

# Positive Parenting Resources

Evidence-Based Practices Available on Healthy Start EPIC Center Website

This resource was developed by the Healthy Start TA & Support Center at NICHQ for the April 2021 Fatherhood Talk Tuesday, which focused on Positive Parenting. This document includes evidence-based practices found on the Healthy Start EPIC Center website that focus on positive parenting and child abuse prevention.

## [2018 Prevention Resource Guide](#)

*This prevention resource guide offers information, strategies, and resources to support community service providers as they work with parents, caregivers, and children to prevent child maltreatment and promote social and emotional well-being. The guide focuses on protective factors that build on family strengths and promote optimal child and youth development. Information about protective factors is augmented with tools and strategies that help providers, advocates and policymakers integrate the factors into community programs and systems. The guide includes tip sheets for parents in English and Spanish on a range of parenting and child development topics.*

- Content includes:
  - Tools for public awareness and creating supportive communities
  - Developing & sustaining prevention programs (includes resources on developing prevention program, conducting community needs assessment, collaboration and partnerships, funding strategies, and making an economic case for prevention in your community or state)
  - Evaluation tools for prevention programs

## [Boot Camp for New Dads](#)

*Boot Camp is a father-to-father community-based workshop that aims to inspire and equip men to become confidently engaged with their infants, support their mates, and personally navigate their transformation into dads. The nonprofit has been named a best practice by many organizations and, having graduated over 325,000 men, is by far the nation's largest program for new fathers.*

- Content includes:
  - Boot Camp overview and registration information
  - Resources (includes resource for partners, childbirth educators, community organizers, and more)

## [Boston Basics](#)

*The Boston Basics Campaign is inspired by the fact that 80% of brain growth happens in the first three years of life. During this period, skill gaps between socioeconomic, racial, and ethnic groups become clearly apparent, but this does not need to be. Everyday interactions between children, their parents, and other caregivers provide abundant opportunities to give children from every background a more equal start in life. The Basics are five, fun, simple, and powerful ways that every family can give every child a strong start beginning from birth: 1) maximize love, manage stress, 2) talk, sing and point, 3) count, group and compare, 4) explore through movement and play, and 5) read and discuss stories. The Basics Community Toolkit provides multi-media resources that healthcare and community-based organizations can use to engage and support parents and other caregivers in practicing these basics. The Boston Basics website and materials are also available in Spanish.*

- Content includes:
  - Community toolkit
  - Educational content for parents

### **Child FIRST**

*Child FIRST aims to decrease the incidence of abuse and neglect, developmental and learning problems, and emotional and behavioral disturbance among high-risk children and families. Provides home visiting services to pregnant women and families with children up to 6 years old. Includes a comprehensive assessment of child and family needs, parent-child mental health intervention, observation and consultation in early care and education, development of a child and family plan of care, and care coordination and case management.*

- Content includes:
  - Information on model structure and target populations
  - Home based intervention implementation framework
  - Community collaboration
  - Training and consultations
  - Data and quality enhancement

### **Common Sense Parenting**

*Common Sense Parenting® (CSP) is a multi-session series for parents that provides logical strategies and easy-to-learn techniques to address issues of communication, discipline, decision making, relationships, self control, and school success for families in all situations. These classes incorporate research-proven child-care methods that are derived from the Boys Town Treatment Family Homes program and adapted for use in the home by parents. The program was originally designed for parents of children ages 6 to 16, but an adaptation for parents of toddlers and preschoolers also is available, along with a supplemental class on parenting children with ADHD.*

- Content includes:
  - Information about available classes for parents
  - Resources for parents

### **Connected Kids**

*Connected Kids is a program of the American Academy of Pediatrics (AAP) designed to address the important issue of violence prevention. One third of the program is devoted to infants and toddlers, and contains suggested anticipatory guidance, a counseling schedule, and recommended educational brochures. Covered issues include handling parental frustration, disciplining toddlers, safety in the home, and a discussion of firearms. Although the program is designed for pediatricians, it could be useful to anyone working with parents of young children.*

- Content includes:
  - Clinical Guide
  - Educational handouts

### **Effective Black Parenting Program**

*CICC's Effective Black Parenting Program (EBPP) is the country's first culturally-adapted parenting skill-building program for parents of African American children. EBPP consists of 14 3-hour training sessions and a graduation ceremony. The program contains culturally-specific parenting strategies, general parenting strategies, basic parenting skills taught in a culturally-sensitive manner, using African American language*

expressions and African proverbs, and special program topics such as single parenting and preventing drug abuse. Targets families with children 0-18.

