

### ***Grant Summary***

<b>Initiative:</b>	Healthier Beginnings
<b>Project Name:</b>	<i>Growing Great Kids</i> <sup>™</sup> Parenting & Childhood Development Program (Year 9)
<b>Funding Period:</b>	December 1, 2018 – November 30, 2019
<b>Date of Funding:</b>	December 1, 2018
<b>Project Coordinator:</b>	Kathleen Richard, LMSW
<b>Project Administration:</b>	Life Choices of North Central Louisiana
<b>Total Funding Approved:</b>	\$ 124,000.00

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### **Program Summary**

The *Growing Great Kids*<sup>™</sup> 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, and takes the "guess work" out of parent contacts and supervision. *Growing Great Kids*<sup>™</sup> puts difficult concepts into simple language by offering examples of practical "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

*Growing Great Kids™* 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.

Year 9 objectives are as follows:

- **Continue Wellness Events**  
Life Choices understands the importance of preventative care. However, access to that care by some clients is limited due to transportation and/or health care coverage. Life Choices would like to continue to host wellness events for GGK™ participants. Wellness issues to be addressed would include information about healthy exercise, the importance of having a medical home, and oral health. Events also encourage the building of support systems outside the limited contact with GGK™ staff.
- **Participate in Two Trainings**  
New home visitors will be trained in the necessary tiers of the Prenatal-36 Month Growing Great Kids and Growin Great Families curriculums. Growing Great Kids' staff will also become recertified in infant, child, and adult CPR and AED procedures.
- **All Home Visitors To Maintain A Full Case Load**  
Growing Great Kids™ home visit program has been well received among the clients of Life Choices. Life Choices currently has three fulltime home visitors. Fulltime home visitors should maintain a maximum caseload of 20-24 points.
- **Partner with other Life Choices Programs**  
Growing Great Kids™ home visit program staff would like to make sure that clients are offered well balanced services. GGK™ staff plans to partner with our Fatherhood program, Work Life course, Healthy Relationships curriculum, and Mentoring of Mothers.
- **Show Positive Influence on Health Factors**

Without a doubt, GGK™ home visit program is having a positive impact on participants. One of the more concrete ways of measuring that success is by measuring core health factors. The main factors that Life Choices measures are (1) those clients who deliver at full term (at least 37 weeks), (2) those clients who deliver babies at healthy birth weights (at least 5 pounds, eight ounces), and (3) those clients who choose to breastfeed their infant. Since the inception of the GGK™ home visit program, Life Choices has noted positive movement in all three areas.