This report summarizes findings from an evaluation of What You Do Matters (WYDM), a six-week group series that combines short, interactive presentations about child development followed by parent-child interactions. The research study aimed to obtain quantitative and qualitative feedback from participants and evaluate the impact of What You Do Matters on parental self-efficacy. Data was collected between August 2016 and December 2017.

Diverse Sample of Participants

16 sites within Oklahoma and Missouri spanning urban, rural, and suburban settings

- 15% Less than HS
- 20% HS OR GED
- 9% Some College
- 8% Associate or Bachelor’s
- 16% Graduate/Professional Degree

- 45% primarily speak Spanish in the home
- 52% had family incomes below $35,000
- 49% also participated in Parents as Teachers model services

Methods

SEPTI-TS

53-item validated survey measuring parental self-efficacy

Participants completed SEPTI-TS at beginning and end of series

Caregivers included in pre-post analysis

Phone interviews conducted with caregivers following WYDM

Outcomes

Participants’ parental self-efficacy scores significantly improved from pre to post*

- 6
- 4.62
- 4.89
- 84% of caregiver’s self-efficacy scores increased from pre to post

“[WYDM] made me know more about how a child develops and what to do to help your child develop as your child gets older.”
– WYDM participant