# **Maximizing Your PFCE Efforts:** How Small Changes Can Make Big Differences!

with Parent Gauge and Ready4K



# **Introducing Our Speakers**



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# Beginning with strengths and needs



| Email *         |  |
|-----------------|--|
| vjones@nhsa.org |  |
| Password*       |  |
|                 |  |

# **The Tool**

- Web-based
- Research-based, valid and reliable
- Structured series of guided conversations with parents
- Open- and close-ended questions
- Immediate feedback



MANAGE ROSTERS Update and review Children, Guardian and Staff rosters, Review rosters for accuracy. MANAGE ROSTERS



#### CONDUCT INTERVIEWS

Start, configure, track, and manage interviews with parents all in one location.

#### EVALUATE PROGRESS

Understand parent engagement through flexible reports and multiple filters.

NAGE RVIEWS MANAGE REPORTS

Home / Management / Interviews / Interview Details

### Interview Details



JOSHUA LYMAN-NOAH LYMAN: 09-06-2022

Language English \*

Details

 EDIT INTERVIEW
 LOCK INTERVIEW
 DELETE INTERVIEW
 Status: Complete

 MARK INCOMPLETE

Date: September 6, 2022 Evaluation: 2022-2023 Initial Center: M&V Head Start Interviewer: Victoria Jones

# **The Tool**

- Coupleted questions
  - Parent experience

C

- Program influence
- Sections align with PFCE framework
- Option to record or upload audio

| Families as Lifelong Learners and Advocates and Leaders   |  |  |  |  |
|---|--|--|--|--|
| he next questions are about your role in your child's education. How much do you agree<br>⁄ith the following statements? The options are Not at all, Not Very Much, Somewhat, Mostly,<br>r Very Much. |  |  |  |  |
| Closed-Ended Questions  |  |  |  |  |
| 9. I set aside time to read with my child.  |  |  |  |  |
| O Not At All O Not Very Much 💿 Somewhat O Mostly O Very Much  |  |  |  |  |
| Refused   |  |  |  |  |
| <b>9a.</b> The program has encouraged me to set aside time to read with my child.   |  |  |  |  |
| ○ Not At All ○ Not Very Much ○ Somewhat ● Mostly ○ Very Much  |  |  |  |  |
| Refused   |  |  |  |  |

# Reports

| Families as Lifelong Learners and Advocates and Leaders |  |      |  |  |  |
|---|--|------|--|--|--|
| 9   | I set aside time to read with my child.  | 4.13 |  |  |  |
| 9a  | The program has encouraged me to set aside time to read with my child.                   | 4.64 |  |  |  |
| 10  | I make sure that my child is in class every day.   | 4.81 |  |  |  |
| 10a   | The program helped me understand why I need to make sure my child is in class every day. | 4.82 |  |  |  |

# **Question Detail**



# Returning to your center...

# **PFCE Planning**

#### **Building Positive Child-Parent Relationships**

| 2 | I have daily routines with my child.                           | 4.16 |
|---|--|------|
| 3 | I have goals for my child's development and learning.          | 4.10 |
| 4 | I have discipline strategies that improve my child's behavior. | 4.32 |
| 5 |  |      |
| 6 | I understand how to help my child manage his or her emotions.  | 3.88 |
| 7 |  |      |
| 8 | My child and I can communicate well with each other.           | 3.24 |







# **PFCE Planning**

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#### Families as Lifelong Learners and Advocates

- 9 I set aside time to read with my child.
- 10 I make sure that my child is in class every day.

3.12

4.22



12 I am learning how to speak up for my child's educational needs. 3.97

# **PFCE Planning**

#### 2022-2023 Parent's Night Calendar

Join M&V's Head Start the first Thursday of every month at 7pm for Parent's Night! Eat, learn and connect!

| September                                   | October  | November                                 |  |  |
|---|--|--|--|--|
| <b>Topic</b> : Welcome to M&V Head<br>Start | Topic: Reading with<br>Your Child                  | Topic: Baby Sign<br>Language             |  |  |
| December                                    | January  | February                                 |  |  |
| <b>Topic:</b> Managing New Situations       | <b>Topic</b> : Healthy Meals and<br>Healthy Bodies | Topic: Helping Kids<br>Make Friends      |  |  |
| March                                       | April  | Μαγ                                      |  |  |
| Topic: Routines                             | Topic: Managing Big Feelings                       | <b>Topic</b> : Preparing for Transitions |  |  |

Snacks and childcare will be provided.



# **Ready4K Trauma-Informed**



FACT: Your child's teelings can trigger YOUR feelings. This is totally normal. It's okay to take a moment to breathe and cope with your feelings before helping your child cope with theirs.

