

Maximizing Your PFCE Efforts: How Small Changes Can Make Big Differences!

with Parent Gauge and Ready4K



Introducing Our Speakers



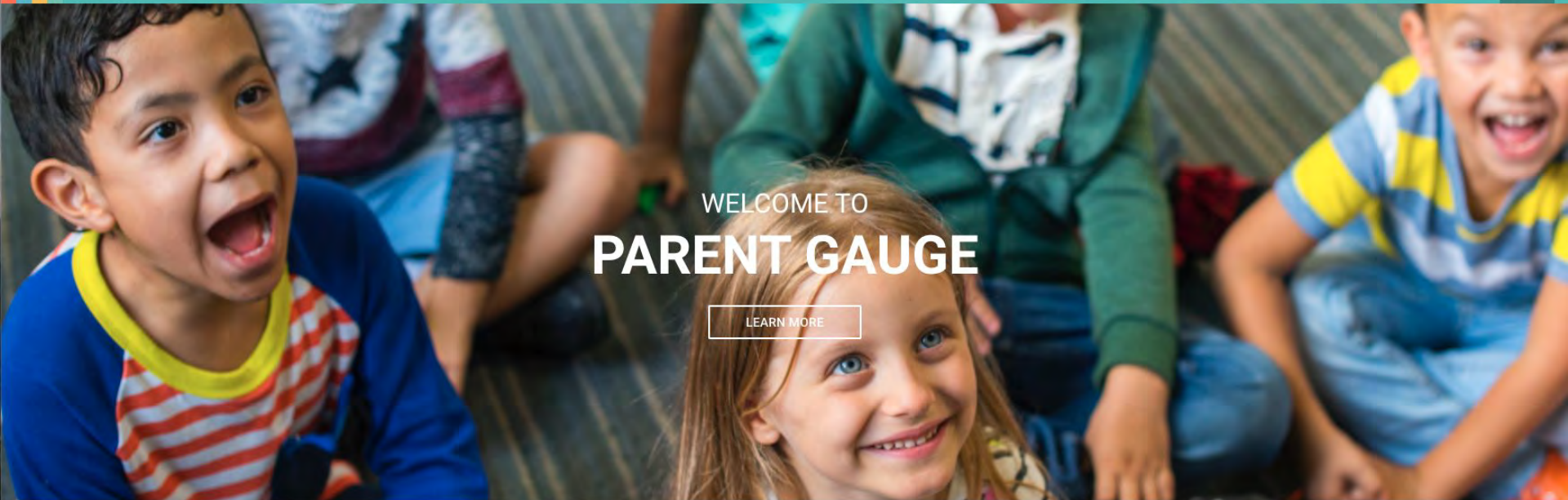
Victoria Jones
Senior Director of Data
NHSA



