

## Parents as Teachers

Program Description Excerpted From: <http://captus.samhsa.gov/western/resources/bp/step6/index.cfm>

### Description

(Excerpt from Strengthening America's Families' web-site, <http://www.strengtheningfamilies.org/index.html> with modification by Parents As Teachers staff on August 2, 2001.)

Parents as Teachers (PAT) is an international early childhood parent education and family support program serving families throughout pregnancy until their child enters kindergarten, usually age 5. The program is designed to enhance child development and school achievement through parent education accessible to all families. It is a universal access model.

The program provides the following services: 1) *personal visits*-- PAT-certified parent educators help parents understand and have appropriate expectations for each stage of their child's development; 2) *group meetings*--parents meet to enhance their parenting knowledge, gain new insights and share their experiences, common concerns and successes; 3) *developmental screenings*--Parents as Teachers offers periodic screening of overall development, health, hearing, and vision to provide early detection of potential problems and prevent later difficulties in school; and 4) *linkage to a resource network*-- families are helped to access other needed community services that are beyond the scope of the PAT program.

### Characteristics:

<b>Risk Factors:</b>	* Academic Failure Beginning in Late Elementary School
<b>Protective Factors:</b>	* Bonding * Skills
<b>CSAP Strategies:</b>	* Education
<b>IOM Type:</b>	* Universal

### Populations Found To Be Appropriate For This Practice:

<b>Specific Ethnic Groups:</b>	(None identified)
<b>Specific Age Levels:</b>	* Early Childhood
<b>Other Specified Characteristics:</b>	Parents with children ages 0-5

**Rated Effective By:** \* Office of Juvenile Justice And Delinquency Prevention

For details on the criteria used by each agency, please review the appendix of the following document: [Comparison Matrix of Science-Based Prevention Programs: A Consumer's Guide for Prevention Professionals](#) (2002 Conference Edition), Center for Substance Abuse Prevention.

### Evaluating This Practice:

This best practice comes with a parent knowledge evaluation tool that can be used when implementing this strategy. In addition, a PAT standards and self-assessment guide is in development and will be released in May 2003.

The following are suggestions of areas you may want to assess if you implement this best practice. For assistance on creating an evaluation plan, refer to [Step 7: Evaluation](#).

Assess the language, social development, problem solving and other cognitive abilities of the PAT children .

Assess the results of kindergarten readiness tests of the PAT children.

Assess the results of standardized measures of achievement in early grades of the PAT children.

Assess PAT families' rates of suspected or documented incidents of child abuse and neglect.

Assess results of PAT screenings and referrals to track vision, hearing and overall development.

Assess changes in PAT parents' knowledge of child development, parenting attitudes, and parenting behavior with a focus on parent/child reading behavior, home literacy, literacy promoting behaviors, and quality of parent/child interaction.

Assess PAT parents' involvement in their children's schools.

### **Research Conclusions:**

(Excerpt from Parents as Teachers' web-site, <http://www.patnc.org/researchevaluation.asp>.)

Independent evaluations continue to confirm the positive impact of PAT on both parents and children:

#### **Child outcomes:**

PAT children at age 3 are significantly more advanced in language, problem solving and other cognitive abilities, and social development than comparison children.

The positive impact on PAT children carries into elementary school. PAT children score higher on kindergarten readiness tests and on standardized measures of reading, math and language in first through fourth grades.

#### **Parent and family outcomes:**

PAT parents are more involved in their children's schooling.

PAT parents are more confident in their parenting skills and knowledge.

PAT families have lower rates of suspected or documented incidents of child abuse and neglect than comparison groups or state averages.

### **Cost:**

**Training Time:** 5 days plus one day of technical assistance

**Training Cost:** Cost to attend the *Born to Learn*<sup>™</sup> Institute: Prenatal to 3 Years runs from \$475 to \$625 per participant depending on location of the training. A sixth day of technical assistance within six months of the institute is included in this price.

Supervisors of parent educators are required to attend the first two days of the *Born to Learn*<sup>™</sup> Institute at a cost of \$25. Specialized trainings are also available. If your program serves teen parents, families facing critical issues or have children with special needs there are additional two-day trainings available that range in price from \$240 to \$365.

Cost to attend the two-day Born to Learn Institute: 3 Years to Kindergarten Entry is \$350-\$400 depending on the location. (Prices include the cost of curriculum.)

**Implementation Cost:**

In order to implement a Parents as Teachers program, there must be established funding and a supervisor with at least one parent educator. Each parent educator must attend the complete Institute, pass the daily assessments, and submit an approved implementation plan. The major cost of implementing a PAT program is the salary and travel of the parent educators. Most PAT parent educators, on average, are paid \$17 an hour depending on location of the program. Many work part-time (20 hours a week), serving 20 families with monthly visits and additional visits where needed. Some programs hire parent educators on a full-time basis. Total costs for programs including facility charges, program materials such as activities and books, and annual recertification fees (\$35 per parent educator) depend on the amount of in-kind donations of the sponsoring organization. PAT parent educators use, and encourage families to use, resources that are readily available in the home for parent- child activities.

A program purchases a set of *Born to Learn*<sup>™</sup> Curriculum materials (two modules and a 16-segment video series) for every parent educator. The curriculum costs \$275 and belongs to the program. One Program Administration Guide must also be purchased by each program at a cost of \$25. All these materials are copyrighted by the Parents as Teachers National Center, Inc. and are to be used in certified PAT programs only.

**Special Considerations:**

The following should be taken into consideration before selecting this strategy to be implemented in your community:

Sustainable funding is needed to support Parents As Teachers over time. Collaboration of groups in the community is essential, including Head Start, the school district, and other early childhood programs. All four components of the program need to be implemented, including home visiting, health and developmental screenings, group meetings, and linkages to resources. An implementation plan has to be submitted prior to implementing Parents as Teachers.

**Contact Information:**

For more information on this program, visit: <http://www.patnc.org/>.

**For information about training, contact:**

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