

PEPS Outcomes:

What do new parents need to succeed, and does PEPS help them get it?

Theoretical Foundation for these Outcomes: PEPS is a “universal preventative” model, which means that we serve all types of parents, with the goal of providing support to prevent challenges before they arise. Our intent is to build upon five protective factors which help to boost family wellness, and decrease the risk of child abuse and other parenting issues. The five protective factors we focus on are:

- **Social connections:** Parent(s) have a network of relationships with people who provide concrete support, emotional support, and helpful advice. Relationships are characterized by trust, reciprocity, flexibility, and child-friendly values.
- **Secure attachment:** Parent(s) have a positive, nurturing relationship with the child. They respond appropriately to children’s needs, stimulate healthy brain development, ensuring a safe and stimulating environment, and enjoy playing together.
- **Parental resilience:** Parents can best cope with challenges when they are flexible, willing to seek help when needed, have a sense of self-efficacy and mastery of day-to-day challenges, have a positive outlook on life, and are able to find meaning in adversity.
- **Knowledge of parenting and child development:** Parents who understand typical development patterns can better guide their child, promote healthy development, and set appropriate limits.
- **Concrete support for families:** Connection to community resources, both to meet basic needs (food, shelter, clothing, safety) and to provide additional support (social connections, recreation, learning, etc.) help parents better care for their child.

Outcomes Evaluation Process: When parents are placed in a Newborn Group, before the group begins, they are sent an email asking them to complete a pre-group survey, which include these questions, which ask “How are you feeling as a parent TODAY”. At the end of the 12-week session, they are sent another email asking them to complete a post-group survey.

Results: The data below is from 884 pre-group surveys completed between January 2010 and October 2010, and 186 post-group surveys completed between April 2010 and October 2010.

Note: some questions are “positive” questions we hope they mostly agree to, and others are “negative” questions we hope they disagree with (these are shaded in pink); the pie charts for these evaluate whether the participant “improved” their ratings.

The pie charts are from a sub-set of the overall data. There were 70 people who had completed both the pre-group and the post-group survey, so we were able to match their results, and see on an individual basis how their self-rating of their protective factors changed from before their PEPS Group to afterwards.

Social Connections

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I have relationships with people who will listen to me when I need to talk about my problems	94%	4%	2%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I have relationships with people who will listen to me when I need to talk about my problems	96%	3%	0.6%	
Post: In my PEPS group, I developed new relationships with people who listen and support me when I need to talk about my problems	83%	8%	9%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I feel isolated because of the demands of taking care of my baby.	37%	22%	40%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I feel isolated because of the demands of taking care of my baby.	15%	12%	73%	
Post: Participating in a PEPS Group helped me to feel less isolated than I otherwise would have felt	87%	7%	6%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I have connections to people who can support me as a parent, and who offer helpful advice on parenting issues	89%	7%	4%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I have connections to people who can support me as a parent, and who offer helpful advice on parenting issues	92%	6%	2%	
Post: In my PEPS Group, I met new people who support me as a parent, and who offer helpful advice on parenting issues	86%	7%	7%	

Parenting Your Baby (Secure Attachment)

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I feel confident about my ability to parent well	75%	22%	3%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I feel confident about my ability to parent well	99%	1%	0%	
Post: Being in PEPS increased my confidence about my ability to parent well	80%	12%	8%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I can tell when my baby needs something, and know how to respond to my baby's needs	75%	23%	2%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I can tell when my baby needs something, and know how to respond to my baby's needs	99%	1%	0%	
Post: In PEPS, I learned ideas and observed techniques for how to respond to a baby's needs, baby's communication cues, and/or crying	66%	16%	18%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I have mixed feelings about being a parent, including difficult feelings like guilt, resentment, depression, and times when I don't enjoy my baby	20%	16%	64%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I have mixed feelings about being a parent, including difficult feelings like guilt, resentment, depression, and times when I don't enjoy my baby	22%	11%	67%	
Post: Being in PEPS helped me understand mixed feelings are normal, and taught me how to seek emotional support when things are especially hard	76%	15%	9%	

Self-Care and Day to Day Management (Parent Resilience)

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I find time to pay attention to my own needs including rest and exercise and other self-care	33%	25%	42%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I find time to pay attention to my own needs including rest, exercise, and other self-care	65%	12%	23%	
Post: My PEPS Group reinforced the importance of not ignoring my own needs, and gave me ideas for balancing my needs and baby's needs	70%	19%	11%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I feel like I can manage my day-to-day routine, and handle the tasks that need to be done	49%	31%	20%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I feel like I can manage my day-to-day routine, and handle the tasks that need to be done	89%	6%	5%	
Post: From the other parents in PEPS, I learned practical ideas for managing my day-to-day routine, and handling all my tasks	62%	17%	21%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: It's easy for me to feel overwhelmed and stressed out when caring for my child	34%	24%	42%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: It's easy for me to feel overwhelmed and stressed out when caring for my child	26%	14%	60%	
Post: Participating in PEPS helped me feel less overwhelmed, and gave me tools for reducing or managing stress	64%	20%	16%	

Knowledge of Child Development

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I know about typical stages of development in a baby (physical, cognitive, and emotional development)	41%	32%	27%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I know about typical stages of development in a baby (physical, cognitive, and emotional development)	85%	10%	5%	
Post: Watching other babies at PEPS helped me understand that different children develop differently, reaching developmental milestones at different times	95%	2%	3%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I know about activities I can do with my baby to enhance development and early learning	34%	41%	25%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I know about activities I can do with my baby to enhance development and early learning	91%	6%	3%	
Post: At PEPS, I learned about activities that enhance baby's development (songs to sing, games to play, books to read, places to go)	79%	8%	13%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I sometimes expect more of my baby than he or she is developmentally capable of	14%	27%	59%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I sometimes expect more of my baby than he or she is developmentally capable of	31%	11%	58%	
Post: At PEPS, I learned different ways parents cope with the fact that babies can't always do what we want them to do (e.g. sleep thru the night, self-soothe)	73%	15%	12%	

Concrete Support

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I have people who can help me with child care / babysitting	58%	15%	27%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I have people who can help me with child care / babysitting	81%	9%	10%	
Post: My PEPS Group helped me find child care resources or people who could help me with babysitting	46%	16%	38%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I have people in town who would help me in an emergency or an unexpected situation	87%	6%	7%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I have people in town who would help me in an emergency or an unexpected situation	90%	6%	4%	
Post: At PEPS, I met people who could help me in an emergency or unexpected situation	63%	20%	17%	

	Strongly Agree or Agree	Unsure	Disagree or Strongly Disagree	
Pre: I know about resources for parents and families in Puget Sound	24%	35%	41%	<p> ■ Improved ■ Same ■ Worsened </p>
Post: I know about resources for parents and families in Puget Sound	74%	17%	9%	
Post: At PEPS, I learned about local resources for families (e.g. social services, fun places to go, good places to find baby supplies)	79%	10%	11%	