

# SUPPORTING HEALTHY PARENTING IN PRIMARY CARE

An Initiative of the Collaborative on Healthy Parenting in Primary Care

The Collaborative on Healthy Parenting in Primary Care recognizes the accumulated evidence of the effectiveness of family-focused prevention programs that promote the physical and behavioral health and emotional well-being of children and families.

## WHAT ARE FAMILY-FOCUSED PREVENTIVE INTERVENTIONS?

Family-focused preventive interventions are programs aimed at *promoting the cognitive, affective, and behavioral health of children and families*. These programs include universal interventions, such as those for expecting or new parents and for families whose children are entering adolescence, as well as programs targeted for parents whose children have challenging behaviors.

A strong evidence base finds that family-focused preventive interventions can *improve the well-being of children and families* and help promote cognitive, affective, and behavioral health in children. Research finds that these programs:

- increase positive parenting practices;
- reduce behavior problems in children; and
- reduce anxiety and depression in children.

## WHAT MIGHT PREVENT FAMILIES FROM PARTICIPATING IN THESE PROGRAMS?

**Stigma.** A negative perception is sometimes associated with attending parenting programs. Some parents may see participation as a judgment of their parenting skills. Rather, parenting programs provide parents with resources for promoting the health and success of their children.

**Expertise of Providers.** Parents may have concerns about the expertise of the provider or legitimacy of the organization.

## HOW CAN WE ENGAGE PARENTS?

In order to increase attendance and engagement in family-focused preventive interventions, a trusted and legitimate home for these programs is needed – and primary health care may be such a place.

**Primary health care provides services to parents and families** nearly universally and repeatedly to children in their first years of life and through childhood and adolescence, offering an opportunity to engage parents early in supporting their children's healthy physical and behavioral development. Several family-focused preventive interventions have been integrated into child health primary care systems and practices across the country. Research studies have shown positive effects, but additional rigorous studies are needed.

## WHAT IS THE COLLABORATIVE ON HEALTHY PARENTING IN PRIMARY CARE?

The Collaborative seeks to advance the availability of preventive family-focused interventions for all children and families. Membership consists *of researchers, practitioners, and policy experts who aim to improve access to services* by engaging in the following activities:

- strengthen the evidence base through the identification and evaluation of promising programs;
- educate the general public and targeted audiences, including policy makers;
- strengthen the acceptance of integrating family-focused interventions into primary care among health care professionals; and
- identify, develop, and advocate for sustainable funding mechanisms.



## COLLABORATIVE ACTIVITIES

The Collaborative on Healthy Parenting in Primary Care emerged from the 2014 Workshop on Strategies for Scaling Tested and Effective Family-Focused Interventions, hosted by the Forum on Promoting Children's Cognitive, Affective, and Behavioral Health. The Collaborative currently consists of over 100 members from around the nation who collaborate on a range of activities, including:

- Networking regarding research and funding opportunities
- Engaging stakeholders and identifying new partners
- Writing commentaries and articles
- Developing a learning collaborative of primary care providers implementing healthy parenting in primary care
- Presenting work of the Collaborative
- Sharing strategies for implementation and sustainability
- Developing plans for building capacity and training the workforce
- Engaging in quarterly membership calls

## CONTACT US

Sarah M. Tracey, Staff Lead  
[stracey@nas.edu](mailto:stracey@nas.edu)

Collaborative on Healthy Parenting in Primary Care  
[www.nas.edu/healthyparenting](http://www.nas.edu/healthyparenting)

Forum on Promoting Children's Cognitive, Affective, and Behavioral Health  
[www.nas.edu/ccab](http://www.nas.edu/ccab)

Support Healthy Parenting in Primary Care on Twitter  
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## TOOLS AND RESOURCES

### **Presentations**

- Workshop on Training the Future Child Healthcare Workforce to Improve Behavioral Health Outcomes for Children, Youth, and Families (2016): [Videos and Summary in Brief](#)
- McCabe et al. (2016). Family-Focused Prevention in Pediatric Primary Care Settings: [Presentation](#)
- Encouraging Healthy Parenting in Primary Care Congressional Briefing (April 2016)  
[Video](#) | [Materials](#) | [Storify Tweets](#)

### **National Academy of Medicine Discussion Papers**

- [Boat et al.](#) (2016). Workforce Development to Enhance the Cognitive, Affective, and Behavioral Health of Children and Youth: Opportunities and Barriers in Child Health Care Training
- [Hawkins et al.](#) (2015). A Challenge to Unleash the Power of Prevention: Commentary
- [Hawkins et al.](#) (2015). Unleashing the Power of Prevention
- [McCabe](#) (2015). Health Care Reform as a Vehicle for Promoting Children's Mental and Behavioral Health
- [Rawal and McCabe](#) (2016). Health Care Reform that Provide Opportunities to Promote Children's Behavioral Health

### **Relevant Publications, Materials, and Tools**

- [American Academy of Pediatrics](#) (2016). Blueprint for Children: How the Next President Can Build a Foundation for a Healthy Future.
- [Bauer et al.](#) (2016). Principles of positive parenting can be shared during pediatric visits
- [Counts and Giofriddo, Health Affairs](#) (2016): Education, Health, and Behavioral Health: New Policy Priorities for their Integration Emerge for 2017.
- [Briggs et al.](#) (2014). Healthy Steps as a moderator: The impact of maternal trauma on child social-emotional development.
- [Cardoza, NPR](#) (2016): Do the Roots of Mental Health Issues Lie in Early Childhood?
- [Leslie et al.](#) (2016): Primary Health Care: Potential Home for Family-Focused Preventive Interventions.
- [Marmott, Scientific American](#) (2016): Better Parenting Skills May Break the Poverty-Disease Connection.
- [Institute of Medicine & National Research Council](#) (2015). Strategies for Scaling Tested and Effective Family-Focused Interventions: Proceedings in Brief.
- [Pantin et al.](#) (2009). A randomized controlled trial of Familias Unidas for Hispanic adolescents with behavior problems.
- [Perrin et al.](#) (2016) JAMA Pediatrics Viewpoints Commentary.
- [Tough, New York Times](#) (2016). To Help Kids Thrive, Coach Their Parents.