





Center for EARLY EDUCATION AND DEVELOPMENT











One Intervention, Three Ways to Deliver

- Our approach boosts executive function/self-regulation skills in both generations, and buffers children against ACEs and toxic stress
- Executive Functioning Across Generations uses a language-based approach with children ages 3-5 and their caregivers:
 - Learning internal state words used in self-regulation
 - Creating personal narratives about emotionally significant events
 - Practicing mindfulness skills that increase resiliency
- Curriculum is designed for delivery in:
 - Preschool/Head Start Classrooms
 - Family Home Visiting Programs
 - Parenting Group Programs



Executive Functioning Across Generations – Core Preschool Model



STRATEGIES

Program actions

Preschool teachers deliver developmentally appropriate executive functioning (EF) skills curriculum to children ages 3-5 in small groups, teaching internal state words, personal narrative skills, and mindfulness.

Staff facilitate parent EF skills groups covering brain science, internal state words, serve and return, personal narratives, and mindfulness.

Staff encourage parents to practice EF skills at home with their children

TARGETS

Knowledge, skills, etc. directly targeted by strategies

Children increase knowledge of internal state words, personal narratives, and mindfulness skills.

Children use these EF skills in the classroom AND at home.

Parents increase knowledge of EF skills and use these skills with their children and for themselves.

OUTCOMES

Ultimate goals

Children increase EF (inhibitory control, working memory, cognitive flexibility)*

Adults increase EF*

Decreased parenting stress

Increased positive parent-child relationship (attachment, coregulation)

Increased parent satisfaction with child

Decreased CPS and justice system involvement

*Executive **Function** outcomes with existina measures

MODERATORS ... that may <u>decrease</u> efficacy: Children's group size too large (>5), lack of staff buyin, dosage (less dosage, less effect--child or adult attendance, home practice), parents too busy (e.g., multiple jobs).

... that may increase efficacy: Children's group size limited to 5 children, parents excited about brain science, staff understand the importance of building EF skills, staff comfort with mindfulness.



Preschool Core Model

Executive Functioning Across Generations© is a two-generation (2Gen) intervention designed to boost executive functioning with children and parents

- Children's Curriculum (3-5 year olds)
 - Daily delivery in groups of 5 children, 26 lessons
 - 6-8 weeks for delivery, 45 minutes per day
 - Focus on acquisition of Internal State Words, development of Personal Narratives, Mindfulness skills
 - Books, songs, activities

Parents' Curriculum

- Group delivery, 3 sessions, about 2 hours with breaks and food
- Help parents learn practical brain science
- Focus on recognizing and supporting children's acquisition and use of Internal State Words, development of Personal Narratives, Mindfulness skills
- Curriculum familiarizes parents with types of activities used with children



Goal with HF 3272

- Scale to 15 sites, each one implementing at least one delivery approach (preschool, family home visiting, parenting group)
- Engage program sites across Minnesota and ensure demographic diversity of children and families
- Accelerate brain science-informed innovation in early education and parenting programs with
 - Solid implementation support from project team
 - Use evaluation partners experienced with the project models



For More Information:

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Also see the "Our Approach" section of the TFP website:

https://www.thefamilypartnership.org/our-approach/



Questions?

