

### RIR embraces a systems approach to enhance the social-emotional development of Nebraska's young children.

Rooted in Relationships (RIR) is an initiative that partners with communities to implement evidence-based practices that enhance the social-emotional development of children, birth through age 8. One part of this initiative supports communities as they implement the *Pyramid Model*, a framework of evidence-based practices that promote the social, emotional, and behavioral competence of young children, in selected family child care homes and child care centers. In addition, each community establishes a multi-disciplinary stakeholder team charged with developing and implementing a long-range plan to influence the early childhood systems of care in the community and support the healthy social-emotional development of children. RIR currently supports ten communities inclusive of planning, implementation and expansion: Buffalo, Dakota, Dawson, Dodge, Hall, Jefferson, Keith, Lancaster and Saline Counties as well as counties in the Panhandle.

### Supporting Community Early Childhood Systems of Care

RIR Stakeholder Teams completed systems level planning and have initiated community specific strategies that may include:

- Parent engagement activities, such as Parents Interacting with Infants (PIWI) and Parent Child Interaction Therapy (PCIT)
- Public awareness activities about children's social-emotional needs, the Pyramid and community systems work
- Promoting the importance of high-quality child care
- Planning and implementation of Circle of Security™-Parenting (COS-P)

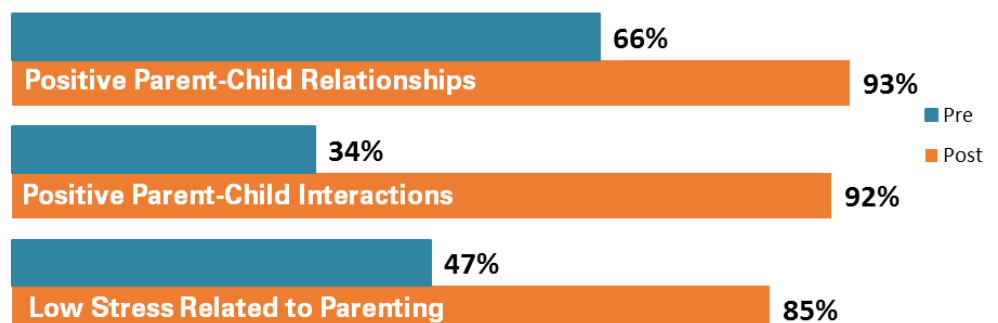


Circle of Security™-Parenting (COS-P) was successfully implemented in six of the ten communities.

### Participants' parenting skills improved significantly\* after participation in COS-P.

Circle of Security™-Parenting (COS-P) is an 8-week parenting program based on years of research about how to build a strong parent-child relationship. It is designed to help parents learn how to respond to their child's needs in a way that enhances the attachment between parent and child. This year there were 115 participants across 17 COS-P classes.

Most of the participants met the program goal in adopting positive parent-child interactions and positive parent-child relationships. Parenting stress was lowered by the end of the COS-P session.



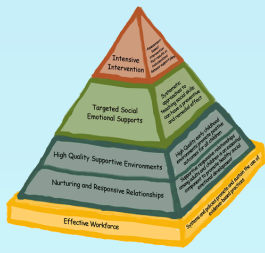
\*Significance at the <.001 level, two-tailed test.

n=111

COS-P has “taught me **how to be a better parent** and I'm able to apply what I've learned in relationships with my parents, partners, and even at work. ”

A parent evaluates COS-P

## Pyramid Model Implementation



**The Pyramid Model** is a framework of evidence-based practices that promote social-emotional competence in young children and prevent and address challenging behaviors. The model is designed as a promotion, prevention, and intervention framework built on the foundation of a high quality workforce. The three tiers of the Pyramid Model include:

1. Nurturing and responsive relationships and high quality learning environments;
2. The intentional teaching of social-emotional competencies such as play skills and emotional regulation;
3. Individualized interventions for children who need additional supports such as a positive behavior support plan.

