



# CHOOSING QUALITY PARENTING EDUCATION PROGRAMMING

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Choosing the right parent education or family support programs for your family resource center can be really challenging. You might find yourself looking at what other organizations offer or what funders are supporting this year. However, there are better ways to find and evaluate programs that fit your organization and meet the needs of the caregivers you serve.

It's important to offer a variety of programs that cater to different needs and parenting styles, as every family is unique. Selecting programs that are based on research and proven practices is crucial. This means that your organization should include evidence-based or research-based parent education in its offerings. The following section contains an explanation of what research-based and evidence-based programming means, why it matters for families, and where to find programs.

Not every program has to be based on research or evidence to be valuable for families. It depends on what the program aims to achieve for both families and the organization. Some programs can help families get to know your organization better, give them a chance to socialize, and allow them to build relationships with staff. These goals are important because they help create trust between families and the organization, which can encourage families to take part in programs with proven results.

However, it is crucial to avoid programs that could harm parents, children, or their relationships. Choosing well researched programs ensures that these options have been checked for both negative and positive effects.

## What factors should be taken into consideration?

### Fit for your organization

Often when an organization is looking for a new program it is because they have identified a gap in their programming or a specific challenge that the families they work with are facing. Even if a program has extensive research evidence and is well-rated, it still may not be the right match for your organization. It may not match the learning needs or characteristics of your participants, you may not have staff that are qualified to offer this program, or you may not have the level of funding necessary to sustain the program. It is important to weigh the following factors and then follow up by examining the research on effectiveness of the programs that match your criteria, before committing your agency time and resources:

- ◇ Fit with your programming needs
  - What issues or needs are you trying to address (ex. child behavior challenges, parents' knowledge of development, positive parenting strategies)?
  - What are the goals and demonstrated outcomes of the program?
  - Do your needs and the intended outcomes of the program match?
- ◇ Fit with your target audience
  - What age range of children is the program intended to focus upon? Does it match the age range of children within the families you serve?
  - Is the program intended for a specific type of parent/caregiver audience (e.g. partnered parents, single parents, grandparents, fathers, mothers, teen parents, divorced/co-parenting caregivers)? If so, is that the audience your organization intends to serve?
  - Is the program racially and/or culturally appropriate for the family's you serve? Has that been demonstrated in the research on the program?
- ◇ Fit of program characteristics
  - Does the intensity level of the program meet the needs of your intended audience? Does it have enough sessions and content to meet the learning needs of your target audience of parents? Does it have too many sessions and too much content to meeting the learning needs and interests of your target audience of parents?

- Does the modality of the program (in-person, virtual, small group, large group, one on one, lecture or discussion) meet the learning needs of your target audience of parents?
- Is the reading, comprehension level appropriate for the parents you serve? Is it translated into the language(s) spoken by the parents you serve?
- What is the engagement value of the program? Is it interesting, useful, and applicable to parents? Does it address multiple learning styles? Does it incorporate stories, videos, and examples to make it more entertaining? Does any of the content look or seem outdated?
- ◇ Fit with organizational capacity
  - Can your organization afford to initiate and sustain the program including any cost for permission to use the program, cost of materials, cost of training for providers, level of effort for providers, and cost of provider time to implement the program?
  - Does your organization employ or have the capacity to employ providers that meet the qualifications required to offer the training?
  - Is the program curriculum and provider training readily available?
  - How many and what types of programs do you already offer? How would this program fit into your menu?

No single program will meet all of your organizational criteria and all of your parent learning needs. This is the reason that it is important to offer a carefully selected and balanced menu of programming, including some, but not necessarily all, evidence-based options.

## Quality of research

After you have determined the characteristics of the program you are looking for and one or more programs meet your criteria, you want to determine the quality of research that has been conducted on this program. Why? Because strong research findings are basically telling you that the program is doing what it is intended to do. So, when we tell families that a program will help improve their child's behavior or provide them with effective parenting techniques, we know that it has been tested and has done these things for other similar families.

The two strongest types of research design are a randomized controlled trial (RCT) and a matched comparison group quasi-experimental design where two like, but non-randomized, groups are compared (such as two child-care programs, two schools, two counties). You don't actually have to understand those two approaches. You only need to understand that they are the highest and second highest standard of research. Programs that have shown strong results when tested with a RCT or matched comparison group quasi-experimental design are called evidence-based programs.

## What about pre-test, post-test surveys and participant feedback? Isn't that research?

Yes! Those are two important types of program research because they are low-cost and relatively simple to implement. They can give a lot of valuable information about the implementation of a program at a site and on the program's outcomes for the select group of participants who complete the surveys. However, they don't necessarily demonstrate the overall effectiveness of a program because there are too many outside factors (or confounding variables) that could be influencing the results.

## Do research-based and evidence-based mean the same thing?

No, these are two different terms. Research-based means that a program has incorporated principles and knowledge from research on parenting or child development, but the program has not necessarily been tested to determine if it produces the changes in parent or child behavior that it is intended to elicit. Evidence-based programs are most often also research-based, but the program itself has been rigorously tested and determined to result in the changes in parent or child behavior that it has been designed to produce.

## Where to look?

### Program Registries

The best way to find programs that have undergone rigorous research and are evidence-based is to look in program registries. Each program registry focuses on a broad topic area of programming, such as child maltreatment prevention, violence prevention, or substance abuse prevention, but the programs frequently overlap and can be found in more than one registry. Registries, such as those listed below, all rate the programs on their list. The criterion for the rating varies somewhat between registries, but they all take into account the type of research design and the quality of research.

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC): <https://www.cebc4cw.org/>
- ◇ Title IV-E Prevention Services Clearinghouse: <https://preventionservices.acf.hhs.gov/>
- ◇ Blueprints for Healthy Youth Development: <https://www.blueprintsprograms.org/program-search/>
- ◇ Office of Juvenile Justice and Delinquency Prevention: <https://ojjdp.ojp.gov/model-programs-guide/all-mpg-programs>

All four registries above have four levels of ratings, though they each have different names for the levels. However, the two highest levels on all four registries are programs that have had multiple high quality research studies conducted. The third level of all the registries is called “promising”. Promising programs have only one high quality research study. The lowest level of programming is generally “non-rated”, meaning it did not meet the research or other criteria. This does not necessarily mean it is not a good program. It does mean that it has not been well-tested and so there is no way to know if the program can truly do what it claims for families.

In addition to the rating system, the registries also often contain other valuable information that you can use to make choices, such as:

- ◇ A summary description of program
- ◇ A description of expected and demonstrated outcomes
- ◇ Audiences the program has been designed for and tested with
- ◇ Training specifications and information
- ◇ Qualifications of facilitators
- ◇ Contact information for the program website or developer

### What if a program is not in the registries?

A program that does not appear in a registry either it does not fall under the focus area of the registry, or it does not have enough research to warrant submitting it to that registry for review. Of course you can use it, if it meets your needs, but you should have other evidence-based programming available to serve families also. Even if the program indicates that it is evidence-based in its marketing materials or on its website, the fact that it is not in a registry indicates that the research on this program is likely not of the quality required to be listed as promising or above in a registry.

- ◇ To find out more:
  - Go to Program website Site
  - Contact Developer/Distributor
  - Attend training
- ◇ What to look for?
  - Ensure Program and Program Support is ongoing
  - Ask for sample materials
  - Ask for recent research



## Compendium of Parent Education Programs that address Child Maltreatment Prevention

The programs in the following compendium either have outcomes that demonstrate reductions in child maltreatment (ex. reduction in reports, reduction in emergency room visits, or reduction in out of home Placements) or outcomes that research shows are related to child maltreatment prevention (ex. reduction in harsh punishment, increased understanding of child development and appropriate expectations, reduction in child behavior problems, positive parenting strategies, increase in social and emotional competence of children and adults). They can be offered universally to all members of a population, regardless of their level of risk. They are designed to strengthen families and reduce the risks associated with child maltreatment broadly and not necessarily to treat families and children that have already experienced child maltreatment.

