



## CIKEO: Effective elements of preventive parenting interventions

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### Objectives

The CIKEO consortium (Consortium Integration Knowledge promotion Effectiveness Of parenting interventions) aimed to investigate the ‘effective elements’ within the parenting programs.

### Background

In the Netherlands, there are numerous preventive parenting interventions aiming to strengthen the quality of parenting, but the level of evidence for these interventions varies. Families with specific circumstances (such as poverty and disadvantage) may have specific parenting needs. ‘What works, for whom and when’ in parenting programs remained to be discussed.

### Methods

Multiple study parts have been carried out. Mixed methods including an inventory study, a qualitative study among professionals, a meta-analysis and an observational cohort study were used to identify and to evaluate the effectiveness of the key elements in parenting programs.

### Results

The acquired knowledge is currently being translated into a toolbox for professionals comprising an overview of needs, program goals, outcomes and elements that are promising for certain target groups and contexts.

### Conclusions

The knowledge provided by CIKEO may enable professionals and policy makers to focus on effective elements of parenting support, which could increase possibilities to adapt parenting interventions to parents’ needs, local contexts, and ultimately enhance the effectiveness of future parenting support.

Keywords: Parenting, Prevention, Interventions, Effective elements

### Reference

Windhorst, Dafna A., et al. "Evaluation of effectiveness of (elements of) parenting support in daily practice of preventive youth health care; design of a naturalistic effect evaluation in ‘CIKEO’ (consortium integration knowledge promotion effectiveness of parenting interventions)." BMC public health 19.1 (2019): 1-9.

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