

Chicago Parent Program

Empowering Parents, Nurturing Futures



The Benefits of Parenting Programs in the Early Years

Consistent, responsive, and nurturing parenting is essential for supporting young children's mental health and wellbeing. Yet, many parents are overwhelmed and unsure of how to support their children's mental health. Teachers are also struggling with the mental health needs of the children in their classrooms. High quality, evidence-based parenting programs can have powerful and immediate effects on parenting and children's mental health. When delivered during the early years (birth-8 years), high quality parenting programs build strong parent-child relationships, strengthen resilience, and support children's social, emotional and behavioral skills needed for learning. Parenting is highly modifiable, making these programs among the most cost-efficient and effective strategies for supporting children's mental health and wellbeing during the early years .

Chicago Parent Program: Community-Based Design

Notably, not all parenting programs are equally effective, particularly in underserved communities lacking access to high quality interventions. The Chicago Parent Program (CPP) stands out as an exemplary program that was designed and tested with parents from underserved communities to ensure its relevance and impact. Today, CPP is being implemented in Title 1 schools, Head Start, primary care, and child mental health settings across the country.

Policy Implications

Backed by 15 years of robust, evidence-based research, CPP has demonstrated its cost-efficiency, ability to enhance parents' skills and confidence, and, most importantly, its capacity to improve children's behavioral health in underserved communities. To maximize its impact for families, we urge policymakers to increase sustainable funding to agencies providing CPP and similar parenting programs to families. Currently, a dedicated, accessible, funding stream for parenting initiatives is lacking, despite their significant impact. By investing in parenting support, we not only improve children's mental health but also cultivate healthier, more vibrant communities for future generations. Embracing CPP today can transform lives and communities, creating a brighter future for all.

Benefits of Chicago Parent Program

Reduction in Behavioral Issues

Parents gain tools to manage challenging behaviors, reducing instances of behavioral problems in children, both at home and school.

Designed Specifically for Underserved Communities

CPP was designed and tested with parents from underserved communities to ensure its relevance and impact.

Breaking the Cycle of Disadvantage

Parenting programs in underserved communities can break the cycle of poverty and disadvantage by empowering parents with skills needed for their children's success.

Reduced Crime and Juvenile Delinquency

Children raised in supportive, structured homes are less likely to engage in criminal activities.

Increased School Readiness

Parenting programs can help children enter school with better academic and social skills, reducing the achievement gap.

Enhanced Parent-Child Bond

CPP strengthens the parent-child relationship, fostering trust and communication.

Prevents Child Maltreatment

CPP teaches non-violent discipline methods, reducing the risk of child maltreatment.