



Parents as Teachers promotes the optimal early development, learning and health of children by supporting and engaging their parents and caregivers.

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. 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.

Diversity

"Our goal is to help children and families be ready to enter kindergarten. Among our staff, we speak four different languages to be able to serve the families in our community."

~ Oxford Circle

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. 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.

The COVID-19 pandemic continued to impact PAT services in FY 2020-2021. PA PAT programs continued to deliver services with families with fidelity to the model through internet and/or telephone connections. In good weather with physical distancing and masks, many programs conducted outdoor personal visits and group connections. The Parents as Teachers National Center coordinated work with home visiting models and the Institute for Family Support Professionals created Rapid Response, a resource for home visiting programs delivering the model program in a virtual environment.

Though there were challenges, PA PAT programs continued to develop meaningful relationships with families. Programs served families in many ways including sharing information about community resources, advocacy with families, school readiness and support endeavors, regular "porch" drop-offs of materials for parent-child activities, diapers, food, self-care packs and more. PAT programs continued to enroll new families and new organizations expressed an interest in becoming PAT affiliates.

Parental Accomplishments

"Her growth in her confidence as a parent has been very evident over our visits. Having someone to encourage and support her has truly benefited the family. She is open to suggestions and will implement new things or techniques that we have discussed. The greatest thing is to see the growth of her child and the wonderful and secure attachment between the two of them."

~ Child Care Consultants

Did you know?

- **There are 301 Parent Educators working in PA PAT programs.**
- **PA PAT programs reported an 83% family retention rate.**
- **Children under the age of 1 represent the highest percentage of enrollment (41%).**



According to the 2020-2021 PAT Affiliate Performance Report:

- 55 PAT affiliates supported families in nearly every county
- 4,861 families with 6,598 children were served by 301 parent educators
- 294 families were on waiting lists
- 68% of families have limited incomes with 17% with low educational attainment
- 54% of families experience multiple stressors – low income, substance use disorder, child with special needs, English language learners

PAT in Pennsylvania

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

OCDEL funded Pennsylvania Family Centers use evidence-based PAT as the core service 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. The state office provides PAT certification courses for new staff through two highly qualified instructors.

Pennsylvania PAT is part of Pennsylvania Family Support Stakeholders group, the Family Centers Network, and collaborates with other evidence-based home visiting models as advocates in the Childhood Begins at Home Campaign.

In 2020-2021, Pennsylvania Parents as Teachers engaged families in the model's four major components providing:

- 66,861 personal visits
- 1,430 group connections
- 11,447 full or partial health and developmental screenings of children
- 4,187 links to community resources

High Quality Services

“After receiving our PAT Blue Ribbon in October 2020 and noticing that we met 100% of the Quality Standards my staff and I were beyond ecstatic! I feel this process has validated our efforts and brought us together as a team. My staff and I truly believe in this program.”

~DMHC/Dickinson Center

Capacity

“We serve five counties with 17 certified parent educators who provide strengths-based, trauma-informed services with 340 families a year. Caregivers describe their PAT home visitors as ‘trusted confidants, friends of the family, supportive, non-judgemental, easy to talk to, a source of information and resources for themselves and their children, creative and fun, a partner in their parenting efforts, goal oriented, and playful.’”

~ The Guidance Center

Family Leadership

“I am celebrating the fact that as a past PAT family, through PAT home visits and goal planning I was able to obtain my teaching degree. I went to college as a full-time student and completed my studies within four years. I did this as a wife and a mother of three young children. I now hold the position of director for our Family Center. The PAT Home Visitor that visited me as a parent is still working at the Family Center; I am now her supervisor.”

~ Michelle Lasure, Salisbury Family Center

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