

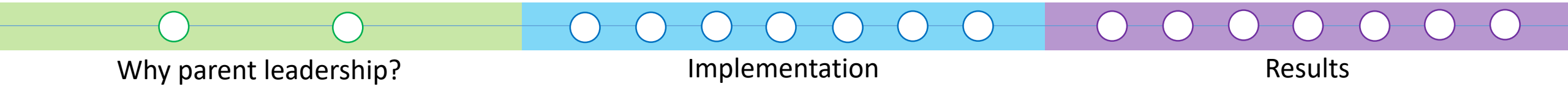
# Peer Leadership in Preschool-Based Parent Health Education: Implementation Strategies and Preliminary Results

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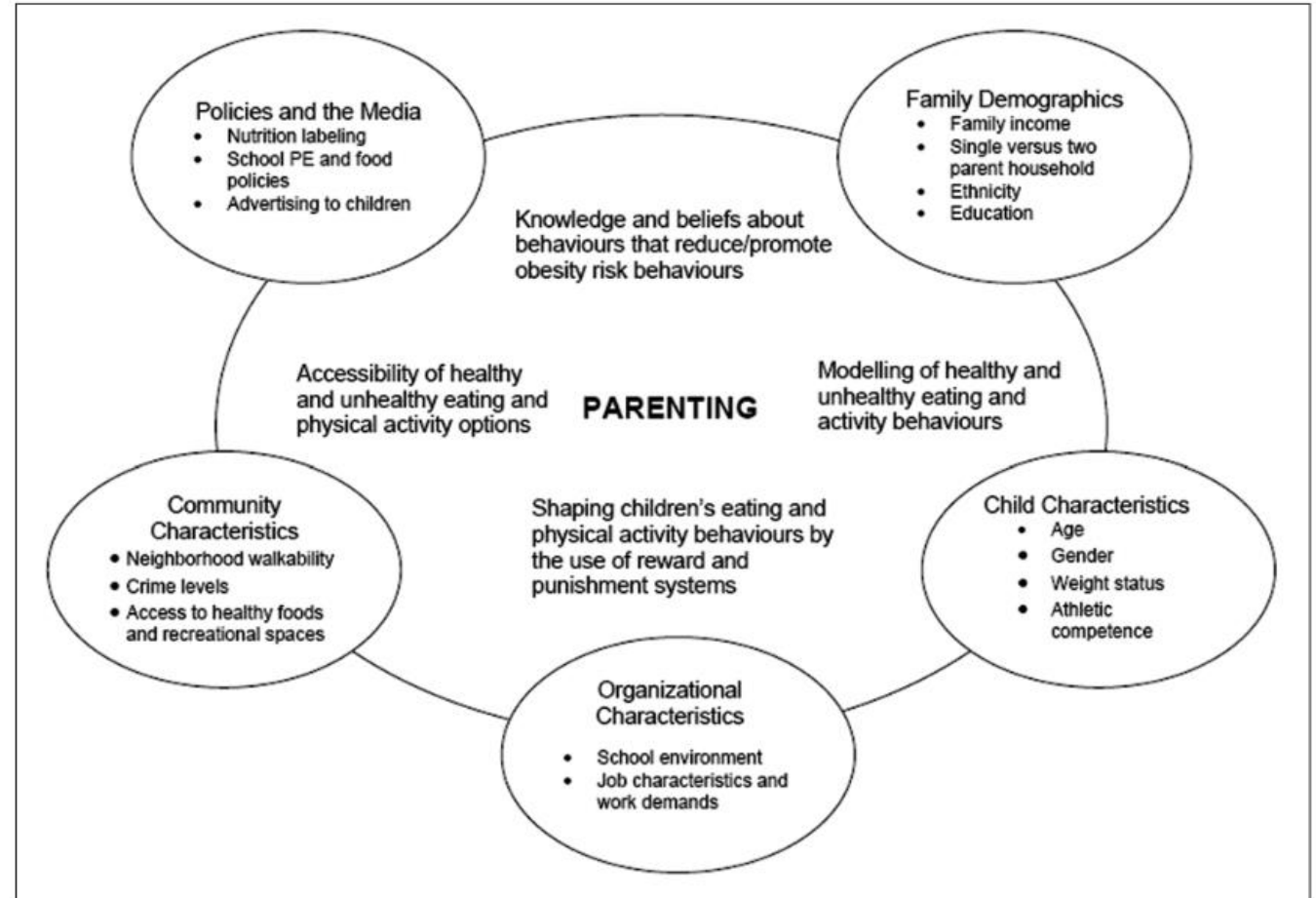
# Agenda