TIP: The next time your child is feeling angry or frustrated, check in with YOUR feelings. Take a second to pause. Ask yourself, "How am I feeling in this moment?"

GROWTH: Keep noticing your feelings. When you're having strong emotions, pause and take a deep breath. Now ask yourself, "What's the best thing I can do in this moment?"

- Aligned to the Protective Factors
   Framework
- •3 messages per week (52 weeks)
- Serves families of children from birth through 8th Grade

•English and Spanish

 Afghan refugee version in Dari and Pashto (Pre-K through 3rd grade)

# **The 5 Protective Factors**







# **FACT** Inform & Motivate

FACT: Change and uncertainty can be hard for young children. Creating routines that can stay the same helps kids feel more secure and in control.







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TIP: When your family experiences change, create a ritual that can stay the same. You might read a book to your child each night or sing the same song when your child wakes up.

# TIP

# Activities that fit into everyday family routines

TIP: When your family experiences change, create a ritual that can stay the same. You might read a book to your child each night or sing the same song when your child wakes up.



FRIDAY



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TIP: When your family experiences change, create a ritual that can stay the same. You might read a book to your child each night or sing the same song when your child wakes up.

GROWTH: Keep sticking to routines as best you can. In the morning, try always doing things in the same order. Draw a picture of each step in your routine to help your child remember.

# **GROWTH** Reinforce, encourage, & extend

GROWTH: Keep sticking to routines as best you can. In the morning, try always doing things in the same order. Draw a picture of each step in your routine to help your child remember.





GROWTH: Keep sticking to routines as best you can. In the morning, try always doing things in the same order. Draw a picture of each step in your routine to help your child remember.



CONNECT: If you or your family is in immediate need of a safe place to sleep or stay, reach out. Springfield is here to support you. Call: (504) 336-0289. Say, "I'd like to speak with Housing."

### Community Support Stream

Ready4K

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C Type to compose





Questions about applying for CalFresh as an immigrant? <u>Click here</u> to learn more.

NYC Early Childhood Mental Health TTAC Fraining and Technical Assistance Center

#### The Early Childhood Mental Health Network

The New York City Early Childhood Mental Health Network:

New expert mental health services and supports for young children and their families offering:

- Mental health treatment for children ages 0-5 and their families
- Expert clinical staff using evidence-based and trauma-focused therapies
- Short wait times for appointments
- Services in languages other than English, including Spanish

\*All clinics accept Medicaid and other insurance and work with families to ensure access.

Help families take the first step to get the support they need. Call to learn about the clinics and how to refer a family.

**Contact your nearest clinic:** 



### Community Support Stream





#### **G**uest

December 2020



#### Family Engagement Surveys

Are parents' relationships with their children stronger after doing Ready4K activities? • Stronger • Not stronger How likely are parents to recommend Ready4K to another parent?

Likely or very likely

Somewhat likely or not likely

Have Ready4K activities helped children express and manage their feelings? Helped Haven't helped





Total survey participants: 1761

FAMILY FEEDBACK

"A veces como padres también necesitamos unos consejos e ideas para poder educar a nuestros hijos especialmente cuando vivimos en un mundo muy ajetreado y el tiempo que dedicamos a ellos es poco y estamos • •

| Custom Messages and Surveys X          | +   |           |           |                                     | ~       |
|--|---|-----------|-----------|-------------------------------------|---------|
| → C                                    | ges   |           |           |                                     | e Guest |
| Ready4K                                |   |           |           |                                     |         |
| Home                                   |   |           |           | d Surveys                           |         |
| Add Parents                            | Click here for step-by-step instruct                                  | ions on s | ending cu | stom messages and survey questions. |         |
| Messages & Surveys<br>Data & Analytics | Select recipients:  |           |           |                                     |         |
| Resources                              | All organizations V All ZIP Codes                                     | ~         | All Gra   | de levels                           |         |
| Contact Us                             | Select type:  |           |           |                                     |         |
|  | Custom Message Survey Question  |           |           |                                     |         |
|  | Compose survey question:  |           |           |                                     |         |
|  | Write question in English   |           | Α.        | Write answer A in English           |         |
|  |   |           | В.        | Write answer B in English           |         |
|  |   |           | C.        | Write answer C in English           |         |
|  | English: 4,867 parents  | 279       | D.        | Write answer D in English           |         |
|  | Write question in Spanish (will be sent as written, not automatically |           | Α.        | Write answer A in Spanish           |         |
|  | translated)   |           | В.        | Write answer B in Spanish           |         |
|  |   |           | C.        | Write answer C in Spanish           |         |
|  | Spanish: 471 parents  | 280       | D.        | Write answer D in Spanish           |         |
|  |   |           |           |                                     |         |
|  | A Se  | nd now    | 🔟 Sei     | nd later                            |         |

