

2018 Outcomes Summary



One way PEPS measures impact is by administering a pre- and post-group survey to group participants. The survey measures change in five areas of support that the research-based Strengthening Families™ framework finds critical to family resilience and wellbeing. Parents are asked to rate how much they feel supported on a scale of 1 - 5, or strongly disagree to strongly agree. 2018 results below are based on 245 paired survey responses.

PEPS Parents Experienced Increases in All 5 Critical Areas of Support:

| | | | | |
|---------------------------|----------------|-------------------|-----------------------|-------------------|
| 26% increase | 15% increase | 10% increase | 7% increase | 7% increase |
| Child Development Support | Social Support | Parenting Support | Informational Support | Emotional Support |

| Area of Support | Survey Question | Pre | Post | Difference* |
|-------------------|--|------|------|-------------|
| Child Development | I know about activities...to enhance development | 3.03 | 4.06 | +1.03 |
| | I know about typical stages of baby development | 3.30 | 3.97 | +0.67 |
| Social | There are other parents I can talk with | 3.95 | 4.50 | +0.55 |
| | I feel isolated because of the demands of parenting | 3.05 | 3.53 | +0.48 |
| Parenting | I know my baby's cues and how to respond to them | 3.88 | 4.43 | +0.55 |
| | I enjoy being, talking, and playing with my baby | 4.49 | 4.74 | +0.25 |
| Informational | I know about local parent and baby resources | 3.64 | 4.13 | +0.48 |
| | I have people in town to help me in an emergency | 4.09 | 4.14 | +0.05 |
| Emotional | I feel like I can manage my day-to-day routine | 3.59 | 4.10 | +0.51 |
| | I feel confident about my ability to parent well | 3.90 | 4.34 | +0.44 |
| | It's easy for me to feel overwhelmed when parenting | 2.98 | 3.29 | +0.31 |
| | I know about post partum emotional changes | 4.35 | 4.43 | +0.08 |
| | I sometimes have mixed feelings about being a parent | 3.42 | 3.33 | -0.09 |

Impact of PEPS

Our survey also asks parents to rate how much PEPS boosted their feelings of support, on a scale of 1 to 5, or strongly disagree to strongly agree. We call these questions PEPS Impact questions. For the majority of PEPS Impact questions, more than 80% of parents agreed or strongly agreed that PEPS supported them.

| Parents most agree that PEPS helped them to: | % |
|--|-----|
| Meet parents to relate to | 90% |
| Spend time with baby | 89% |
| Feel less isolated | 87% |
| Understand child development | 82% |
| Normalize mixed feelings | 82% |

I loved "socializing with other new parents and learning what has worked for other parents; Learning firsthand about all sorts of things from flying with baby to pumping."
2018 Newborn Evening Group Participant

| Area of Support | Avg. Impact Score |
|-------------------|-------------------|
| Social | 4.40 |
| Parenting | 4.20 |
| Child Development | 4.01 |
| Emotional | 3.98 |
| Informational | 3.97 |

My favorite part of PEPS was "Learning how to become a parent in a way that worked best for my family."
2018 Newborn Daytime Group Participant

Average Program Satisfaction Rating:

8.3

"I was a first time mother, and because you're in a different country and you don't know how the systems work. [PEPS] helps me get out of the house and it is good for me and my daughter to socialize with others."
2018 Open Arms (Partner Group) Participant**

Learn More About Our Work

These 2018 outcomes are consistent with 2017 outcomes. PEPS parents consistently report an increase in support, or protective factors. Additionally, participants consistently attribute some of this increased support to PEPS, and highly rate their experience with the program. To read more about the work that we did to to strengthen families, build communities in 2018, and learn more about our vision for the future of parent support at PEPS, read our [2018 Annual Report](#).

*Results are presented so that a positive difference denotes change in the desired direction. Negative difference denotes change in the undesired direction.

**Partner Group outcomes were not included in survey analysis. Qualitative data is collected from partner groups in order to improve program. Read more about our partners in our Annual Report.