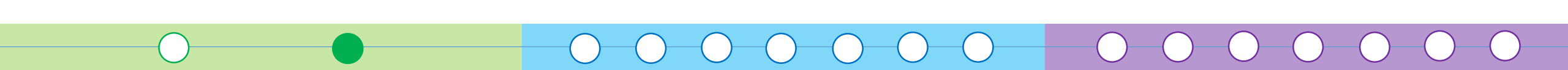
1. Why parent leadership?
2. Present and future implementation strategies
3. Impact of peer leadership: preliminary results

Objective: Describe the benefits of engaging parents as leaders and build off of implementation successes and lessons learned from Communities for Healthy Living.

Parenting, which is critical for child health, depends on context...

...as do parent participation in and effectiveness of family-centered health promotion efforts





Why parent leadership?

Implementation

Results

# Why Parent Leaders?

- Program participation and effectiveness:
  - Compared to dominant culture professionals, peers can better:
    - Establish trust
    - Provide culturally appropriate services
    - Bring insider community knowledge
    - Minimize power differential between program leaders and participants
- Community capacity building:
  - Peer leadership is an empowering role
  - Empowered peer leaders can improve community health outside the original reach of the health promotion program

But...lack of knowledge about health? Lack of experience in health leadership?

# The Context for Parent Leadership: CHL

Communities for Healthy Living (CHL) is an obesity prevention trial in Boston-area Head Start preschools

## ■ CBPR planning + pilot testing:

- spring 2016

## ■ Implementation

- fall 2017 – s
- Cluster-rand

### Parents' Connect for Healthy Living (PConnect) Program

10 week program led by Head Start Staff/Parent

### Media & Resources

- Brochures
- Posters/ Flyers
- Online Resource Guide
- Social Media



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

### Contemporary Clinical Trials

journal homepage: [www.elsevier.com/locate/conclintrial](http://www.elsevier.com/locate/conclintrial)



**Communities for healthy living (CHL) – A family-centered childhood obesity prevention program integrated into Head Start services: Study protocol for a pragmatic cluster randomized trial**

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Why parent leadership?

Implementation

Results

# Parents Connect for Healthy Living (PConnect)

- 10-week health and parent empowerment program for Head Start parents
  - Session topics aligned to levels of the Family Ecological Model

