



Parents As Teachers

Hillside Children's Center

Parents As Teachers (PAT) model is a research-based early childhood parent education and family support program designed to help parents give their children the best possible start in life and to increase their children's school readiness and success. PAT--Right from the Start is a collaboration with the Baby Love Program of University of Rochester Medical Center that introduces the program to families at the earliest point possible.

ABOUT THE SERVICE

Parents As Teachers (P.A.T.) model is a research-based, early childhood parent education and family support program, designed to help parents give their children the best possible start in life and to increase their children's school readiness and school success.

P.A.T. provides personal visits, group connections, developmental screenings, and linkages to community resources. Parents receive early child development information, prenatally to age five, and are involved in parent-child activities that encourage language development, intellectual growth, social development and motor skills. The monthly, or twice monthly visit, increases parent knowledge of early childhood development and improves parenting practices; provides early detection of developmental delays and health issues; and increases children's school readiness. Parents are supported by P.A.T. certified parent educators who help foster strong, loving relationships between parents and their children.

PARENTS AS TEACHERS FOR IN HOME CHILD CARE PROVIDERS

This curriculum is adapted for use with child care providers who are caring for children in their home in PAT Supporting Caregivers through Personal Visits. Child development information given to the provider is further distributed to the parents of the children in the provider's care.

WHO CAN PARTICIPATE?

Families are eligible during pregnancy or if they have a child who has not yet entered Kindergarten. Referrals are made by calling Southwest Family Resource Center at (585) 436-0370, ex. 308.

Parents As Teachers – Right From the Start partners with parents from the earliest point of family life through the child's entry into Kindergarten. The evidence-based practice underlying the implementation of PAT includes:

- increasing the parent's level of engagement
- promoting parenting that fosters child's development
- motivating a commitment to parental growth and behavior change

- improving parent's abilities to discover their connection to their child's behavior and their family's well-being

BENEFITS OF PARTICIPATING IN PAT:

We work to achieve healthy births, secure attachment, family well-being, and school readiness. The Parent Educator builds on the support provided through the Baby Love staff, with whom we partner, and continues ongoing home visits through the Parents As Teachers model. In addition to personal visits, the program offers group connections, screening, referrals and linkage to community resources, and enhanced access and care coordination with health and behavioral health services and crisis intervention.

The focus of our program is to ensure healthy births and ongoing support and education through this evidence-based early childhood program designed to positively impact children during their most critical years - from birth to age five.

Ways in which PAT supports families:

1. PERSONAL VISITS - usually in the home, are provided once monthly to each family, twice monthly to those identified with high needs. The newly re-framed Parents As Teachers model incorporates in the approach to each visit:
 - A parent/child interaction - Interactions between parents and their children take place throughout the visit. A parent-child activity is shared to focus interactions, prompt parent engagement, and encourage child development. Parent educators facilitate observation and discussion of child development and parenting behaviors without interfering with parent-child interaction.
 - Development centered parenting - Seven topics related to child development and that inform parenting decisions are introduced, focused on, and revisited over time during personal visits. The parent educator works to understand the parents' perspective, which includes their current knowledge, experience, and family values surrounding the topic. Parent educators share information about how child development is related to child behavior and incorporate reflective practice to prompt parents' recognition of their connection, and
 - Family well-being - Parent educators support the development of healthy physical and emotional environments by strengthening the protective factors in each family. Supporting families involves understanding their needs and wishes and facilitating the parents' abilities to utilize personal resources and build social connections. Parent educators also work with parents to recognize and resolve barriers to accessing needed resources. Each family receives 8 Foundational Visits. After those visits are complete, subsequent visits are planned in partnership with the family, utilizing the PAT curriculum and model. Goal setting is routinely integrated into each personalized visit.

The goals of the visits are to increase the knowledge of the parents of early childhood development and improve parenting practices. Additionally, parent educators focus on child development issues. They share a child-centered activity and a book during each visit, with the goal for parents and children to grow together.

2. **GROUP CONNECTIONS** offer meaningful opportunities on a monthly basis for families to meet and develop supportive networks. They serve to break the isolation of families visited and are built into the Family Development goals. They are offered at various times and locations to allow wider access to families. They address the needs of expectant participants and parents of newborns. We are also equipped to offer other evidence-based parenting curricula, such as The Incredible Years, Effective Black Parenting Program and Parenting Wisely.

3. **SCREENING** is provided with the purpose of early detection of early learning, developmental delays and health issues. The ASQ (Ages and Stages Questionnaire) is used at the earliest point of the child's life at 2 months old. Overall, these early screenings work together to ensure children's school readiness.

4. **RESOURCE NETWORKING** and connection to available community resources appropriate to the family's needs is part of our attention to family wellness. Our partnership enables us to keep abreast of continuing and newly emerging services for families.

CONTACT INFORMATION

Hillside Family of Agencies

585-256-7500

info@hillside.com

24 hours / day

FACILITY

Southwest

89 Genesee St, Rochester

SUPPORTED BY

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ELIGIBILITY CRITERIA

Gender: Both

RESIDENTS OF

Monroe County

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