Lorena Sernett
Early Childhood Partnerships & Grants
ParentPowered



**Beginning with
strengths and needs**



WELCOME TO
PARENT GAUGE

LEARN MORE

Login

Email*

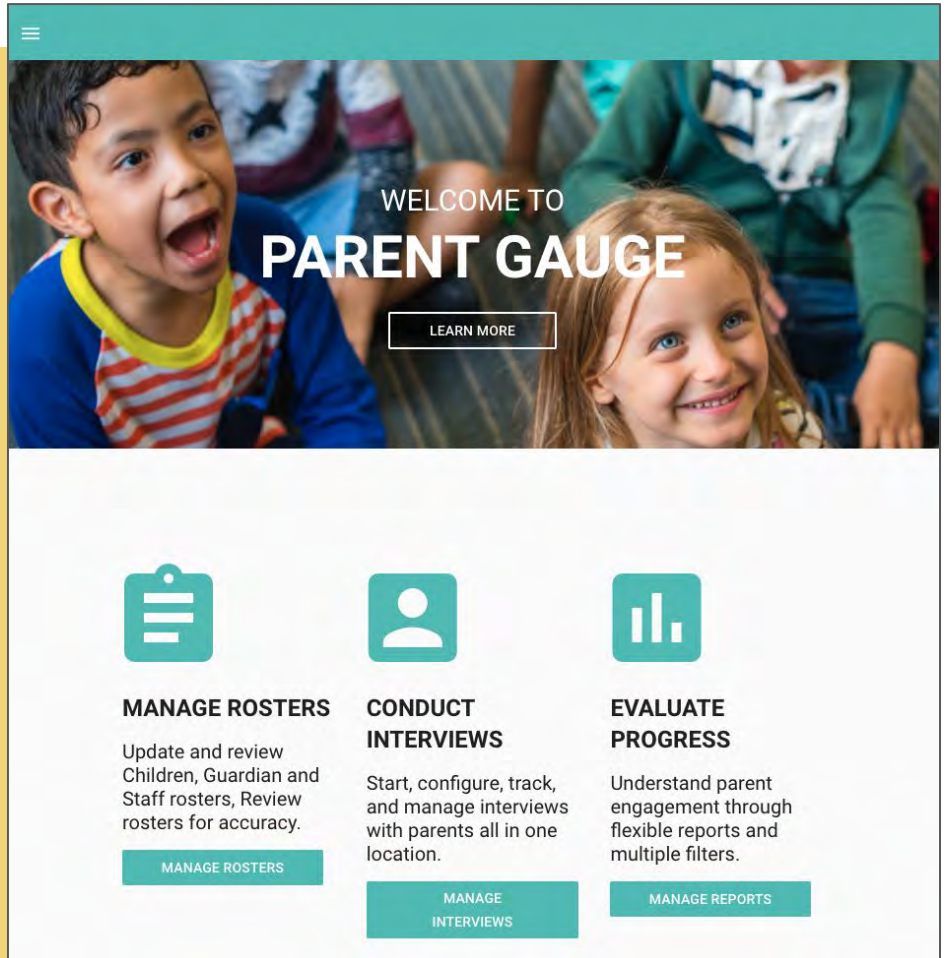
vjones@nhsa.org

Password*

[FORGOT PASSWORD](#)

The Tool

- Web-based
- Research-based, valid and reliable
- Structured series of guided conversations with parents
- Open- and close-ended questions
- Immediate feedback



The screenshot shows the homepage of the Parent Gauge website. At the top, there is a teal header with a hamburger menu icon. Below the header is a large image of two children, a boy and a girl, smiling. Overlaid on the image is the text "WELCOME TO PARENT GAUGE" in white, with a "LEARN MORE" button below it. The main content area is white and features three columns of information, each with a teal icon, a title, a description, and a button.

MANAGE ROSTERS
Update and review Children, Guardian and Staff rosters, Review rosters for accuracy.
MANAGE ROSTERS

CONDUCT INTERVIEWS
Start, configure, track, and manage interviews with parents all in one location.
MANAGE INTERVIEWS

EVALUATE PROGRESS
Understand parent engagement through flexible reports and multiple filters.
MANAGE REPORTS

[Home](#) / [Management](#) / [Interviews](#) / Interview Details

Interview Details



JOSHUA LYMAN-NOAH LYMAN: 09-06-2022

Language English ▾

Details

[EDIT INTERVIEW](#)[LOCK INTERVIEW](#)[DELETE INTERVIEW](#)

Status: Complete

[MARK INCOMPLETE](#)

Date: September 6, 2022

Evaluation: 2022-2023 Initial

Center: M&V Head Start

Interviewer: Victoria Jones

The Tool

- Coupleted questions
 - Parent experience
 - Program influence
- Sections align with PFCE framework
- Option to record or upload audio

Families as Lifelong Learners and Advocates and Leaders

The next questions are about your role in your child's education. How much do you agree with the following statements? The options are Not at all, Not Very Much, Somewhat, Mostly, or Very Much.

Closed-Ended Questions

9. I set aside time to read with my child.

Not At All Not Very Much Somewhat Mostly Very Much

Refused

9a. The program has encouraged me to set aside time to read with my child.

Not At All Not Very Much Somewhat Mostly Very Much

Refused

Reports

Families as Lifelong Learners and Advocates and Leaders

9	I set aside time to read with my child.	4.13
---	-----------------------------------------	------

9a	The program has encouraged me to set aside time to read with my child.	4.64
----	------------------------------------------------------------------------	------

10	I make sure that my child is in class every day.	4.81
----	--------------------------------------------------	------

10a	The program helped me understand why I need to make sure my child is in class every day.	4.82
-----	------------------------------------------------------------------------------------------	------

