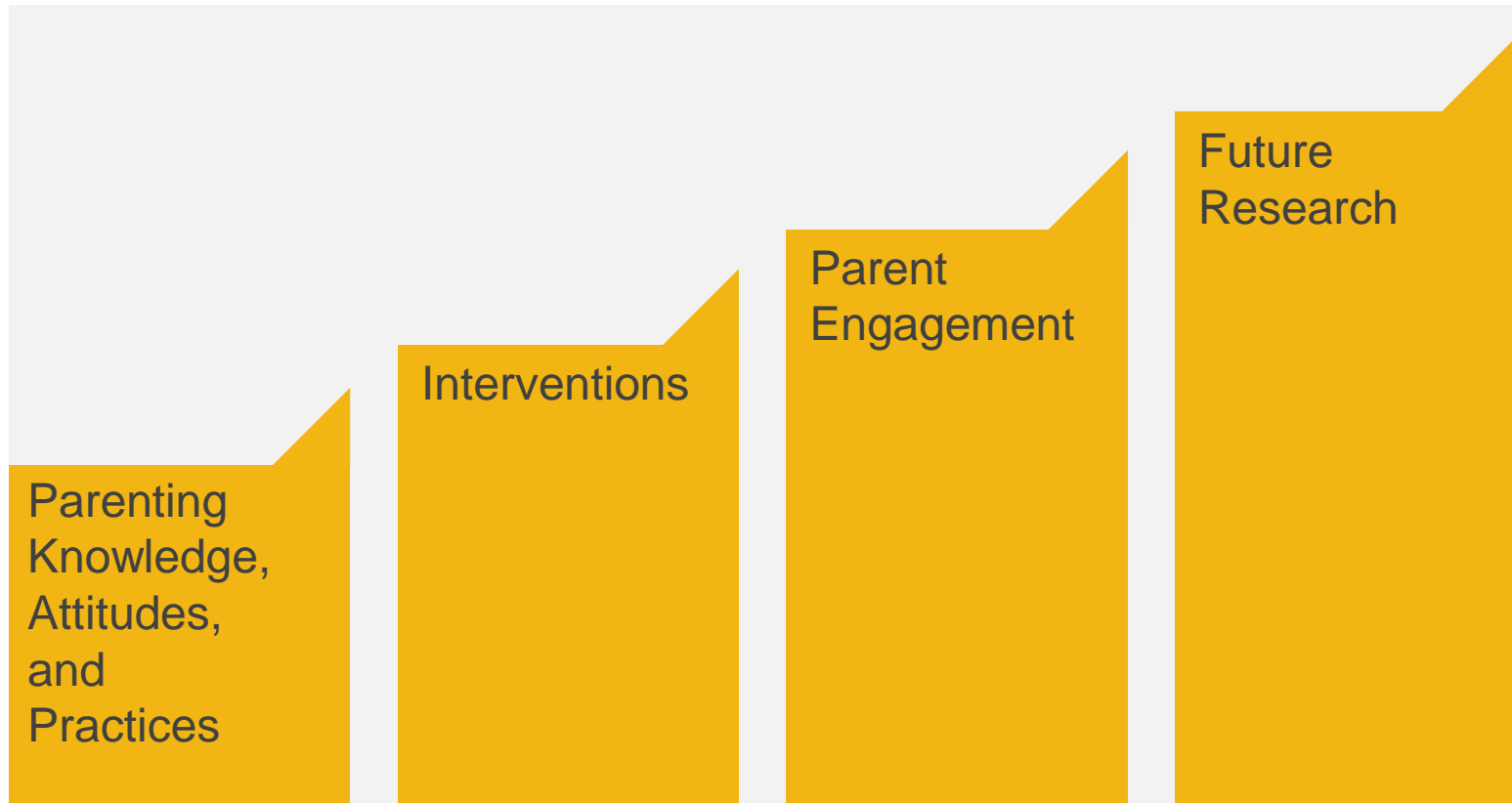
Conducted group and individual semi-structured interviews with parents

Commissioned papers

- The Role of Healthcare in Supporting Parents of Children Ages 0-8
- Evidence for Investing in Parenting Programs at Scale
- Parenting and Children's Mental and Behavioral Health

Major Findings, Conclusions, and Recommendations

Recommendations and Conclusions Focused In These Key Areas



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Parenting Knowledge, Attitudes, and Practices

