



Home Visiting Works

Backed by decades of research, evidence-based home visiting is a powerful and proven strategy to support the well-being of pregnant women and families with young children.

During these voluntary sessions, home visitors such as nurses, social workers, early childhood specialists, and paraprofessionals mentor pregnant women, parents, and other caregivers to support the parent-child relationship. Home visitors are supportive partners who build a trusting relationship with families and help guide them through the early stages of raising a child from birth to kindergarten entry.

Evidence of Effectiveness

To show that home visiting works, it's important to identify which models are effective.

The federal Home Visiting Evidence of Effectiveness (HomVEE) conducts reviews to determine which home visiting models meet the evidence-based criteria.

<p>CHILD DEVELOPMENT AND SCHOOL READINESS</p>	<p>CHILD HEALTH</p>	<p>FAMILY ECONOMIC SELF-SUFFICIENCY</p>	<p>LINKAGES AND REFERRALS</p>
<p>MATERNAL HEALTH</p>	<p>POSITIVE PARENTING PRACTICES</p>	<p>REDUCTIONS IN CHILD MALTREATMENT</p>	<p>REDUCTIONS IN JUVENILE DELINQUENCY, FAMILY VIOLENCE AND CRIME</p>

Because the models' features vary, it gives families the option to select the program that best meets their needs.

Models might have different characteristics but they all:

- Are voluntary
- Focus on families with young children
- Deliver services in the home (or another preferred location)

There are eight evidence-based home visiting models within the Childhood Begins at Home campaign. These models include **Child First, Early Head Start, Family Check-Up®, Family Connects, Healthy Families America, Nurse-Family Partnership, Parents as Teachers, and SafeCare Augmented®**. The three strongest outcomes based on the research literature are featured in each model profile, along with its mission.

CHILD FIRST



Child First helps to heal and protect young children and families from the effects of chronic stress and trauma by fostering strong, nurturing relationships, and connecting families with needed services.

Research shows this model has the strongest outcomes in **Reductions in Child Maltreatment, Child Development & School Readiness, and Linkages & Referrals.**

- Reduces abuse and neglect, as well as the likelihood of experiencing traumatic events during childhood by utilizing a relationship-based approach to enhance parent-child interactions.
- Improves children's abilities to interact and connect with others by improving social-emotional functioning, reducing behavioral problems, and increasing language skills.
- Increases family access and utilization of community-based services by developing a system of care approach to provide comprehensive, integrated services and support.



EARLY HEAD START



Early Head Start nurtures healthy attachments for low-income families parenting infants and toddlers, and for pregnant women and their families, through intensive, comprehensive child development and family support services.

Research shows this model has the strongest outcomes in **Child Development & School Readiness, Child Health, and Positive Parenting Practices.**

- Improves cognitive, social, and emotional development, which enhances children's language skills and school readiness and increases their likelihood of attending preschool or pre-k.
- Increases childhood immunizations, decreases the prevalence of speech problems, and improves utilization of dental care among disadvantaged youth.
- Increases family access and utilization of community-based services by developing a system of care approach to provide comprehensive, integrated services and support.



FAMILY CHECK-UP®



Family Check-Up® supports strategies to better engage parents and parent-centered intervention for reducing problem behaviors in children from toddlers through adolescence.

Research shows this model has the strongest outcomes in **Child Development & School Readiness, Positive Parenting Practices, and Reductions in Juvenile Delinquency, Family Violence & Crime.**

- Increases children's ability to regulate their emotions, thoughts, and behaviors, improves academic achievement and acceptance by peers, and prevents problem behavior from developing into more severe psychological issues.
- Facilitates positive interactions between caregivers and children by improving parental monitoring and use of positive behavior support, which increases the likelihood of caregivers engaging in proactive parenting rather than coercive parenting.
- Reduces child abuse and neglect, family conflict, and the likelihood of engaging in risky behaviors during adolescence and early adulthood, including involvement with deviant peers and substance use.

