

# 2017 PEPS OUTCOMES REPORT

*What do new parents need, and how does PEPS help support them?*



We implement Strengthening Families at PEPS. Strengthening Families is a research-informed approach that aims to promote family wellness and safety.

Strengthening Families has at its core 5 protective factors that all families have and can build on. They are:

- Parental Resilience - Managing stress and functioning well when faced with challenges & adversity
- Social connections - Having a sense of connectedness with constructive, supportive people and institutions
- Knowledge of parenting and child development - Understanding parenting best practices and developmentally appropriate child skills and behaviors
- Concrete support in times of need - Identifying, accessing and receiving needed adult, child and family services
- Social-Emotional competence of children - Social and emotional development are linked to cognitive development, language, and school readiness

PEPS asks parents to assess their strengths before and after their PEPS experience. Tables below summarize these responses (1323 for Pre Group, 396 for Post Group).

Over the several months between Pre and Post Group survey, many things can impact the wellbeing of a new parent, including additional parenting groups and classes, support from family and friends and increased experience with parenting. In the Post Group survey, we also include statements designed to assess if PEPS was a factor in their development as parents.

## SCORING

Responses are scored: "Strongly Disagree" = 1; "Disagree" = 2, "Neutral" = 3, "Agree" = 4, "Strongly Agree" = 5.

Note: most questions are "positive," meaning we hope most parents agree to them. Others are "negative," meaning we hope they mostly disagree with them. Negative questions are shaded. (For shaded questions, scoring is reversed.) So, for all questions, the higher the score is the more protective factors that participant possesses. And an increase from Pre to Post is what we hope for, whether attributable to PEPS or not.



## Social Support

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Average	
I feel isolated because of the demands of taking care of my baby							
Pre	6%	<b>34.9%</b>	27.3%	25.3%	4.4%	2.8	↑
Post	3%	19.7%	18.4%	<b>43.2%</b>	15.7%	3.5	
Participating in a PEPS Group helped me to feel less isolated than I otherwise would have felt	<b>50%</b>	41.4%	5.1%	1.8%	1.8%	4.4	
There are other parents I can talk with about the challenges of parenting.*							
Pre	24.9%	<b>50.9%</b>	12.5%	8.1%	1.3%	3.8	↑
Post	<b>58.1%</b>	36.1%	3.3%	2%	.5%	4.5	
In my PEPS Group, I met other parents I can talk to about the challenges of parenting.**	<b>59.1%</b>	31.3%	5.1%	3.3%	1.3%	4.4	

For both questions about social connections, parents report an increase in their protective factor, with a strong increase of .7 points in the reduction of isolation after PEPS. More than 90% of respondents attribute their decreased isolation to PEPS. More than 90% of parents met new and supportive people at their PEPS Group.



## Emotional Support

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Average	
I feel confident about my ability to parent well							
Pre	13.5%	<b>59.6%</b>	20.7%	3.7%	.1%	3.8	↑
Post	38.4%	<b>56.6%</b>	4.3%	0.8%	0%	4.3	
Being in PEPS increased my confidence about my ability to parent well	29.5%	<b>46.7%</b>	17.7%	4.3%	1.4%	4.0	
I sometimes have mixed feelings about being a parent, including guilt, resentment, and times when I don't enjoy my baby							
Pre	3.8%	22.3%	21.2%	<b>33%</b>	17.4%	3.3	↓
Post	4.8%	<b>32.3%</b>	17.7%	30.1%	14.6%	3.2	
Being in a PEPS Group helped me understand that mixed feelings are normal*	31.8%	<b>48.7%</b>	15.2%	2.3%	1.8%	4.1	
I feel like I can manage my day-to-day routine, and handle the tasks that need to be done							
Pre	5.5%	<b>46%</b>	30.3%	15.3%	.7%	3.3	↑
Post	27%	<b>60.4%</b>	8.6%	3.0%	0.5%	4.1	
At PEPS, I heard helpful ideas from other parents about managing tasks and a daily routine	26%	<b>48.7%</b>	16.7%	6.3%	2.0%	3.9	
It's easy for me to feel overwhelmed and stressed out when caring for my child							
Pre	2.2%	27.1%	<b>33%</b>	30.3%	3.1%	2.9	

