



Providing Prevention and Early Intervention Services

Child Behavior Pathways (CBP) is a parent/provider education program that helps children succeed in their home and school environments by placing an emphasis on prevention and early intervention. The developmentally appropriate curricula are designed to help parents/providers better understand and nurture positive relationships with children, improve family functioning and effectively manage challenging behaviors. As an early intervention program, CBP helps parents identify children with attention and/or behavior difficulties BEFORE they enter school and provides them with evidence-based tools to proactively address challenging behaviors and create an environment that fosters success.

Program Components

CBP focuses on families of children ages 0-5 with a community-based approach to services that are provided in English and Spanish. Core services include:

- **COPEing with Toddler Behavior (CWTB):** for parents of children ages 0-3: This 9-week intervention is designed for parents who wish to learn about encouraging and nurturing a healthy and positive relationship with their infant/toddler.
- **Community Parent Education (COPE):** for parents of children ages 3-5: This 9-week intervention is designed to help parents effectively manage challenging behaviors and improve family functioning.
- **Social Skills Lessons:** for children whose parents are participating in designated COPE classes
- **Teacher Training Services:** Topics include social/cognitive development and effective behavior management in classroom or group settings

Accomplishments (FY 15/16)

- 31 COPE groups were conducted, reaching 647 parents
- 10 social skills groups were conducted, reaching 213 children
- 227 parents of children ages 1½ to 5 years completed the Child Behavior Checklist (CBCL) and received a report generated from this empirically validated self-report measure
- 913 teachers were trained on behavior management skills during 9 teacher education trainings
- 77% of the COPE classes were offered in communities with the greatest need of support for children to succeed in school
- Results of the Parenting Scale administered at the first and last sessions of COPE show that parents are significantly less likely to endorse dysfunctional discipline techniques (permissive/harsh/using physical force) as they move to a more authoritative parenting style
- Parents reported decreases in both the frequency of child behavior problems and the amount of parental distress caused by behavior problems, as measured by the Eyberg Child Behavior Inventory

Praise from Parents and Teachers

“Every single technique was very helpful.”

“I learned so much. I’m a preschool teacher and this class will help me work with my families.”

“This class helped me a lot! My son improved and we have better techniques as parents.”