

Baby College

*A Restorative Parenting Education
and Support Program*

Sharon Mast

Director , Right from the Start Initiative

United Way of Berks County

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Objectives

Participants will:

- Learn about the **key cornerstones** of the program
- Identify and discuss **common threads** that support positive parenting and help children reach developmental milestones
- Understand how **restorative language and questioning** builds parental problem solving and thinking skills
- Gain valuable **tools needed to replicate a restorative parenting program**



Reading, Pennsylvania, USA

- 88,000 Residents
- 52.3% of children under age 5 live below the poverty level
- 62% are of Hispanic origins
- 12.6% Unemployment rate
- 19.7% Births to teen mothers 15-19 years of age
- 70% of children entering kindergarten lack one or more of the skills needed to be successful in school



Developmental Assets

A Vision for Positive Child and Youth Development

SUPPORT

EMPOWERMENT

BOUNDARIES & EXPECTATIONS

CONSTRUCTIVE USE OF TIME

COMMITMENT TO LEARNING

POSITIVE VALUES

SOCIAL COMPETENCIES

POSTIVE IDENTITY



The DIFFERENCE

PROTECTING YOUTH

The **more assets** a child or adolescent has in his or her life, the **less likely** they are to engage in behaviors such as alcohol, drug and /or tobacco use, early sexual activity, violence and anti-social behaviors, depression, attempted suicide, gambling and driving under the influence.

PROMOTING YOUTH

In addition to protecting youth from negative behaviors, having **more assets increases the chances** that young people will succeed in school, maintain good health, delay gratification, value diversity, exhibit leadership, overcome adversity and help others.



Right from the Start Initiative

A series of programs aimed to support a young child's development and improve a parent's ability to be the best first teacher for their child(ren).

- **BABY COLLEGE** – a parenting and educational support program
- **RAISING A READER** – an award winning rotational book bag program that promotes bonding and lap reading & builds pre-literacy skills
- **PLAY & LEARN** – neighborhood drop-in centers that engage parents & their children in fun interactive developmental activities and increases social and emotional connections with others

BABY COLLEGE CORNERSTONES

- Relationship-centered
- Strength-based
- Solution-focused



Program Components

- Nine -week group classes with incentives
- Weekly home visit
- Resource & Referral Network
- Graduation Ceremony
- Ongoing support



Curriculum Topics

- Hopes & Dreams
- Brain Development
- Play & Stimulation
- Sick Care & Safety
- Social Emotional Development
- Discipline
- Stress
- Resource Fair
- Review





Four Year Demographics

- **56%** of participants were single mothers (*21% lived with father of child*)
- **13%** of participants were fathers
- **77%** were Hispanic; **13%** were Caucasian & **12%** were African American;
- **58%** were receiving WIC subsidies & **36%** were receiving Food Stamps



Four Year Outcomes

Before Baby College

- **16%** of participants **strongly agree** they know what to expect at the different ages & stages of their child's development
- **25%** of participants **strongly agree** they understand the importance of creating routines for their children

After Baby College

- **84% Strongly Agreed**
- **93% Strongly Agreed**

Four Year Outcomes

Before Baby College

- 19% of participants **strongly agree** they know how to positively discipline their child
- 35% of participants **strongly agree** they know how to create a safe home for their child
- 31% of participants **strongly agree** they understand what to do to influence their child's development