### 24:7 Dad

\*This program is listed as evidence-based on the website but does not appear to meet the criteria to be rated on any of the registries.

**Purpose of Program:** Equip fathers with self-awareness, compassion and sense of responsibility to increase father involvement with children.

**Target Audience:** Custodial and noncustodial fathers of children ages 0-18.  
Format: 12 weekly 2-hour sessions. Includes homework component.

#### Objectives or Goals:

- ◇ Increase awareness of the characteristics and importance of good fathers
- ◇ Increase self-awareness and pro-fathering habits
- ◇ Increase self-care
- ◇ Increase self-worth
- ◇ Increase fathering skills
- ◇ Increase parenting skills
- ◇ Increase relationship skills

**Demonstrated Outcomes:** \*This data comes from one unpublished study with limited sample size.

- ◇ Increased reading and doing homework with child
- ◇ Increased support to mother of child
- ◇ Increased involvement in disciplining child
- ◇ Increased satisfaction with fathering role
- ◇ Increased father-child relationship quality

**Qualifications of Providers:** Recommended that facilitators participate in a training institute on the program, but not required. Free technical assistance is provided to any facilitator.

**Languages available:** English, Spanish

**Program Materials & Training Available:** Yes

#### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Unable to be rated  
<https://www.cebc4cw.org/program/24-7-dad/>
- ◇ One randomized controlled trial, however, not published in peer reviewed journal  
[Microsoft Word - 247-Dad-Evaluation-Lewin-Bizan-June2015.docx \(hubspot.net\)](#)



**Purpose of Program:** Anti-violence program, promoting parents' use of effective, non-violent discipline methods and nurturing behaviors.

**Target Audience:** Universal audience of parents and primary caregivers of children ages 0 – 10.

**Format:** Groups of 10-12; 9 weekly sessions; 2 hours per week, plus weekly homework. Research indicates minimum attendance at 7 sessions to see results.

### Objectives or Goals:

- ◇ Address parents' ...
  - knowledge of child development, positive discipline methods, and media literacy
  - anger management skills, social problem-solving skills and the ability to teach and model these skills for children
  - understand impact of child media use on behaviors and how to reduce media exposure
- ◇ Address children's ...
  - aggression and behavior problems by promoting effective parenting practices
- ◇ Develop a supportive community of parents both during and following the program

### Demonstrated Outcomes:

#### Parent:

- ◇ Declines in parental use of harsh verbal and physical discipline
- ◇ Increased parental reports of developmentally appropriate expectations
- ◇ Increased parental stress
- ◇ Increased communication
- ◇ Increased positive discipline
- ◇ Increased emotional and behavioral regulation

#### Child:

- ◇ Decreased total difficulties (mother report)
- ◇ Decreased aggressive behavior (mother report)
- ◇ Increased voluntary behaviors to benefit others
- ◇ Decreased conduct problems

### Qualifications of Providers:

- ◇ Minimum associates degree, but bachelor's degree preferred
- ◇ Working at or with a program that typically serves families
- ◇ Professional experience working with families and young children
- ◇ Experience conducting and teaching groups of adults



**Languages available:** English, Spanish, Greek, Japanese, Mandarin, Portuguese

**Program Materials & Training Available:** Yes

### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) - Promising  
[CEBC » Program » Act Raising Safe Kids \(cebc4cw.org\)](https://cebc4cw.org)
- ◇ Office of Juvenile Justice and Delinquency Prevention - Promising  
<https://crimesolutions.ojp.gov/ratedprograms/311#1-0>
- ◇ Title IV-E Prevention Services Clearinghouse – Promising  
[ACT Raising Safe Kids \(hhs.gov\)](https://actraising.org)

## Be Strong Family Parent Cafés

The website for Be Strong Families lists the parent café model as research-informed because it is based on the Strengthening Families Protective Factors Framework™. It is not found in the registries nor has the research conducted to this point reached the level of rigor to be listed.

**Purpose of Program:** Build understanding of and strengthen the five protective factors in the Strengthening Families Protective Factors Framework™ for parents and caregivers.

**Target Audience:** Parents and primary caregivers of children ages 6-16; there is a version for children ages 2-5, but no research has been conducted on that specific version.

**Format:** Virtual or in-person, structured, small group discussions, which connect common issues, concerns, and experiences of the participants to the five protective factors. There is no minimum or maximum number of cafés that an individual is required to participate in.

**Objectives or Goals:**

- ◇ Create physically and emotionally safe spaces for conversation and reflection
- ◇ Foster deep self-reflection and peer-to-peer learning
- ◇ Increase social connections of parents
- ◇ Develop strategies to strengthen participants' families
- ◇ Strengthen Parent Leadership
- ◇ Enhance connection to host agencies

**Demonstrated Outcomes:**

- ◇ N/A – There is not rigorous research published in peer-reviewed journals to verify outcomes.

**Qualifications of Providers:**

- ◇ No specified minimum qualifications
- ◇ 24 hours of virtual or in-person training for certification as host

**Languages available:** English, Spanish

**Program Materials & Training Available:** Yes

**Registry Information:** The Be Strong Families Parent Café model is not listed in any of the registries included in this compendium.

- ◇ Program website: <https://www.beststrongfamilies.org/cafes-overview>

## Common Sense Parenting – School Age

**Purpose of Program:** Teach parenting skills for child behavior management

**Target Audience:** Parents and primary caregivers of children ages 6-16; there is a version for children ages 2-5, but no research has been conducted on that specific version.

**Format:** Group-based; 6 weekly, 2-hour classes with active learning elements.

**Objectives or Goals:**

- ◇ Equip parents with positive parenting techniques for behavior management
- ◇ Increase positive child behaviors
- ◇ Decrease problematic child behaviors

- ◇ Strengthen parent-child relationship
- ◇ Enhance parent -child communication

**Demonstrated Outcomes:**

- ◇ Improved child behavior and emotional functioning
- ◇ Improved family functioning

**Qualifications of Providers:**

- ◇ Minimum of associate’s degree
- ◇ 2 years direct service or training experience
- ◇ Completion of 3 day in-person or online training workshop

**Languages available:** English, Spanish, Chinese, Hindi, Japanese, Korean, Polish, Russian

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) - Supported [CEBC » Program » Common Sense Parenting \(cebc4cw.org\)](#)
- ◇ Title IV-E Prevention Services Clearinghouse – Promising [Common Sense Parenting® – School Age \(hhs.gov\)](#)
- ◇ Office of Juvenile Justice and Delinquency Prevention - Promising <https://crimesolutions.ojp.gov/ratedprograms/320>

Conscious Discipline Parenting Education Curriculum

**Purpose of Program:** To teach parents and primary caregivers how to support the social emotion needs and development of children using a brain based, trauma-informed approach.

**Target Audience:** Parents and primary caregivers whose children ages 0 to 5 attend a child care center already implementing Conscious Discipline.

**Format:** Group and individual-based; 8 Parent Night Sessions, Optional 4 Interactive Home Visits, Optional 12 Mini-Sessions to provide parents with practice opportunities.