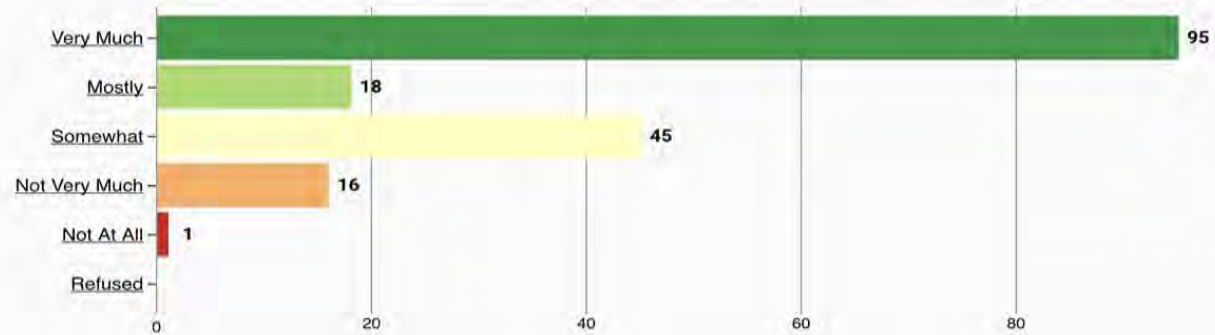
Question Detail

Program:

13. I feel connected to other parents and adults.

Total Responses: 175

Mean Response: 4.09





Returning to your center...

PFCE Planning

Building Positive Child-Parent Relationships

- | | | |
|---|----------------------------------------------------------------|------|
| 2 | I have daily routines with my child. | 4.16 |
| 3 | I have goals for my child's development and learning. | 4.10 |
| 4 | I have discipline strategies that improve my child's behavior. | 4.32 |
| 5 | | |
| 6 | I understand how to help my child manage his or her emotions. | 3.88 |
| 7 | | |
| 8 | My child and I can communicate well with each other. | 3.24 |



PFCE Planning

Families as Lifelong Learners and Advocates

9 I set aside time to read with my child. 3.12

10 I make sure that my child is in class every day. 4.22

11

12 I am learning how to speak up for my child's educational needs. 3.97



PFCE Planning

2022-2023 Parent's Night Calendar

Join M&V's Head Start the first Thursday of every month at 7pm for Parent's Night! Eat, learn and connect!

September Topic: Welcome to M&V Head Start	October Topic: Reading with Your Child 	November Topic: Baby Sign Language 
December Topic: Managing New Situations 	January Topic: Healthy Meals and Healthy Bodies	February Topic: Helping Kids Make Friends 
March Topic: Routines	April Topic: Managing Big Feelings	May Topic: Preparing for Transitions

Snacks and childcare will be provided.

Ready4K



Ready4K Trauma-Informed

Ready4K Trauma-Informed



- Aligned to the Protective Factors Framework
- 3 messages per week (52 weeks)
- Serves families of children from birth through 8th Grade
- English and Spanish
- Afghan refugee version in Dari and Pashto (Pre-K through 3rd grade)

The 5 Protective Factors

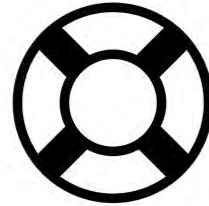
Knowledge of Parenting & Child Development



Social & Emotional Competence of Children



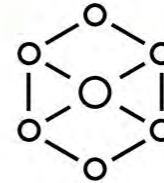
Concrete Supports in Times of Need



Parental Resilience



Social Connections



MONDAY



FACT

Inform & Motivate

FACT: Change and uncertainty can be hard for young children. Creating routines that can stay the same helps kids feel more secure and in control.

Ready4K



FACT: Change and uncertainty can be hard for young children. Creating routines that can stay the same helps kids feel more secure and in control.

TIP: When your family experiences change, create a ritual that can stay the same. You might read a book to your child each night or sing the same song when your child wakes up.

TIP

Activities that fit into everyday family routines

TIP: When your family experiences change, create a ritual that can stay the same. You might read a book to your child each night or sing the same song when your child wakes up.



GROWTH

Reinforce, encourage,
& extend

GROWTH: Keep sticking to routines as best you can. In the morning, try always doing things in the same order. Draw a picture of each step in your routine to help your child remember.

