



This licensed programme was developed by a group of academics and child development experts at the University of Purdue, Indiana, USA.

It is reviewed and updated regularly to incorporate the latest research into child development and learning.

**Other Lifestart Programmes include:**

**At Home in School:**

- A home and school partnership programme
- Addresses the needs of parents and schools during the important transition into formal education

**Spirals**

- A group parenting programme developed specifically for young and teen parents of children aged from birth to three
- Method of delivery is fun and varied with an interactive play theme in each session
- Younger parents learn how to support their children through the early stages of their development

The Lifestart Foundation is delivering the Growing Child Programme in partnership with various schools, agencies and community and voluntary organisations

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**Growing Child  
The Programme for Parents**



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*"A combination of positive parenting and a good home learning environment can transform a child's life chances".*

Frank Field, Dec 2010: Review on Poverty and Life Chances

### **Lifestart's Growing Child programme**

is an evidence-based, intensive, early intervention and prevention home visitation programme. The programme is designed to achieve better child development outcomes by educating parents on how young children develop and learn in the early years.

#### **Outcomes for Parents:**

- More knowledge of their child's development and greater parental efficacy
- More sensitive and responsive to their child's varying needs
- Enhancement of more stable relationships with their children
- Less stressed and better able to cope with parenting
- Increased awareness of the educational nature of parent-child interaction
- Promoting a home learning environment
- Increased awareness of the importance of play and interaction with their child

#### **Outcomes for Children:**

- Better child/parent attachment and bonding
- Better development outcomes in terms of physical, emotional and mental health
- Good cognitive and non-cognitive skills
- Positive self identity and self esteem
- Resilience, coping skills, capacity to self-regulate
- School readiness
- Pre-reading, writing and maths skills



## **Lifestart's Growing Child**

The Growing Child is a holistic parent-directed, child-centred curriculum of information and practical learning activity on child development for parents of children aged from birth to five.

#### **Aims of the Programme:**

- To support parents to create and maintain an appropriate nurturing home learning environment
- To improve parenting practice
- To identify and address any potential problems or concerns

The Programme is delivered by a Family Visitor who:

- presents the programme information
- demonstrates the learning activities
- signposts to appropriate support services (if applicable)
- helps complete an integrated system of review of parent and child progress towards desired outcomes
- produces a Record of Learning Achievement

The Programme can be delivered through:  
60 monthly home visits (birth to five years)  
36 monthly home visits (birth to three years)  
Shorter term focused Sessional Interventions

**Every child  
deserves  
the best  
start in Life**