**Objectives or Goals:**

Parent:

- ◇ Parents understand and communicate child’s emotional states
- ◇ Parents recognize and moderate their own emotions
- ◇ Parents understand how their own emotions impact their child and how to model self-regulation

Child:

- ◇ Increase emotional awareness
- ◇ Increase emotional regulation
- ◇ Increase behavior regulation
- ◇ Increase Interpersonal Skills

**Demonstrated Outcomes:**

- ◇ Increased parental self-regulation
- ◇ Increased parental capacity to manage child’s challenging behaviors
- ◇ Decreased parental stress
- ◇ Improved parent-child relationship
- ◇ Decreased child behavior problems



**Qualifications of Providers:**

- ◇ Facilitators come from child care center that is implementing Conscious Discipline
- ◇ One day training for those familiar with Conscious Discipline
- ◇ Two-day training for those newer to Conscious Discipline

**Languages available:** English

**Program Materials & Training Available:** Yes

**Registry Information:** The Conscious Discipline Parent Curriculum is not listed in any of the registries included in this compendium. However, it is listed as research-based in the Office of Head Start's Parenting Curricula Database. It has one research article published in peer-reviewed journal.

[Social and emotional learning for parents through Conscious Discipline | Emerald Insight.](#)

## Effective Black Parenting Program

**Purpose of Program:** Parent skill building program for Black and African American families

**Target Audience:** Black or African American parents and primary caregivers of children ages 0-17.

**Format:** Group-based; 15 weekly or biweekly, 3-hour classes, including final graduation ceremony; home activities provided after each class.

**Objectives or Goals:**

- ◇ Promote family pride and cohesion
- ◇ Strengthen families' ability to cope with the negative effects of racism
- ◇ Parenting skills training to promote positive and manage negative child behavior
- ◇ Prevention or treatment of child maltreatment
- ◇ Prevention or treatment of child or parent substance abuse
- ◇ Improve school performance

**Demonstrated Outcomes:**

- ◇ Reduced hitting and spanking
- ◇ Increased parental use of praise
- ◇ Reduced parental rejection
- ◇ Improved quality of family relationships
- ◇ Improved child behavior outcomes

**Qualifications of Providers:**

- ◇ Minimum of associate's degree

**Languages available:** English

**Program Materials & Training Available:** Yes

**Registry Information:**

◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) - Promising [CEBC » Program » Effective Black Parenting Program \(cebc4cw.org\)](#)

◇ Title IV-E Prevention Services Clearinghouse – Promising [Effective Black Parenting Program \(hhs.gov\)](#)



## Family Check-up

**Purpose of Program:** Improve parenting skills and positive family management practices to address child and youth emotional, behavioral and academic challenges.

**Target Audience:** Parents and caregivers of children ages 2-17.

**Format:** One on one with individual families. Can be delivered in the home or a community setting. Component 1 – Initial interview to build rapport and provide opportunity for motivational interviewing, Component 2 – Assessment of parent, child, teacher for school-aged children, and a videotaped observation of family interactions, Component 3 – Feedback with follow up service options for families which might include 3-15 hours of parent training implementing the Everyday Parenting curriculum, referrals to counseling or community support services.

### Objectives or Goals:

Child/youth:

- ◇ Improve social emotional adjustment and self-regulation skills
- ◇ Reduce behavior problems at school
- ◇ Increase school readiness
- ◇ Reduce adolescent depression
- ◇ Reduce anti-social and delinquent activity
- ◇ Improve grades and school attendance

Parents:

- ◇ Increase positive, supportive parenting
- ◇ Reduce coercive conflict with child
- ◇ Improve parental monitoring of adolescents
- ◇ Reduce parent-adolescent conflict

### Demonstrated Outcomes:

Child/youth:

- ◇ Reduced parent reported child problem behavior
- ◇ Program participation of middle school aged youth resulted reduction in antisocial behavior in late adolescence.

Parents:

- ◇ Increased positive reinforcement of children's behavior
- ◇ Increased proactive parenting
- ◇ Increased positive parenting
- ◇ Increased maternal involvement
- ◇ Decreased maternal depression

**Qualifications of Providers:** Master's degree in education, social work, counseling or related areas.

**Languages available:** English and Spanish

**Program Materials & Training Available:** Yes

### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Well supported  
<https://www.cebc4cw.org/program/family-check-up/>
- ◇ Title IV-E Prevention Services Clearinghouse – Well supported  
<https://preventionservices.acf.hhs.gov/programs/646/show>
- ◇ Blueprints for Healthy Youth Development - Promising  
<https://www.blueprintsprograms.org/programs/168999999/strong-african-american-families-program/>
- ◇ Office of Juvenile Justice and Delinquency Prevention - Promising  
<https://crimesolutions.ojp.gov/ratedprograms/320>

## Family Foundations

**Purpose of Program:** Prepare couples expecting their first child for transition to parenthood.

**Target Audience:** A couple is defined as any two individuals who plan to care for the child together. Couples with due date a month or more prior to the onset of program, especially couples with potential co-parenting difficulties and stress.

**Format:** Group-based or online, self-directed option; 9 classes – 5 prior to birth of baby, 4 following the baby's birth.

**Objectives or Goals:**

- ◇ Promote team approach to child caregiving
- ◇ Maintain family bonds
- ◇ Reduce stress
- ◇ Teach infant development and attachment
- ◇ Promote parent and child well-being

**Demonstrated Outcomes:**

For those who participated in the program:

- ◇ Less maternal depression and better parental mental health
- ◇ Less parental stress
- ◇ Better soothability and self-soothing of infants
- ◇ Better co-parenting and couple relationships
- ◇ Better parenting quality, less harsh parenting, and less physical aggression
- ◇ Fewer child behavior problems at age 3
- ◇ Better emotional adjustment of child at age 3

**Qualifications of Providers:**

- ◇ College education
- ◇ Experience working with families and leading groups
- ◇ Completion of Family Foundations training program highly recommended

**Languages available:** English

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) - Supported [CEBC » Program » Family Foundations \(cebc4cw.org\)](https://cebc4cw.org)
- ◇ Title IV-E Prevention Services Clearinghouse – Well-supported [Family Foundations \(hhs.gov\)](https://www.hhs.gov/family-foundations)
- ◇ Office of Juvenile Justice and Delinquency Prevention – Promising <https://crimesolutions.ojp.gov/ratedprograms/326>

## Generation PMTO (Also called Parenting Through Change)

**Purpose of Program:** A parenting intervention designed to support family functioning for families with a child or adolescent at risk for or presenting with behavior problems.

**Target Audience:** Parents and caregivers of children ages 2-18, who are at risk for or presenting with disruptive behavior problems such as aggression, antisocial behaviors, conduct problems, oppositional defiance, delinquency, and substance abuse.

**Format:** Primarily group-based, but individual option available; 10, 12, or 14 90-minute to 2-hour sessions, based on needs of families plus weekly homework and mid-week calls of support. Minimum of two facilitators per group. Active learning strategies incorporated.

### Objectives or Goals:

- ◇ Enhance positive parenting practice, such as limit setting, discipline strategies, and contingent positive reinforcement
- ◇ Implement active communication and daily school routines
- ◇ Manage family conflict and reduce coercive family processes
- ◇ Increase problem solving skills
- ◇ Monitor children's activities and behavior
- ◇ Strengthen children and youth academic functioning and prosocial skills
- ◇ Strengthen family's social support network
- ◇ Enhance parental mental health
- ◇ Prevention out of home placement

### Demonstrated Outcomes:

- ◇ Reduced maternal negative reinforcement and reciprocity
- ◇ Increased positive parenting practices
- ◇ Reduced harsh discipline
- ◇ Reduced child noncompliance
- ◇ Reduced child conduct problems
- ◇ Reduced delinquency and police arrests
- ◇ Improved parental mental health
- ◇ Improved child behavioral and emotional functioning
- ◇ Improved child social functioning
- ◇ Improved economic and housing stability

### Qualifications of Providers:

- ◇ Implementing organization determines minimal qualification of facilitators. Typically have formal training in counseling, clinical social work, or education.
- ◇ Extensive training, including 3 days of training, conducting groups with coaching feedback, 12 reflective coaching sessions, submission of 4 video recordings of group facilitation for scoring by independent raters.