Ready4K Trauma-Informed

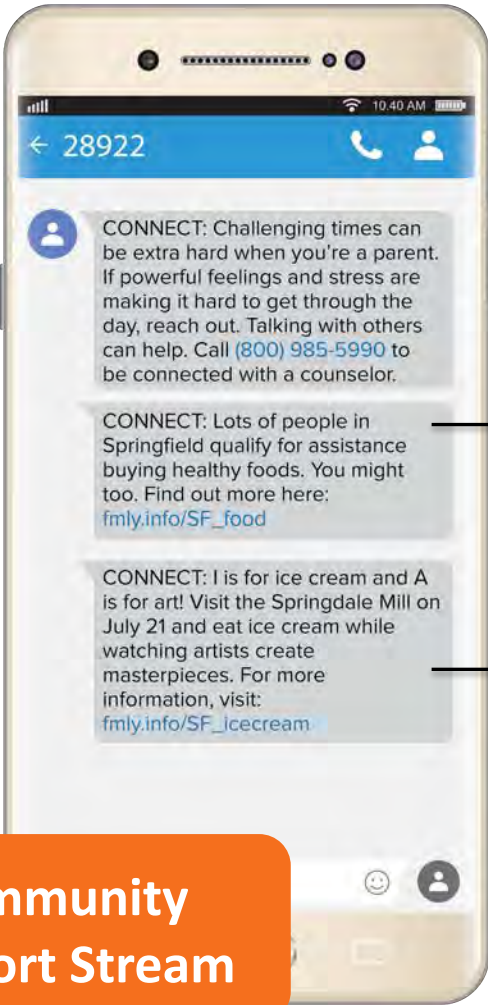


**Community
Support Stream**

Ready4K

Ready4K Trauma-Informed

Community
Support Stream



Questions about applying for CalFresh as an immigrant? [Click here to learn more.](#)



The Early Childhood Mental Health Network

The New York City Early Childhood Mental Health Network:

New expert mental health services and supports for young children and their families offering:

- Mental health treatments for children ages 0-5 and their families
- Expert clinical staff using evidence-based and trauma-focused therapies
- Short wait times for appointments
- Services in languages other than English, including Spanish

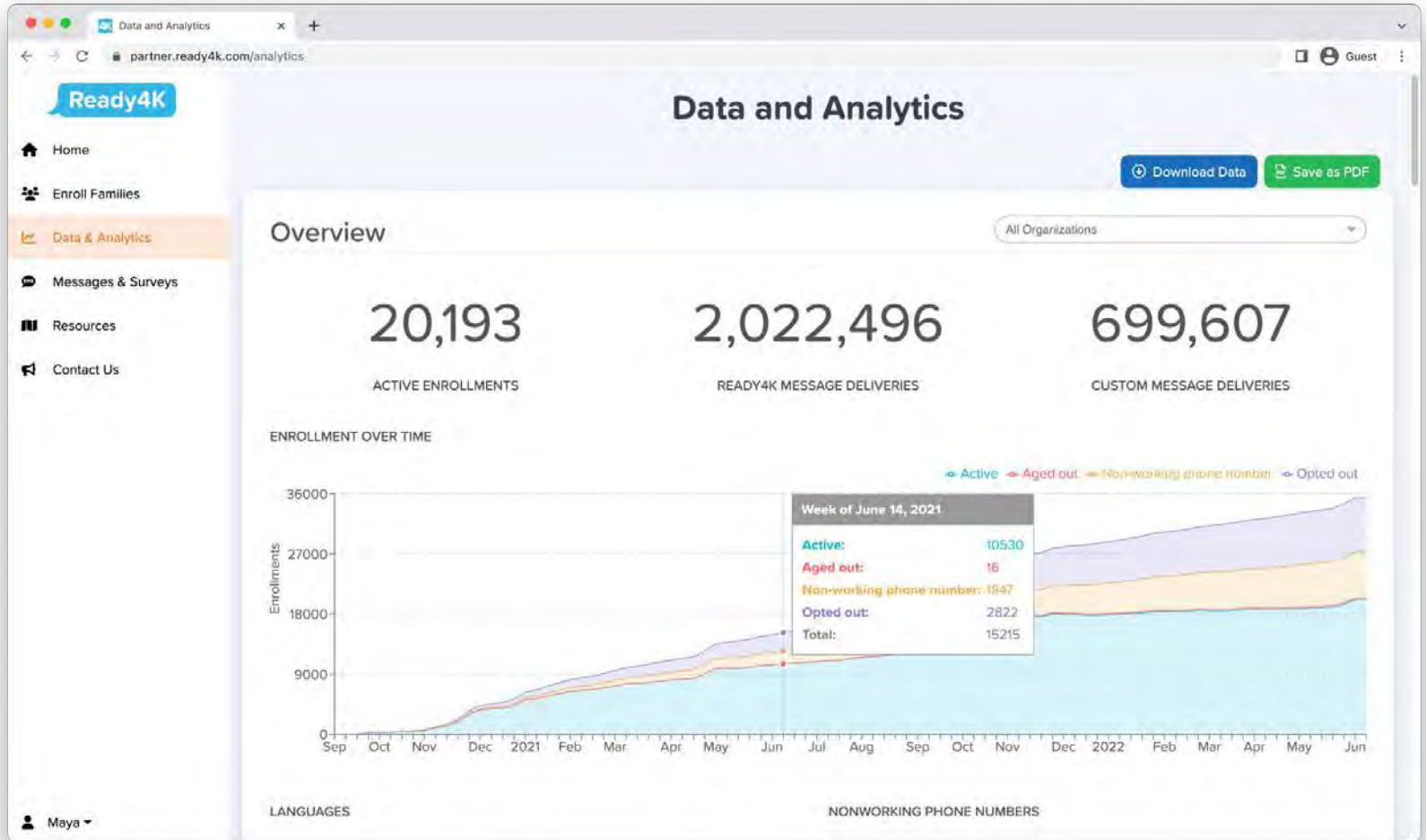
**All clinics accept Medicaid and other insurance and work with families to ensure access.*

