

## Parents

### **Homebuilders**

Population: Parents | Setting: Home

This is an in-home, family preservation service and reunification program for families with children returning from or at risk for out-of-home placement.

[Program Profile: HOMEBUILDERS | CrimeSolutions, National Institute of Justice \(ojp.gov\)](#)

### **Growing Great Kids**

Population: Parents | Setting: Home

Growing Great Kids (GGK) is a comprehensive and skills-focused home visiting curriculum that takes a strength-based approach to growing nurturing parent-child relationships and supporting healthy childhood development.

[Evidence based practices – Healthy Start EPIC Center](#)

### **Pharmalogical and Psychological Interventions for treating complex Post Traumatic Stress Disorder**

Population: Parents | Setting: Outpatient

Acceptable, effective, and feasible support strategies (interventions) for parents experiencing complex post-traumatic stress disorder (CPTSD) symptoms or with a history of childhood maltreatment may offer an opportunity to support parental recovery, reduce the risk of intergenerational transmission of trauma and improve life-course trajectories for children and future generations. However, evidence relating to the effect of interventions has not been synthesized to provide a comprehensive review of available support strategies.

[Interventions from pregnancy to two years after birth for parents experiencing complex post-traumatic stress disorder and/or with childhood experience of maltreatment - Jones, KA - 2023 | Cochrane Library](#)

### **Parenting Interventions for people with Schizophrenia or related serious mental illness.**

Population: Parents | Setting: Inpatient/Outpatient

Around a third of people with schizophrenia or related serious mental illness will be a parent. Both the parents and the children in this population are at increased risk of adverse outcomes due to parental mental illness. Parenting interventions are known to improve parenting skills and decrease child disruptive behavior. This systematic review aimed to synthesize the evidence base for parenting interventions designed specifically for parents who have schizophrenia or related serious mental illness.

[Parenting interventions for people with schizophrenia or related serious mental illness - Radley, J - 2021 | Cochrane Library](#)

### **The Nurturing Parent Programs**

Population: Parents | Setting: Home/Community

The Nurturing Parenting Programs are a family-centered trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices.

[Evidence based practices – Healthy Start EPIC Center](#)

### **Postpartum Care**

Population: Parents | Setting: Outpatient

The comprehensive postpartum visit has typically been scheduled between 4 weeks and 6 weeks after delivery, a time frame that likely reflects cultural traditions of 40 days of convalescence for women and their infants. Today, however, 23% of employed women return to work within 10 days postpartum and an additional 22% return to work between 10 days and 40 days. Therefore, timing of the comprehensive postpartum visit should be individualized, and woman centered, occurring no later than 12 weeks from birth. Timing also should consider any changes in insurance coverage anticipated after delivery. At all postpartum encounters, obstetrician–gynecologists and other obstetric care providers should consider the need for future follow-up and time additional visits accordingly.

[Optimizing Postpartum Care | ACOG](#)

### **Neonatal Behavioral Assessment Scale and Newborn Behavioral Observations**

Population: Parents | Setting: Outpatient

The first three years of a child's life are a key period of physical, physiological, cognitive, and social development, and the caregiver-infant relationship in early infancy plays an important role in influencing these aspects of development. Specifically, caregiver attunement facilitates the move from coregulation to self-regulation; a parent's ability to understand their infant's behavior as communication is a key part of this process. Early, brief interventions such as the Neonatal Behavioral Assessment Scale (NBAS) or Neonatal Behavioral Observation (NBO) system are potential methods of improving outcomes for both infant and caregiver.

[The Neonatal Behavioral Assessment Scale \(NBAS\) and Newborn Behavioral Observations \(NBO\) system for supporting caregivers and improving outcomes in caregivers and their infants - Barlow, J - 2018 | Cochrane Library](#)

### **Postnatal Parental Education**

Population: Parents | Setting: Outpatient

Many learning needs arise in the early postpartum period, and it is important to examine interventions used to educate new parents about caring for their newborns during this time.

[Postnatal parental education for optimizing infant general health and parent-infant relationships - Bryanton, J - 2013 | Cochrane Library](#)

### **Infant Mental Health Psychotherapy/Counseling**

Population: Parents | Setting: Home/Community

Infant mental health is an important aspect of early childhood development. Research has shown that early experiences and events play a significant role in shaping mental health outcomes later in life<sup>1</sup>. To promote infant mental health, it is crucial to adopt evidence-based practices that support healthy family environments, parent-child and family relationships, parents' emotional/behavioral health, and family routines<sup>1</sup>.

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