Session 1: Welcome and Health Connections

Session 2: Nutrition and Physical Activity

Session 3: Sleep and Screen Time

Session 4: Goal Setting and Supporting Resources

Session 5: Child Personality

Session 6: Mindfulness

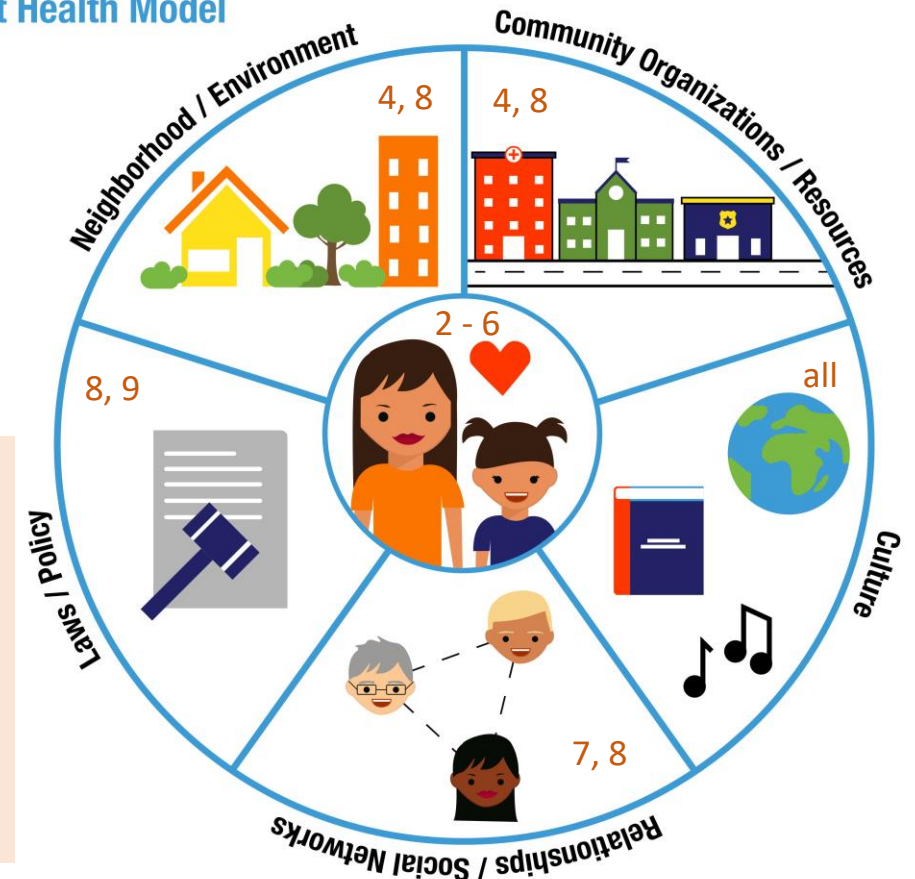
Session 7: Healthy Family Relationships

Session 8: Neighborhoods and Social Networks

Session 9: Parental Advocacy

Session 10: Graduation

PConnect Health Model



Why parent leadership?

Implementation

Results

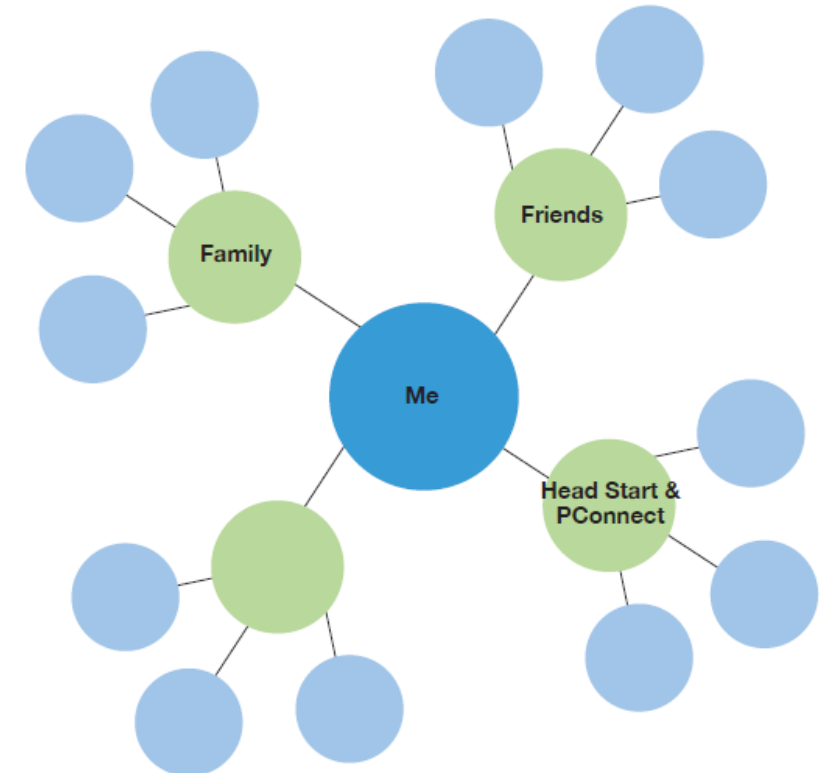
# Parents Connect for Healthy Living (PConnect)

