



Outcomes and Impact

What is the overall goal of Families First's programs?

To empower parents through *knowledge, skills and support* around parenting. As a result, the parent-child relationship is improved and families are able to nurture and guide the next generation, readying them for lasting success in school and in life.

Why are healthy parent-child relationships important?

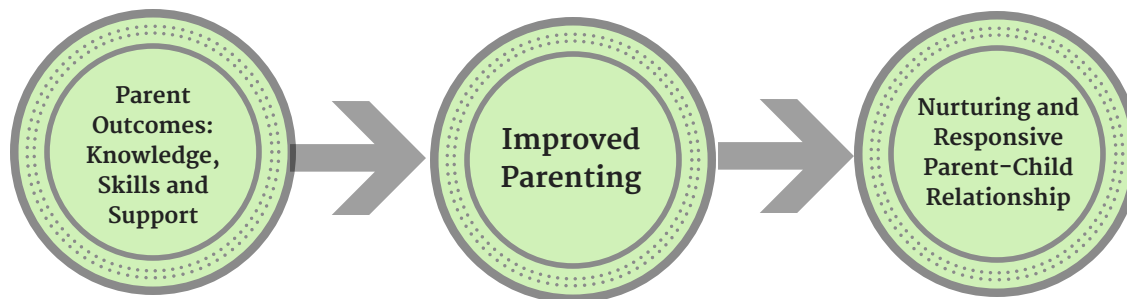
“Children who have overcome hardships almost always have had at least one stable and responsive relationship with a parent, caregiver, or other adult who provided vital support and helped them build effective coping skills.” – Center on the Developing Child at Harvard University

Research from Harvard University show that poverty exposes children to chronic stress, with damaging effects on learning, behavior, and physical health. Parents and caregivers who form close, nurturing relationships with their children foster resilience that protects those children from many of the worst effects of a harsh early environment.

Positive relationships not only affect the development of a child’s brain, they increase the child's capacity for life-long health and learning.

How does Families First assess these parent-child relationships?

Families First engages parents to improve parent-child relationships in order to promote their children's success in school and life. Decades of research clearly demonstrate that improving parent outcomes in the areas of knowledge and skills, parental resilience and social connections ultimately lead to improved parent-child relationships and better outcomes for children. Families First focuses on working with parents which allows us to concentrate on assessing these parent outcomes.



How does Families First measure its parent outcomes?

Families First uses a variety of tools to assess parent outcomes in the areas of parent knowledge and skills, parental resilience, and social connections. The outcomes assessed immediately after completion of the program are listed below. Longer-term outcomes will be assessed in the future.

Parent Outcomes

Parent Knowledge and Skills

- Parents increase knowledge about topics such as child's temperament, developmental stage, and discipline.
- Parents gain new age-appropriate parenting skills such as communication and positive discipline.

Parental Resilience

- Parents gain awareness of the impact of stressors on their children's lives.
- Parents gain strategies for managing parenting stressors.
- Parents feel confident and supported.

Social Connections

- Parents are more willing to share parenting strategies and ideas with other parents.

Parents who complete Families First's programs will embrace their role as the most important force in their children's learning and achievement. By empowering parents in under-resourced communities in this way, families are able to nurture and guide the next generation, readying them for lasting success.