**Languages available:** English, Spanish, Danish, Dutch, Icelandic, Norwegian

**Program Materials & Training Available:** Yes

### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) - Supported  
[CEBC » Program » Parenting Through Change \(cebc4cw.org\)](#)
- ◇ Title IV-E Prevention Services Clearinghouse – Well-supported  
[GenerationPMTO – Group \(hhs.gov\)](#)
- ◇ Office of Juvenile Justice and Delinquency Prevention – Promising  
<https://crimesolutions.ojp.gov/ratedprograms/596>

## Healthy Steps for Children

**Purpose of Program:** This is a tiered population health model approach designed for use in pediatric care settings to provide universal screening, identify, and tailor developmental, behavioral, and social-emotional support as well as connection to community resources for families of young children. The program focuses on the interwoven skills needed for families to foster healthy child development and life-long well-being: social-emotional development; language and literacy skills; cognition skills; and perceptual, motor, and physical development.

**Target Audience:** All parents and primary caregivers of children ages 0-3 years in a pediatric primary care setting that is implementing the program.

**Format:** Health specialists are embedded within the practice to provide immediate support and referral to families during the child's regular schedule of health care visits. There are three tiers of services encompassing 8 components.

Tier 1: Universal services

Component 1- Child development, social-Emotional & behavioral Screening

Component 2 – Screening for family needs annually (maternal depression, housing and food insecurity, interpersonal violence, substance misuse etc.)

Component 3 – Family support line for access to health specialists with non-urgent, non-medical questions like child development, parenting, and behavior.

Tier 2: Short-term support – access to mental health consultants, in-house support and referrals

Component 4 – Child development and behavior consults (1-3) visits

Component 5 – Care coordination and systems navigation

Component 6 – Positive parenting guidance and information

Component 7 – Early learning resources

Tier 3: Comprehensive services – families with significant risk factors or concerns

Component 8 - Health Services Specialist and pediatric primary care provider see family jointly at well visits. HS Specialist is integrated member of health team. HS Specialist may also schedule additional visits as needed. If funding permits this can be offered universally.

### Objectives or Goals:

- ◇ Improve child health and well-being
- ◇ Improve family health and ability to support a child's early learning and overall well-being
- ◇ Support pediatric primary care practices to improve their patients' experience and provider satisfaction while lowering health care costs.

### Demonstrated Outcomes:

- ◇ Greater developmental screening of children
- ◇ Greater access to information on community resources
- ◇ Greater care giver-parent discussion of age-appropriate topics
- ◇ Greater adherence to recommended well-child visits and vaccinations
- ◇ Greater likelihood of families remaining at practice and being highly satisfied with the care they received

Parent level outcomes:

- ◇ Reduced likelihood of placing newborns on stomach to sleep
- ◇ Reduced likelihood of introducing water and solids too early
- ◇ Reduced likelihood of using severe forms or physical discipline
- ◇ More likely to show infants picture books daily at 2-4 months
- ◇ More likely to play with infants every day

Child level outcomes:

- ◇ Greater attachment security
- ◇ Fewer behavioral problems

### Qualifications of Providers:

- ◇ Participation in online classes and Zoom calls for practice and application by the entire healthcare team. Classes and live sessions based on role, including medical staff, implementation team, Health Service Specialists.

Recommended that physician champions, Health Service Specialist supervisors, behavioral health clinicians and social workers also attend.

**Languages available:** English

**Program Materials & Training Available:** Yes

**Registry Information:**

This program is not listed in these registries, but it has been extensively tested with national evaluation of multiple randomized controlled and quasi-experimental sites. The Program has been declared evidence-based and is now housed in ZERO TO THREE. Research on this program has been published in Pediatrics, the Journal of the American Medical Association and the Future of Children (<https://files.eric.ed.gov/fulltext/EJ1220075.pdf>).

## Incredible Years Toddler Basic

**Purpose of Program:** Typically targets parents who need support forming secure attachments with their toddlers or addressing their toddler's behavior problems.

**Target Audience:** Designed for parents and primary caregivers of children ages 1-3 years.

**Format:** Group-based, 12-14 participants, video and discussion-based; 13-14 2-hour sessions; topics covered include: child-directed play, promoting language development, social and emotional coaching, praise and encouragement, incentives, separations and reunions, limit setting, and handling misbehavior. Home activities encouraged to apply skills learned.

**Objectives or Goals:**

- ◇ Teach positive parenting practices
- ◇ Promote toddler language development
- ◇ Encourage toddler social and emotional development
- ◇ Establish routines
- ◇ Improve parent-child attachment

**Demonstrated Outcomes:**

- ◇ Increased child-led language
- ◇ Increased positive parenting practices

**Qualifications of Providers:** 2 facilitators per group with at least one course in child development or social learning theory, typically with background in psychology, nursing, social work, medicine, or education, at least one leader with master's degree or comparable education/background; 15 hours of online training or 3 days in-person; demonstration of positive participant evaluations, positive evaluation of videotape review, positive peer review, and satisfactory completion of session protocols.

**Languages available:** English, Spanish, Danish, Norwegian

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ Title IV-E Prevention Services Clearinghouse – Promising [Programs and Services Reviewed | Title IV-E Prevention Services Clearinghouse \(hhs.gov\)](https://www.hhs.gov/prevention-services-clearinghouse/)



## Incredible Years Preschool Basic

**Purpose of Program:** Typically targets parents of preschool aged children diagnosed with behavioral problems, ADHD or developmental delays.

**Target Audience:** Designed for parents and primary caregivers of children ages 3-6 years.

**Format:** Group-based, 12-14 participants, video and discussion-based; 14-20 2 to 2.5-hour sessions; topics covered include: child-directed play, social-emotional coaching, academic and persistence coaching, use of praise and incentives, limit setting, handling misbehavior, teaching children to problem solve. Home activities encouraged to apply skills learned.

### Objectives or Goals:

- ◇ Strengthen parent-child interactions and attachment
- ◇ Reduce harsh discipline
- ◇ Foster parents' ability to promote social-emotional and language development
- ◇ Reduce child externalizing and internalizing behavior
- ◇ Build school readiness skills
- ◇ Increase parental self-regulation skills and social support

### Demonstrated Outcomes:

- ◇ Increased child-led language
- ◇ Increased positive parenting practices

**Qualifications of Providers:** 2 facilitators per group with at least one course in child development or social learning theory, typically with background in psychology, nursing, social work, medicine, or education, at least one leader with master's degree or comparable education/background; 15 hours of online training or 3 days in-person; demonstration of positive participant evaluations, positive evaluation of videotape review, positive peer review, and satisfactory completion of session protocols.

**Languages available:** English, Spanish, Danish, Dutch, French, Swedish, Russian, Estonian, Norwegian, Finnish, Portuguese

**Program Materials & Training Available:** Yes

### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Promising [CEBC » Program » The Incredible Years Preschool Basic Parent Training Program Treatment \(cebc4cw.org\)](https://cebc4cw.org)
- ◇ Title IV-E Prevention Services Clearinghouse – Does not currently meet criteria [Incredible Years Preschool Basic Program \(hhs.gov\)](https://www.hhs.gov/incredible-years-preschool-basic-program)
- ◇ Blueprints for Healthy Youth Development - Promising [Blueprints Programs – Blueprints for Healthy Youth Development](https://wwwBlueprints.org)



**Purpose of Program:** Typically targets parents of school- aged children diagnosed with behavior problems or internalizing problems and challenges, such as oppositional defiant disorder, ADHD or anxiety disorder.

