

RESOURCE REPOSITORY

MODEL PROGRAMS

BIRTHING PROJECT USA

POSTPARTUM | PRENATAL

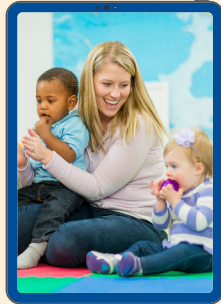
- African-American maternal and child health program that encourages better birth outcomes by providing support to women during pregnancy and for one year after birth.
- Assists local communities in improving health status by addressing the systemic causes
- Actively engage community residents in identifying their needs; implementing and evaluating services; and working collaboratively with other agencies, organizations and individuals.
- Provides guidance and support to fathers.



BRAZELTON TOUCHPOINTS

HPE | POSTPARTUM

- Provides professional and leadership development, organizational learning and change, and research and evaluation services
- For family-facing professionals working in pediatrics, early childhood care and education, infant mental health, children's libraries and museums, home visiting, early intervention, child welfare, and other fields.



HEALTHY WOMEN, HEALTHY FUTURES

PRE-/INTER-CONCEPTION | PRENATAL

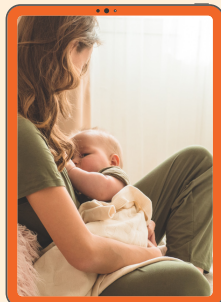
- Aims to improve the physical, emotional, social, dental, and vision health of low-income, at-risk mothers before they become pregnant again, as a strategy to reduce rates of LBW and infant mortality.
- Participants attend weekly workshops , develop health and reproductive life plans, and consult with HWHF trained staff at home visits.
- Evaluation data to this point show health improvements due to improved knowledge and resultant behavior change; lifestyle improvements, such as increased exercise and better nutrition; and healthy, full-term pregnancies among participants.



HUG YOUR BABY (HELP, UNDERSTANDING, GUIDANCE FOR YOUNG FAMILIES)

PARENTING | BREASTFEEDING EDUCATION

- Uses child development principles to boost parent confidence, facilitate parent-child bonding, and promote breastfeeding duration.
- Materials include DVDs, e-newsletters, blogs, music video songs, social media, posters, and online courses..



RESOURCE REPOSITORY

CURRICULUM

ACTIVE PARENTING - EVERY STAGE, EVERY STEP (ENGLISH & SPANISH)

HPE

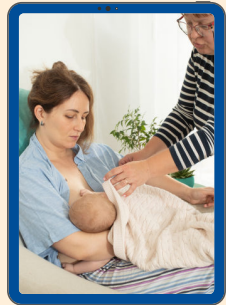
- Supports and prepares families through “every stage, every step” of their child’s development.
- Supports and prepares parent educators “every stage, every step” in their efforts to provide the best programs possible to the families they serve.



BUILDING ON CAMPAIGNS WITH CONVERSATIONS: AN INDIVIDUALIZED APPROACH TO HELPING FAMILIES EMBRACE SAFE SLEEP & BREASTFEEDING

HPE | POSTPARTUM | PRENATAL

- Learning modules designed for a range of health professionals, human service providers, community health workers, home visitors, and peer supporters who interact with families on topics of safe sleep and breastfeeding.
- Helps users understand the Conversations Approach and gain the knowledge and skills needed to implement it to promote breastfeeding and safe sleep practices.
- Modules cover: A New Approach, How Babies Sleep and Eat, Understanding Current Recommendations, Anticipating Reluctance and Refusal, Respectful Dialogue and Structure of a Conversation, Creating Plans to Support Family Decisions, and Putting It All Together to Make a Difference.



EFFECTIVE BLACK PARENTING PROGRAM

HPE

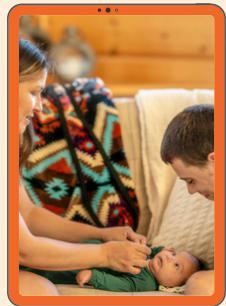
- Group-based parent skills training program designed to serve Black and African American families.
- Aims to promote family pride and cohesion and to help families cope with the negative effects of racism.
- In the first session, instructors introduce a framework called the Pyramid of Success for Black Children to help parents set goals for their children and identify what their children need to reach those goals.
- The remaining sessions teach parenting skills and educate parents on how children learn and develop.
- Skills taught include setting family rules, using positive consequences to reward respectful and desirable child behavior, and using corrective consequences to address disrespectful and undesirable child behavior.
- Addresses the topics of drug use, single parenting, and child abuse.
- After each session, parents are provided with home activities to practice the skills taught during the session.



FAMILY SPIRIT*

PARENTING | POSTPARTUM | PRE-/INTER-CONCEPTION | PRENATAL

- Evidence-based early childhood home-visiting program designed for and by American Indian communities.
- Combines the use of paraprofessionals from the community as home visitors and a culturally focused, strengths-based curriculum as a core strategy to support young families.
- From pregnancy through the child’s 3rd birthday, parents gain knowledge and skills to promote healthy development and positive lifestyles for themselves and their children.
- Addresses intergenerational behavioral health problems, optimizes local cultural assets, and overcomes deficits in the professional health care workforce in low resource communities.
- Curriculum modules cover: Prenatal Care, Infant Care, Your Growing Child, Toddler Care, My Family and Me, and Healthy Living.