	Post	3%	23.2%	26.3%	<b>41.2%</b>	5.8%	3.2	
Participating in PEPS helped me feel less overwhelmed, giving me tools for reducing or managing stress**		18.9%	<b>44.4%</b>	26.8%	7.8%	1.5%	3.7	
I know about postpartum emotional changes, including baby blues anxiety and depression								
Pre		36.1%	<b>58.3%</b>	3%	.5%	0%	4.2	
Post		46%	<b>51.5%</b>	1.8%	.3%	0%	4.4	
At PEPS, I learned about emotional issues including baby blues, anxiety and depression that can happen after becoming a parent, as well as ways to take care of myself and/or seek additional support		33.8%	<b>48.7%</b>	12.1%	4%	1%	4.1	


Parents report an increase in confidence in parenting well in the Post Group Survey at .5 points. More than 75% of parents say that PEPS increased their confidence and more than 80% say that PEPS helped them understand that a mix of feelings is normal. However, there is a small loss in this protective factor overall. We measured a large .8 increase in the protective factor related to routines and tasks. More than 74% say that they received helpful ideas from their PEPS Group. There is a small increase to the protective factor in the question about stress and overwhelm. More than 82% of respondents report that PEPS helped them learn about emotional issues that can happen after becoming a parent.


### Child Development Support

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Average	
I know about typical stages of development in a baby or toddler*								
Pre		5.6%	<b>34.8%</b>	30.5%	25.2%	1.7%	3.1	
Post		17.4%	<b>63.1%</b>	13.6%	4.5%	0.5%	3.9	
My PEPS experience helped me understand that different children develop differently, reaching developmental milestones at different times**		33.1%	<b>48%</b>	11.6%	4.5%	2%	4.0	
I know about activities I can do with my baby to enhance development and early learning								
Pre		3.3%	29.5%	31.1%	<b>31.9%</b>	2%	2.9	
Post		20.7%	<b>62.6%</b>	12.6%	3.5%	0%	4.0	
At PEPS, I learned about activities that enhance baby's development (songs to sing, games to play, books to read, places to go)		25.8%	<b>50.3%</b>	13.9%	7.6%	2%	3.9	

Parents gain in knowledge of parent development between the Pre and Post Group Surveys, measured with a strong increase of .8 points. 81% of parents say that participating in PEPS helped them understand these milestones better. There is also a substantial increase of 1.1 points in knowing about activities with a baby to enhance development, with more than 75% of parents attributing learning to PEPS.



### Information Support

		Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Average	
I have people in town who would help me in an unexpected situation or time of need*								
Pre		34.9%	<b>40.7%</b>	9.8%	9.3%	2.9%	3.9	
Post		41.2%	<b>44.2%</b>	6.6%	6.3%	1.5%	4.2	
At PEPS, I met people who could help me in an unexpected situation or time of need*		29.5%	<b>41.7%</b>	16.2%	7.6%	4.5%	3.8	

I know about resources for lactation or feeding, my baby's development, reliable childcare, legal questions or other services I might need**							
Pre	9.6%	<b>46.8%</b>	25.4%	15.1%	.9%	3.4	
Post	22.7%	<b>60.4%</b>	11.6%	4.3%	.3%	4.0	
At PEPS, I learned about local resources that I didn't know about before***	23.7%	<b>47.2%</b>	16.9%	9.1%	2.5%	3.8	

We see a small increase in the average score for having people in town to support an emergency, but a strong attribution to PEPS of more than 69% in helping them meet supportive people. There is a gain of .6 in parents who know about resources. More than 70% parents say that they learned about resources at PEPS.

## Parenting Support

	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	Average	
I know my baby's cues and how to respond to his/her needs							
Pre	11.9%	<b>61.6%</b>	20.9%	3.3%	0%	3.8	
Post	47.2%	<b>50.3%</b>	1.8%	.3%	0%	4.4	
At PEPS, I learned about baby's needs, including info on feeding, sleep, routine, discipline, potty training, etc. and how I can respond to them	29.3%	<b>52%</b>	13.1%	3.8%	1.3%	4.0	
I enjoy being with my baby, talking, playing or doing daily activities together							
Pre	<b>49.8%</b>	42.9%	4.9%	.2%	0%	4.4	
Post	<b>77.3%</b>	21.7%	.3%	.3%	0%	4.7	
At PEPS, I learned about local resources for families (e.g. social services, fun places to go, good places to find baby supplies)	<b>56.1%</b>	31.6%	8.8%	2.3%	1%	4.4	

More than 81% of parents say that their PEPS experience provided them with information in learning about their baby's needs. 87% of respondents reported that PEPS helped them learn about local resources.