



## Parents as Teachers™

### How Does Parents as Teachers Prevent Child Abuse

*“Parents as Teachers effectively equips families with the resources and information needed to reduce parent stress and potential abuse.”<sup>1</sup>*

In an environment of abuse and neglect, children aren't able to learn, grow and develop to their full potential. Risk factors for child abuse and neglect include:

- > Lack of parenting skills
- > Unrealistic expectations for a child's capabilities
- > Lack of knowledge about normal child development
- > Unhealthy or insecure attachment
- > Parental stress
- > Poor basic health care for children
- > Lack of support networks for parents.<sup>2</sup>

Parents as Teachers equips families with the information and tools necessary to provide a healthy and safe home using five protective factors to strengthen families: parental resilience, social connections, knowledge of parenting and child development, concrete support in times of need, and children's social and emotional development.

Families enrolled in Parents as Teachers had fewer documented cases of abuse and neglect compared to the state average based on the “Second Wave” study which examined 400 families enrolled in 37 diverse school districts across Missouri. Short-term outcomes of Parents as Teachers include:

- > Improved parenting practices
- > Increased knowledge and practice of positive discipline techniques
- > More realistic expectations of age-appropriate developmental milestones
- > A home environment conducive to healthy child development
- > Parent-child attachment
- > Reduction of stress
- > Fulfillment of basic needs
- > Opportunities to interact with other parents
- > Increased awareness and access to sources of information and support.<sup>3</sup>

#### Did You Know...

- > The U.S. Advisory Board on Child Abuse and Neglect states, “home visiting and center-based programs with a parental focus can help prevent child abuse and neglect.”<sup>4</sup>
- > Parents as Teachers is listed as a model or a promising program in several evidence-based program resources, including Promising Practices Network, Strengthening America's Families, Helping America's Youth, and Center for the Application of Substance Abuse Technologies.<sup>5</sup>

- > Child Welfare Information Gateway lists Parents as Teachers as an effective Prevention Program for child abuse and neglect which promotes healthy families.<sup>6</sup>
- > Child Welfare League of America features Parents as Teachers as an effective model program which benefits parents, children, and communities.<sup>7</sup>

<sup>1</sup> Sweet, M. A. & Appelbaum, M.I. (2004). Is home visiting an effective strategy: A meta-analytic review of home visiting programs for families with young children. *Child Development*, 75, 1435-1456.

<sup>2</sup> Powell, C. (2003). Early indicators of child abuse and neglect: A multi-professional Delphi study. *Child Abuse Review*, 12, 25-40.

<sup>3</sup> Parents as Teachers National Center, Inc. *Born to Learn logic model*.

<sup>4</sup> Panel on Research on Child Abuse and Neglect (1993), p. 169.

<sup>5</sup> These resources are listed in the conference brochure “Better Practice Better Outcomes: Using Evidence-Based Practice to Build Stronger Families”, March 19-20, 2007, Wilmington, NC.

<sup>6</sup> Child Welfare Information Gateway. Retrieved from [http://www.childwelfare.gov/preventing/promoting/parent\\_ed\\_programs.cfm](http://www.childwelfare.gov/preventing/promoting/parent_ed_programs.cfm) on March 15, 2007.

<sup>7</sup> Child Welfare League of America (2005). *Moving from Research to Practice*. Retrieved from <http://www.cwla.org> on March 16, 2007.

Our vision is that all children will learn, grow and develop to realize their full potential