take root Logic Model

Take Root Program Overview

Program Participants:

Parents or caregivers of children ages 0-3 years.

Program Format:

- Online
- Self-directed modules that include 3 sessions: Through your eyes, Through your baby's eyes, and Figuring it out together.
- Manualized
- 30 to 60 mintues each with activites
- Video directed instruction

Increase Protective Factors

- ***Positive Parent-Child Interaction***
- ***Optimal Child Socio-Emotional & Cognitive Development***
- ***Effective Parental Self-Care Strategies***
- ***Healthy Child Care Strategies***
- ***Appropriate Developmental Expectations***

Decrease Risk Factors

- ***Poor Parent-Child Interaction***
- ***Suboptimal Child Socio-Emotional & Cognitive Development***
- ***Ineffective Parent Self-Care Strategies***
- ***Unhealthy Child Care Strategies***
- ***Unrealistic Developmental Expectations***

Intermediate Outcomes (Post-Test, 6-, & 12-Month Follow-Ups)

Positive Parenting Practices

Parent and Child Stress Management

Child Physical Health Promotion

Long-Term Outcomes

Increased Parent Readiness
↑ Psychological & socio-emotional well-being
↓ Rates of child maltreatment

Increased Child Readiness
↑ Psychological & socio-emotional well-being
↑ Physical health behaviors
↓ Problem behaviors

Increased Family Readiness
↑ Relationship quality
↑Positive communication
↓ Stress

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