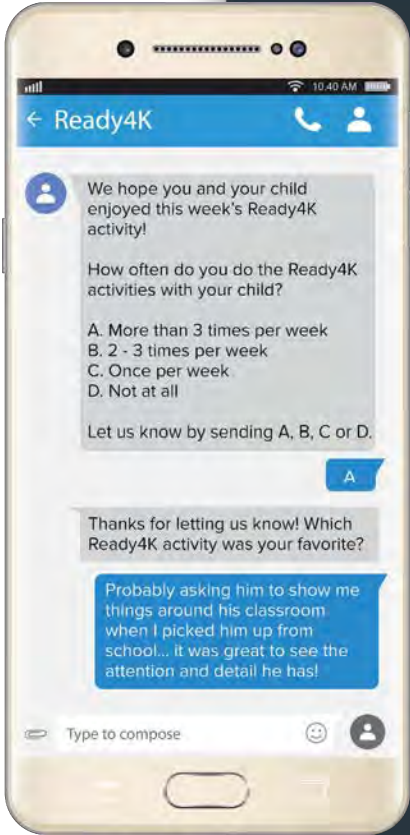
Help families take the first step to get the support they need. Call to learn about the clinics and how to refer a family.

Contact your nearest clinic:

Ready4K

Engagement Data



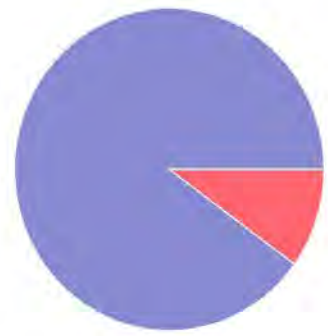


Family Engagement Surveys

December 2020

Are parents' relationships with their children stronger after doing Ready4K activities?

- Stronger
- Not stronger



How likely are parents to recommend Ready4K to another parent?

- Likely or very likely
- Somewhat likely or not likely



Have Ready4K activities helped children express and manage their feelings?

- Helped
- Haven't helped



Total survey participants: 1761

FAMILY FEEDBACK

"A veces como padres también necesitamos unos consejos e ideas para poder educar a nuestros hijos especialmente cuando vivimos en un mundo muy ajetreado y el tiempo que dedicamos a ellos es poco y estamos...
... de ideas... es muy buena ayuda. Gracias. (Sometimes as parents we also need some tips and...)

Custom Messages and Surveys

The screenshot shows a web browser window with the URL `partner.ready4k.com/messages`. The page title is "Custom Messages and Surveys". A dark sidebar on the left contains navigation links: Home, Add Parents, Messages & Surveys (highlighted), Data & Analytics, Resources, and Contact Us. The main content area has a header "Custom Messages and Surveys" with a link for instructions. Below this, the "Select recipients:" section includes four dropdown menus: "All organizations", "All ZIP Codes", "All Grade levels", and "All custom values". The "Select type:" section has two buttons: "Custom Message" and "Survey Question" (which is selected). The "Compose survey question:" section features two text input areas. The first is for English, with a count of 4,867 parents and 279 responses. The second is for Spanish, with a count of 471 parents and 280 responses. To the right of each input area are four radio button options labeled A, B, C, and D, each with a corresponding text field. At the bottom, there are two buttons: "Send now" (green) and "Send later..." (blue).