FAMILY CONNECTS



Family Connects strengthens connections for families with newborns by linking them directly to supportive community care resources.

Research shows this model has the strongest outcomes in **Child Health, Linkages & Referrals, and Reductions in Child Maltreatment.**

- Improves child health outcomes by decreasing the likelihood of emergency medical care use as well as overall utilization of emergency medical care.
- Increases access and utilization of community resources by assessing family needs and connecting them to corresponding services to improve infant health and well-being.
- Improves quality of the home environment and decreases the rate of child protective services (CPS) investigations for suspected child maltreatment by engaging families with resources associated with safety.



HEALTHY FAMILIES AMERICA



Healthy Families America strengthens families by promoting positive parenting, enhancing child health and development, and preventing child abuse and neglect.

Research shows this model has the strongest outcomes in **Reductions in Child Maltreatment, Child Development & School Readiness, and Maternal Health.**

- Improves caregiver stress as well as the quality of the home environment, while decreasing family's likelihood of using violence as a form of punishment and having consequent reports with child protective services (CPS).
- Increases the likelihood of children receiving early developmental screenings, being read to by caregivers, and receiving other activities that support development, which leads to improvements in social-emotional competence and overall mental health.
- Enhances maternal health outcomes by increasing access and utilization of preventive care services, improving positive affect and problem-solving ability, and increasing rates of breast feeding.



NURSE-FAMILY PARTNERSHIP



Nurse-Family Partnership pairs first-time, low-income pregnant women with nurses to improve pregnancy/birth outcomes, child health and development, and family economic self-sufficiency.

Research shows this model has the strongest outcomes in **Child Health, Family Economic Self-Sufficiency, and Maternal Health.**

- Lowers the chance of childhood injuries, improves compliance with immunization schedules, and reduces the incidence of preterm births.
- Improves the employment status and educational attainment of first-time mothers, reduces utilization of public assistance, and teaches mothers how to better plan future pregnancies.
- Decreases maternal substance use, increases the likelihood of breast feeding, and improves maternal health outcomes.

PARENTS AS TEACHERS



Parents as Teachers builds the capacity of parents to understand and support optimal healthy child development, develop effective parenting practices that strengthen the family foundation, and promotes school readiness.

Research shows this model has the strongest outcomes in **Child Development & School Readiness, Positive Parenting Practices, and Reductions in Child Maltreatment.**

- Improves children's academic achievement, mental health, and language skills, while lowering developmental dysfunction in the form of problem behavior.
- Improves overall family functioning by improving parenting skills, knowledge about child development, and maternal ability to understand and respond appropriately to their children's behavioral signals.
- Lowers the rate of substantiated abuse and neglect reports among at risk families as well as prevents child maltreatment by moderating caregiver depression.



SAFECARE AUGMENTED®



SafeCare Augmented® uses motivational interviewing and other training to focus on three key outcomes that are universally important for families: creating positive relationships between caregivers and their children, ensuring homes are safe to reduce the risk of child injury, and keeping children as healthy as possible.

Research shows this model has the strongest outcomes in **Positive Parenting Practices, Reductions in Child Maltreatment, and Reductions in Juvenile Delinquency, Family Violence & Crime.**

- Increases the rate of positive parent-child interactions as well as competency regarding child health by improving parent ability to respond appropriately to illnesses.
- Improves safety in the home by teaching caregivers about hazard removal and increasing family likelihood of participating in child abuse prevention services.
- Reduces the frequency of child welfare reports related to domestic violence in addition to lowering the rate of intimate partner victimization.



Childhood Begins at Home is a statewide campaign launched in 2017 to help policymakers and the public understand the value of evidence-based home visiting and support public investments in the programs. To date, the campaign has won funding increases more than tripling the state investments. This has helped serve many more Pennsylvania families, yet it represents only a fraction of those most in need of services.