After Baby College

- 84% **Strongly Agreed**
- 93% **Strongly Agreed**
- 89% **Strongly Agreed**

Additional Outcomes

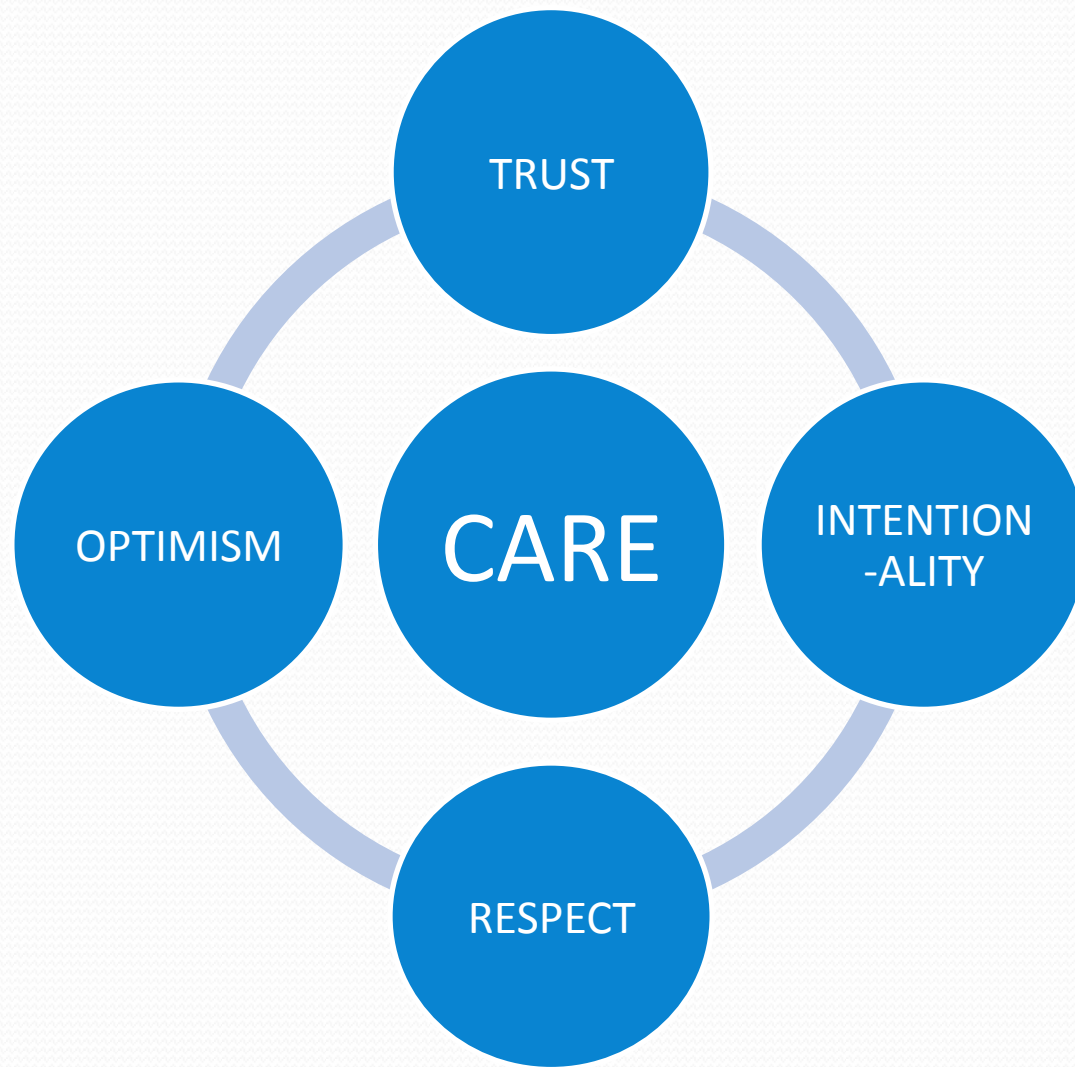
- **100%** of children were covered by medical insurance & were properly immunized
- **71%** of children were tested for lead
- **21%** were assessed to be developmentally delayed and were referred for early intervention services
- **60%** of parents reported that they read, sing & play **everyday** with their child (*80% report doing so 3-5 times/week*)
- **94%** of parents reported now feeling confident in their ability to parent effectively

Unexpected Outcomes

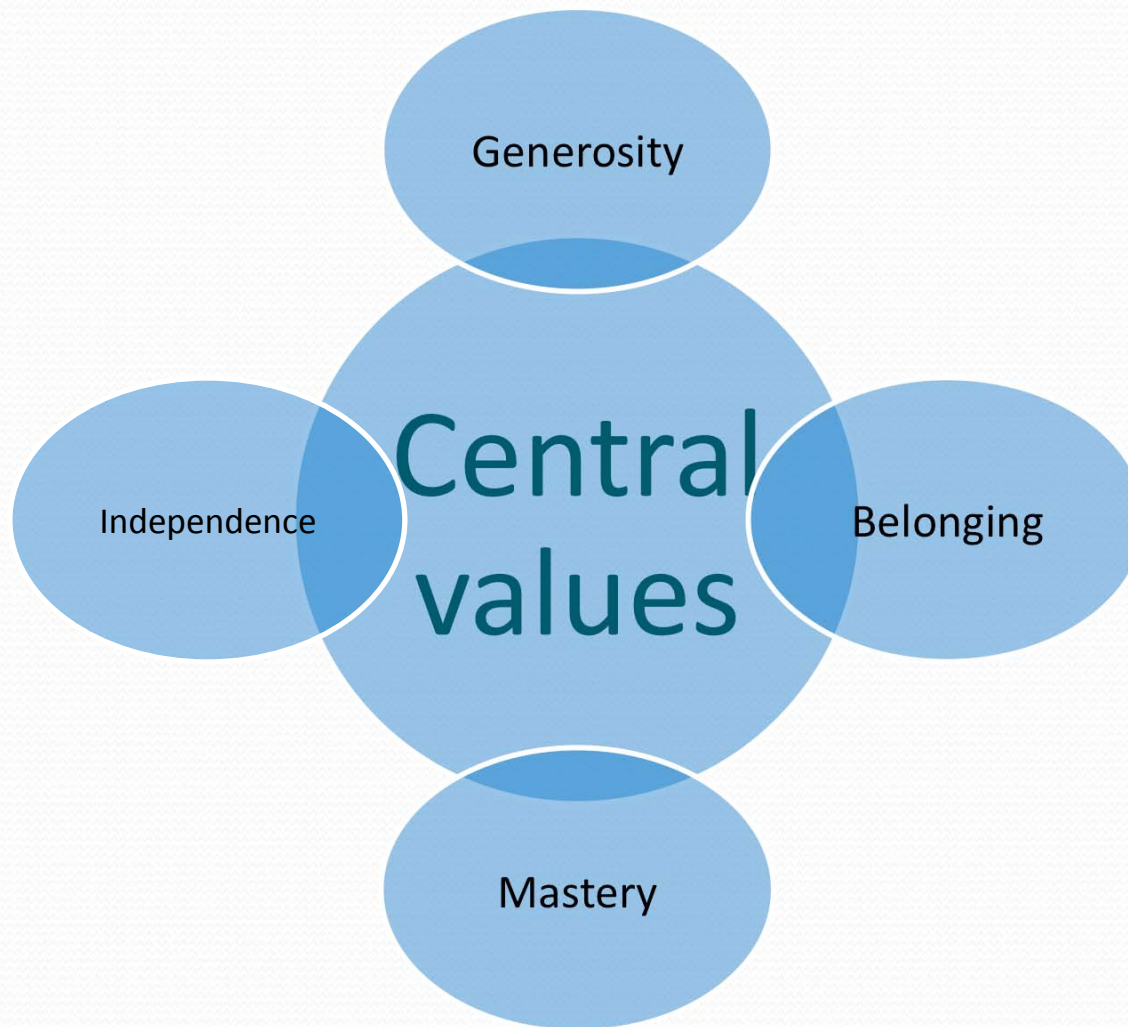
- 47% of participants **returned to school** for their GED, ESL or higher education
- 24% of participants had **100% attendance** (82% *attended 80% of the classes*)
- Many participants began to **form play groups** after Baby College