Ready4K

Home

Add Parents

Messages & Surveys

Data & Analytics

Resources

Contact Us

Custom Messages and Surveys

[Click here for step-by-step instructions on sending custom messages and survey questions.](#)

Select recipients:

All organizations | All ZIP Codes | All Grade levels | All custom values

Select type:

Custom Message | **Survey Question**

Compose survey question:

Write question in English

English: 4,867 parents 279

Write question in Spanish (will be sent as written, not automatically translated)

Spanish: 471 parents 280

A. Write answer A in English

B. Write answer B in English

C. Write answer C in English

D. Write answer D in English

A. Write answer A in Spanish

B. Write answer B in Spanish

C. Write answer C in Spanish

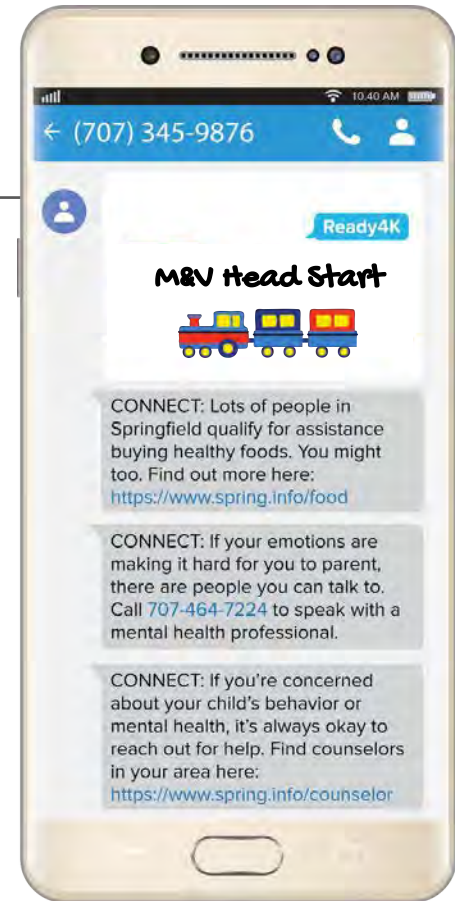
D. Write answer D in Spanish

Send now | Send later...

Recalibrating PFCE Efforts

Families shared that they want support reading with their children.