- Content includes:
  - Information on parenting programs
  - Information on instructor workshops

### **Growing Great Kids: Prenatal to 36 Months Curriculum**

*Growing Great Kids (GGK) is a comprehensive and skills-focused home visiting curriculum that takes a strength-based approach to growing nurturing parent-child relationships and supporting healthy childhood development. GGK modules are specifically designed to build protective factors for children, strengthen family foundations, and cultivate parental resilience. Training for home visitors to be certified to deliver the curriculum builds their competencies for: nurturing parental resiliency; advancing individual and family functioning; reducing a child's exposure to toxic stress; nurturing parents' problem-solving skills; strengthening the families' support networks; and enabling parents to construct protective buffers around their children.*

- Content includes:
  - Curriculum and training information
  - Resources

### **HUG Your Baby (Help, Understanding, Guidance for Young Families)**

*HUG Your Baby uses child development principles to boost parent confidence, facilitate parent-child bonding, and promote breastfeeding duration. HUG has been implemented in many countries and can be integrated into nursing programs, hospitals, home visitation programs, prenatal clinics, etc. Materials include DVDs, e-newsletters, blogs, music video songs, social media, posters, and online courses. Also includes The Roadmap to Breastfeeding Success, an additional lactation online course that integrates best practices in lactation support with child development theory.*

- Content includes:
  - Program information
  - Resources and classes parents and professionals

### **Family Foundations for a Strong Start**

*The Family Foundations program has been shown in NIH-funded research to help couples create strong, nurturing family bonds and raise well-adjusted children. Developed by clinical psychologist, family therapist, and prevention scientist Mark Feinberg, Ph.D. DVDs and workbooks help parents learn how to work together as an effective team to promote children's sleep, self-regulation, attention, social competence, and well-being. Topic areas addressed in the program include: preparing for parenthood; working as a team; managing conflict; division of labor; planning fun and affection; and teaching and discipline. Includes 6 DVDs, with nearly 6 hours of content broken into 11 chapters, and a detailed workbook for each parent.*

- Content includes:
  - Enrollment information
  - Articles on the Science of Parenting

### **Learn the Signs, Act Early**

*Learn the Signs, Act Early aims to improve early identification of children with autism and other developmental disabilities so children and families can get needed services and support. The program has three components: a health education campaign, the Act Early initiative, and research and evaluation. The campaign promotes awareness of healthy developmental milestones during childhood, and the importance of tracking each child's development and acting early if there are concerns. The Act Early Initiative works*

with state, territorial and national partners to improve early childhood screening and referral systems. The program website includes many free materials for providers, health centers and parents, videos and other multimedia tools and training programs for providers.

- Content docs:
  - Developmental milestones
  - Free materials (includes tools, tips, monitoring charts, training resources, and more)
  - Tools for home visitors, healthcare providers, WIC program staff, and early childhood educators

### **Nurse Family Partnership**

*The Nurse Family Partnership program provides home visits by registered nurses to first-time mothers, beginning during pregnancy and continuing through the child's second birthday. The program aims to: improve pregnancy outcomes by promoting health-related behaviors; improve child health, development, and safety by promoting competent caregiving; and enhance parent life-course development by promoting pregnancy planning, educational achievement, and employment. Secondary goals include providing links with needed health and social services, and promoting supportive social relationships.*

- Content docs:
  - Information and resources for first-time moms
  - Information and resources for nurses

### **Parents as Teachers (PAT)**

*PAT aims to 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, and increase children's school readiness and school success. The PAT model consists of one-on-one home visits, group connections/meetings, health and developmental screenings for children, and a resource network for parents. Program lasts for at least two years, beginning as early as pregnancy and ending at the child's 3<sup>rd</sup> birthday or at kindergarten entry.*

- Content includes:
  - Resources for parents
  - Professional development opportunities
  - Evidence-based home visiting model

