



The Growing Child Programme

A 'strengths-based' model of parenting support delivered through home-visitation and focused on improving child development outcomes

Empirically tested in Ireland through a fully scientific Randomised Controlled Trial (2008-2014) (n=435) that traced parent and child variables from birth up to the child's 5th birthday.

Evidence of positive effects across a range of domains: parental knowledge of child development and parental efficacy; child health; self-regulation and behaviour; and child cognitive, psychological, emotional and social development.

The Growing Child programme is highly cost effective and can be delivered by either professional or non-professional staff trained and quality assured by the Lifestart Foundation.

Lifestart Logic Model