### IN 2017 :

**27** coaches supported

**147** providers in

**77** programs impacting over

**1,200** children

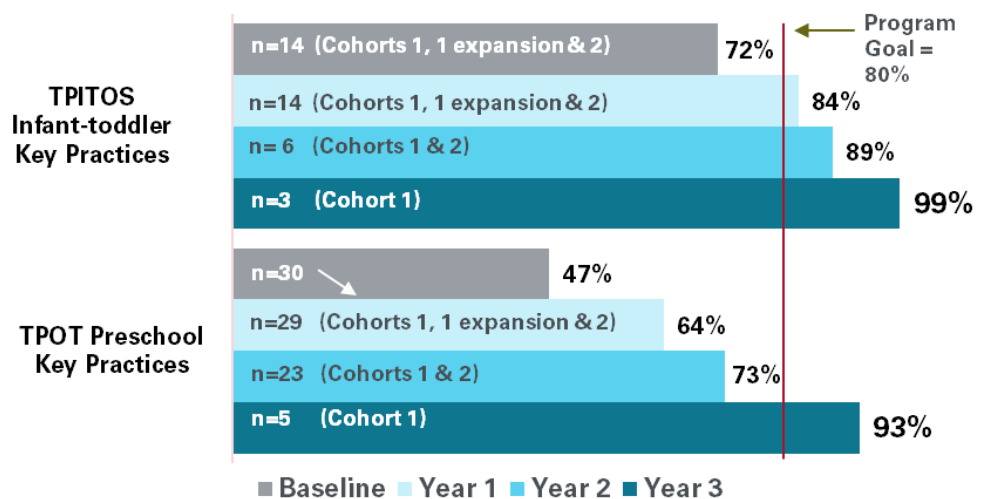
**56%** of programs were center-based

**44%** were home-based

### Coaching made a difference.

To measure the center-based classroom outcomes, outside evaluators completed observations using the Teaching Pyramid Observation Tool Research Edition (TPOT R) for preschool rooms and the Teaching Pyramid Infant/Toddler Observation Scale Revised (TPITOS R) for infant or toddler rooms. The Key Practices scale measures teacher-student relationships and preventative strategies such as structuring transitions.

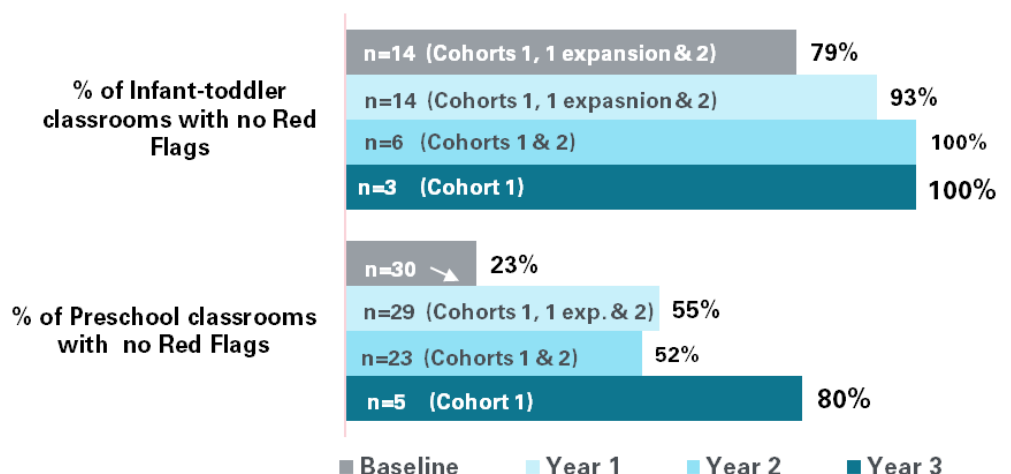
**On average, infant-toddler classrooms met the program goal after one year in the program. Preschool rooms met the goal by year 3.**



The observation tools measure Red Flags which include negative practices such as chaotic transitions and harsh voice tone. The goal is for classrooms to have zero Red Flag practices.

