

Oregon's 2026-2030 MACH Title V Priorities- Resource Guide



Parent and Caregiver Support

For more information or technical assistance with Parent and Caregiver Support strategies please contact:

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The goal of this priority is that parents and caregivers have the resources and supports (physical and mental) they need to give their child a strong start. Protective factors are the foundation for strengthening families. Parents and caregivers require support for building parental resilience, social connections, concrete help in times of need, knowledge of parenting and child development and developing social and emotional competence of children. Significant differences exist in the experiences of stressful life events among mothers, pointing to the need for targeted interventions and resources to support groups with higher reported stress, such as caregivers of infants, Native Hawaiian/Other Pacific Islander mothers and those living in rural areas. Access to safe and affordable child care and after-school care is a critical issue among low-income families, caregivers of children with special health needs, pregnant teens and young parents, rural families and Hispanic/Latinx communities. Statewide, only 28% of Oregon's children aged five and under have potential access to a regulated child care slot (18% of infants and toddlers and 37% of preschool-age children).

Strategies:

1. Develop or enhance cross-sector systems to support parents and caregivers in the community.
2. Build community capacity for programs or initiatives that support parents and caregivers.
3. Provide services that engage families and build parent capabilities, resilience, supportive and nurturing relationships, and children's social-emotional competence (e.g. home visiting or parenting education).
4. Develop systems and policies to increase access to safe and affordable child care, and after school activities

Below are examples of what this work can look like for grantees. These project ideas are offered to help with planning, but grantees are also welcome to develop their own projects/ activities/ measures. Note: Activities should be outlined in a way that helps outline how the project will be done. Include at least one measure per project for the annual plan.

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Strategy #1: Develop or enhance cross-sector systems to support parents and caregivers in the community.

Example Local Level Projects/Work

- **Example A:** Identify and strengthen connections between programs and services for health, mental health, social service and other community providers.
 - Possible activities related to this project/work:
 - Identify partners within health, family support, early care and education, home visiting, early intervention, mental health, housing, child welfare, and other services.
 - Develop a plan to expand and strengthen partnerships between organizations and community providers.

- Identify outcomes that demonstrate expanded and strengthened partnerships.
- Possible measures related to this project/work:
 - Number of partnerships established between health, family support, early care and education, home visiting, early intervention, mental health, housing, and child welfare organizations and programs.

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Strategy #2: Build community capacity for programs or initiatives that support parents and caregivers.

Example Local Level Projects/Work

- **Example A:** Support wrap-around care and mental health services for caregivers from pregnancy through the first year after birth.
 - Possible activities related to this project/work:
 - Identify and develop network of direct service providers, including mental health, to support families from pregnancy through the first year after birth.
 - Develop plan to strengthen referral systems for services and resources.
 - Identify navigators, case managers, community health workers or others to support continuity of care for families.
 - Conduct outreach and engagement with families.
 - Possible measures related to this project/work:
 - Number of families referred to services and resources
 - Number of outreach campaigns conducted

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Strategy #3: Provide services that engage families and build parent capabilities, resilience, supportive and nurturing relationships, and children’s social-emotional competence (e.g. home visiting or parenting education).



Family support, for example, could include services like home visiting, parent support groups or programs to improve parenting skills around child development, health, nutrition, budgeting, and self-care, activities to strengthen parent-child relationship or opportunity to engage with other families, transportation and information to support access to community services including parent education, health care, nutrition programs and mental health support and support in accessing developmental screenings.

Example Local Level Projects/Work

- **Example A:** Provide parental and early childhood home visiting to support parent capacity and build parent capabilities.
 - Possible activities related to this project/work:
 - Provide training to home visitors on best practices in parent child interaction assessment and intervention.

- Support home visitors in obtaining [infant mental health endorsement](#).
 - Coach adult caregivers on serve-and-return interaction with children in home visiting.
- Possible measures related to this project/work:
 - Number of home visitors trained in best practices
 - Number of home visitors who obtained infant mental health endorsement
- **Example B:** Provide workers in service programs with the support they need, such as reflective supervision and skill development to manage their own stress so they can help their clients effectively.
 - Possible activities related to this project/work:
 - Participate in [Facilitating Attuned Interactions](#) (FAN) training.
 - Revise staffing policies and procedures to support access to [reflective supervision](#).
 - Possible measures related to this project/work:
 - Number of home visitors who received FAN training

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Strategy #4: Develop systems and policies to increase access to safe and affordable child care, and after school activities.



Quality child care provides an opportunity for nutritious food and positive experiences, relationships, and interactions that can bolster child and family well-being, and prepare children for later learning. Unfortunately, too many families struggle to find high quality care that is affordable, culturally competent, meets their schedule needs, and is accessible. Parents' ability to work, their physical and mental health, family stability, and children's health and development, are all tied to

having quality, affordable choices for childcare. Barriers to accessing quality affordable child care are higher for communities of color and for families in certain regions of the state. The child care system in Oregon struggles to recruit, train, and maintain a stable and skilled workforce, and there are not enough child care slots to meet the need.

Example Local Level Projects/Work

- **Example A:** Develop partnerships to support early childhood education and access in the community.
 - Possible activities related to this project/work:
 - Identify community partnerships such as with Early Learning Hubs, Early Head Start / Head Start and Relief Nurseries.
 - Partner with Early Learning Hub to support community planning for safe and accessible child care.
 - Conduct assessment of community needs for safe and accessible child care.
 - Develop a plan to address one or more identified needs.

- Address one or more of the identified needs – such as expanded child care programs or streamlined referral system for child care.
 - Possible measures related to this project/work:
 - Number of partnerships within early care and education system developed
 - Number of new child care programs in the community
- **Example B:** Collaborate with community partners to increase access to after-school programs.
 - Possible activities related to this project/work:
 - Identify community partners for collaboration on increasing after-school programs.
 - Develop a community plan for after-school program access.
 - Expand after-school programs in the community.
 - Enhance outreach and referral systems and available information to families related to after school programs.
 - Possible measures related to this project/work:
 - Number of community partners developed
 - Number of new after-school programs in the community
 - Number of families/students reached by enhanced after-school programs

Partnerships to Consider:

Raise Up Oregon, Early Learning Council, Oregon Department of Early Learning and Care, Oregon Early Learning Hubs, Early Head Start, Head Start, Relief Nurseries, Medicaid 1115 waiver HRSN services, 211info, Oregon Parenting Education Collaborative, OCYSHCN, Nuturely, OHA Strategic Plan “Fostering healthy families and environments”, State Health Improvement Plan “Individual, family and community well-being”

Additional Parent and Caregiver Support Resources:

- [Three Principles to Improve Outcomes for Children and Families](#)
- Harvard University, Center on the Developing Child [Serve and Return guide](#)
- The Protective Factors Framework (Center for the Study of Social Policy’s Strengthening Families)
- [Oregon's Child Care Desert Report 2024](#)