



Parents as Teachers builds strong communities, thriving families and children who are healthy, safe and ready to learn.

Evidence-Based Model

Pennsylvania Parents as Teachers (PAT) evidence-based home visiting model promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers. PAT serves families during pregnancy through the child's first year in school, and PAT can enroll families in the voluntary program anytime during that continuum. It provides parenting education and family support services that build protective factors, especially among families in vulnerable situations. Programs work with families for two or more years to ensure greater depth of knowledge and increased likelihood of continued positive outcomes.

PAT's model approach and research informed curriculum focuses on parent-child interaction, development-centered parenting and family well-being. The program is culturally adaptable to work in many environments. Through personal visits, certified parent educators create settings where families can build their protective factors, ensure health and developmental child screenings, conduct group meetings and connect parents to resources.

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"The Fulton County Family Partnership has made a tremendous impact on my son. Our home visitor was the first to help us see that our son's ear infections were part of a bigger problem. We took him into the doctor. He is finally hearing better, and his speech is coming along now. When we realized our son would not eat solids, our home visitor gave us the best resources for our son, and we were able to diagnose the problem. Our home visitor will also listen to what I, as his mother, believe he needs to work on and she schedules activities accordingly. Our home visitor has been a wonderful support!"

PAT Family, Fulton County Family Partnership

"We work closely with homeless shelters, Children and Youth Service and other service providers to families in the county. Through our collaboration with other service providers, we are often contacted to screen and help families in need who are either homeless, have been mandated by probation and law enforcement to complete an Evidenced Based parenting groups. Some of these families enroll in the programming through the referrals. We offer our PAT programming in our groups and all families are invited throughout the county."

Michelle Lasure, Community Action Partnership for Somerset County/Salisbury Area Family Center

Research

Independent evaluation has been integral to the success of Parents as Teachers. Studies published in peer-reviewed journals have shown statistically significant effects of PAT, demonstrating that it achieves its goals and makes a difference in the lives of children and families by producing positive outcomes. PAT meets the Home Visiting Evidence of Effectiveness (HomVEE) criteria, as demonstrated in a review conducted by the federal Department of Health and Human Services, with favorable, replicable and sustainable outcomes in:

- Child development and early detection of delays and health issues
- School readiness that increases school success
- Promotion of language development and literacy skills and increased school engagement by parents
- Parenting practices that increase parental knowledge and build confidence
- Reductions in child maltreatment

PAT in Pennsylvania

Parents as Teachers programs, operating in Pennsylvania since 1992, are funded through a variety of sources, including the federal Maternal, Infant and Early Childhood Home Visiting (MIECHV) program, state Office of Child Development and Early Learning (OCDEL), county children and youth agencies, school districts, foundations and gifts.

OCDEL funded Pennsylvania Family Centers use evidence-based PAT as a strategy in achieving positive outcomes for healthy child development and parent education. Other PAT providers in Pennsylvania include community action agencies, schools, Early Head Start programs and private nonprofits.

The Pennsylvania PAT State Office, based at the Center for Schools and Communities, provides implementation support to programs through site visits, phone and email communications, monthly webinars, newsletters and professional development in local workshops and regional and statewide settings, as well as PAT National Center developed core certification and Knowledge Studio courses. Pennsylvania PAT is part of Pennsylvania Family Support Stakeholders group and the Family Centers Network and collaborates with other evidence based-home visiting models and advocates in the Childhood Begins at Home Campaign.

The PAT National Center provides training, professional development, resource development and advocacy support and facilitates data collection, analysis and evaluation. It conducts the Quality Endorsement Improvement Process that helps PAT affiliates achieve fidelity to the model and engage in continuous quality improvement.

In 2018-2019, Pennsylvania Parents as Teachers engaged families in the model's four major components providing:

- 63,351 personal visits
- 1,794 group connections
- 10,968 full or partial health and developmental screenings of children
- 4,456 links to community resources

“I first enrolled in Parents as Teachers to improve my parenting skills. Throughout our visits, my parent educator helped me realize how important I was to my child’s development. We learn through play and use our imaginations with the activities that she brings. We continue to play through the day, and I turn basic chores around the house into a game. I wasn’t doing this before.”

PAT Family, HANDS of Wyoming County

According to the 2018-2019 PAT Affiliate Performance Report:

- 52 PAT affiliates supported families in nearly every county
- 5,156 families with 6,819 children were served by 275 parent educators
- 526 families were on waiting lists
- 60% of families have limited incomes with 17% with low educational attainment
- 47% of families experience multiple stressors – low income, substance use disorder, child with special needs, English language learners

“Parents as Teachers helps families by giving them a voice and building upon their strengths to promote healthy child development and parent empowerment. They do this by working side by side with parents, supporting their interactions as well as helping them identify and resolve their family’s needs/barriers.”

Lisa Milan, Supervisor/Coach, Greene County Family Center Program and Melanie Davis, Greene County Family Center; Co-Chairs of the Pennsylvania Parents as Teachers Advisory Committee



Research bibliography can be found at www.parentsasteachers.org.



PA Parents as Teachers State Office | Center for Schools and Communities
275 Grandview Ave, Suite 200 | Camp Hill, PA 17011 | www.pa-pat.org