



## 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 at Hillside Children's Center is proud to be funded by United Way of Greater Rochester, The Greater Rochester Health Foundation and Office of Child and Family Services for program offered to families. We thanks Rochester Area Community Foundation and Rochester's Child for their support of our work with Family Child Care providers.

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### 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. Parenting family members receive early child development information from pregnancy through to Kindergarten graduation. Parenting adults and children are involved in parent-child activities that encourage language development, intellectual growth, social development and motor skills while fortifying healthy attachment and relationship. The monthly, or twice monthly visit, increases 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: *Supporting Caregivers through Personal Visits*

This curriculum is adapted for use with child care providers who are caring for young children in their home. Child development information given to the provider is further distributed to the parents of the children in the provider's care. Certificates of professional development in the areas required for renewing licensure are offered for each hour of learning. Professional development goals are set and met an a critical aspect of on-going professional development.

#### 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 at Hillside Children's Center 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 partners with our program outreach worker and the enrolled family member(s) as ongoing home visits continue 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 through Kindergarten graduation. The program is designed to partner with families for a period of at least three years.

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 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 positive parenting behaviors throughout the parent-child interaction.
- Development centered parenting - Seven topics related to child development 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 the impact of their interaction and parenting decisions on their child's development and well-being.
- 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 Parenting Wisely and Conscious Discipline.

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. Social –Emotional well-being is measured starting at 4 months of age using the Ages and Stages –SE. Overall, these early screenings work together to ensure children's school readiness and social/emotional well-being. A complete annual screening (ASQ, ASQ-SE and Child Health Record) is offered at least each once each program year.

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. Our Outreach Worker ensures a family's connection to needed resources and grows over time the family's ability to access resources independently as a means of reducing the experience of crisis that may revisit the family life.

## CONTACT INFORMATION

**Hillside Family of Agencies**  
585-256-7500  
[info@hillside.com](mailto:info@hillside.com)  
24 hours / day

## FACILITY

Southwest  
89 Genesee St, Rochester

## SUPPORTED BY

*P.A.T. services are funded by United Way of Greater Rochester. Funding for our work with home-based childcare providers is provided by the Rochester Area Community Foundation and Rochester's Child.*

## ELIGIBILITY CRITERIA

Gender: Male and female

**RESIDENTS OF**

Monroe County

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