Invitational Leadership



Circle of Courage



Restorative Tools

- **BELIEVE** in your participants
- **DO NOT** shame – help participants have a healthy response to shame
- Use **PROACTIVE** facilitation skills
- **BUILD** on their ideas and thoughts
- **CLARIFY** points of confusion
- **HELP** your participants find the space to heal and grow

Critical Facilitation Skills

- Are your questions the keys that unlock potential?
- Are you creating strength-based & solution focused conversations?
- Are you applying effective listening skills?
- Does your body language, your voice ,and your eyes say you care?
- Is the environment conducive to learning?

Parent Testimonials

- *“Before Baby College, I felt isolated, alone and depressed. Baby College gave me a reason and purpose to be a good parent.”*
- *“I didn’t know how big my baby’s brain was and how it absorbs everything like a sponge good and bad and now I know how to stimulate his brain to help him grow.”*
- *“I am very glad that one day I saw a poster and ripped the number off the bottom, called and registered. I made a great choice and I am so proud!”*
- *“This was such a good experience for me. I met lots of other people and got different opinions on how to cope with my son and how to deal with stress. Can I come back?”*

More Parent Comments...

- *“BC has changed my life in every way possible by showing me how to meet my baby’s needs. Now I act differently to her behaviors in all situations.”*
- *“If Baby College knocks on your door, let them in!!! They will improve your parenting skills and you will do what’s best for your child and we all want to do what’s best!”*
- *“I’ve shared so many things I’ve learned with other parents & childcare providers.”*
- *“The educators taught with love and they had a lot of patience, tolerance and it was fun. There were a lot of testimonials which I think we all learned from. I made new friends and the educators and staff were really good and understanding and I like them a lot, they have become my friends.”*

Agency Testimonials

- *“We have seen an amazing transformation in our clients that we have referred to Baby College.”*
- *“Baby College is a great program because their staff really understand our clients. They are respectful and non-judgmental and as a result, our clients feel safe and supported.”*
- *“I have lived in this community my whole life and have never seen such a great parenting program which such dedicated staff.”*

Restorative Practices & Principles

Common Threads



- **Create** safe and trusting environment
- **Promote** inclusion
- **Create** hope for the future
- **Work “with”** participants & families
- **Promote** personal responsibility
- **Promote** acceptance w/o judgment
- **Share** a sense of community



More Restorative Principles

- Show empathy
- Empower
- Be proactive
- Engage authentically
- Facilitate reintegration
- Collaborate
- Celebrate diversity
- Understand social & emotional intelligence
- Promote emerging self development



Funding & Budget Information

- Initial funding came from a US Federal Grant (\$1.7M)
- Ongoing funding was provided by United Way of Berks County, local hospitals & foundations, philanthropic & fund raising dollars
- Approximate cost per year (3 classes/cycle x 3 cycles/year = \$ 208,000
 - *Baby College utilized volunteers, donations & good fiscal responsibility to hold costs steady*

Together we restore community...

Together we **LIVE UNITED**

Link arms to build a healthy, resilient, thriving community and the community will respond with love and friendship in return.

Our differences will be our strength: our common denominator is our shared vision.



Contact Information

Sharon Mast

People Under Construction...

*Empowering individuals, organizations and families to
lay the foundation for positive people development*

Training, Consulting & Coaching

(610) 781-1888 USA

sharonm2656@gmail.com



Critical Resources

Growing Great Kids Curriculum

www.greatkidsinc.com

Reclaiming Youth at Risk, 2002. Larry Brendtro, Martin
Brokenleg & Steve Van Bockern: Solution Tree

Inviting Educational Leadership, 2002. John Novak:
Pearson Education