RESOURCE REPOSITORY

CURRICULUM

GROWING GREAT KIDS: PRENATAL TO 36 MONTHS

HPE | PRENATAL

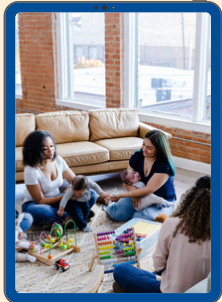
- A comprehensive and skills-focused home visiting curriculum that takes a strength-based approach to growing nurturing parent-child relationships and supporting healthy childhood development.
- Modules are specifically designed to build protective factors for children, strengthen family foundations, and cultivate parental resilience.
- Training for home visitors to be certified to deliver the curriculum builds their competencies for: nurturing parental resiliency; advancing individual and family functioning; reducing a child's exposure to toxic stress; nurturing parents' problem-solving skills; strengthening the families' support networks; and enabling parents to construct protective buffers around their children.



LEGACY FOR CHILDREN

HPE

- Group-based intervention approach, featuring regular group meetings of mothers, that include mother-only time and mother-child time.
- Meetings provide mothers with an opportunity to develop and explore goals for their children with other mothers in similar circumstances.
- Intervention specialists assist mothers in identifying and practicing ways to help their children realize those goals.
- Group sessions encourage exploration and trying out a variety of ideas and practices that have been associated with positive outcomes, allowing mothers to decide what is right for themselves and their children.
- Includes one-on-one sessions with mothers.



PARENTING IN THE 21ST CENTURY

HPE

- Provides skills training for parents dealing with frequently encountered challenges with their children that often result from autocratic parenting styles.
- Presented in a group format, with optimal group size of 6 - 14 parents.
- Typically taught in 8 or 9 weekly, 1.5-hour study groups facilitated by a counselor, social worker, or individual who has participated in a STEP workshop.
- Parents engage in role-plays, exercises, discussions of hypothetical parenting situations, and the sharing of personal experiences.



PARTNERS FOR A HEALTHY BABY*

HPE | PRENATAL

- Used by many home visiting models to meet their program goals including improving birth outcomes, reducing rates of child abuse, strengthening families, enhancing child health and developmental outcomes, and promoting family stability and economic self-sufficiency.
- Addresses issues of child health and development within the context of the multifaceted needs of expectant and parenting families.
- Five-volume book series for different stages in pregnancy/parenthood, accompanied by a set of handouts for the home visitor to use when planning visits (in English and Spanish).



PROMOTING FIRST RELATIONSHIPS (PFR)

HPE

- Multilevel system or suite of parenting and family support strategies for families with children from birth to age 12, with extensions to families with teenagers ages 13 to 16.
- Developed for use with families from many cultural groups, designed to prevent social, emotional, behavioral, and developmental problems in children by enhancing their parents' knowledge, skills, and confidence.
- Can be used for early intervention and treatment, founded on social learning theory and draws on cognitive, developmental, and public health theories.
- Five intervention levels of increasing intensity to meet each family's specific needs.



RESOURCE REPOSITORY

CURRICULUM

PLAY AND LEARN STRATEGIES

PARENTING | SOCIO-EMOTIONAL DEVELOPMENT FOR CHILDREN

- Curriculum was developed to facilitate parents' mastery of specific skills for interacting with their infants and toddlers that lead to better child outcomes, particularly in children from high-risk families.
- Designed as a preventive intervention program to strengthen the parent-child bond and stimulate early language, cognitive, and social development.
- Infant curriculum consists of 10 sessions and is appropriate for parents of infants from about age five months to one year.
- Toddler curriculum consists of 12 sessions and is appropriate for parents of toddlers from about age 18 months to 3 years.



ROSE (REACH OUT, STAY STRONG, ESSENTIALS FOR MOTHERS OF NEWBORNS)*

POSTPARTUM | PRENATAL

- A class taught in prenatal clinics that gives pregnant women the skills and information that they need to lower their risk of postpartum depression.
- Through four 90-minute sessions, the program teaches pregnant women to recognize the signs of depression and how to reduce stress by seeking social support, finding a network of friends and family members, and knowing where to go for help.
- The ROSES Study (ROSE Sustainment Study) is currently partnering with 90 clinics providing prenatal services to low-income women in all 50 states.
- The ROSES study will help determine what outside supports are needed to help prenatal clinics implement and sustain ROSE, reducing negative consequences for mother and child.



SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP)

HPE

- Provides skills training for parents dealing with frequently encountered challenges with their children that often result from autocratic parenting styles.
- Presented in a group format, with optimal group size of 6 - 14 parents.
- Typically taught in 8 or 9 weekly, 1.5-hour study groups facilitated by a counselor, social worker, or individual who has participated in a STEP workshop.
- Parents engage in role-plays, exercises, discussions of hypothetical parenting situations, and the sharing of personal experiences.



