



## Program Description

KITS At Home/KITS En Casa is an online program for parents. The program utilizes curricula from the evidence-based, in-person Kids in Transition to School (KITS) Program. The online program was created to provide evidence-based programming about school readiness to parents and caregivers who may not be able to access the in-person KITS groups, due to geographical, timing, or other constraints. The program incorporates material from both the in-person parent and children's groups.

During KITS At Home/KITS En Casa, parents learn how to:

- encourage and support children to learn new skills
- embed learning in everyday activities
- create routines to support children at home and school
- become involved in children's schooling
- teach children social-emotional skills that are important for school success

Groups are offered in English or Spanish. The KITS En Casa curriculum features additional material for Spanish-speaking parents of dual language learners.

Parents meet virtually with a group leader for ninety minutes, once a week for 8 weeks. Parents receive materials to use during the online groups and when teaching their children new skills.

The KITS At Home/KITS En Casa Program has been pilot tested in Lane County Oregon with 201 families. Results of this study showed:

- High attendance by parents
- High satisfaction with the program
- Increases in parents' confidence that they could help their children in school
- Decreases in parents' use of inconsistent parenting practices
- Increases in children's self-regulation and social skills, as reported by parents

Parents reported that some of the most helpful aspects of the program were:

- "...Having other parents to discuss issues with. Becoming more aware of how I am responding to situations in the moment"
- "The step by step lessons on how to teach specific skills to our kids at home. The handouts so we could reference them after the group".

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