**Target Audience:** Designed for parents and primary caregivers of children ages 6-12 years.

**Format:** Group-based, 12-14 participants, video and discussion-based; 12-18 2 to 3-hour sessions; topics covered include: promoting positive behavior, reducing inappropriate behaviors, supporting children's education. Home activities encouraged to apply skills learned.

**Objectives or Goals:**

- ◇ Strengthen parent-child interactions and attachment
- ◇ Reduce harsh discipline
- ◇ Foster parents' ability to promote social-emotional development
- ◇ Foster parents' ability to promote children's academic development
- ◇ Reduce child behavior problems

**Demonstrated Outcomes:**

- ◇ Increased use of positive parenting practices
- ◇ Reduced harsh and inconsistent discipline
- ◇ Increased use of praise and incentives
- ◇ Increased use of positive verbal discipline
- ◇ Reduced time to CPS case closure

**Qualifications of Providers:** 2 facilitators per group with at least one course in child development or social learning theory, typically with background in psychology, nursing, social work, medicine, or education, at least one leader with master's degree or comparable education/background; 15 hours of online training or 3 days in-person; demonstration of positive participant evaluations, positive evaluation of videotape review, positive peer review, and satisfactory completion of session protocols.

**Languages available:** English, Spanish, Danish, Norwegian, Chinese, Finnish

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ Title IV-E Prevention Services Clearinghouse – Promising  
[Programs and Services Reviewed | Title IV-E Prevention Services Clearinghouse \(hhs.gov\)](#)
- ◇ Blueprints for Healthy Youth Development - Promising  
[Blueprints Programs – Blueprints for Healthy Youth Development](#)
- ◇ Office of Juvenile Justice and Delinquency Prevention – Promising  
<https://crimesolutions.ojp.gov/ratedprograms/722>



## Los Ninos Bien Educados

**Purpose of Program:** Parenting skill-building program specifically for parents of Latino American children

**Target Audience:** Parents and primary caregivers of Latino descent with children ages 2-12.

**Format:** Small group-based, 10-15 participants, 12 3-hour weekly sessions or one-day 6.5 hour seminar for large groups, 50-150 participants. Content basic parenting skills taught in a culturally sensitive manner, general parenting strategies, culturally specific parenting strategies. Homework or home behavior change projects included.

**Objectives or Goals:**

- ◇ Prevent and treat child abuse
- ◇ Promote pride in cultural heritage as relates to child rearing
- ◇ Manage cultural and generational contributors to parent-child conflict
- ◇ Prevent and treat child behavior disorders
- ◇ Reduce parental stress
- ◇ Reduce parental contributors to child substance abuse
- ◇ Improve child school performance
- ◇ Cope better with effects of racism and prejudice
- ◇ Strengthen family cohesion

**Demonstrated Outcomes:** N/A

**Qualifications of Providers:** Paraprofessionals, bachelor's degree, or psychologist with doctorate. Preferred training in behavior modification or analysis, education and training in child development and group dynamics. Exposure to Latino Studies courses and materials. Majority of instructors are of Latino descent, bicultural and bilingual.

**Languages available:** Spanish

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Not able to be rated

<https://www.cebc4cw.org/program/los-ninos-bien-educados/>

## Make Parenting a Pleasure/Parenting NOW!

\*Parenting NOW! is derived from Make Parenting A Pleasure but designed for a universal audience of parents and caregivers of children ages 0-6. It is 7 weekly 2-hour sessions. Parenting Now! is NOT rated in the registries, which means that it has not specifically been independently researched.

**Purpose of Program:** Strengthen parenting skills and provide support to highly stressed parents.

**Target Audience:** Highly stressed parents and primary caregivers of children ages 0-8.

**Format:** Group-based, video and discussion based, 10-15 participants, 10-12 weekly 2-hour sessions. Active learning incorporated. Content includes importance of self-care, stress and anger management, child development, communication skills, creating a responsive relationship, giving positive attention through play, and using effective discipline. Includes homework component.

**Objectives or Goals:**

- ◇ Grounded in the Strengthening Families Protective Factors Framework to reduce likelihood of child maltreatment
- ◇ Provide parents with tools to manage their own life challenges
- ◇ Increase social connection of parents
- ◇ Increase positive parenting skills and knowledge to nurture physical, social, emotional and cognitive development of children
- ◇ Teach parenting strategies to address challenging behaviors
- ◇ Promote social norming of parenting experience
- ◇ Reduce stress
- ◇ Improve family funding

**Demonstrated Outcomes:**

- ◇ Reduced symptoms of parental depression
- ◇ Increased knowledge of parenting skills
- ◇ Increased child development knowledge

**Qualifications of Providers:** Preferred parent educator experience or bachelor or master's level degree in early childhood education, education, social work, public health, psychology or related field/experience. Participation in 3 days, 12 hours of virtual training 2 days, 16 hours or training.

**Languages available:** English, Spanish

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Promising [CEBC » Program » Make Parenting A Pleasure \(cebc4cw.org\)](#)
- ◇ Title IV-E Prevention Services Clearinghouse – Does not currently meet criteria [Make Parenting a Pleasure® \(hhs.gov\)](#)  
[Parenting Now!™ \(hhs.gov\)](#)
- ◇ Office of Juvenile Justice and Delinquency Prevention – Promising <https://crimesolutions.ojp.gov/ratedprograms/596>
- ◇ Head Start Parent Curricula Review Database – Research and evidence-based [Parenting Curricula for Group-based Delivery | ECLKC \(hhs.gov\)](#)

Motherhood is Sacred; Fatherhood is Sacred

**Purpose of Program:** Parenting education program designed to strengthen Native American families by helping fathers and mothers to actively engage with their family while connecting with their heritage and sacred responsibilities of being a parent.

**Target Audience:** Native American fathers and mothers.

**Format:** Group-based, video and discussion based, 12 weekly 2-hour sessions or two sessions per week for six weeks. Content focuses on self-worth, identity and purpose and includes importance of father- and motherhood in Native America heritage, foundational concepts of character, integrity and leadership of fathers/mothers, Creator's importance in Native American culture and heritage, power of choice, consequences of actions, importance of vision, importance of being teachable, barriers to being teachable and how to find truth, importance and benefits of wisdom, service, identity, relationship, and nurturing.

**Objectives or Goals:**

- ◇ Help Native American fathers and mothers engage with their family

- ◇ Help Native American father and mothers connect with their Native American culture and the sacred responsibilities of being a parent.

**Qualifications of Providers:** Facilitators should be Native American or have a good understanding of Native American culture. Participate in a 3 day training to obtain certification from the Native American Fatherhood & Families Association. NAFFA highly recommends that Fatherhood facilitators are male, and Motherhood facilitators are female.

**Languages available:** English

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ Title IV-E Prevention Services Clearinghouse – Does not currently meet criteria  
<https://preventionservices.acf.hhs.gov/programs/569/show>

## Nurturing Parenting Program for Parents of School Age Children 5 to 11 Years

\*Only the school age version is reviewed here. There is also an infant, toddler and preschool version, however, it does not have enough research to be rated in registries.

**Purpose of Program:** Parent training to educate parents for the purpose of preventing the occurrence or reoccurrence of child maltreatment.

**Target Audience:** Parents or primary caregivers of children Ages 5-11 who have been referred by social services, mental health, or the court system due to child maltreatment and/or family dysfunction. Content includes setting appropriate expectations for children, empathizing with children, reduce use of harmful punishments, healthy parent-child roles, fostering age-appropriate child independence. Homework component included.