THE INCREDIBLE YEARS

HPE

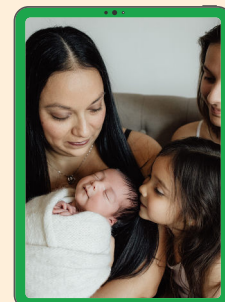
- Intervention program that provides comprehensive care to low-income pregnant and postpartum women with high BMI and depressive symptoms.
- Links patients to clinical care coordinators trained in motivational interviewing who promotes participation in a portfolio of mental and physical wellness activities.



TRIPLE-P POSITIVE PARENTING PROGRAM

HPE

- Multilevel system or suite of parenting and family support strategies for families with children from birth to age 12, with extensions to families with teenagers ages 13 to 16.
- Developed for use with families from many cultural groups, designed to prevent social, emotional, behavioral, and developmental problems in children by enhancing their parents' knowledge, skills, and confidence.
- Can be used for early intervention and treatment, founded on social learning theory and draws on cognitive, developmental, and public health theories.
- Five intervention levels of increasing intensity to meet each family's specific needs.



RESOURCE REPOSITORY

TOOLS/CAMPAIGNS

HEALTHY CHILD CARE AMERICA BACK TO SLEEP CAMPAIGN

HPE

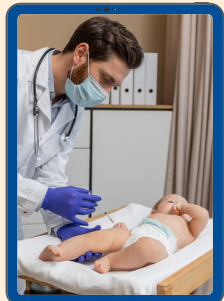
- Aims to promote the health and safety of infants in childcare settings
- Provides education and outreach to child care providers regarding safe sleep recommendations.
- Offers a free, 1 hour online course designed to educate everyone who cares for babies on creating a safe sleep environment to reduce the risk of SIDS and other sleep related deaths.
- Includes promotional materials and brochures, and a presentation that can be used by health care professionals or anyone presenting on SIDS in childcare settings.



NATIONAL INFANT IMMUNIZATION WEEK TOOLS & MATERIALS

HPE

- A variety of videos, audio, and PSAs developed for National Infant Immunization Week.
- Videos and audio can be found in English and Spanish.
- Media tools include printable ads, and brochures.



SAFE TO SLEEP - PUBLIC EDUCATION CAMPAIGN

HPE

- Formerly known as the Back to Sleep Campaign
- Offers a variety of materials to help share safe infant sleep messages with different audiences.
- Many of these items are available for download and order.



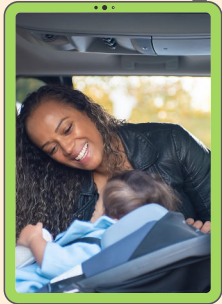
RESOURCE REPOSITORY

ONLINE & COURSE TRAININGS/HOSPITAL & DEMONSTRATION PROGRAMS

CAR SEAT BASICS

HPE

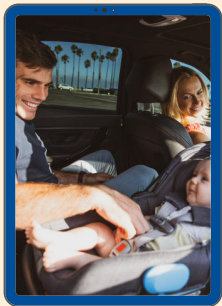
- Free online training that takes about 60 minutes to complete.
- Participants learn how to keep children safe in cars as they grow by completing all or specific modules on rear-facing and forward-facing car seat use, as well as booster seat and seat belt use.
- Self-paced and participants may complete the training incrementally or all at once.
- Proof of completion will be provided after completion of all modules.



CHILD PASSENGER SAFETY

HPE | POSTPARTUM | PRENATAL

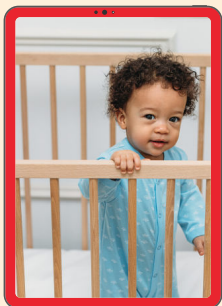
- Evidence-based, interactive trainings boost your child passenger safety knowledge and skills.
- Trainings are available for all levels of learners.
- Free introductory training provides basic child passenger safety information to help keep children safe in and around vehicles.
- Enrichment trainings for nationally certified Child Passenger Safety Technicians provide an in-depth review of a specific child passenger safety topic.



CRIBS FOR KIDS

POSTPARTUM

- Provides safe sleep education and products including a portable crib distributed to families through partner organizations.
- Provides a hospital initiative toolkit and the Safe Sleep Ambassador Education Outreach Program.
- Hospital Initiative Toolkit includes information and tools for hospitals to implement a hospital-based infant sleep safety program.



PASOS ("STEPS" IN SPANISH)

HPE | PRENATAL

- Aims to improve health of Latino families in South Carolina by educating Latino parents and caregivers on issues related to healthy pregnancies and prenatal care, as well as appropriate child development and resources for child health
- Advocating for better, more accessible services for Latinos.
- Provides a free, comprehensive 14-hour prenatal empowerment course, community health outreach and individual interventions to Latino families, and consultative services for maternal and child health providers and policymakers throughout South Carolina.

