

2023 Outcomes Report

PEPS served 3,589 parents across all PEPS Groups in 2023.



The PEPS Experience

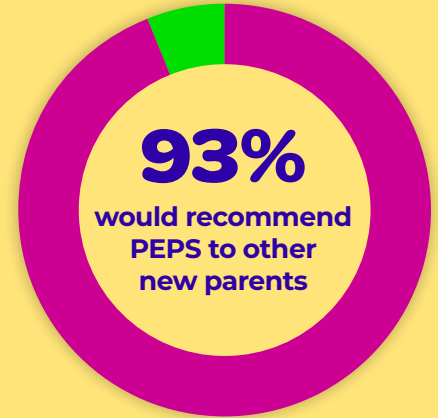
PEPS parents who completed the post-group survey (n = 488) rated their satisfaction and shared if they would recommend PEPS to other parents.

8.67

Average satisfaction rating

Scale: 0=low to 10=high

These findings suggest that most parents had a positive experience with their 2023 PEPS groups.



Participants found the most valuable aspect of their PEPS Group was...

PEPS has helped me know that other fathers are going through the same thing.

It's so good to talk to other people going through the same thing at the same time, and be able to share the ups and downs with them. It's calmed a lot of my fears. Also, the things I've learned from the development moments have been very helpful.



...it's a community to share ideas, tips, challenges — and more. Really, nothing is off the table.

PEPS has normalized all of the challenging aspects of being a new parent, and in doing so I became more accepting of the challenges rather than trying to eliminate them. This radical shift in my approach made me less anxious and more open to fully embracing all that is involved...

The Impact on PEPS Families

The research-based **Strengthening Families™ framework** identifies five protective factors that are critical to family resilience and well-being. To measure the impact in these five factors, 274 parents rated how they felt they were doing in these areas before and after participating in their PEPS Group.

Respondents showed a positive increase in how they were feeling about their parenting before participating in PEPS to after in all five protective factors, most notably for child development and information support.

23% ↑
INCREASE IN
CHILD DEVELOPMENT
SUPPORT

22% ↑
INCREASE IN
INFORMATIONAL
SUPPORT

15% ↑
INCREASE IN
SOCIAL SUPPORT

10% ↑
INCREASE IN
PARENTING SUPPORT

9% ↑
INCREASE IN
EMOTIONAL SUPPORT

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This Outcomes Summary focuses on families who participated in the Newborn, Second Time Around, and Baby Peppers programs. Read more on the impact of PEPS Programs and learn about the PEPS vision for parent support at www.peps.org.