**Format:** Group-based, 15 weekly two and a half hour sessions. Parents and children attend concurrent sessions plus a parent-child activity.

**Objectives or Goals:**

Parents:

- ◇ Increase appropriate developmental expectations of children
- ◇ Increase empathy for children
- ◇ Reduce use of harmful punishments
- ◇ Prevent parent-child role reversal
- ◇ Increase ability to foster suitable levels of child independence
- ◇ Decrease likelihood of recidivism

**Demonstrated Outcomes:**

\*None of the studies listed had a strong research design.

- ◇ Reduced inappropriate expectations
- ◇ Increased empathy
- ◇ Reduced belief in corporal punishment
- ◇ Reduced role reversal

**Qualifications of Providers:** No specific educational requirements for facilitators. Required 3-day training.

**Languages available:** English, Spanish, Arabic, Chinese, Haitian Creole, Hmong

**Program Materials & Training Available:** Yes

#### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – <https://www.cebc4cw.org/program/nurturing-parenting-program-for-parents-and-their-infants-toddlers-and-preschoolers/> - Unable to be rated
- ◇ <https://www.cebc4cw.org/program/nurturing-parenting-program-for-parents-and-their-school-age-children-5-to-11-years/> - Promising
- ◇ Title IV-E Prevention Services Clearinghouse – Does not currently meet criteria
- ◇ <https://preventionservices.acf.hhs.gov/programs/217/show> - Infant, Toddler, Preschoolers
- ◇ <https://preventionservices.acf.hhs.gov/programs/218/show> – School Age

## Parenting Inside Out

\*Parenting Inside Out is only listed in the CEBC registry where it received was labelled as “not able to be rated” due to concerns about the quality of research. However, the program has been subject to two randomized controlled trials, one of which was published in a peer reviewed journal. Those studies are included below. Changes in parent were measured, but changes in child behavior were not.

**Purpose of Program:** Cognitive-behavioral parent management skills training program designed specifically for justice-involved parents.

**Target Audience:** Criminal justice and systems involved parents or primary caregivers of children ages 0-19

**Format:** Group-based, 2 – 2.5-hour sessions, prison version - 60 - 90 hours, community version – 48 hours, jail version – 24 hours. Includes homework component.

#### Objectives or Goals for parents:

- ◇ Improve prosocial functioning
- ◇ Decrease antisocial behavior
- ◇ Increase effective communication with caregiver of their child(ren)
- ◇ Increase effective parenting skills
- ◇ Support the healthy adjustment of their child(ren) prior to and upon release
- ◇ Increase skills to prevention problem behavior and increase resilience of child(ren)

#### Demonstrated Outcomes for parents:

- ◇ Fewer post-release arrests
- ◇ Less self-reported criminal behavior one-year post-release
- ◇ Fathers increased use of positive reinforcement with children
- ◇ Higher likelihood of reporting no substance use problems six months post-release
- ◇ Lower rate of depression
- ◇ Reduced parental stress
- ◇ More positive parent-child interactions while incarcerated

**Qualifications of Providers:** Recommended minimum qualification bachelor’s degree in human development, child development, social work, or related field. 12 hours of in-person or virtual training required to facilitate.

**Languages available:** English, Spanish

**Program Materials & Training Available:** Yes

#### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Unable to be rated
- ◇ <https://www.cebc4cw.org/program/parenting-inside-out/>



- ◇ Research studies:

<https://www.parentinginsideout.org/wp-content/uploads/2024/03/A-Randomized-Controlled-Trial-of-A-Parent-Management-Training-Program-for-Incarcerated-Parents-2022.pdf>

<https://www.parentinginsideout.org/wp-content/uploads/2024/03/A-Randomized-Controlled-Trial-of-A-Parent-Management-Training-Program-for-Incarcerated-Parents-Copy.pdf>

## Parenting Wisely

\*Only teen version has been researched and reviewed.

**Purpose of Program:** Parent skill building to address teen/child behavior problems, substance use, and delinquency.

**Target Audience:** Parents and caregivers of children ages 3-11 for young child version and ages 11 and above for teen version. Has been tested with urban and rural; African-American, Hispanic and White families.

**Format:** Online, self-directed, interactive with 3-5 hours of material to be completed within 4 weeks and retaken within 6 months. Can be used as group-based program with 5-10 sessions for 10-16 participants. Content includes communication and problem-solving skill building, effective supervision of teen/child, effective discipline, peer pressure, brain science, step-parenting strategies, behavioral expectations. Includes homework component.

### Objectives or Goals:

- ◇ Reduce child aggressive and disruptive behaviors
- ◇ Improve parenting skills
- ◇ Enhance family communication
- ◇ Increase parental supervision and appropriate discipline of children

### Demonstrated Outcomes:

- ◇ Improved child behavior
- ◇ Increased parenting knowledge

**Qualifications of Providers:** N/A

**Languages available:** English, Spanish, Portuguese

Program Materials & Training Available: Yes -program materials and provider manual available. No training available.

### Registry Information:

◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Promising  
[CEBC » Program » Make Parenting A Pleasure \(cebc4cw.org\)](#)

◇ Title IV-E Prevention Services Clearinghouse – Does not currently meet criteria  
[Make Parenting a Pleasure® \(hhs.gov\)](#)  
[Parenting Now!™ \(hhs.gov\)](#)

◇ SAMHSA Model Programs – Model Program  
[Parenting Wisely \(hhs.gov\)](#)



## Period of Purple Crying

**Purpose of Program:** Teach parents of newborns about normative crying behavior and the dangers of shaking a baby to prevent abusive head trauma.

**Target Audience:** Parents and primary caregivers of newborns

**Format:** Three contacts: 1) 10 minute delivery of materials to parents of newborns within the first two weeks following birth by trained educator or provider 2) 10 minute reinforcement and reminder of the important messages of program materials for parents within the first three months of a baby's life at department of health programs, well baby visits, or home visits. 3) Public education campaign.

**Objectives or Goals:**

- ◇ Inform parents about the normative pattern of the infant crying curve
- ◇ Inform parents about the frustration of long-term crying
- ◇ Inform parents about behaviors that reduce the risk of shaking and abuse
- ◇ Prevent parents from shaking babies to prevent abusive head trauma

**Demonstrated Outcomes:**

- ◇ Mothers use program recommended behavior, such as passing the baby to someone else or putting the baby in a safe place
- ◇ Higher knowledge scores about crying and shaking the baby
- ◇ Higher likelihood of sharing walking away and the dangers of shaking with other caregivers

**Qualifications of Providers:** No educational prerequisites, Online or in-person program training required.

**Languages available:** English, Spanish, Arabic, Cantonese, French, Somali

**Program Materials & Training Available:** Yes -program materials and provider manual available.

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Promising  
<https://www.cebc4cw.org/program/period-of-purple-crying/detailed>
- ◇ Office of Juvenile Justice and Delinquency Prevention – No effects  
<https://crimesolutions.ojp.gov/ratedprograms/period-purple-crying>
- ◇ SAMHSA Model Programs – Model Program  
[Parenting Wisely \(hhs.gov\)](https://www.hhs.gov/parenting-wisely/)

## Positive Indian Parenting

**Purpose of Program:** Practical and culturally specific parenting skills training for Native American/Alaskan Native parents and primary caregivers.

**Target Audience:** American Indian and Alaskan Native parents of children.

**Format:** 8 weekly group-based or individual sessions. Two-part format of session: lesson on traditional indigenous parenting practices followed by group discussion on how to apply the practices. Can be culturally adapted to local region/Nation.

