



In 2021, PEPS served 2,996 parents through its programs. This Outcomes Report focuses on the 2,502 parents who participated in the Newborn, Second Time Around and Baby Peppers programs. PEPS sent these parents pre- and post-group surveys to better understand their experiences with their groups and its impact on their feelings about how they are doing as a parent.

**2,996**  
PARENTS SERVED  
IN PEPS GROUPS  
IN 2021

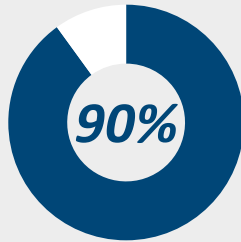
## EXPERIENCE WITH PEPS GROUPS

PEPS parents who completed the post-group survey (n = 337) rated their satisfaction and shared if they would recommend PEPS to other parents. These parents also shared the most valuable aspects of their PEPS group experience. **These findings suggest that most parents had a positive experience with their PEPS groups.**

**8.6**

Average satisfaction rate with their PEPS group experience

Scale: 0=low to 10=high



Would recommend PEPS to other new parents

### THE MOST VALUABLE ASPECTS:

*“Emotional support from other parents going through a shared experience with a strong leader who created a safe space and guided our conversations.”*

— 2021 Newborn Group Participant

*“Having a forum to discuss my growing baby and the milestones we faced.”*

— 2021 Second Time Around Group Participant



## IMPACT ON PEPS FAMILIES

The research-based Strengthening Families™ framework identified five protective factors that are critical to family resilience and wellbeing. To measure impact in these five factors, parents rated how they felt they were doing in these areas before and after participating in their PEPS group on a 5-point scale. These findings include 176 PEPS parents who completed both the pre- and post-group surveys. **Based on survey findings, PEPS parents showed increases on all statements, on average, for each of the 5 protective factors, most notably for child development support.**

PROTECTIVE FACTORS	Average rating before and after participating in PEPS groups for all outcome statements	Average % increase by protective factor
	● Pre-group Mean ● Post-group Mean	
CHILD DEVELOPMENT SUPPORT	I know about activities I can do with my baby to enhance development and early learning. <span>3.18 — 4.03</span>	25%
	I know about typical stages of development in a baby or toddler. <span>3.24 — 3.98</span>	
INFORMATIONAL SUPPORT	I know about resources for lactation or feeding, my baby's development, reliable childcare, legal questions or other services I might need. <span>3.53 — 3.93</span>	11%
PARENTING SUPPORT	I know my baby's cues and how to respond to their needs. <span>3.76 — 4.32</span>	10%
	I enjoy being with my baby, talking, playing or doing daily activities together. <span>4.36 — 4.61</span>	
EMOTIONAL SUPPORT	I feel like I can manage my day-to-day routine & handle the tasks that need to be done. <span>3.41 — 3.99</span>	9%
	I sometimes have mixed feelings about being a parent, including guilt, resentment, or times when I don't enjoy my baby. <span>2.72 — 3.28</span>	
	I feel confident about my ability to parent well. <span>3.88 — 4.26</span>	
	I know about postpartum emotional changes, including baby blues, anxiety & depression. <span>4.40 — 4.46</span>	
	It [isn't] easy for me to feel overwhelmed and stressed out when caring for my child. <span>2.97 — 2.99</span>	
SOCIAL SUPPORT	There are other parents I can talk with about the challenges of parenting. <span>4.06 — 4.54</span>	8%
	I have people in town who would help me in an unexpected situation or time of need. <span>4.07 — 4.15</span>	
	I [don't] feel isolated because of the demands of taking care of my baby. <span>2.78 — 3.15</span>	

Scale: 1=strongly disagree to 5=strongly agree

LEARN MORE

To read more about the work that we did in 2021 and learn more about our vision for parent support, visit our website: <https://www.peps.org>