



What is the Family Check-Up® In-Person Program?

A brief, family-centered & strength-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® In-Person Program?

- ★ 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® In-Person Program?

- ★ Almost any family can qualify!
- ★ Parents with children ages 2-17



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

For more information, please visit us at thefamilycheckup.com.

