

# FAMILY CHECK-UP OVERVIEW



## What is the Family Check-Up® Model?

A brief, family-centered & strengths-based approach to mindful parenting, tailored to family strengths and needs

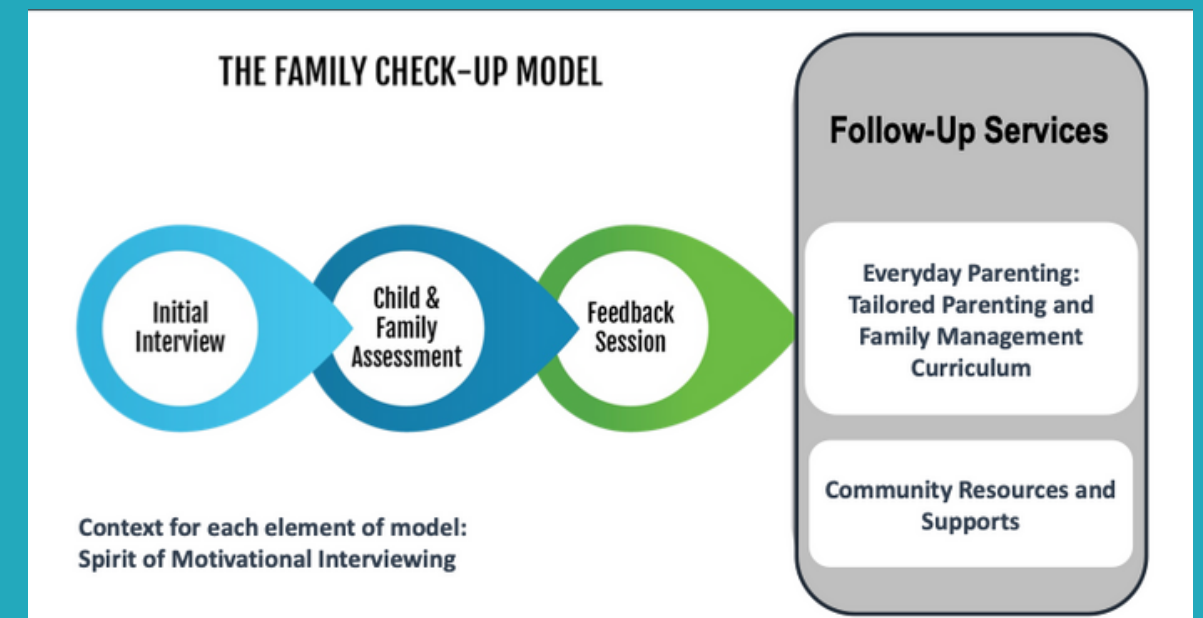
Includes two components:

### Family Check-Up: Assessment and Goal Setting

- ✓ Combines empirically-validated assessment with motivational interviewing to engage families in identifying strengths and areas for improvement in parenting
- ✓ Uses collaborative feedback and goal-setting processes with parents to bridge to Everyday Parenting and other follow-up services as needed

### Everyday Parenting: Positive Parenting Skills Curriculum

- ✓ Provides parents with simple, practical parenting strategies to promote positive child development
- ✓ Session-based approach with three modules: positive behavior support, setting healthy limits, and building family relationships



## Why the Family Check-Up Model?

- ✓ Most cost-effective well-supported EBP across widest age group (2-17)
- ✓ Effective with culturally & socioeconomically diverse families & internationally
- ✓ More than 30 years of research support strong intervention effects
- ✓ Families have high engagement rates



## Who is Served by the Family Check-Up Model?

- ✓ Almost any family can qualify!
- ✓ Parents with children ages 2-17
- ✓ Child lives with caregiver(s)



## Implementation Process

- ✓ Can be utilized across a wide range of settings (child and family-serving agencies, child welfare, mental health settings, primary health care, schools, etc.)
- ✓ Training and implementation support tailored to meet needs of clinicians
- ✓ Train-the-trainer process supports agency independence and program sustainability
- ✓ Online training plus virtual training and support



For more information, please visit us at [www.nwpreventionscience.org](http://www.nwpreventionscience.org).