

Family support individualized for children and parents:

- ★ Brief, flexible
- ★ Strength-based, positive
- ★ Collaborative and empowering
- ★ Family-centered
- ★ Parent-led
- ★ Proven effectiveness

Promoting positive child outcomes

- ★ Helps families understand themselves better, including family strengths and concerns
- ★ Empowers parents to develop positive goals for their families
- ★ Partners with families on goals to interact with each other in best ways possible
- ★ Proven to be effective through 30 years of research with thousands of diverse families



Contact Us

AGENCY

EMAIL

PHONE

Learn More



thefamilycheckup.com

A brief, **strength-based** intervention for families with children aged 2-17*
*aged 2-14 for parent app



Family Check-Up®: Assessment and Goal Setting Component

- ★ 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



Family Check-Up®: Everyday Parenting® Component Positive Parenting Skills Program

- ★ Provides parents with simple, practical parenting strategies to promote positive child development



The Family Check-Up® is intended for families in which the child is living with the caregiver(s)

The Family Check-Up® is available in both English and Spanish



The Family Check-Up® has been shown to have many benefits in childhood, adolescence and young adulthood that are long-lasting and lead to the following...

- ★ Improved behavior
- ★ Improved mental health
- ★ Reduced substance use
- ★ Reduced likelihood of arrest in early adulthood

“ I know Family Check-Up® is working for me and my family because of the changes.”

- PARENT TESTIMONIAL

“ The Family Check-Up® taught me to be more of a listener, be more understanding.”

- PARENT TESTIMONIAL

50%
REDUCTION IN
DAYS ABSENT

Reduction in days absent from school for high school students who received the Family Check-Up® in adolescence.*

2.7x
LOWER RATES
OF CLINICALLY
SIGNIFICANT
DEPRESSION

Lower rates of clinically significant depression for middle school students who received the Family Check-Up® in middle school.*

30+
YEARS OF
RESEARCH

Over three decades of research that focuses on interactions between the brain, social context, and behavior and evidenced-based solutions to mental health and behavioral problems.

*Compared with those who have not received the FCU.