# **Recalibrating PFCE Efforts**

### Families shared that they want support reading with their children.

- Monthly family nights
- Parenting curriculum
- Additional resources via text



## What does the latest data tell us?

| Tue, Nov 29, 2022, 4:00 PM | CONNECT: Books allow us to explore new worlds! Your local library has great books and programs to support your child's learning and curiosity. Click here to learn more: <u>https://www.mvlibrary.org</u>  | 15 clicks |
|----------------------------|--|-----------|
| Tue, Nov 10, 2022, 4:00 PM | CONNECT: Sometimes kids can experience BIG emotions and do things like yell or have a tantrum. It's part of growing up and can make parenting feel challenging. To find out more about children and their emotions visit: <u>https://www.mvhs.org/emotions</u>                   | 42 clicks |
| Tue, Oct 20, 2022, 4:00 PM | CONNECT: When kids learn how to focus on their breathing it gives them a strategy they can use to calm down. It can be great for you too! Click here for free, kid-friendly breathing exercises to try together: <a href="https://vimeo.com/yomind">https://vimeo.com/yomind</a> | 51 clicks |
| Tue, Oct 6, 2022, 4:00 PM  | CONNECT: When you read with your child every day, you help them develop<br>a love of books that will last a lifetime. Dive into literacy here:<br><u>https://www.mvhs.org/literacy</u>   | 18 clicks |

# What additional data can we gather?

1. Parent's Night attendance

Attendance (out of 100 total families) 50 40 30 20 10 0 **Reading With** Managing Back to School **Baby Sign Language** Your Child **New Situations** 

# What additional data can we gather?

### 2. Family survey results

When you read with your child, what feels the most challenging?

> Getting my child to focus and listen 65%



# **Putting it all together**

Families want to be reading more with their children



Parent's Night about Managing New Situations was very well attended



Most popular resources are related to emotions and calm-down strategies



Survey results show time and focus are biggest barriers to reading



## Now what?









# **Updated Calendar**

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|--|---|---|--|--|
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| December   | January   | February                                |  |  |
| Topic: Managing New Situations                             | Topic: Healthy Meals and<br>Healthy Bodies Routines                                     | Topic: Helping Kids<br>Make Friends     |  |  |
| March  | April   | Мау                                     |  |  |
| <b>Topic: <del>Routines</del> Managing Big</b><br>Feelings | <b>Topic: <del>Managing Big Feelings</del><br/>Understanding Executive<br/>Function</b> | <b>Topic:</b> Preparing for Transitions |  |  |

Snacks and childcare will be provided.

## **Reviewing at the End of the Year**

#### **Building Positive Child-Parent Relationships**

|    | Question   | 2022-2023<br>Initial | 2022-2023<br>Post | Change   |
|----|--|----------------------|-------------------|----------|
| 2  | I have daily routines with my child.                                       | 4.16                 | 4.56              | ↑        |
| 2a | The program helped me create daily routines with my child.                 |                      | 4.35              |          |
| 6  | I understand how to help my child manage his or her emotions.              | 3.88                 | 4.22              | <b>^</b> |
| ба | The program contributed to how I help my child manage his or her emotions. |                      | 4.18              |          |







## **Reviewing at the End of the Year**



#### Families as Lifelong Learners and Advocates and Leaders

|   | Question   | 2022-2023<br>Initial | 2022-2023<br>Post | Change   |
|---|--|----------------------|-------------------|----------|
| 9 | I set aside time to read with my child.                                  | 3.12                 | 4.08              | <b>^</b> |
| 9 | a The program has encouraged me to set aside time to read with my child. |                      | 3.83              |          |





## Planning for next year

## **Q&A Session**

#### **Parent Gauge**

Victoria Jones - vjones@nhsa.org

Sandy Oceguera - <u>soceguera@nhsa.org</u>

#### Ready4K

Lorena Sernett - <a href="mailto:lorena.sernett@parentpowered.com">lorena.sernett@parentpowered.com</a>

#### Online

https://learn.ready4k.com/parent-gauge-ready4k



# **Up Next**



#### National Head Start Conference - May 8-11

#### Session:

Using Data to Keep your PFCE Efforts on the Right Track

Wednesday, May 11, 1:45-2:45 pm

#### **Exhibit Hall:**

The NHSA House

Ready4K - Booth 920