Parents who know and understand child development have increased:

Quality in parent-child interactions



Are more likely to engage in evidence-based parenting practices

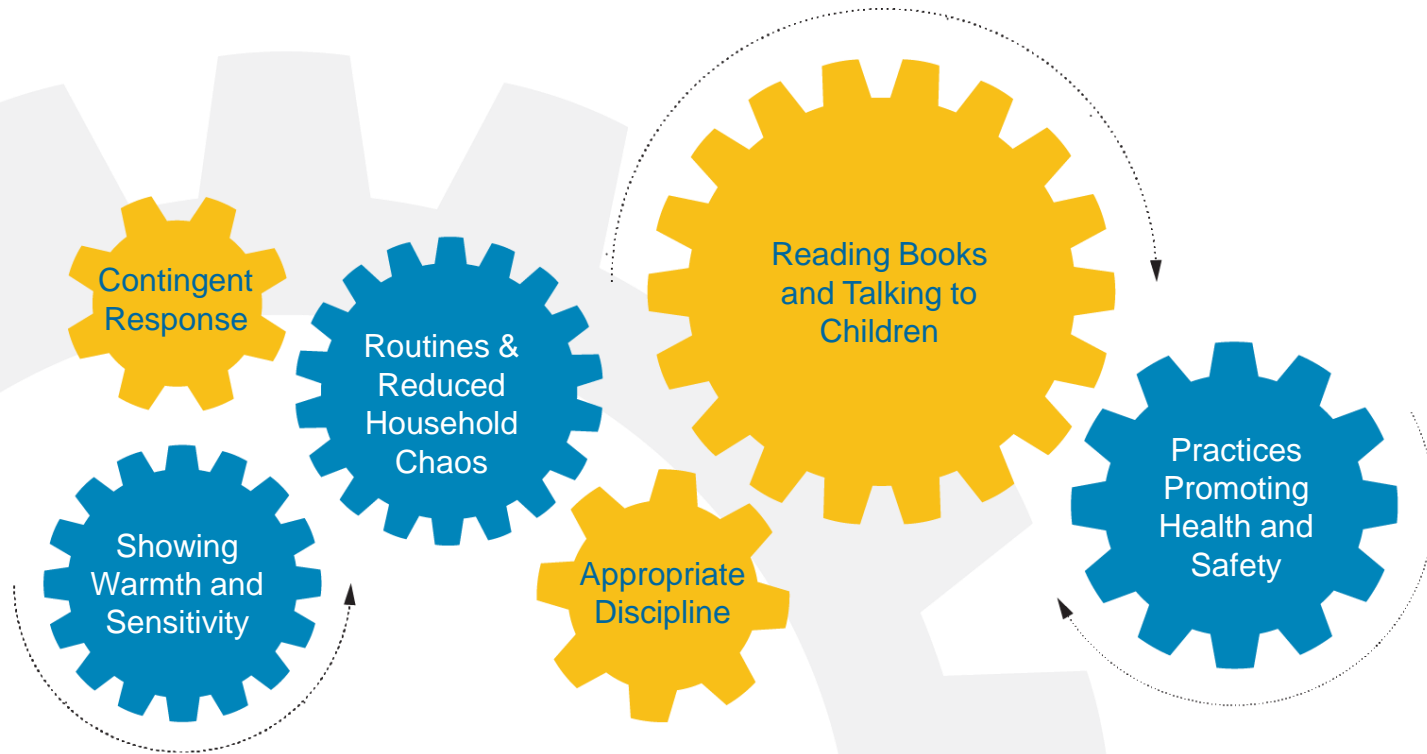
Attitudes about roles of raising young children:



Contribute to variation in practices and in the uptake of services for families among individuals and subpopulations

Parenting Practices

Parenting practices associated with positive child development include:



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Interventions to Support Parents and Parenting: Scaling Effective Interventions

Several interventions promote effective parenting practices:

Formal
sources of
parenting
support

Parenting
skills training
programs

Interventions
targeted to specific
populations of
parents

Many families that could benefit from interventions do not receive them. Leveraging services such as early care and education as points of intervention and referral would improve the reach of effective strategies.

