



**Parents as Teachers is an award-winning early childhood parent education program that supports parents in their role as their child's first and most influential teachers.**

# Parents as Teachers

## A parent education and support system that works

Parents as Teachers is an early childhood parent education and family support program designed to help all parents give their children the best possible start in life.

### The Parents as Teachers support system

Parents as Teachers provides parents with information on child development, pre-natally through kindergarten entry, and involves parents in learning activities with their child that encourage language and intellectual growth, physical and social-emotional skills.

### Program components

Parents as Teachers is a voluntary primary prevention program that offers:

#### Personal visits

Personalized home visits by certified parent educators, trained in child development, help parents understand what to expect in each stage of their child's development, and offer practical ways to encourage learning, manage challenging behavior, and promote strong parent-child relationships.

#### Group meetings

Parents get together to gain new insights and share their experiences, common concerns and successes. Group meetings also provide families the opportunity to participate in parent-child activities.

#### Screening

Parents as Teachers offers periodic screening of overall development, language, hearing, and vision. The goal is to provide early detection of potential problems to prevent difficulties later in school.

#### Resource network

Families are helped to access other community services that are beyond the scope of the Parents as Teachers program.

### Evaluation findings

Numerous independent evaluations have shown the following results for families participating in Parents as Teachers:

- PAT children at age 3 are significantly more advanced than comparison children in language, problem solving and other cognitive abilities, and social development.
- PAT parents are more involved in their children's schooling; parental involvement is highly related to a child's success in school.
- The positive impact on PAT children carries into the elementary school years; PAT children score higher on kindergarten readiness tests and standardized measures of reading, math and language in early grades.
- PAT parents are more confident in their parenting skills and knowledge; they read more to their children which is a key factor in preparing children for school success.

### Adaptations

Adaptability is the key to the success of Parents as Teachers. While it is a national model with cutting-edge curriculum and a professional training program, it is truly a local program. As shown in the findings of Parents as Teachers evaluation studies and lessons learned from the field, the program is adaptable to the needs of broadly diverse families, cultures, and special populations.



Parents as Teachers programs are part of many Early Childhood Block Grant Programs, Even Start and other federal Title I programs, as well as Early Head Start and Head Start.

The program has been adapted to enhance the quality of infant/toddler care and the parent-caregiver relationship in child care centers.

Parents as Teachers also offers instruction and guidance to help teen parents with the difficult challenge of raising a child.

## Funding

Program funding is often a combination of federal, state and local dollars, and private monies. Federal funds include Title I, Even Start, Head Start, and TANF.

## Parents as Teachers National Center, Inc.

The Parents as Teachers National Center Inc. is a not-for-profit organization that provides Parents as Teachers training and technical assistance; certification of Parents as Teachers parent educators; curriculum and materials development and adaptation; research and evaluation coordination; and international conferences. The center also engages in public policy initiatives that promote family support and parent education.

## Academic Development Institute

Academic Development Institute (ADI) serves as the state leader for the PAT program in Illinois. It is part of a national statewide affiliation network committed to excellence in delivering PAT services to families. ADI acts as the primary point of contact for PAT in Illinois and coordinates training and technical assistance for programs.

## Born to Learn™ Curriculum

Through collaboration with neuroscientists from the Washington University School of Medicine, St. Louis, MO., Parents as Teachers National Center, Inc. developed the *Born to Learn™* Curriculum. Combining in-depth knowledge of early childhood development with recent neuroscience research findings on early learning, the *Born to Learn™* Curriculum translates neuroscience into concrete advice that supports parents in giving their children the best possible start in life. This neuroscience-infused curriculum includes detailed monthly, bi-weekly and weekly personal visit plans, child development information and suggested parent-child activities for parents and resource materials for parent educators. It also features, for the first time, an award-winning 16-part video series keyed to specific personal visit plans.

## Parents as Teachers training

The Parents as Teachers National Center, Inc. provides institutes at specified locations throughout the United States on an ongoing basis, and on-site by special arrangements.

### Six-day training institutes with corresponding curriculum guides include:

- *Born to Learn™, prenatal to three*
- *Born to Learn™ in the child care center*

### Four-day trainings include:

- *Quality care: a Training for Family Child Care Providers*
- *Quality Care: a Training for Child Care Center*

### Two-day trainings include:

- *Three to Kindergarten, which is offered as a sequel to Born to Learn™*
- *Instructional Home Visiting and Effective Parent Involvement*
- *Issues in Working with Teen Parents*
- *Building Relationships with Families Facing Critical Issues*
- *Supporting Families of Children with Special Needs*
- *Supporting Care Providers through Personal Visits*

## National awards and honors

■ 1999 Designation as a “model” family strengthening program by the Strengthening America’s Families Project, in collaboration with the Center for Substance Abuse Prevention and the Office of Juvenile Justice and Delinquency Prevention

■ 1998 New York Festivals Finalist Award for the video component of the *Born to Learn™* Curriculum for excellence in international communications media

■ 1997 The A.P.P.L.E Pie Award for supporting parent involvement in education from *Working Mother* magazine, The Partnership for Family Involvement in Education, and Teachers College, Columbia University

■ 1995 The Charles A. Dana Award for Pioneering Achievement in Health and Education to PATNC Founding Director Mildred Winter

■ 1995 The Lela Rowland Award for outstanding achievement and promise in prevention programming, presented by the National Mental Health Association

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