We know that child outcomes are often affected by parental factors such as perceived social support, but how can we assist parents in improving such factors? The preliminary evaluation findings presented here indicate that participation in a parenting curriculum is an effective way for new parents to gain some of the social support they need.

The literature shows that there is a relationship between social support and parental attitudes and behavior. For example, when parent well-being suffers, so does the child’s well-being (Meadows, McLanahan, & Brooks-Gunn, 2007), especially for those living in poverty and single mothers (Andresen & Telleen, 1992).

Parenting programs can be effective in building parental social support. Social support is important for parents, especially single mothers living in poverty. Increasing parental social support is a way to improve outcomes for children.