

# 2016 PEPS OUTCOMES REPORT

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## Outcomes: What do new parents need, and does PEPS help them get it?

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 what types of support parents hope to receive from their PEPS Group and on the Post Group Survey, what types of support they did receive. Tables below summarize pre-group and post-group responses (1162 for Pre Group, 423 for Post Group).

Over the several months between Pre and Post Group survey, many things could have impacted their wellbeing, 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, “Unsure” = 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 Connections

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree	Average	
I feel isolated because of the demands of taking care of my baby							↑
Pre	4.4%	27.5%	23.7%	<b>32.5%</b>	6.1	2.9	
Post	1.9%	17.5%	8.3%	<b>52%</b>	16.3%	3.5	
Participating in a PEPS Group helped me to feel less isolated than I otherwise would have felt	<b>45.9%</b>	37.6%	6.4%	4.5%	1.7%	4.1	
I have connections to people who can support me as a parent, and who offer helpful advice on parenting issues							↑
Pre	28.7%	<b>53.5%</b>	7.7%	3.8%	.6%	3.9	
Post	<b>45.4%</b>	42.6%	5%	1.9%	1.2%	4.2	
In my PEPS Group, I met new people who can support me as a parent, and who offer helpful support on my parenting journey	<b>46.8%</b>	37.1%	7.3%	3.1%	1.7%	4.1	

For both questions about social connections, parents report an increase in their protective factor, with a strong increase of .6 points in the reduction of isolation after PEPS. More than 82% of respondents attribute their decreased isolation to PEPS. More than 91% of parents met new and supportive people at their PEPS Group.

## Parenting Your Baby

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree	Average	
I feel confident about my ability to parent well							↑
Pre	14.2%	<b>59.8%</b>	18.1%	1.9%	.2%	3.7	
Post	<b>48%</b>	44.2%	3.3%	0%	.2%	4.3	
Being in PEPS increased my confidence about my ability to parent well	28.8%	<b>46.6%</b>	11.6%	7.3%	1.4%	3.8	
I sometimes have mixed feelings about being a parent, including guilt, resentment, and times when I don't enjoy my baby							↑
Pre	2.1%	21.3%	18.1%	<b>36.8%</b>	15.7%	3.2	
Post	3.8%	29.1%	9.2%	<b>33.6%</b>	20.3%	3.3	
Being in a PEPS Group helped me understand that mixed feelings are normal, and encouraged me to seek support when things are hard	32.6%	<b>51.3%</b>	7.1%	3.3%	1.4%	4.0	

Parents report a large increase in confidence in parenting in the Post Group Survey at .6 points. More than 74% of parents say that PEPS increased their confidence. More than 83% say that PEPS helped them understand that a mix of feelings is normal.

## Self-Care and Day-to-day Management

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree	Average	
I feel like I can manage my day-to-day routine, and handle the tasks that need to be done							↑
Pre	5.8%	<b>47.8%</b>	28.7%	11.2%	.4%	3.3	
Post	27.4%	<b>58.2%</b>	7.1%	3.1%	0%	4.0	
At PEPS, I heard helpful ideas from other parents about managing tasks and a daily routine.	26.7%	<b>47.3%</b>	11.6%	7.8%	2.1%	3.8	
It's easy for me to feel overwhelmed and stressed out when caring for my child							↑
Pre	3%	25.4%	25.2%	<b>36.8%</b>	3.4%	2.9	
Post	4.3%	23.4%	15.6%	<b>45.6%</b>	6.6%	3.1	
Participating in PEPS helped me feel less overwhelmed, and gave me tools for reducing or managing stress	16.8%	<b>48.5%</b>	19.6%	8.7%	2.1%	3.6	

A large .7 increase in the average score indicates that respondents have more protective factor related to routines and tasks. More than 73% say that they received helpful ideas from their PEPS Group. More than 64% say that PEPS helped them feel less overwhelmed.

## Knowledge of Child Development

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree	Average	
I know about typical stages of development in a baby							↑
Pre	7.1%	<b>38%</b>	25.9%	21.3%	2.2%	3.1	
Post	18%	<b>66.4%</b>	8.3%	3.1%	0%	3.9	
Watching other babies at PEPS helped me understand that different children develop differently, reaching developmental milestones at different times	40.4%	<b>49.6%</b>	1.9%	3.3%	0.5%	4.1	
I know about activities I can do with my baby to enhance development and early learning							↑
Pre	4.9%	32.2%	<b>32.3%</b>	22.8%	2%	3.0	
Post	24.3%	<b>59.8%</b>	8.5%	2.8%	.2%	3.9	
At PEPS, I learned about activities that enhance baby's development (songs to sing, games to play, books to read, places to go)	21.7%	<b>53.7%</b>	8.3%	9.7%	2.4%	3.7	

Parents gain in knowledge of parent development between the Pre and Post Group Surveys, measured with a strong increase of .8 points. More than 89% of parents say that participating in PEPS helped them understand these milestones better. We measured an increase of .9 points in knowing about activities with a baby to enhance development, with more than 73% of parents attributing that learning to PEPS.

## Concrete Support

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree	Average	
I have people in town who would help me in an emergency or an unexpected situation							
Pre	38.5%	<b>38.8%</b>	8.7%	7%	1.4%	3.9	
Post	<b>43%</b>	40.2%	7.8%	3.5%	1.4%	4.1	
At PEPS, I met people who could help me in an emergency or unexpected situation	26.5%	<b>41.8%</b>	15.4%	9%	3.1%	3.7	
I know about resources for parents and families in Puget Sound							
Pre	1.9%	18.5%	32.9%	<b>36.9%</b>	4%	2.6	
Post	15.6%	<b>55.3%</b>	16.3%	8%	.5%	3.6	
At PEPS, I learned about local resources for families (e.g. social services, fun places to go, good places to find baby supplies)	20.3%	<b>54.1%</b>	11.8%	8%	1.7%	3.7	

There is 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 67% in helping them meet supportive people. The weighted average for parents who know about resources gained 1.0, and more than 74% parents say that they learned about resources at PEPS.