**Objectives or Goals:**

- ◇ Teach traditional indigenous parenting practices
- ◇ Develop parenting attitudes, values and skills rooted in cultural heritage

Demonstrated Outcomes: N/A, no studies have been conducted on this program.

Qualifications of Providers: Child welfare personnel preferred providers. 17 hours of training for certification.

Languages available: English

Program Materials & Training Available: Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Unable to be rated  
<https://www.cebc4cw.org/program/positive-indian-parenting/>
- ◇ Title IV-E Prevention Services Clearinghouse – Does not meet criteria  
<https://preventionservices.acf.hhs.gov/programs/510/show>

## Positive Solutions

**Purpose of Program:** Parent skill building to promote positive and effective parenting behaviors that support social and emotional development of children.

**Target Audience:** Parents and caregivers of children ages 2-5 years.

**Format:** Group-based, 7 2-hour sessions. Topics include making the connection, keeping it positive, behavior has meaning, the power of routines, teach me what to do, responding with purpose, putting it all together with a plan.

**Objectives or Goals:**

- ◇ Promote children’s social and emotional skills
- ◇ Increase parental understanding of child’s challenging behavior
- ◇ Increase parental understanding of how to use positive approaches to help children learn appropriate behavior

**Demonstrated Outcomes:** N/A

**Qualifications of Providers:** N/A

**Languages available:** English, Spanish

**Program Materials & Training Available:** Yes -free program materials and facilitator instructions available. No training available.

**Registry Information:** None

Program information: <https://www.pyramidmodel.org/psf-training-module/>

This program site indicates that it is evidence-based. It was developed and is supported by some very reputable organizations in the field of social and emotional development and research. However, it is not found in any of the registries and no description of research on the program itself or research related to the program content could be found.

## Promoting First Relationships

\*Research was conducted with rural, Native American parent participants”

**Purpose of Program:** In-home parent skill-building prevention program (can also be delivered in a mental health, child care, group home, community, or virtual setting) that teaches strengths-based parenting strategies to promote children’s social-emotional development through responsive, nurturing caregiver–child relationships.

**Target Audience:** Parents and caregivers of children ages 0-5 years.

**Format:** One on one, 10 weekly 60-75 minute sessions. Includes 5 videotaped sessions followed by provider feedback. Providers support caregivers’ ability to read their child’s nonverbal cues, empathize with and provide comfort when their child is distressed, and understand that their child’s difficult behavior may reflect underlying social and emotional needs. Includes homework component.

### Objectives or Goals:

- ◇ Promote children’s social-emotional development
- ◇ Learn about child’s social and emotional needs and increase caregiver capacity to understand child’s needs and cues
- ◇ Build trust and security between children and caregivers
- ◇ Encourage children and caregivers’ emotion regulation and self-reflection
- ◇ Increase parental understanding of and strategies to address child’s challenging behavior

### Demonstrated Outcomes:

- ◇ Improved child behavioral functioning
- ◇ Increased positive parenting practices

**Qualifications of Providers:** Providers can be infant mental health specialists, child welfare providers, social workers, home visitors, early interventionists, family service workers, childcare providers, early childhood education teachers, and public health nurses. Level 1: 14 hour training - 2 full day in-person, 4 half day virtual trainings, Level 2: 15-week virtual mentoring professional development program for providers who have completed level 1. Level 3: By invitation only, 15 weeks of additional mentoring by master trainer. Participants can submit a full PFR session video demonstrating fidelity to the model and two attend two additional training sessions to become a PFR Agency Trainer with certification to train others in their organization.

**Languages available:** English, Spanish, Somali

**Program Materials & Training Available:** Yes

### Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Supported [CEBC » Program » Promoting First Relationships \(cebc4cw.org\)](https://cebc4cw.org)
- ◇ Title IV-E Prevention Services Clearinghouse – Supported [Promoting First Relationships® \(hhs.gov\)](https://www.hhs.gov/promoting-first-relationships/)
- ◇ Blueprints for Healthy Youth Development - Promising [Blueprints Programs – Blueprints for Healthy Youth Development](https://www.briefings.com/blueprints-for-healthy-youth-development/)

## Strengthening Families 3-5, 7-17, and 10-14

\*This suite of programs was originally designed to prevent the intergenerational transmission of substance misuse, tested, and found to be effective for that purpose. It was also found to improve a number of parent, child and family outcomes using strategies that align with many other programs on this list. However, it has none of the programs have yet been specifically tested for effectiveness in child maltreatment prevention.

**Purpose of Program:** A suite of family skills training, behavior management programs to prevent youth alcohol and drug use by improving family functioning and increasing family bonding using strategies that align with many other programs on this list. However, none of the programs have yet been tested for effectiveness in child maltreatment prevention.

**Target Audience:** Universal audience of Parents and primary caregivers of children ages 3-5, (Strengthening Families 3-5), ages 7-17 (Strengthening Families 7-17), ages 10-14 (Strengthening Families 10-14). (Though some sites indicate that all versions other than SF 10-14 are for higher risk families.

**Format:** Group-based, video and discussion based. SF 10-14 - 7 weekly sessions with 4 optional booster sessions. All other versions - 11 weekly sessions with 3 optional booster sessions. Each session incorporates a family meal followed by independent parent and child/youth sessions and ending with a family session with everyone together. Parent sessions include topics such as brain development, parenting skills, problem solving, negotiating win-win solutions, positive discipline strategies, stress management, monitoring. Child/youth sessions include such topics as resilience skills, refusal skills, stress and anger management, peer relationships, problem solving, emotions. Family time includes the opportunity to practice new skills, learn mindfulness skills, increase positive communication. Homework is provided following each session. Resources available for cultural adaption.

### Objectives or Goals:

#### Child/youth:

- ◇ Reduce youth substance use
- ◇ Reduce behavioral problems
- ◇ Reduce mental health problems
- ◇ Increase school success
- ◇ Improve social skills
- ◇ Reduce delinquent behavior
- ◇ Reduce aggression

#### Parents:

- ◇ Reduce lax or harsh discipline
- ◇ Increase monitoring skills
- ◇ Reduce substance misuse
- ◇ Reduce stress
- ◇ Increase expectations for child school success

#### Family:

- ◇ Reduce family conflict
- ◇ Increase family bonding
- ◇ Improve parent-child relationship



### Demonstrated Outcomes (Only for SF 10-14):

- ◇ Reduced youth alcohol initiation and tobacco use
- ◇ Increased likelihood of reunification of families of children placed in foster care due to alcohol- or drug- involved parents. (Nonrandomized sample)
- ◇ Improvement in parenting skills
- ◇ Improvement in youth behavior
- ◇ Improvement in parent-child relationship quality

**Qualifications of Providers:** Experience working with families and youth, strong presentation and facilitation skills, minimum of 3-4 trainers per training site – 1-2 to lead the parent component, 2 to lead the child/youth component. All facilitators lead the family component together. 3 day training. Virtual training option available. Option for certification to provide TOT for own organization after facilitating each of the three components of the training for at least 7 weeks.