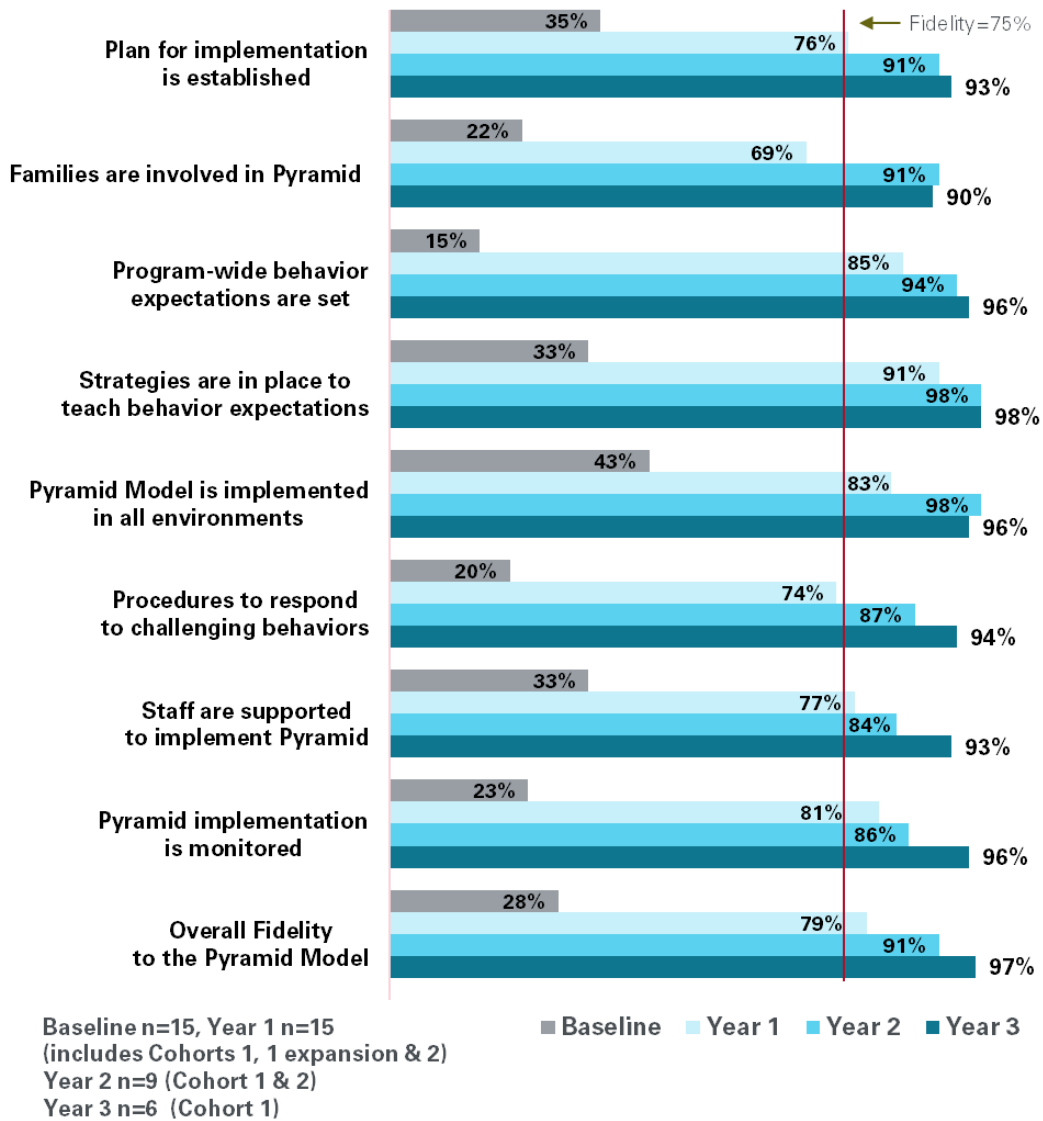
**The number of classrooms without Red Flags increased over time.**

**By Year 3, all infant-toddler and 80% of preschool classrooms met the program goal of having no Red Flags.**



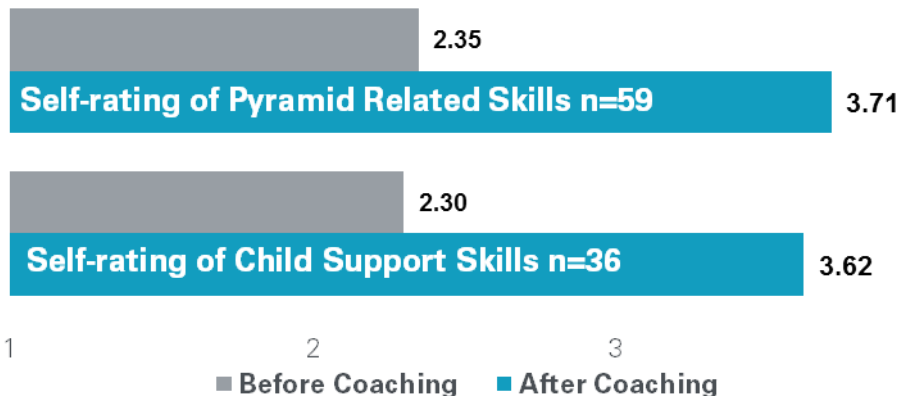
## Pyramid Model Implementation

**Home-based providers increased their fidelity to the Pyramid Model each year and, on average, reached fidelity in every area after two years in RIR.**



### Providers' skills improved.

**Providers reported a significant\* increase in their skills after RIR Pyramid coaching.**



\*significance at the <.001 level, two-tailed test.

## Statewide System of Care Efforts

**RIR is building statewide capacity to support early childhood systems of care.**

- RIR established cross-agency partnerships to align activities that build statewide capacity to support young children and their families.
- RIR increased the state's capacity to implement evidence-based practices, including creating infrastructure supports, reflective consultation, facilitator networking, and evaluation to support statewide implementation of Circle of Security™-Parenting.
- RIR has assisted in chartering a Coach Collaboration Team to develop sustainable cross-system early childhood professional development in Nebraska.
- RIR continues to collaborate with multiple agencies to provide training and consultations for mental health providers to implement Child Parent Psychotherapy.

RIR collaboration with statewide partners has resulted in **common processes** across initiatives and has **promoted alignment** of cross-agency activities.



Funding for this project is a partnership between the Buffett Early Childhood fund (beginning in 2013) and Nurturing Healthy Behaviors funding made available through a grant award to Nebraska Children (NC) following a state funding appropriation to the Nebraska Department of Education (NDE) in 2014.



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[www.rootedinrelationships.org](http://www.rootedinrelationships.org)

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