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**INTRODUCING THE NEW YORK STATE
NEW PARENT KIT:**

Starting Life Together

ECAC MEMBERSHIP MEETING

MARCH 31, 2016



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NYSPEP Convening partners:

- Council on Children and Families
- Office of Children and Family Services, Children and Family Trust Fund
 - Office of Mental Health
 - Prevent Child Abuse New York

Represented organizations:

- Cornell Cooperative Extension
 - Department of Health
- Guidance Center of Westchester
- Independent parenting educators
- Northern Rivers Family of Services/Parsons
 - State Education Department



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New Parent Kit



Vision: NYSPEP understands that all parents, regardless of their background or socio-economic status, will benefit from supports in their parenting journey. Our vision, therefore, is that all first time parents in New York State will have the information (“knowledge, skills, confidence and social supports”) they need to nurture the healthy development of their infants, toddlers and preschoolers. This will be accomplished in many ways including receiving the New Parent Kit, a set of three books designed to provide families with consistent, easy to access information on parenting their babies from before birth to age 5.

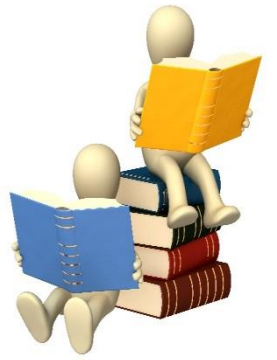
A Little History....



- Early and Ongoing Discussions
- Regional Focus Groups
- Complementing Existing Initiatives and Practices
- Research on Similar Efforts in Other States/Feasibility

California Research Findings:

(University of California, 2004; UCLA, 2011)



- High percentage of parents used kit and found it helpful
- Improved parents' knowledge on important early childhood issues
- Improved parent attitudes and parenting practices
- Most effective if received during pregnancy

New York State's New Parent Kit



Goal: To provide relevant information and resources for first time parents that encourage positive relationships between parent(s) and child beginning with the pregnancy and continuing through the child's first five years of life.

Contents:

- ✓ NYS Parent Guide: *Starting Life Together*
- ✓ Handbook: *What to Do When Your Child Gets Sick*
- ✓ Board Book: *Baby Faces.....and*
- ✓ Bookmark/magnet

Book One:



Starting *Life* Together.... *Your*
guide for building a nurturing, healthy
relationship with your child

Starting Life Together...Core Themes



- ✓ The parent-child relationship is an interactive ‘dance’
- ✓ Parenting is developmental (Developmental Parenting)
- ✓ There are five key parenting behaviors that support positive child outcomes
- ✓ Better to be prepared and responsive than reactive (Anticipatory Guidance)
- ✓ Recognizing and strengthening “Protective Factors” is an important task for every parent (Strengthening Families)
- ✓ Parenting is challenging; there are many resources and supports to draw on

Starting *Life Together*...Behaviors and Factors



Key Parenting Behaviors

1. *Nurturing*
2. *Protecting*
3. *Guiding*
4. *Communicating*
5. *Supporting Learning*

Protective Factors

1. *Parental resilience*
2. *Knowledge of parenting and child development*
3. *Concrete support in times of need*
4. *Social and emotional competence of children*
5. *Social Connections*

Starting *Life* Together...*Contents*



- **Chapter 1: It's All About You:** Introduction, Concepts and Ways to Use
- **Chapter 2: Baby on the Way**
- **Chapter 3: Your First Year with Your Baby:**
Getting to Know Each Other: B-6 months; On the Move: 6-12 months
- **Chapter 4: You and Your Wonderful One-Year-Old**
- **Chapter 5: You and Your Terrific Two-Year-Old**
- **Chapter 6: You and Your Thriving Three-Year-Old**
- **Chapter 7: You and Your Fabulous Four-Year-Old**
- **Chapter 8: Where to Find More Information**

Book Two:



***“What To Do When Your
Child Gets Sick”***



“*What to Do When Your Child Gets Sick*”

Independent studies found a range of positive changes for parents ***who received the book with instruction on how to use:***

- 57-61% fewer visits to the ER
- 39-56% fewer visits to doctors/clinics
- 43-60% fewer school days missed by children due to illness or injury
- 41-47% fewer work days missed by parents due to child's illness

(IHA Website, UCLA Study, 2006)

Book Three: “*Baby Faces*”



- A gift to promote parent-child attachment and early literacy
- Consistent with Reach Out and Read messaging
- Magnet/Bookmark attached with ways to use same book across ages



Parent Kit 2016 Timeline

	March	April	May	Summer	Fall	Winter
Introduction of Kit beginning with ECAC	X	X				
Final edits to Parent Guide	X	X				
Printing of 2,500 copies of Parent Guide			X			
Final revisions to nysparentguide website		X	X			
Select, design and purchase 1,000 bags	X	X				
Purchase baby's first book	X	X				
Arrival of bags and baby books			X			
Prepare and pack Kits			X	X		
Meet with pilot sites and confirm locations for distribution, orient staff, etc		X	X	X		
Distribute Kits to pilot sites and evaluate (estimating 250 kits/site)				X	X	X
Funding, distribution, marketing and implementation plan development		X	X	X	X	X



**Challenges are
what make life interesting;
overcoming them is what
makes life meaningful**

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And now for a PREVIEW of **NYSparentguide.org**



- **More information available at....**