### **Parents' Evaluation of Developmental Status (PEDS)**

*Parents' Evaluation of Developmental Status (PEDS) is a ten-question validated surveillance and screening tool designed to elicit parents' concerns about their child's development, behavior, and mental health. It takes about 5 minutes for parents to complete and 1-2 minutes to score. The screen can be used to indicate whether reassurance, advice, watchful waiting, further screening, or referral are called for in a child between ages 0 and 8.*

- Content includes:
  - Information on PEDS tools
  - Information on how to order the test
  - Training information

### **Parents' Evaluation of Developmental Status: Developmental Milestones (PEDS:DM)**

*Parents' Evaluation of Developmental Status: Developmental Milestones (PEDS:DM) is a validated screening and surveillance tool that elicits parents' report on a child's skills and behavior. Six to eight questions per visit are used to assess fine motor, gross motor, expressive language, receptive language, self-help, and*

socio-emotional skills. The survey is designed for children at any age from 0 to 8 and takes about 5 minutes to complete and one minute to score.

- Content includes:
  - Overview and information on PEDS:DM test for providers
  - Benefits of using PEDS with PEDS:DM
  - Implementation of PEDS:DM

### **Partners for a Healthy Baby**

*Nationally recognized, research-based, practice-informed curriculum used by many home visiting models to meet their program goals including improving birth outcomes, reducing rates of child abuse, strengthening families, enhancing child health and developmental outcomes, and promoting family stability and economic self-sufficiency. The curriculum addresses issues of child health and development within the context of the multifaceted needs of expectant and parenting families. Five-volume book series for different stages in pregnancy/parenthood, accompanied by a set of handouts for the home visitor to use when planning visits. Handouts for families can be purchased in English or Spanish and help the home visitor introduce subjects that may otherwise be difficult to talk about.*

- Content includes:
  - Information on curriculum
  - Alignment with home visiting models
  - Training information

### **PASOs**

*"PASOs (or "steps" in Spanish) aims to improve health of Latino families in South Carolina by educating Latino parents and caregivers on issues related to healthy pregnancies and prenatal care, as well as appropriate child development and resources for child health, and by advocating for better, more accessible services for Latinos. PASOs provides a free, comprehensive 14-hour prenatal empowerment course, community health outreach and individual interventions to Latino families, and consultative services for maternal and child health providers and policymakers throughout South Carolina.*

- Content includes:
  - Information on community-based programs
  - Information on strengthening systems of care
  - Resources
  - Information sheets

### **Pediatric Health and Safety Guide**

*This child safety web site was developed by the ACLS Training Center, noted for its experience in emergency situations. It contains numerous tools designed to help parents ensure their children's safety, including a Safety Checklist for New Parents, guidelines on creating a safe home environment, and tips on when it is safe for babies to move on to the next milestone in sleeping, feeding etc. Additional sections are devoted to prevention of choking, drowning, poisoning, and travel-related injuries, and outdoor and neighborhood safety. All are user-friendly, easily accessible and readable.*

- Content includes:
  - Safety tips for parents, teachers, guardians, and babysitters

### **Period of PURPLE Crying Program**

*The Period of PURPLE Crying program consists of a video and booklet that help new parents understand and safely cope with infant crying, the most common trigger for shaken baby syndrome. The materials describe normal infant crying, explain the easy-to-remember acronym PURPLE (with each letter standing for various*

features of infant crying), suggest strategies for comforting a baby, acknowledge caregiver frustration when a baby cannot be soothed, explain the dangers of shaking the infant, and outline a positive approach for handling an inconsolable infant. Labor and delivery or discharge nurses distribute these materials to new parents prior to hospital discharge. Pediatricians, public health workers, adoption agencies, and other organizations may also distribute these materials or reinforce their messages, which may be complemented by a public education campaign. There is also a website for parents.

- Content includes:
  - Program overview and materials
  - Training information
  - Resources for families

### **Play and Learn Strategies (PALS)**

The PALS curriculum was developed to facilitate parents' mastery of specific skills for interacting with their infants and toddlers that lead to better child outcomes, particularly in children from high-risk families. PALS was designed as a preventive intervention program to strengthen the parent-child bond and stimulate early language, cognitive, and social development. The PALS Infant curriculum consists of 10 sessions and is appropriate for parents of infants from about age five months to one year. The PALS Toddler curriculum consists of 12 sessions and is appropriate for parents of toddlers from about age 18 months to 3 years.

