Parents as Teachers (PAT)¹

The purpose of this document is to provide a brief overview of Parents as Teachers based on the information available in The Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP). The content presented in this brief was retrieved from SAMHSA’s NREPP. For detailed descriptions of the outcomes and research mentioned, the quality of research rating, full program information, and a list of studies reviewed, visit [http://www.nrepp.samhsa.gov/](http://www.nrepp.samhsa.gov/).

What is it?
Parents as Teachers (PAT) is an early childhood family support and parent education home-visiting model. Families may enroll in Parents as Teachers beginning with pregnancy and may remain in the program until the child enters kindergarten. Based on theories of human ecology, empowerment, self-efficacy, and developmental parenting, Parents as Teachers involves the training and certification of parent educators who work with families using a comprehensive research-based and evidence-informed curriculum. Parent educators work with parents to strengthen protective factors and ensure that young children are healthy, safe, and ready to learn. The goals of the model are to increase parent knowledge of early childhood development, improve parenting practices, provide early detection of developmental delays and health issues, prevent child abuse and neglect, and increase children's school readiness and school success. Different curriculum materials are used for those working with families of children up to age 3 and those working with families of children from age 3 to kindergarten.

Home visitation is the key component of the Parents as Teachers model, with personal visits of approximately 60 minutes delivered weekly, every two weeks, or monthly, depending on family needs. Parent educators share research-based information and use evidence-based practices by partnering, facilitating, and reflecting with families. Parent educators use the Parents as Teachers curriculum in culturally sensitive ways to deliver services that emphasize parent-child interaction, development-centered parenting, and family well-being. Parent-child interaction focuses on promoting positive parenting behaviors and child development through parent-child activities. Development-centered parenting focuses on the link between child development and parenting and on key developmental topics (i.e., attachment, discipline, health, nutrition, safety, sleep, transitions/routines, healthy births). Family well-being includes a focus on family strengths, capabilities, skills, and the building of protective factors.

A second component of the Parents as Teachers model is monthly or more frequent group connections, which parents can attend with their child to obtain information and social support and share experiences with their peers. Group connection formats include family activities, presentations, community events, parent cafes, and ongoing groups. Annual health, hearing, vision, and developmental screenings, beginning within 90 days of enrollment, are a third component of the model. Additionally, Parents as Teachers affiliates establish ongoing relationships with institutions and community organizations that serve families. Parent educators help families identify needs, set goals, connect with appropriate resources, and overcome barriers to accessing services.

Who is it for?
Early childhood families recommended for or desiring to strengthen protective factors and ensure
that young children are healthy, safe, and ready to learn.

**What outcomes are addressed in the research?**

1. Cognitive development
2. Mastery motivation
3. School readiness
4. Third-grade achievement

**How much does it cost?**

*The following information may have been updated by the developer and may not reflect the current costs or availability of items. Check with the implementation point of contact for current cost information and implementation requirements.*

1. 5-day, off-site parent educator Foundational and Model Implementation training (includes all program materials and 1-year access to online materials for serving families prenatally to age 3): $800 per parent teacher
2. 2-day, off-site parent educator training for the 3 Years to Kindergarten Entry curriculum (includes printed curriculum): $225 - $450 per parent teacher
3. Annual recertification and online access fee: $75 per parent teacher

**For additional information and resources on Parents as Teachers, visit:**

- **SAMHSA’s National Registry of Evidence-based Programs and Practices: Parents as Teachers (PAT)**

- **The California Evidence-Based Clearinghouse for Child Welfare: Parents as Teachers:**
  This webpage provides detailed information about Parents as Teachers, including its scientific rating on the CEBC’s Scientific Rating Scale.

- **Parents as Teachers**

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