

What You Do Matters

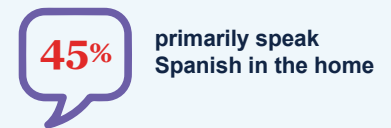
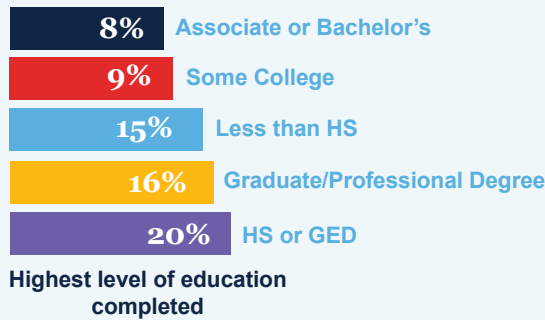
Evaluation conducted by Sarah Huisman, Ph.D.

This report summarizes findings from an evaluation of What You Do Matters (WYDM), a six-week group series that combines short, interactive presentations about child development followed by parent-child interactions. The research study aimed to obtain quantitative and qualitative feedback from participants and evaluate the impact of What You Do Matters on parental self-efficacy. Data was collected between August 2016 and December 2017

Diverse Sample of Participants



16 sites within Oklahoma and Missouri spanning urban, rural, and suburban settings



Methods

Participants completed SEPTI-TS at beginning and end of series



SEPTI-TS
53-item validated survey measuring parental self-efficacy



86
Caregivers included in pre-post analysis



20
Phone interviews conducted with caregivers following WYDM

Outcomes

Participants' parental self-efficacy scores significantly improved from pre to post*

of caregiver's self-efficacy scores increased from pre to post

84%

"It was really affirming, both what we're doing right and hearing from other parents that any struggles we're having, they're having the same thing...It's always nice to have your experience normalized."

– WYDM participant

"[WYDM] made me know more about how a child develops and what to do to help your child develop as your child gets older."

– WYDM participant