- 10-week health and parent empowerment program for Head Start parents
  - Session activities aligned to Empowerment Theory
    - Knowledge
    - Skills
    - Resources
    - Social networks

## Activity 1: Welcome to the Neighborhood

Healthy Habit	Supports (Positive)	Challenges (Negative)	My Solutions	Solutions from My Social Networks (Activity 3)
Example: Nutrition	Example: WIC center	Example: No large grocery store nearby	Example: Learn recipes that use healthy foods I can get easily	

## Activity 3: Social Networks for Health Mapping My Social Network



Why parent leadership?





Implementation

Results

# Implementing Peer Facilitation: Current Strategies

- Facilitators complete 3-day training
  - PConnect materials
    - Detailed facilitation manual
    - Parent participant binder

## Facilitation Manual Features

	Essential Item
	Flexibility
	Material is in the Parent Binder
	Script Available

### Action Words:

Read aloud  
Check for understanding  
Transition  
Direct parents to page...  
Time Permitting  
Ask for volunteers



Why parent leadership?

Implementation

Results

## Implementing Peer Facilitation: Current Strategies (cont.)

- Facilitators complete 3-day training
  - Working with your co-facilitator

### Parent Facilitator Strengths

- Participant recruitment
- Share examples, knowledge
- Encourage participation
- Translation

### Staff Facilitator Strengths

- Experience working with parents
- Health knowledge
- Mandated reporter
- Knowledge of Head Start resources



### Working as a Facilitation Team



Strengths that only I have:

Parts of PConnect that I can lead:

Strengths that only my co-facilitator has:

Parts of PConnect that my co-facilitator can lead:

Challenges for me:

How can my co-facilitator help?

Challenges for my co-facilitator:

How can I help?