- Monthly family nights
- Parenting curriculum
- Additional resources via text

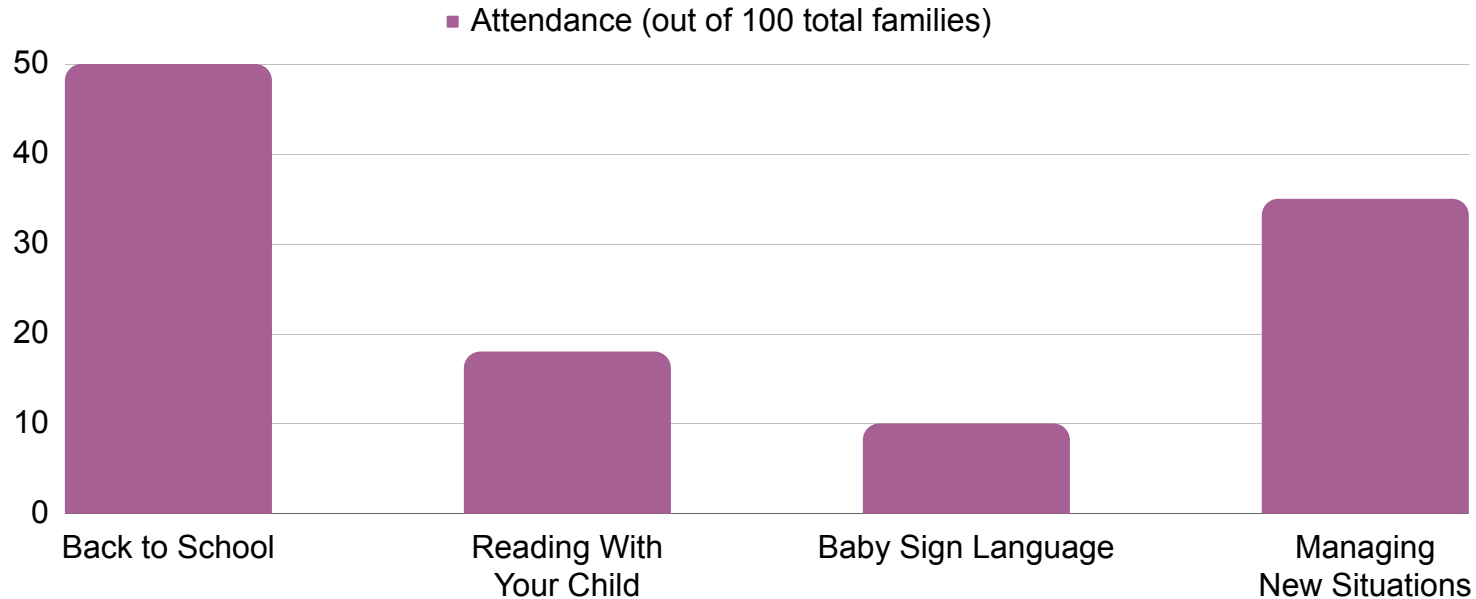


What does the latest data tell us?

Tue, Nov 29, 2022, 4:00 PM	CONNECT: Books allow us to explore new worlds! Your local library has great books and programs to support your child's learning and curiosity. Click here to learn more: https://www.mvlibrary.org	15 clicks
Tue, Nov 10, 2022, 4:00 PM	CONNECT: Sometimes kids can experience BIG emotions and do things like yell or have a tantrum. It's part of growing up and can make parenting feel challenging. To find out more about children and their emotions visit: https://www.mvhs.org/emotions	42 clicks
Tue, Oct 20, 2022, 4:00 PM	CONNECT: When kids learn how to focus on their breathing it gives them a strategy they can use to calm down. It can be great for you too! Click here for free, kid-friendly breathing exercises to try together: https://vimeo.com/yomind	51 clicks
Tue, Oct 6, 2022, 4:00 PM	CONNECT: When you read with your child every day, you help them develop a love of books that will last a lifetime. Dive into literacy here: https://www.mvhs.org/literacy	18 clicks

What additional data can we gather?

1. Parent's Night attendance

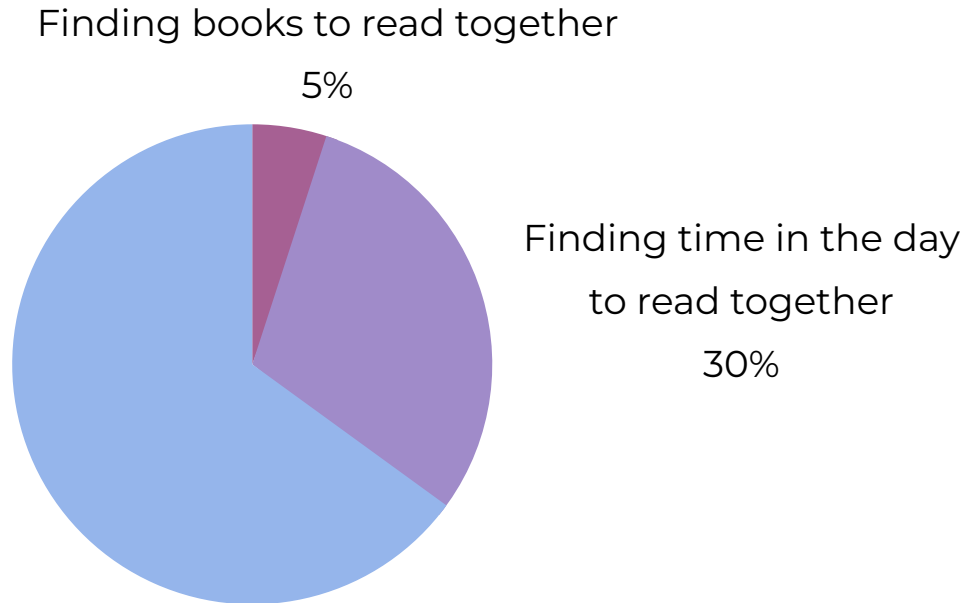


What additional data can we gather?

2. Family survey results

When you read with your child, what feels the most challenging?

