



# Helping Lane County Children & Families be "Ready for Kindergarten"

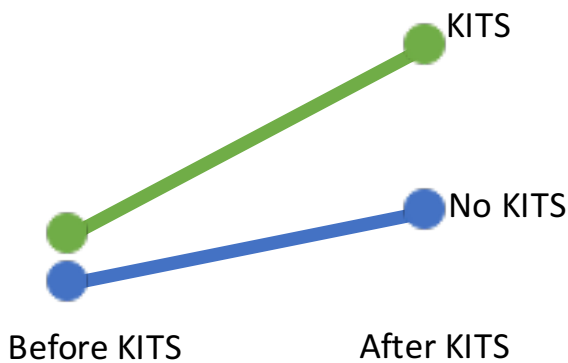
## Year 1 Findings from the Kids in Transition to School (KITS) Program

**What is KITS?** KITS is a 16 week program that provides group-based kindergarten readiness activities for children and parenting groups for family members. To learn about whether the program is effective, Portland State University collected information from parents and children. Information presented here includes data from 219 participating KITS families and 51 families who did not participate in KITS.

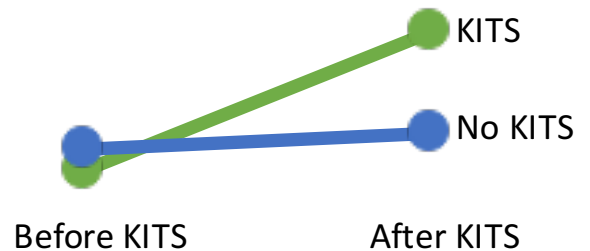


Here's what we learned about program outcomes in 2017.

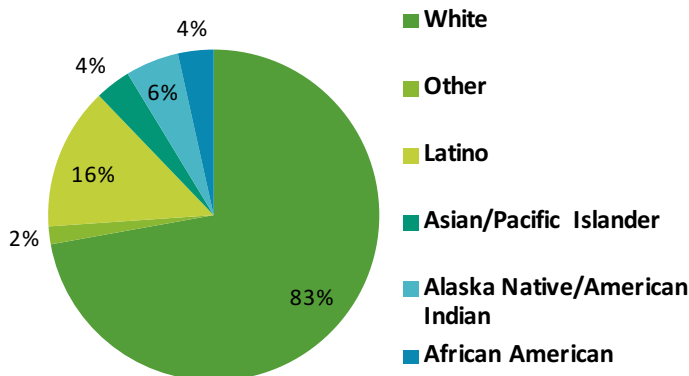
*KITS parents felt their discipline was more effective compared to parents who didn't get KITS.*



*KITS parents felt more ready to support children in school compared to parents who didn't get KITS.*



### Families with relatively diverse experiences and characteristics did KITS



✓ **57%** - of children had been in Head Start or another Preschool prior to KITS

## Program attendance was important for outcomes

*By the end of the program, families who attended more regularly:*



Provided more child activities (like singing & playing games)



Read more often to their children

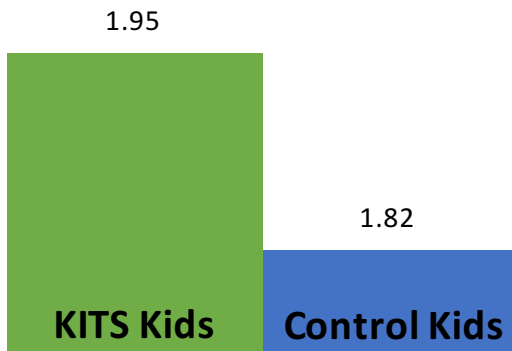


Felt more positive about the school and teachers



Used more effective discipline strategies like encouraging positive behavior

KITS children with high KITS attendance had better self control skills at the end of KITS



But, attendance was challenging, especially for parents:

- ✓ For the **child readiness groups**, **83%** attended at least half of the classes; **42%** attended three-fourths of the sessions
- ✓ For the **parent groups**, **47%** attended at least half but only **22%** attended three-fourths of the sessions
- ✓ **Summer attendance was better:** Average attendance for children in the summer was **80%**; this fell to **38%** during the fall

KITS fall sessions are being re-structured for 2017, with more sessions planned for the summer because of these findings. Parents suggested offering more variety in the times for parent groups, especially evening hours for working parents.