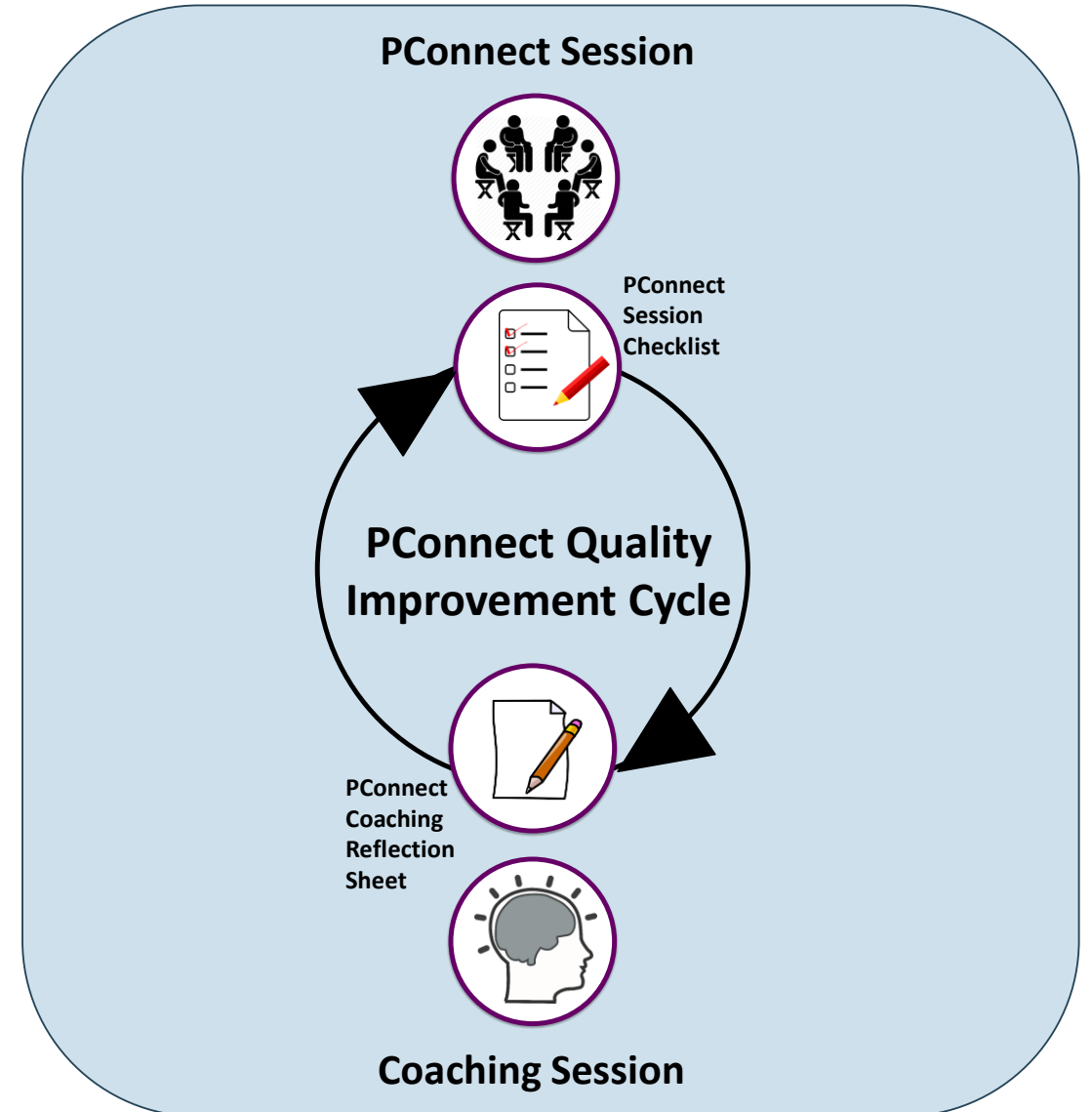
Why parent leadership?

