



Information for Texas Providers

Overview for the Fatherhood & Effective Leadership (FLEP) for Parenting Project Proposals

Research shows that children do the very best in life when their parents have made their couple relationship a priority.

The Becoming Parents Program is a rigorously evaluated workshop series for expectant and new parent couples. Couples are equipped with skills, information, and support for strong parenting relationships that lead to the healthy development of their children.

Reported benefits include:

- Reduced risks associated with child abuse and neglect
- Increased father involvement
- Increased utilization of support services
- Decreased isolation
- Improved family bonding
- Increased knowledge of early learning and school readiness
- Increased family and life management skills

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Statistically Significant Evidence of Increasing Father Involvement

Based on 30 years of research on the transition to parenthood with an emphasis on fatherhood, the Becoming Parents Program (BPP) has been identified by Texas Department of Family and Protective Services as one of four required Evidence-Based Fatherhood Education Program Models for the Fatherhood and Leadership for Effective Parenting (FLEP) RFP.

Is the Becoming Parents Program Right for Your Agency?

Effective integration of Becoming Parents Program begins by considering:

- The fit with your agency's mission and service model
- Ability to describe client and community needs the program can address in both the short and long-term
- Understanding of the unique context in which your organization operates, including types of community support available for expectant and new parents
- Your organization's goals related to serving expectant and new parent couples and how the impact can be measured and reported
- The level of organizational commitment to the approach and desired impact
- Degree to which the core concepts and skills can be reinforced with clients through other services

Transition to Parenthood: An Opportunity for Significant Impact

The predictable distresses parents face during the early years of family formation, left unmitigated, are associated with negative developmental outcomes for their children in pre-school, elementary school, and beyond. Furthermore, fallout when parenting couples do not stay together poses significant personal and societal costs. Children who do not grow up with parents who have a healthy couple relationships are at increased risk for:

- Developing social problems: higher incidence of incarceration, teen pregnancy, poverty
- Developing behavioral problems: quadrupled risk of affective disorder, higher incidence of suicide, psychiatric disease, alcoholism and drug use
- Developing academic problems: lower test scores, lower grades, higher drop out rates

We can help with your proposal for funding!

Schedule a 45-minute exploratory call between your team and the Becoming Parents Program developers. We'll help review your unique situation and discuss ways in which the program can be effectively integrated into your organization's offerings for the greatest impact and help with your proposal.

Increasing Fatherhood Involvement

Becoming Parents Program is a core component of Oklahoma's Family Expectations program, which is the only one of eight programs in the Building Strong Families Project national study to show statistically significant positive impact with low-income, unwed parents. The project is one of the largest studies of its kind.

Parents participating in Family Expectations had **fathers who were more likely to be involved with their children**, were more likely to stay together and reported higher quality relationships, than those in the control group. The impacts were particularly strong and positive for couples who had lower relationship quality to begin with and for African American couples.

The Becoming Parents Program Curriculum is a the core component of the Family Expectations program, the only site reporting statistically significant positive impact on father involvement in the Project.

Table from "15-Month Impacts of Oklahoma's Family Expectations Program, August 2010"

Table ES.2 Impact of Family Expectations on Parenting, Father Involvement, and Parental Well-Being at 15-Month Follow-Up

Outcome	FE Couples	Control Couples	Estimated Impact	Effect Size
Co-Parenting (range: 1 to 5)				
Quality of co-parenting relationship	4.43	4.36	0.08*	0.12
Mothers' Parenting Behavior				
Engagement in cognitive and social play (range: 1 to 6)	5.10	5.05	0.05	0.07
Frequently spanked focal child in previous month (%)	11.1	11.4	-0.40	-0.02
Parenting stress and aggravation (range: 1 to 4)	3.53	3.49	0.04	0.08
Fathers' Parenting Behavior				
Engagement in cognitive and social play (range: 1 to 6)	4.70	4.68	0.03	0.02
Frequently spanked focal child in previous month (%)	9.6	8.6	1.0	0.07
Parenting stress and aggravation (range: 1 to 4)	3.52	3.54	-0.02	-0.04
Father Involvement (%)				
Lives with child	71	66	5*	0.15
Spends at least 1 hr with child daily	69	69	0	0.02
Provides financial support (at least half the cost of raising child)	80	72	8***	0.27
Depressive Symptoms				
Mothers' CES-D score (range: 0 to 36)	4.52	5.95	-1.43***	-0.22
Fathers' CES-D score	4.01	3.99	0.01	0.00
Attitudes Toward Marriage (range: 1 to 4)				
Mothers' attitudes	3.11	2.97	0.14***	0.18
Fathers' attitudes	3.22	3.12	0.11**	0.15
Sample Size	435	442		
Couples	435	442		
Mothers	411	413		
Fathers	362	373		

Source: BSF 15-month follow-up survey, conducted by Mathematica Policy Research.
 //* Significantly different from zero at the .01/.05/.10 level.