

## Promoting Optimal Parenting Skills (P.O.P.S.)

### OVERVIEW

Founded in 2006, Promoting Optimal Parenting Skills (P.O.P.S.) provides fathers with a comprehensive educational program on individual development and on the development of knowledge and skills critical to maintaining a healthy and fulfilling marriage, being a responsible father, and achieving economic stability. P.O.P.S. uses a case management approach to tailor services to the needs of individual fathers. Case managers connect fathers with opportunities for basic and higher education, job skills training, and employment.

See [\*Emerging Findings from the Office of Family Assistance Healthy Marriage and Responsible Fatherhood Grant Programs\*](#) for more information.

### Focus

Responsible Fatherhood

### PROGRAM DESCRIPTION

#### Target Population

Fathers related to a child enrolled in Head Start/ Early Head Start; low-income; Hispanic

#### Service Delivery Unit

Individual

#### Curriculum

- PREP “Within My Reach”
- PREP “Within Our Reach”

#### Dosage

24 hours delivered over 3 consecutive Saturdays

#### Setting

Head Start Centers

#### Location

Texas

#### Adapted and/or Created for Hispanic Population

Curricula modified for Hispanic population

#### Demographics of Population Served

- Almost all participants are Hispanic
- Most are either U.S. born or grew up in the U.S.

## **PROGRAM EVALUATION**

### **Evaluated Population**

Participants who completed pre- and post-workshop assessments

### **Study Design**

- Pre-/post-test, no control group, follow-up immediately following intervention, and
- Qualitative interviews with spouses

### **Outcomes**

Knowledge and skills related to healthy relationships and parenting; level of education, professional certification, or employment; and behavioral change as reported by spouses.

### **Results**

- *Knowledge and skills related to healthy relationships and parenting*
  - Participants demonstrated increased knowledge and skills, on average
- *Level of education, professional certification, or employment*
  - Over 50 participants have achieved these developments
- *Behavioral change as reported by spouses.*
  - Spouses reported that their husbands communicated better, were more patient, practiced greater financial responsibility, helped with chores, and should a general change in attitude.

### **Results for Hispanic Subgroups**

None reported

### **Evaluation and Program Contact Info:**

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