

# BUILDING CAPACITY

## BUILDING STRONG FAMILIES AND STRONG COMMUNITIES!

*“The course (Parenting the Strong Willed Child) helped me to repair my relationship with my 23 month old and I see hope for the future.” Parent*

*“I really felt that this course (Parenting the Strong Willed Child) helped our family become a more positive environment.” Parent*

*“I learned a lot about fine motor development and how to develop them” Child Care Provider*

*“The project has established a presence within the community” Steering Committee Member*

### KEY RESEARCH FINDINGS

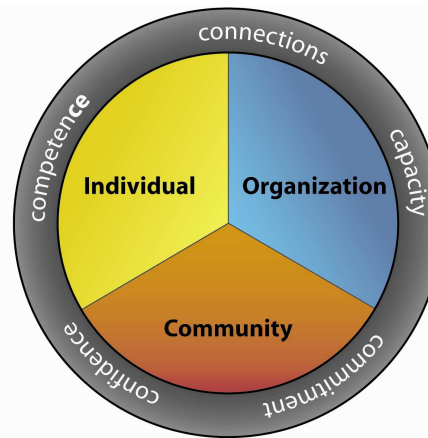
- Parents identified increased **confidence** and **skills** following participation in the Core educational opportunities.
- Parents reported improved parent child **relationships** and decreased **stress**.
- Following educational sessions regarding developmental checkups and the use of the ASQ, Public Health Nurses and multidisciplinary staff reported increased **knowledge** regarding the Ages and Stages Questionnaire and increased **confidence** in managing referrals.
- Day Care/Day Home providers reported significantly greater **confidence in managing follow-up** services after identification of a developmental delay

immediately following the educational sessions.

- Through the GAWM Steering Committee, capacity was increased to be **responsive** to specific needs of the urban and various rural communities served.

### GROW ALONG WITH ME ACTIVITIES

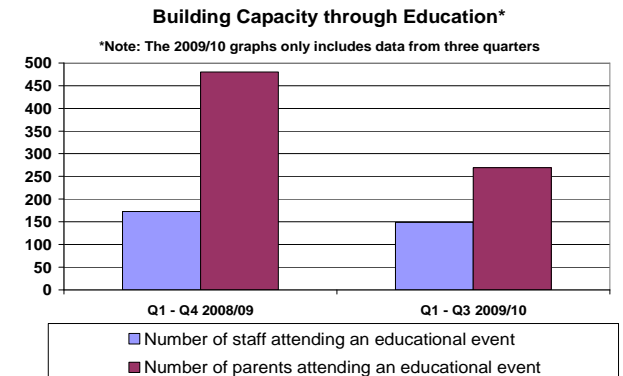
**The synergistic effect of capacity building**  
(Ontario Prevention Clearinghouse, 2002, p 2)



The Grow Along with Me project has a strong focus on building capacity. Capacity has been developed at the individual (Parent and Staff), organizational and community level. Front-line staff now have increased knowledge, skills and resources to support parents to effectively promote their child’s early development.

Based on a review of literature and with input from local stakeholders, key areas for identified capacity building were identified. Early speech and language, social/ emotional and motor development were targeted.

Staff from multiple partners jointly planned and offered region-wide courses for both parents and community agency staff. Core training and community courses have been instrumental in providing parents with information and skills to be able to positively support their child’s early development. Access to child care during these sessions was critical to their success.



### REPORTS FOR MORE INFORMATION

**Building Capacity: A Foundation for Success**

**Service Provider Survey**

**Quarterly Reports**