Getting my child to focus and listen
65%



Putting it all together

Families want to be reading more with their children



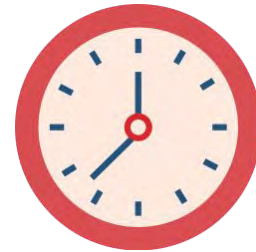
Parent's Night about Managing New Situations was very well attended



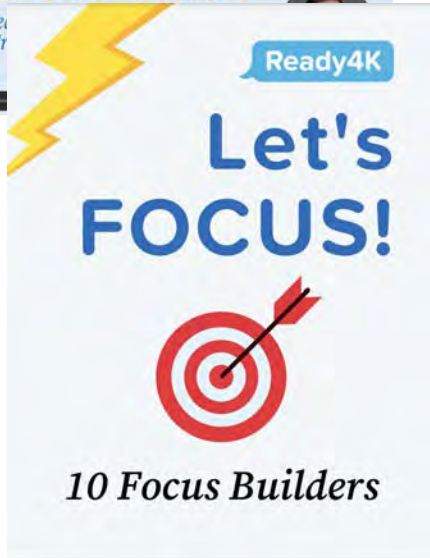
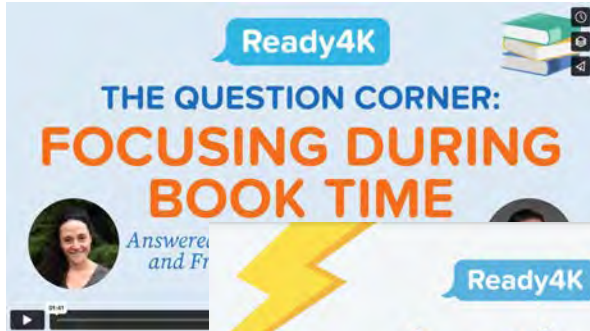
Most popular resources are related to emotions and calm-down strategies



Survey results show time and focus are biggest barriers to reading



Now what?



Updated Calendar

2022-2023 Parent's Night Calendar

Join M&V's Head Start the first Thursday of every month at 7pm for Parent's Night! Eat, learn and connect!

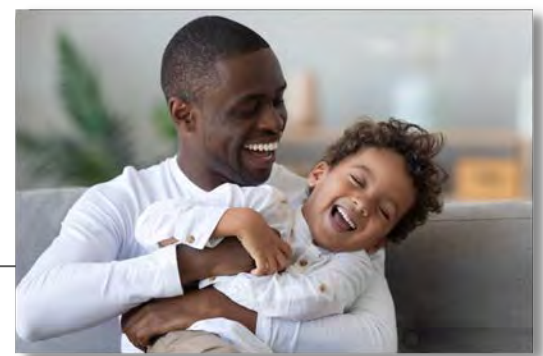
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December Topic: Managing New Situations 	January Topic: Healthy Meals and Healthy Bodies Routines	February Topic: Helping Kids Make Friends 
March Topic: Routines Managing Big Feelings	April Topic: Managing Big Feelings Understanding Executive Function	May Topic: Preparing for Transitions

Snacks and childcare will be provided.

Reviewing at the End of the Year

Building Positive Child-Parent Relationships

	Question	2022-2023 Initial	2022-2023 Post	Change
2	I have daily routines with my child.	4.16	4.56	↑
2a	The program helped me create daily routines with my child.		4.35	
6	I understand how to help my child manage his or her emotions.	3.88	4.22	↑
6a	The program contributed to how I help my child manage his or her emotions.		4.18	



Reviewing at the End of the Year



Families as Lifelong Learners and Advocates and Leaders

	Question	2022-2023 Initial	2022-2023 Post	Change
9	I set aside time to read with my child.	3.12	4.08	↑
9a	The program has encouraged me to set aside time to read with my child.		3.83	





**Planning for next
year**

Q&A Session

Parent Gauge

Victoria Jones - vjones@nhsa.org

Sandy Ocegüera - socegüera@nhsa.org

Ready4K

Lorena Sernett - lorena.sernett@parentpowered.com

Online

<https://learn.ready4k.com/parent-gauge-ready4k>



Up Next

THANK YOU!!

National Head Start Conference - May 8-11

Session:

Using Data to Keep your PFCE Efforts on the Right Track

Wednesday, May 11, 1:45-2:45 pm

Exhibit Hall:

The NHSA House

Ready4K - Booth 920

