COMPANION GUIDE: TOUCHPOINTS ROLE IN OPTIMIZING CHILD DEVELOPMENT, STRENGTHENING FAMILIES, AND BUILDING COMMUNITIES

A SUMMARY OF TOUCHPOINTS OUTCOMES IN COMMUNITY PROGRAMS

Brazelton Touchpoints Center

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This Companion Guide was created as a resource to present the impacts of the Touchpoints Approach in communities and how they interact with each other; it is an addendum to the document entitled: “Touchpoints’ Role in Breaking the Cycle of Poverty.” The Touchpoints Approach to family support in pediatric care, childcare, parent groups, home visiting, and other social services promotes:

- Child Outcomes (e.g., infant and child brain development and learning readiness)
- Family Outcomes (e.g., parental emotional availability to infants and children; participation in programs providing preventive services; social connectedness and empowerment)
- Provider Outcomes (e.g., professional development and provider emotional availability to families)
- System Outcomes (e.g., systems of care collaboration; alignment of program delivery with family strengths and needs; culturally informed programs and service delivery)
EVALUATION & RESEARCH FROM COMMUNITIES USING THE TOUCHPOINTS APPROACH IN PRACTICE

**Intermediate Outcomes**

- **Family-Provider Relationship Outcomes**
  - **Knowledge**
    - Increased understanding of child development
    - Increased recognition of parents’ need for support in their relationships with their children
  - **Attitude**
    - Satisfaction in their relationships
    - Improved perception of interactions
  - **Behavior**
    - Parent engagement in available program services

- **Parent/Caregiver-Child Relationship Outcomes**
  - **Knowledge**
    - Increased understanding of developmental crises as ‘normative’, of temporary regressions as developmental
  - **Attitude**
    - Normalizing perception of child behavior
  - **Behavior**
    - Higher scores on standardized measures of parent-child & provider-child interaction
    - More early literacy activities (e.g., showing books to their children)
    - Increased cognitive stimulation

- **Individual Provider Outcomes**
  - **Knowledge**
    - Improved knowledge of child development
    - Increased awareness of parents’ knowledge
  - **Attitude**
    - Improved provider satisfaction & confidence about their work
    - Increased perception of parents as competent and valuable assets in caring for children
  - **Behavior**
    - Verbal support of mothers’ expertise
    - Nonverbal turning to baby as demonstration to mothers
    - Encourage mothers to attend to baby’s cues
    - Seek mothers’ perspectives
    - More relational, compassionate, empathic

- **Organization Outcomes**
  - Communication & coordination among providers
  - Policies/procedures that support families & provider family interactions
  - Collaboration & connection to resource/referral for families
  - Quality improvement activities (e.g., frequent and extensive ongoing feedback)

- **Individual Family Outcomes**
  - **Knowledge**
    - Increased understanding of child development
  - **Attitude**
    - Increased satisfaction with care, decreased frustration with care
    - Increased empowerment, self-efficacy, internalized locus of control
  - **Behavior**
    - Increased program participation
    - Increased breastfeeding
    - Improved healthcare utilization
  - **Mental Health**
    - Stabilized stress levels
    - Improved mental health (e.g., decreased maternal depression)

**Long-term Outcomes**

- **Health & Development**
  - Improved developmental outcomes (e.g., Ages and Stages, Bayley Scales of Infant Development)

- **Child Outcomes**
  - Improved developmental outcomes

**Short-term Outcomes**

- **Health & Development**
  - Improved developmental outcomes
SELECTED BIBLIOGRAPHY

1 Brandt, K. Napa public health study shows Touchpoints approach to healthcare is associated with better outcomes for infants and their parents. (under review). *Clinical Pediatrics*.


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