



STRATEGY

EVIDENCE-BASED HOME VISITING PROGRAMS

Evidence-based home visiting programs are an effective state STRATEGY to impact:



Participation in evidence-based home visiting programs lead to:

- small but positive impacts on parenting skills; but
- less consistent evidence of impacts on other outcomes.

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states supplement federal funding and have an estimated percentage of eligible children served by home visiting programs that is at or above the median state value (7.3%).

WHAT ARE EVIDENCE-BASED HOME VISITING PROGRAMS?

Home visiting programs, which provide support and education to parents in the home through a trained professional (e.g., nurse or social worker) or paraprofessional, have a growing evidence base and have expanded rapidly over the last decade as a state-based investment to support parents and children.

WHY ARE EVIDENCE-BASED HOME VISITING PROGRAMS IMPORTANT?

Supporting Families in the Early Years Produces Long-Term Benefits

Parents play a critical role in shaping children's early development. Improving parents' knowledge, social support, and coping and problem-solving skills, as well as connecting families to community and health resources during the prenatal and early childhood periods, promotes positive long-term developmental trajectories in children.

Nurturing Relationships Can Buffer Children From Adversity

Teaching parents the skills for warm and responsive caregiving can buffer the long-term negative effects of childhood stress and adversity.

The Home-Based Delivery of Services Is Convenient for Many Families and Can Keep Them More Engaged

The convenience of home-based service delivery can maximize the likelihood that families will participate by eliminating or reducing barriers, such as transportation costs and child care needs. By providing support to families in their homes, it may be easier for the entire family, including fathers, to participate, and this delivery method may facilitate more personalized, individual attention, potentially increasing families' engagement in the programs.

WHAT IMPACT DO EVIDENCE-BASED HOME VISITING PROGRAMS HAVE?

Participation in evidence-based home visiting programs leads to small but positive impacts on parenting skills, but these effects exist within the context of many more null findings. Fewer consistent impacts have been found on other important child and family outcomes, including birth outcomes, child maltreatment, and child health, but our review of the evidence on home visiting to date is limited to parenting impacts.

Strong Causal Studies Show That Evidence-Based Home Visiting Programs Impact One Prenatal-to-3 Policy Goal

Examples of Impact:



- Home visiting led to small but significant effects for improving parenting behaviors (overall effect sizes on parenting outcomes from meta-analyses range from 0.09 to 0.37) (A,C,D,E)
- Significant effects emerge within the context of many more null findings (B,E)

Note. Results are based on comprehensive reviews of the evidence. The letters in parentheses in the table above correspond to a strong causal study in the comprehensive evidence review of evidence-based home visiting programs. Each strong causal study reviewed has been assigned a letter. A complete list of causal studies, as well as more details about our standards of evidence and review method, can be found in the Prenatal-to-3 Policy Clearinghouse at pn3policy.org.

Excerpt from the 2020 Prenatal-to-3 State Policy Roadmap found at <http://pn3policy.org/roadmap>

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