

MOVIN' ON UP!

PARENT CAFÉ IN A BOX: CONVERSATIONS TO PROMOTE ECONOMIC MOBILITY



What is the Movin' On Up Parent Café in a Box?

Launched in 2016, the Early Childhood Innovation Network (ECIN) is a Washington, DC-based collaborative founded by Children's National Hospital, MedStar Georgetown University Hospital and local community leaders. ECIN brings together health and education providers, community-based organizations, researchers, parent leaders, and advocates to support young children and families through innovative, community-driven approaches.

One of ECIN's newest resources, the *Movin' On Up Parent Café in a Box*, is a locally tailored tool designed to foster parent-led conversations around economic mobility. Based on the nationally recognized Parent Café model—known for peer-facilitated discussions that build community, share resources, and strengthen families—this customized version helps DC families explore pathways to financial security and resilience. The selection of economic mobility as the topic for the decks was informed by the priorities of community partners and organizations. The deck reflects the specific needs and aspirations of local families and aligns with the DC Upward Mobility Project's mission to make prosperity more accessible for all residents.



Why Economic Mobility?

Economic mobility means the ability for individuals and families to improve their financial status over time.

By focusing on this, ECIN aims to:

- Empower families to build generational wealth
- Increase access to opportunities and resources
- Foster financial well-being for current and future generations

Movin' on Up! – A Glimpse at the Protective Factors

The *Movin' on Up* deck highlights five protective factors that are interconnected to support economic resilience and upward mobility:

- Income & Employment
- Education
- Community Vitality
- Social Support
- Wellness (Holistic Vitality)

What Participants Are Learning

Recent pilot sessions revealed key takeaways from parents:

- "Investing in oneself now builds generational wealth."
- "It's never too late to achieve your goals."
- "Read the fine print."
- "Plan ahead to protect your family from financial hardships."
- "Use community resources when facing challenges."
- "Teach kids about financial stability from a young age."

How You Can Get Involved

Become a Parent Café Host:

Get trained to lead conversations using the *Movin' On Up* deck.

ECIN Parent Café Training schedule:

www.ecin.org/innovations/parent-cafes



Want to learn more about the ECIN Movin' On Up deck?

Email us at

ParentCafeTeam@childrensnational.org