Implementation

Results

## Implementing Peer Facilitation: Current Strategies (cont.)

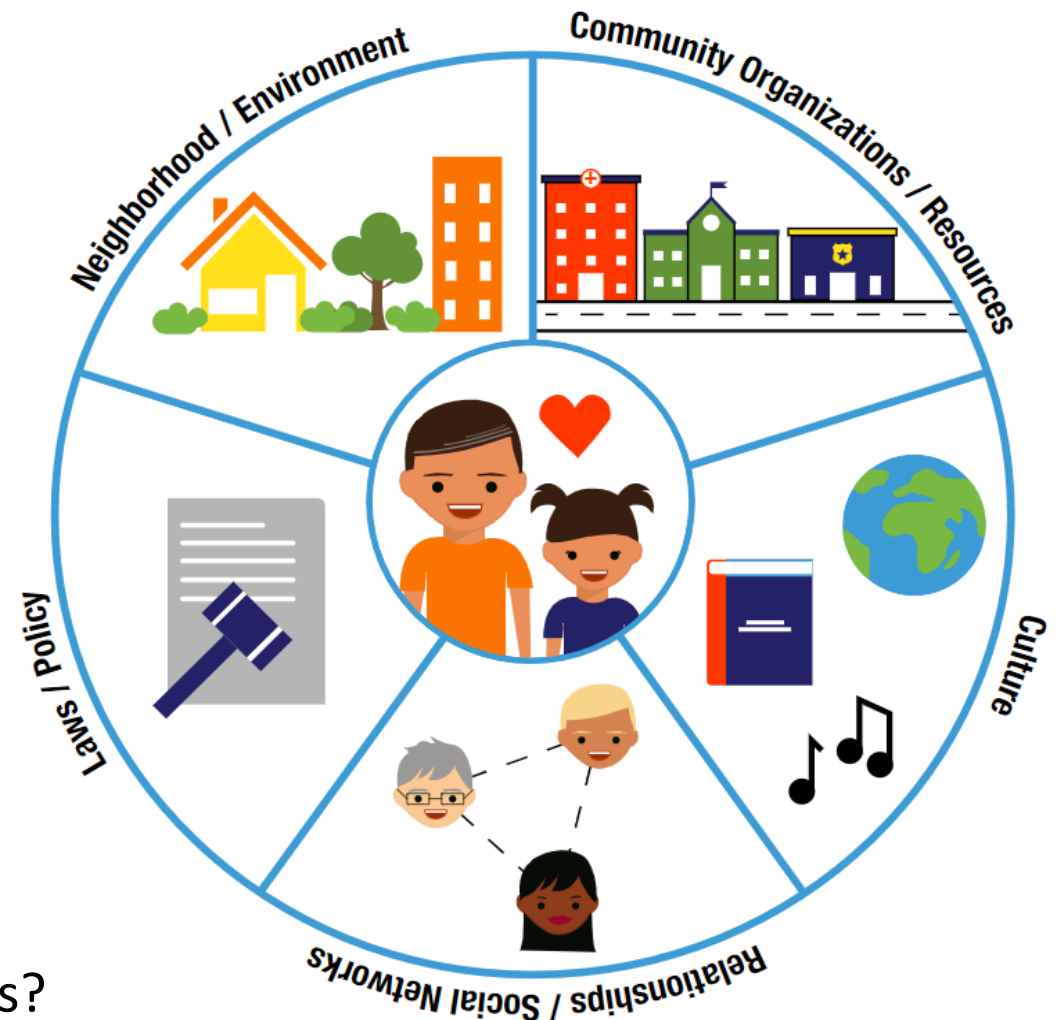
- Weekly quality improvement coaching



# Implementing Peer Facilitation: Future Strategies

(n = 11 facilitator interviews, QI coaching)

- PConnect led by one staff and one parent facilitator
  - *Language concordance highly recommended*
- Facilitators complete 3-day training
  - *Just give us the fish!*
  - *Lots of learning happens with silence*
- Weekly quality improvement coaching
  - *Important, but challenge for scale up & sustainability?*
  - *Less important for returning facilitators*
- Staff also benefit from ground-up training
- Addressing power differential between co-facilitators?





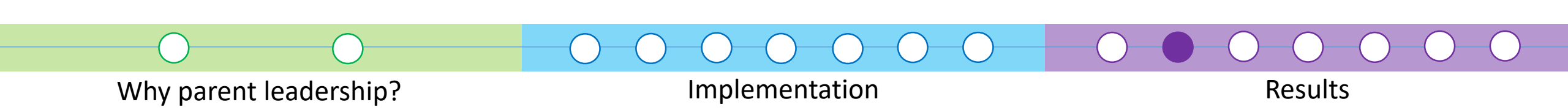
Why parent leadership?

Implementation

Results

# What is the Impact of Peer Leadership: Preliminary Results

- Data:
  - Parent facilitator semi-structured interviews (N = 7)
  - Parent participant survey (N = 27)
- Qualitative analysis:
  - Deductive-inductive hybrid thematic analysis



# Theme 1: Parent facilitators are teachers-students

- Freire emphasized co-learning between all people in an educational setting rather than one-directional transfer of knowledge from teachers to students.
  - Parent facilitators benefitted from learning from PConnect program materials
  - Parent facilitators also enjoyed learning from parent participants

Why parent leadership?

