

Data Driven Curriculum

Parenting

- Increased maternal knowledge
- Increased parent self-efficacy
- Reduced parent stress
- Improved home safety attitudes

Maternal

- Decreased maternal depression
- Decreased substance use
- Fewer behavior problems in mothers

Child

- Fewer behavior problems in children through age 3 (externalizing, internalizing, and dysregulation)
- Predicts lower risk of substance use and behavioral health problems over the life course

Program Outcomes

In this program health educators will deliver a culturally focused, strengths-based curriculum during regular home visits or in a location convenient for the caregiver. Caregivers gain knowledge and skills to promote healthy development and positive lifestyle for themselves and their children.

Participants

Our program serves Native American pregnant women, and women or caregivers with children up through age 3 who reside within the IHS Clinton Service Unit and have a chart with IHS Clinton Service Unit.

Program Content

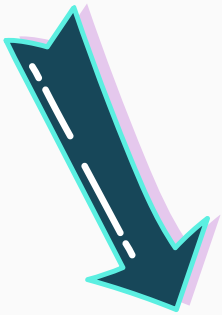
The curriculum covers lessons going over prenatal care, infant care, child development, toddler care, life skill building, school readiness, maternal health, and positive parenting practices.

What We Aim To Do

- Promote Indigenous strengths and traditions in parenting and child-rearing.
- Increase parenting knowledge and skills.
- Address maternal psychosocial risks that could interfere with positive child-rearing.
- Promote optimal physical, cognitive, social/emotional development for children from 0 to 3.
- Prepare children for early school success.
- Ensure children get recommended well-child visits and health care.
- Link families to community services to address specific needs.
- Promote parents' and children's life skills and behavioral outcomes across the lifespan.

Referral

Are you interested in participating or do you have a client or patient who would like to be referred? Please scan the QR code for a link to the online contact form.



Get In Touch With Us!

Contact Information



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**Cheyenne and
Arapaho Tribes
Family Spirit
Program**

