

# Parenting Early Intervention Programme

**This note describes key features of the Parenting Early Intervention Programme which aims to increase the availability of evidence-based parenting programmes for parents of 8–13-year-olds experiencing problems with their children's behaviour.**

1. In recent years, several key Government policy statements, including *The Children's Plan*, have highlighted the need to support parents of children and young people at risk of negative outcomes. Eighteen Parenting Early Intervention Pathfinders were set up following a commitment in the Respect Action Plan in 2006. In December 2008, the *Children's Plan One Year On* announced the Government's plans to expand the Parenting Early Intervention Programme (PEIP) to all local authorities (LAs).

## What is the Parenting Early Intervention Programme?

2. The PEIP aims to support parents to improve their parenting skills through increasing the accessibility of evidence-based parenting programmes for the parents of children and young people (aged 8–13 years old) at risk of negative outcomes. This is based on research which has identified the value of helping parents reflect and develop their parenting style as their young people approach their teenage years.

*'Research indicates that the most effective parenting of teenagers requires a fine balancing act between fostering the independence of young people and relaxing the boundaries on one hand, while maintaining warm and authoritative parenting support on the other.'*  
(*Every Parent Matters*: 2007:28)

3. The National Academy of Parenting Practitioners (NAPP) is an independent charity funded by the Government to transform the quality and size of the parenting workforce across England. Support and training provided by the Department for Children, Schools and Families' (DCSF's) Family Delivery Team and NAPP is intended to help LAs develop or increase the provision of evidence-based parenting programmes and encourage parents of families at greatest risk of poor outcomes to attend.

## PEIP evidence-based parenting programmes

4. The parenting programmes which should be used by local authorities setting up PEIPs are those which research has shown make the most difference to children with behavioural problems, including anti-social behaviour. The DCSF is committed to

funding parenting programmes with strong evidence of effectiveness in improving child outcomes and enabling parents to understand and develop the parent-child relationship.

5. The DSCF has worked with NAPP to identify the programmes with the strongest evidence-base that are most appropriate for the parents of children aged 8–13. The NAPP is able to provide independent advice to LAs about the suitability of each programme to the identified local need.
6. At the time of publication the parenting programmes LAs can use when delivering the PEIP are as follows:
  - Triple-P
  - Incredible Years (8–13) (Caroline Webster Stratton)
  - Families and Schools Together (FAST)
  - Strengthening Families 10–14 (Oxford Brookes)
  - Strengthening Families Strengthening Communities
7. Information on each of these programmes can be found at: [www.parentingacademy.org/workforce\\_prospectus.aspx](http://www.parentingacademy.org/workforce_prospectus.aspx)
8. Programmes are delivered in group settings within a range of venues including schools and other community venues. Based on the funding and performance within pilot areas an LA with an established PEIP is expected to support at least **150–200 parents** each year.

### PEIP pilot

9. The PEIP was piloted in 18 LAs from September 2006 to March 2008. The pilots were evaluated by the Centre for Educational Development, Appraisal and Research (CEDAR) at Warwick University. Evaluation found that:
  - The parenting training was very successful in improving the parents' mental well-being, their parenting skills, their sense of being a parent, and also in the behaviour of the child about whom they were concerned.
  - The PEIP almost halved the number of parents who classified their children as having significant behavioural difficulties.
  - Many parents reported changes including being calmer with their children, more confident in parenting, and giving more time to talking and listening to their children. They thought their relationship with their children had improved, as well as their behaviour, well-being, self-esteem and interest in school.

10. The full evaluation can be found at: [www.dcsf.gov.uk/research/programmeofresearch/projectinformation.cfm?projectid=14941&resultspage=1](http://www.dcsf.gov.uk/research/programmeofresearch/projectinformation.cfm?projectid=14941&resultspage=1)

### Key features of a PEIP

11. Through the evaluation the following features were identified as fundamental to the effectiveness of PEIPs:
- clear referral arrangements either through schools (Parent Support Advisers, Learning Mentors, etc), from professionals who have identified need due to a child's behaviour, parental risk factors or through self-referral routes;
  - delivery through a range of practitioners from multi-agency backgrounds who are trained in the use of evidence-based parent programmes, supported by frontline staff who have received common core/awareness training;
  - delivery designed to meet local requirements which are identified through the completion of a local assessment of parent needs and current evidence-based provision. This assessment includes specific communities (geography and ethnicity), and specific needs (for example drug abuse, crime, or early pregnancy); and
  - strong promotion/awareness raising of the programme LA wide. Clear links with key agencies currently involved in parenting work (for example child and adolescent mental health services, Youth Offending Service, voluntary and community organisations, and Adult Education, etc).

### Setting up the PEIP

12. Setting up a PEIP is a significant service development which will require clear links to the local Parenting Strategy and a coherent service model with the involvement of strategic and operational level managers of all the practitioners identified to be delivering the programme. Prior to delivering, each LA will need to identify:
- an outline of service plan;
  - a statement of the priority groups;
  - a statement of the links between service plan and strategic plan;
  - programme preference if known; and
  - available workforce or practitioners.

Other considerations:

- recruitment of a PEIP project manager/co-ordinator/team;
- identification and engagement of stakeholders;

- publicity and briefing for partner agencies;
- referral criteria;
- development of policies and procedures/cross agency agreements;
- development of communications strategy;
- commitment from partner agencies to release staff for the delivery of future parenting groups; and
- links to extended schools core offer.

Further PEIP guidance can be found at: [www.everychildmatters.gov.uk/parents/supportfunding/](http://www.everychildmatters.gov.uk/parents/supportfunding/)