- Content includes:
  - Program information
  - Publications

### **Positive Parenting Tips**

This component of the Child Development section of the CDC website provides information for parents on developmental milestones and positive parenting tips by age group, covering children 0-17 years of age. Age-specific injury prevention and safety advice as well as guidelines for promoting healthy bodies are also given. Parents or service providers for parents can download Positive Parenting Tip Sheets for use as take-home handouts.

- Content includes:
  - Educational materials for parents and caregivers, sorted by age

### **Promoting First Relationships (PFR)**

Promoting First Relationships (PFR) is an evidence-based curriculum for service providers who work with families of young children (0-5). Through this training, participants learn consultation and intervention strategies that they can integrate into their work with families and young children. The approach can be used one-on-one with parents, in the clinic or in home, and also with child care providers and early childhood teachers responsible for group care. The training incorporates various learning approaches including video case studies, role-playing, and reflective dialogue. These approaches allow participants to apply the framework directly to issues faced in their work environment.

- Content includes:
  - Evidence-based curriculum for service providers
  - Training for consultation and intervention strategies
  - PFR agencies list

### **Resilience Video Series**

These three brief (2-3 minute) videos explore resilience, a positive adaptive response to serious adversity in a young child's life, and how it is built. A better understanding of how resilience develops can help develop policies and programs to help more children reach their full potential.

- Content includes:
  - Videos
  - Handout on video series

### **SafeCare Augmented**

*SafeCare aims to prevent and address factors associated with child abuse and neglect. Eligible clients include families with a history of child maltreatment or families at risk for child maltreatment. SafeCare provides 18 to 22 weeks of training to parents with children from birth to age 5. During weekly or biweekly home visits, trained home visitors conduct baseline and follow-up assessments, observations, and trainings with parents. Trainings focus on three modules: 1) infant and child health, 2) home safety, and 3) parent-child interactions. SafeCare Augmented adds motivational interviewing and additional training of home visitors on identification and response to imminent child maltreatment and risk factors, such as substance abuse and depression. SafeCare Augmented was adapted for high-risk, rural communities. Only SafeCare Augmented is considered an evidence-based practice by HomVEE.*

- Content includes:
  - Information on trainings

### **STAR Parenting**

*STAR Parenting provides parents with tools and information they need to raise their children to be adults they admire. STAR Parenting provides parents (and anyone who works with children) with a problem-solving process, 5 general strategies, and 15 practical tools. STAR Parenting offers in-person and online training, and a STAR parenting community forum.*

- Content includes:
  - STAR Parenting demo
  - Information on classes
  - Online learning

### **Strengthening Families**

*Strengthening Families is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is a systems development approach based on engaging families, programs and communities in building five protective factors: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, social and emotional competence of children. Supported by helpful material that can be adopted and adapted for any program or service sector, including a program self-assessment to improve practice, an online data system, an online training curriculum, and the Strengthening Families national network.*

- Content includes:
  - Information on approach, practice, systems, collaboration, and training
  - Publications and resources

### **Systematic Training for Effective Parenting (STEP)**

*STEP provides skills training for parents dealing with frequently encountered challenges with their children that often result from autocratic parenting styles. STEP is presented in a group format, with optimal group size of 6 – 14 parents. The program is typically taught in 8 or 9 weekly, 1.5-hour study groups facilitated by a counselor, social worker, or individual who has participated in a STEP workshop. Parents engage in role-plays, exercises, discussions of hypothetical parenting situations, and the sharing of personal experiences.*

- Content includes:
  - Information on STEP programs
  - STEP books and kits

- Workshops information and schedule
- Resources

### **Text4Baby**

*Text4baby is a free mobile information service designed to promote maternal and child health through text messaging. Lasts through pregnancy until baby's first birthday. The messages address topics such as prenatal care, labor signs and symptoms, urgent alerts, breastfeeding, nutrition, exercise, oral health, immunizations, birth defect prevention, developmental milestones, safe sleep, family violence, injury prevention, mental health, substance abuse, car seat safety, and more.*

