

LINCOLN HEALTH FOUNDATION

Initiative:	Healthier Beginnings
Project Name:	<i>Growing Great Kids</i> [™] Parenting & Childhood Development Program
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Project Coordinator:	LaRhonda Coleman, North Louisiana AHEC
Project Administration:	North Louisiana AHEC
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Project Status:	Scheduled for implementation on September 1, 2010

Program Summary

The *Growing Great Kids*[™] program is a nationally recognized voluntary home-based visitation program that utilizes and deploys educational curriculum for intensive parenting and childhood education services targeted at critical points in a child's development. Beginning prenatally, *Growing Great Kids* provides a "how to" guide, or roadmap, for supporting parents and developing parenting competencies. It provides a structure for each home visit or group, and takes the "guess work" out of parent contacts and supervision.

Growing Great Kids puts difficult concepts into simple language by offering examples of words you could use, and the "how-to's" in the following areas:

- Building relationships with families that focus on program goals
- Growing parental empathy and nurturing relationships
- Doing activities that support childhood health, growth and development
- Integrating the latest information on supporting early brain development into daily parenting practices
- Gaining an understanding of parental/family values
- Communicating to facilitate open discussion and parental empowerment
- Making age-appropriate toys from common household items
- Enhancing family relationships
- Extending families' support systems
- Addressing concerns and exploring solutions
- Cultivating critical thinking and problem-solving skills
- Promoting parental self-care and health

Overall program objectives are as follows:

- **Prevention of Child Maltreatment** through parenting skill development and monitoring of home environments.

- **Facilitation of Positive Pregnancy and Child Health Outcomes** by teaching proper prenatal and postnatal care.
- **Improving Family Functioning** through the development of parenting and problem solving skills.
- **Optimization of Child Growth and Development** by enhancing parental knowledge of child development and linking with relative community resources.