

# Every child deserves strong family foundations



Developed by  
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# FAMILY FOUNDATIONS: An Innovative, Effective Approach To Promote Parent And Child Well-Being

## WHAT IS FAMILY FOUNDATIONS?

Family Foundations (FF) helps prepare couples for parenthood by fostering attitudes and skills that foster positive parenting teamwork (“coparenting”). The approach is based on decades of research indicating that couple relationships and conflict—and especially the quality of the parenting teamwork—strongly predict children’s mental health and academic outcomes, as well as parent well being. The FF material has been adapted to be able to be delivered in many formats—such as group classes, family home visits, telehealth sessions, a high school course, and online self-study material. The program fosters positive parenting teamwork, and also covers topics including emotion regulation, temperament, secure attachment, and positive parenting routines.

## PROGRAM OUTCOMES

15 years of NIH-funded research across four completed trials shows that FF yields broad, deep, and enduring benefits for parents and children. Long-term evaluations have demonstrated benefits persisting at least through child age 10.

### DECREASED

- Preterm birth
- Low birthweight
- Hospital stay
- Parent stress
- Depression & anxiety
- Harsh & physically aggressive parenting
- Conflict & violence between parents
- Child mental & behavior health problems

### INCREASED

- Supportive parenting teamwork
- Parenting sensitivity & warmth
- Infant self-regulation (sleep, self-soothing, attention)
- Child social competence
- Child school adjustment

## FAMILY FOUNDATIONS VERSIONS FOR EVERY FAMILY

### The original FF class series

Consisting of 4 class meetings before birth, and 4 classes after birth. Ideally conducted by a male/female co-leader team.

### e-FF

An online, interactive version of the program that couples can complete at home.

### FF@Home

A home-visiting version for expectant/new parents living in poverty.

### Strong Foundations

An adaptation for pregnant and parenting adolescents delivered in high school.

### Parent Navigators

A parent peer-mentoring version for parents with a young child just diagnosed with Autism.

### Healthy Foundations

An adaptation of FF integrated with SBIRT, a brief alcohol intervention, for expectant couples in which the father is a moderate to heavy alcohol user.

# “Parent Reviews.”



“Even though my partner and I had a wonderful relationship to begin with, we have enjoyed going through the program since it encourages us to think about ourselves as parents. We have already begun to find some of the conflict resolution skills useful as well.”

“Our relationship has changed and gotten better. We are managing a lot of demands and challenges including being a blended family, ADHD, and Autism. We are cooperating more without arguing. We don't fight as much as we used to, we talk more.”

“I found the program very thought provoking. It's been very interesting to see how much my partner's responses differ or are similar to mine. It's also good to know that struggling through worries over childrearing is common and that everyone has different approaches that can be improved through communication and patience.”

“We feel so lucky to have taken part in the program. We use a lot of the tools that we learned and this is having such a positive effect on our family life and our future together.”

“It's really helpful to see how different couples handle different situations... and how my husband and I react. That teaches me a lot about how he thinks, and what I should do or not do in handling conflict.”

“There have been many times over the last few months that we have said 'Thank God for Family Foundations.' We truly don't think we would have survived without the support and strategies FF has taught us. But now we are thriving and so excited about our family life together.”

# Family Foundations Development And Use

Designated best practice by:



Research funded by:



Developed at:

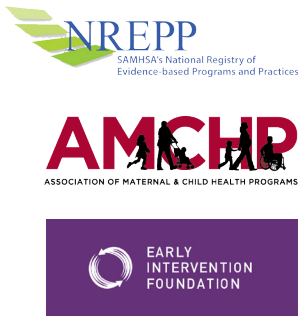


Utilized by:



## Independent Reviews

FF was reviewed by numerous expert panels. They have resulted in high ratings for effectiveness, rigor of the research, and ease of dissemination.



## Overall Program Ratings



- Blueprints for Healthy Development.....**Model Program**
- RAND Promising Practices.....**Proven Effective**
- CA Clearinghouse for Child Welfare.....**Supported by Evidence**
- Assoc. of Maternal and Child Health Programs.....**Best Practice**

## Cost of Program Implementation



## Cost/Benefit

A conservative estimate is that the monetized value of parent and child outcomes are 5 to 7 times the cost of implementing the in-person, group-format FF version.

# FAMILY FOUNDATIONS: THE EVIDENCE

## PUBLISHED OUTCOME REPORTS IN PEER-REVIEW JOURNALS

### FF-Theory and Overview

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### FF-First Trial

Feinberg, M.E., & Kan, M.L. (2008). Establishing Family Foundations: impact of a transition to parenting program on coparenting, depression, parent-child relationship, and infant regulation. Journal of Family Psychology, 22: 253-263.

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Jones, D.E., Feinberg, M.E. & Hostetler, M.L. (2014). Costs to implement an effective transition-to-parenthood program for couples: Analysis of the Family Foundations program. Evaluation and Program Planning, 44, 59-67.

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Kan, M.L., & Feinberg, M.E. (2014). Can a family-focused, transition-to-parenthood program prevent parent and partner aggression among couples with young children? Violence and Victims, 29: 967-980.

Feinberg, M.E., Jones, D.E., Roettger, M.E., Solmeyer, A. & Hostetler, M. (2014). Long-term follow-up of a randomized trial of Family Foundations: effects on children's emotional, behavioral, and school adjustment. Journal of Family Psychology, 28: 821-831.

Feinberg, M.E., Roettger, M.E., Jones, D.E., Paul, I., & Kan, M.L. (2015). Effects of a psychosocial couple-based prevention program on adverse birth outcomes. Maternal and Child Health Journal, 19: 102-111.

Kan, M.L., & Feinberg, M.E. (2015). Impacts of a coparenting-focused intervention on links between pre-birth intimate partner violence and observed parenting. Journal of Family Violence, 30: 363-372.

Lewin, A., Mitchell, S.J., Beers, L.S., Feinberg, M.E., (2015). Strengthening positive coparenting in teen parents: a cultural adaptation of an evidence-based intervention. The Journal of Primary Prevention, 36(3): 139-154.

## FF-Second Trial

Feinberg, M.E., Jones, D.E., Roettger, M.E., Hostetler, M.L., Sakuma, K., Paul, I.M., Ehrental, D.B. (2015). Preventive effects on birth outcomes: buffering impact of maternal stress, depression, and anxiety. *Journal of Maternal and Child Health*.

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## Trials of FF Adaptations

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Ammerman, R. T., Peugh, J. L., Teeters, A. R., Sakuma, K.-L. K., Jones, D. E., Hostetler, M. L., Van Ginkel, J. B., & Feinberg, M. E. (2021, June 24). Promoting Parenting in Home Visiting: A CACE Analysis of Family Foundations. *Journal of Family Psychology*. <http://dx.doi.org/10.1037/fam0000888>

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