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

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

2

Actors

- US Departments of Health & Human Services, Institute of Education Sciences, Patient-Centered Outcomes Research Institute, and private philanthropies

Actions

- Fund research focused on developing guidance for policy makers and program administrators and managers

Goal

- To scale effective parenting programs as widely and rapidly as possible

Enhancing the Workforce's Ability to Deliver Evidence-Based Interventions

One of the Problems

Providers of routine services for parents, and services not designed for parents but with the potential to benefit them, often lack knowledge and competencies in evidence-based parenting interventions

Solutions for Scaling Up Greater Access

A workforce with knowledge and competencies in implementing evidence-based interventions

Build on the commonality of specific and nonspecific elements across interventions

Recommendation

3

Actors

- US Departments of Health & Human Services

Actions

- Continue to promote the use of evidence-based parenting interventions
- Should support research designed to further operationalize common elements of effective parenting interventions
- Compare intervention benefits with specific evidence-based programs from which the elements originated

Goal

- To create an open-source curriculum for use in educating health and human service professionals
- Develop common terminology for describing common elements and training materials
- Ensure knowledge of effective parenting interventions among professionals

Increasing Parents' Engagement in Programs and Services

Parents' engagement in young children's learn 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



Recommendation

4

Actors

- US Departments of Health & Human Services, Education

Actions

- Convene a group of experts in teaching and research and representatives of relevant practice organizations and research associations

Goal

- To review and improve professional development for providers who work with families of young children across sectors
- Professional development should be evaluated as to whether its core elements include best practices in engagement of and joint decision making with parents

Recommendation

5

Actors

- US Departments of Health & Human Services, Education

Actions

- Convene experts in parent engagement

Goal

- To create a toolbox of evidence-informed engagement and joint decision-making models, programs, and practices for implementation in early education settings

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

Recommendation

6

Actors

- US Departments of Health & Human Services, Education, state and local departments of health and education and private partners, including businesses and employers

Actions

- Lead an effort to expand and improve the communication to parents, with particular emphasis on informing parenting practices of underserved populations

Goal

- So that parents have up-to-date information on children's developmental milestones and parenting practices associated with healthy child development

Addressing Gaps in Research

▶ A number of interventions have shown promise in supporting specific groups of parents but require further research to understand whether and how they should be scaled

▶ To best guide policy and practice, research must focus on major gaps in current knowledge and use methodologies most likely to produce evidence that can inform policy or practice

Recommendation



Actors

- Secretaries of US Departments of Health & Human Services, Education

Actions

- Launch a national effort based on an assessment aimed at identifying the gaps in knowledge that if filled, would most advance parenting-related policy and practice

Goal

- To address major gaps in the research-to-practice/practice-to-research pipeline related to parenting

Addressing Gaps in Research

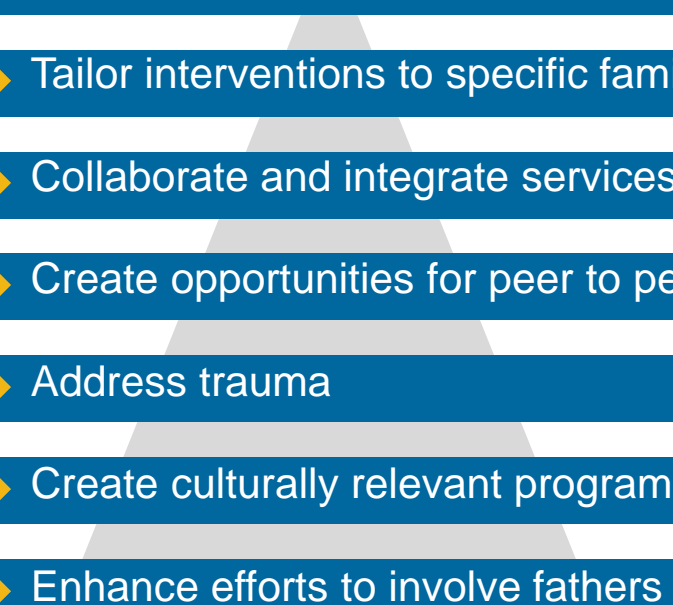
Three areas in need of additional research are aimed at strengthening the evidence on:

▶ Interventions for parents with special needs

▶ Interventions that engage fathers

▶ Differences in parenting and engagement in interventions across diverse populations and family forms

Elements of Effective Interventions

- 
- ▶ 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

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For more information visit
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