

Todos Juntos

Mi Familia & Me Program Evaluation

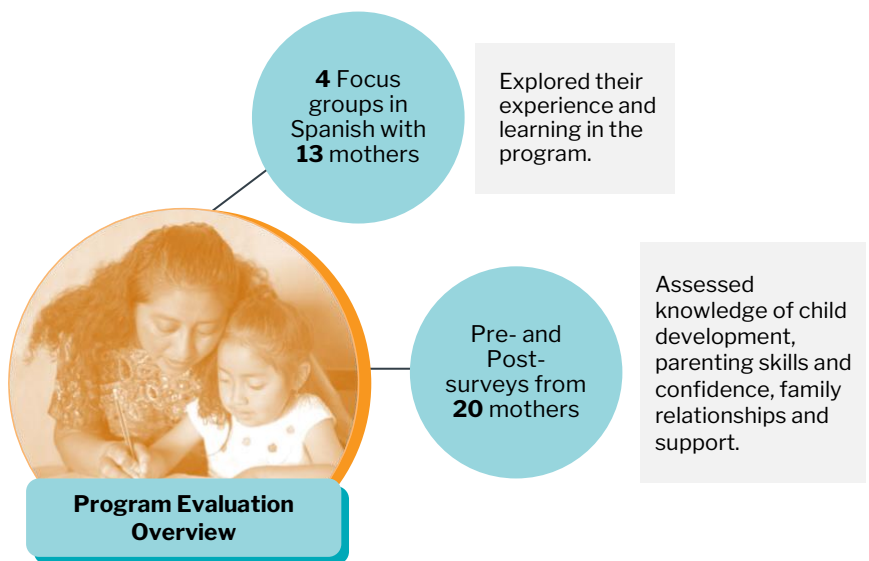
December 2023

Mi Familia & Me Program Overview:

Mi Familia & Me is a parenting program aimed at helping English Language Learner families in Central Texas build parenting skills and confidence. The program spans nine months, featuring the Abriendo Puertas/Opening Doors (AP/OD) curriculum for parents, concurrent activities with children, and experiential activities to build community and apply lessons learned.

Mi Familia & Me Program Evaluation:

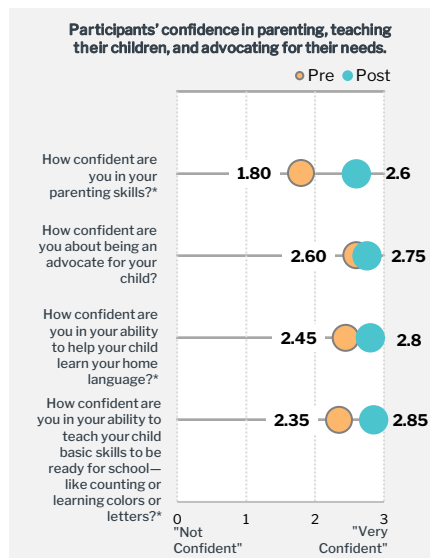
Todos Juntos contracted with the Texas Institute for Child & Family Wellbeing to evaluate the Mi Familia & Me program. Researchers used previously collected survey data and conducted focus groups with participants to determine whether the program improved cross-cultural parenting knowledge, confidence, and self-efficacy. Surveys and focus group questions centered on three areas: participants' knowledge of child development, parenting skills and confidence, and their sense of connection, both in the family and with the community.



Major Findings from the Evaluation:

Parenting Skills & Confidence:

After completing the 9-month program parents demonstrated increased self-awareness and confidence in being their child's first teacher. They felt empowered to model effective parenting strategies at home and advocate for their children at school.

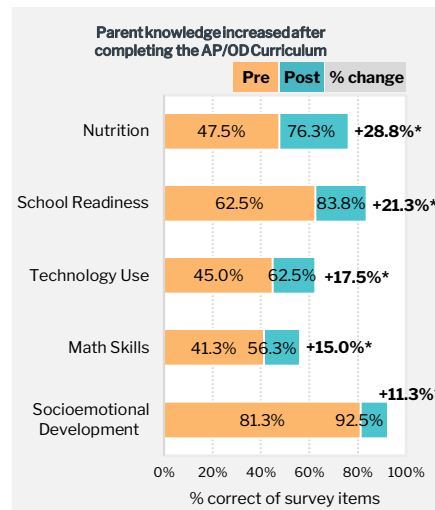


There was also a significant increase in their understanding that “it is important for me to have frequent communication with my child’s teacher.”

“What I learn, I put into practice. I always focus on the kids, but also a lot on [my husband]. What I learn, I have to teach him.”

Child Development and School Readiness:

After completing the Abrienda Puertos curriculum, parents demonstrated statistically significant increases in knowledge about child development, specifically nutrition, socioemotional development, math skills, technology use, and school readiness.



Most importantly, they implemented daily practices to stimulate their child’s development.

“Something as simple as... the kid is quiet and I am quiet, and you’re shopping and I say, “Look, that’s a rectangle.” Or the colors, “Look, let’s get the fruit, what color is the tomato?” It is a routine.”

Building Community:

At the conclusion of the Mi Familia & Me program participants reported strong social and emotional support that they can access when they have emergencies or feel stressed. The safe community and shared experience in the program built a foundation for learning and growth.

“I have also had good support when I go and ask a question. I don’t know, perhaps to register for medical insurance. Things like that. Or they bring programs from other associations or organizations related to health or dental care.”

“I feel that I have found many friends here, the teachers. As she says, they greet you at the entrance. ‘Hello, good morning.’ And you feel good. You feel like you’re an important person because they’re giving you that attention.”

“As an immigrant it’s hard to come without family and not know where to go. So, you create the support network between moms that are going through the same thing... We didn’t judge the moms for one thing or another and that created a support network that helped me to almost get a job.”

Summary:

Mi Familia & Me provides an important support to immigrant and Spanish-speaking families in the Central Texas region. The findings from this evaluation suggests that participants increase their confidence, knowledge, and skills as parents. They also find a sense of community within the program that allows them to better advocate and connect with resources both within and outside of the program.