**Languages available:** English, Some materials in Spanish

**Program Materials & Training Available:** Yes

**Registry Information:**

◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC)  
Strengthening Families 0-17 – Promising

<https://www.cebc4cw.org/program/strengthening-families-program-sfp>

Strengthening Families 10-14 – Well Supported

<https://www.cebc4cw.org/program/strengthening-families-program-for-parents-and-youth-10-14-sfp-10-14/>

- ◇ Title IV-E Prevention Services Clearinghouse  
Strengthening Families Programs from 0-17 - Do not currently meet criteria  
Strengthening Families 10-14 - Supported

- ◇ Blueprints for Healthy Youth Development - Promising

<https://www.blueprintsprograms.org/programs/189999999/strengthening-families-10-14/>

- ◇ Office of Juvenile Justice and Delinquency Prevention – Promising

<https://crimesolutions.ojp.gov/ratedprograms/199>

## Stewards of Children

**Purpose of Program:** Teach adults how to prevent, recognize, and react responsibly to child sexual abuse

**Target Audience:** Any adults, both caregivers and community members, particularly those who interact regularly with children

**Format:** One time, 2-hour facilitator led or online training.

**Objectives or Goals:**

- ◇ Increase knowledge of how to prevent initial occurrence or intervene to when child sexual abuse is occurring
- ◇ Improve attitudes about preventing abuse
- ◇ Increase recognition of child sexual abuse that is occurring
- ◇ Increased ability to respond appropriately to keep children safe from future abuse and prevent potential subsequent abuse-related programs.

**Demonstrated Outcomes:**

- ◇ Increased knowledge of child sexual abuse
- ◇ Increased child sexual abuse preventative behaviors

**Qualifications of Providers:**

- ◇ Comfort with speaking and presenting in front of large audiences
- ◇ 8 hours of in-person or online training by Darkness to Light to become an authorized facilitator
- ◇ Must train 25 adults per quarter to maintain active status

**Languages available:** English, Spanish

**Program Materials & Training Available:** Yes



Registry Information:

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Promising <https://www.cebc4cw.org/program/stewards-of-children/>
- ◇ Office of Juvenile Justice and Delinquency Prevention - Promising <https://crimesolutions.ojp.gov/ratedprograms/stewards-childrenr>

## Strong African American Families Program

**Purpose of Program:** Parent training to address adolescent behavior problems.

**Target Audience:** Parents and primary caregivers and their children ages 10 – 14 who identify as Black or African American. Designed with families living in rural communities.

**Format:** Group-based, 7 weekly sessions with up to 12 families. First hour for caregivers and youth independently. Second hour for family together.

**Objectives or Goals:**

Child/youth:

- ◇ Resistance skills for substance use and risk behaviors
- ◇ Enhance future orientation

Parents:

- ◇ Support efforts to help children with life goal setting
- ◇ Enhance parental monitoring and support of youth
- ◇ Information about risk behavior and racial socialization

Family:

- ◇ Strengthen positive family interactions

**Demonstrated Outcomes:**

Child/youth

- ◇ Increased goal-directed future orientation
- ◇ Reduced conduct problems
- ◇ Increased self-regulation
- ◇ Decreased tolerance for deviance
- ◇ Reduced alcohol use
- ◇ Improved racial socialization

Parents:

- ◇ Increased expectations regarding youth alcohol and drug use
- ◇ Increased consistency of rules
- ◇ Increased positive parenting behaviors
- ◇ Increased communication with youth about sex

**Qualifications of Providers:** Some level of higher education. 3 person team – 1 to facilitate parent portion, 2 to facilitate youth portion. All three facilitate family portion together. 3-day training. Opportunity to become certified to provide TOT within one’s own organization only.

**Languages available:** English

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Well supported <https://www.cebc4cw.org/program/strong-african-american-families-program/>

- ◇ Title IV-E Prevention Services Clearinghouse – Well supported  
<https://preventionservices.acf.hhs.gov/programs/592/show>
- ◇ Blueprints for Healthy Youth Development - Promising  
<https://www.blueprintsprograms.org/programs/168999999/strong-african-american-families-program/>
- ◇ Office of Juvenile Justice and Delinquency Prevention  
[Program Profile: Strong African American Families \(SAAF\) | CrimeSolutions, National Institute of Justice \(ojp.gov\)](#)

## Triple P: Positive Parenting Behavior Program System

**Purpose of Program:** Comprehensive parent training program designed to enhance parental competence and prevent or alter dysfunctional parenting practices.

**Target Audience:** Parents and primary caregivers of children and adolescents ages 0-16 with moderate to severe behavioral and emotional difficulties or parents who are motivated to gain a more in-depth understanding of positive parenting.

**Format:** This is a leveled program with difference levels of intensity based on family and child need, different age levels and multiple modalities including seminars for large groups, small groups, one on one, and both facilitated and self-directed virtual options.

### Objectives or Goals:

Child/youth:

- ◇ Decreased behavior problems

Parents:

- ◇ Increase competence in promoting healthy development
- ◇ Manage common behavioral issues
- ◇ Reduce coercive, punitive discipline
- ◇ Increase use of positive parenting strategies
- ◇ Increase parenting confidence
- ◇ Improve partner communication
- ◇ Reduce parenting stress

### Demonstrated Outcomes:

Child/youth

- ◇ Decreased behavior problems (mother and father report)
- ◇ Decreased intensity of negative behaviors

Parents

- ◇ Increased positive parenting practices (mother and father report)
- ◇ Increased parenting sense of competence (mother only)
- ◇ Reduced over reactivity and wordiness
- ◇ Increased structure
- ◇ Decreased depression and anxiety
- ◇ Decreased stress

Population

- ◇ Reduction in child maltreatment cases
- ◇ Reduction in out of home placement
- ◇ Reduction in child maltreatment injuries

**Qualifications of Providers:** Practitioners can come from a variety of fields but must have experience working with families. 1-5 days of training, depending on the level and previous training. One day pre- accreditation workshop highly recommended. Written exam and half-day accreditation assessment.

**Languages available:** Practitioner and parent materials available in English, Spanish, Dutch, Flemish and German. Only

parent materials available in 7 additional languages.

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC)

Triple P Level 4 – Well Supported

<https://www.cebc4cw.org/program/triple-p-positive-parenting-program-level-4-level-4-triple-p/>

Triple P Parenting Program System – Supported

<https://www.cebc4cw.org/program/triple-p-positive-parenting-program-system/>

- ◇ Title IV-E Prevention Services Clearinghouse – Triple P Level 4 in different modalities rated either Supported or Promising

<https://preventionservices.acf.hhs.gov/programs/687/show>

## Tuning in to Kids

**Purpose of Program:** Parent education program to support social-emotional development of children through emotion coaching.

**Target Audience:** Parents and primary caregivers of children ages 3-12.

**Format:** Group-based, 6-14 participants, 6 weekly 2-hour sessions (higher needs groups 8 sessions). 1-2 bimonthly booster sessions recommended at regular intervals. Can be implemented in person or virtually. Includes homework component.

**Objectives or Goals:**

Child/youth:

- ◇ Increased emotional awareness and self-regulation skills
- ◇ Improved behavioral functioning

Parents:

- ◇ Increase emotion coaching skills
- ◇ Decrease use of emotion dismissing of child
- ◇ Increase emotional awareness and regulation for self
- ◇ Improved parent-child connection

**Demonstrated Outcomes:**

Child/youth:

- ◇ Increased emotional awareness
- ◇ Reduced behavior problems

Parents:

- ◇ Increase emotion coaching skills
- ◇ Decreased emotion dismissing of child

**Qualifications of Providers:** Ideally bachelor's degree in psychology, social work, nursing, teaching, medicine or related fields.

**Languages available:** English, Somali, Cantonese, Vietnamese

**Program Materials & Training Available:** Yes

**Registry Information:**

- ◇ The California Evidence-Based Clearinghouse for Child Welfare (CEBC) – Supported

<https://www.cebc4cw.org/program/tuning-in-to-kids-tik/>

***Choosing Quality Parenting Education Programming*** was developed and produced in 2025 by the Wisconsin Child Abuse and Neglect Prevention Board. This publication reflects our commitment to supporting families and strengthening communities by promoting high-quality parenting education programs.

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