Implementation

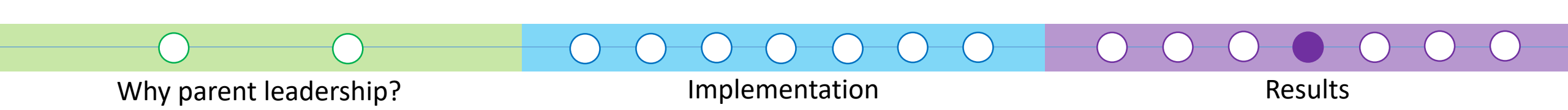
Results

# Theme 1: Parent facilitators are teachers-students



***“Yeah, I actually learned a lot. I learned things about, like, child development, mindfulness, [...] the parents as well, they usually come up with their strategies that they do in regular, in their regular life with their kids, and I get to hear stuff that would be useful for mine.”***

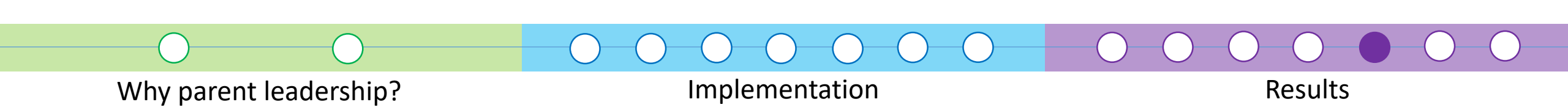
***“The first thing that comes to mind [about the PConnect facilitator experience] would be the knowledge that I gained. I mean, I know I’m supposed to be transferring knowledge to the parents, but I gained a lot of knowledge doing this program too.”***



# Theme 1: Parent facilitators are teachers-students

## Implications:

- Parent facilitators benefit from their role as peer leaders; they develop knowledge and skills useful to them.
  - 7/7 parent facilitators would recommend being a facilitator to others/be interested in returning
- Parent participants experience an **empowering environment** that affords them opportunities to both learn and teach
  - 11/23 parent participants are interested in becoming peer facilitators



## Theme 2: Parent facilitators are proud of their unique strengths

- Parent facilitators connect PConnect content to everyday life of Head Start parents
- Parent facilitators encourage participation, reassure parents they won't be judged
- Parent facilitators bring community insider knowledge



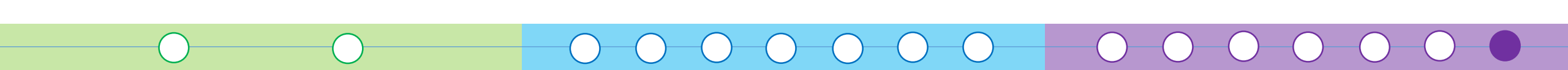
## Theme 2: Parent facilitators are proud of their unique strengths



**“So to have somebody co-facilitate that is a mom, I think we worked well together because she [the staff facilitator] has a lot of knowledge and then I have a lot of experience”**

**“Don’t be shy. I’m a parent, we all been through certain things. I’m not perfect, I’m not here to judge you, you know? Go ahead.”**

**“We have a mostly immigrant community and I have extensive knowledge. I’m from this neighborhood. I’ve lived here for twenty years, and I know about all the resources, so I’m able to direct them to where they need to go [...] I can help them, and I think they really appreciated that.”**



Why parent leadership?

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## Theme 2: Parent facilitators are proud of their unique strengths

### Implications:

- Parent facilitators feel they add value to the program, which contributes to how much they enjoy their role.
  - ***“It makes me feel good to be a facilitator.”***
- Parent participants benefit from the unique strengths of parent facilitators

# Conclusions

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- Parent peer leaders experience personal benefit and bring unique strengths to preschool-based health education programs
- Peer-leadership is a promising avenue to increase parent engagement
- Implementation may be enhanced by:
  - Content-based training (rather than skills-based)
  - Pairing parent leaders with staff
  - Quality improvement coaching, especially for new facilitators

# Acknowledgements



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**COMMUNITIES**  
**FOR**  
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<https://www.hsph.harvard.edu/chl/>



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# Thank you for listening!

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Objective: Describe the benefits of engaging parents as leaders and build off of implementation successes and lessons learned from Communities for Healthy Living.

Questions?

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# Discussion Questions

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When and how are parents involved in your research?

- Planning
- Implementation
- Analysis, interpretation, and dissemination of results

I wish I had more parent engagement for...

The greatest barriers to parent engagement are...

Slide #	References
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