

## 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

Activity
(Lifestart)

Outcomes (Parents)

Outcomes (Child)

Strong relationships between family visitor and parent

Provision of developmentally appropriate intervention sessions (minimum 1 per month up to 3 or 5 years)

Continued support & celebration of child development outcomes

Increased knowledge of child development

Increased parental self-efficacy & well being

Reduced anxiety

Strengthened self-concept & identity

Enhanced parent/child relationship

Bonding, attachment & communication

Improved Home
Learning
Environment

Improved physical health

Enhanced cognitive abilities: fine & gross motor skills, cognitive development, language acquisition

Improved behavioural, emotional & social development & child resiliency

School readiness