Peer-to-Peer Parent Support
THEORY OF CHANGE

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Educational Challenge

Parents often feel:
- Blame shame
- Isolation
- Stigma
- Overwhelming stress
- Actions to support child may not be approved by others (family, friends, social support network)

Parents may lack knowledge of:
- Parent role in education and effective strategies for supporting their child’s learning
- Biology of ED
- Nature of service systems and how to engage effectively with school and program personnel
- Parents sometimes experience:
  - Economic risk factors
  - Environmental risk factors
  - Stressful events and settings

Parents need:
- Help reduce strain by:
  - Reducing blame, isolation and stigma
  - Developing strategies to manage stress
- Expect and adjust:
  - Expectations, attitudes, and beliefs
  - Personal control

Needs Addressed Through

Trained peers (Parent Connectors) will provide:

Informational support
- Information about related services available at school
- Strategies to increase access to related services (primary, mental health)
- Information about how parents can affect their child’s academic performance
- Strategies to be an effective partner with their child’s teacher

Emotional support
- Support from peers with similar issues, stressors, and challenges
- Increased parent engagement and self-efficacy
- Increased parent support
- Development of self and strategies to manage external stressors and engage in problem solving

Promotion of benefits of action & positive expectations
- Information about how parents can affect their child’s academic performance
- Strategies to be an effective partner with their child’s teacher
- A discussion of how social norms may provide barriers or facilitators to appropriate action
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Advocacy Support
- Link to community resources, supports, and faith-based services
- Development of skills and strategies to manage external stressors and engage in problem solving
- Increased parent control - You can do it

Promotion of benefits of action & positive expectations
- Information about related services available at school
- Strategies to increase access to related services (primary, mental health)

Informational and instrumental support
- Information about how parents can affect their child’s academic performance
- Strategies to be an effective partner with their child’s teacher
- Link to community resources, supports, and faith-based services
- Development of skills and strategies to manage external stressors and engage in problem solving

Factors Leading to Success

- Increased positive attitudes and beliefs
- Increased personal control
- Increased self-efficacy
- Increased parent control - You can do it
- Increased parent support
- Development of skills and strategies to manage external stressors and engage in problem solving

Factors Leading to Failure

- Decreased positive attitudes and beliefs
- Decreased personal control
- Decreased self-efficacy
- Decreased parent control - You can do it
- Decreased parent support
- Development of skills and strategies to manage external stressors and engage in problem solving