- Content includes:
  - Information about mobile application and texting service

### **The Incredible Years**

*The Incredible Years (IY) Series is a set of interlocking and comprehensive training programs for parents, teachers and children. There are four basic parenting programs that target key developmental stages: IY Baby Program (0-8 months); IY Toddler Basic Program (1-3 years); IY Preschool Basic (3-6 years); IY School Age Basic (6-12 years) plus three adjunct parent programs focusing on cross-cutting issues. IY program goals include: Improved parent-child interactions, improved parental functioning, increased parental social support and problem solving, prevention and treatment of early onset conduct behaviors and emotional problems in children, and promotion of child social competence, emotional regulation, academic readiness and problem solving. For children over age 3, there are two child programs and one Incredible Teacher Classroom Management Program for teachers of children ages 3-8.*

- Content includes:
  - Online workshops and workshop information
  - Information for administrators, researchers, group leaders, and parents

### **The Injury Prevention Program (TIPP): A Guide to Safety Counseling in Office Practice**

*Counseling parents and children about the prevention of common childhood injuries is an important contribution toward preventing the major cause of childhood morbidity and mortality. TIPP is designed to provide a systematic method for pediatricians to counsel parents and children about adopting behaviors to prevent injuries—behaviors that are effective and capable of being accomplished by most families. This Guide includes a table showing the major safety issues and injury hazards for each age group for children 0-10 years old, and provides counseling guidelines for educating parents about injury prevention tailored to the age of their child.*

- Content Includes:
  - Program Overview
  - Safety counseling schedules
  - Counseling guidelines

### **The Nurturing Father's Program – Center for Growth & Development**

*The Nurturing Fathers Program is an evidence-based, 13-week group-based program designed to teach parenting and nurturing skills to men. The Nurturing Fathers Program is an adaptation of the Nurturing Program philosophy and lessons are designed and implemented specifically for dads.*

- Contents includes:
  - Program overview and training information
  - Materials for both self-instructional and group based settings
  - Workbook
  - Articles and research



### **The Nurturing Parenting Programs**

*The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are to prevent recidivism in families receiving social services, lower the rate of teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors. Lessons can be delivered in home setting, group setting, or combination. Nurturing Parents offer targeted programs for prenatal families, parents of babies and toddlers, parents of older children, Spanish speaking parents, parents of children with health challenges, teen parents, military parents, parents in substance abuse treatment and recovery, and more.*

- Content includes:
  - Information on products and workshops
  - Research reports
  - Training resources

### **Touchpoints**

*The Touchpoints approach offers healthcare providers and early education professionals a framework to build better partnerships with families around mutual strengths-based caregiving and parent engagement, all of which benefit child outcomes. Rooted in child social, emotional and behavioral development, Touchpoints seeks to improve parent-provider relationships, improve provider relationships with each other, enhance parent-infant relationships, moderate parental stress, normalize parent's perceptions of their child's behavior, increase well-child care adherence, improve infant developmental outcomes, improve maternal mental health indicators, and encourage longer breastfeeding. A variety of professional tools, training activities and learning communities are offered for providers.*

- Content includes:
  - Touchpoint samples for families
  - Resources for providers and families
  - Webinars

### **Triple-P Positive Parenting Program**

*The Triple P–Positive Parenting Program is a multilevel system or suite of parenting and family support strategies for families with children from birth to age 12, with extensions to families with teenagers ages 13 to 16. Developed for use with families from many cultural groups, Triple P is designed to prevent social, emotional, behavioral, and developmental problems in children by enhancing their parents' knowledge, skills, and confidence. The program, which also can be used for early intervention and treatment, is founded on social learning theory and draws on cognitive, developmental, and public health theories. Triple P has five intervention levels of increasing intensity to meet each family's specific needs.*

- Content includes:
  - System explanation
  - Information on cost, training, and delivery
  - Population approach

### **Zero to Three: The Magic of Everyday Moments**

*The Magic of Everyday Moments video series is designed to help parents and professionals understand how they can best help very young children thrive. The first in the series explores brain development, early literacy skills, the power of play, and temperament. The second examines development in each of the first three years of life.*

- Content includes:
  - Resources and videos on child development