



National Home Visiting
Resource Center

*Helping Children &
Families Thrive*

Home Visiting at a Glance

Early childhood home visiting is a service delivery strategy that matches expectant caregivers and caregivers of young children with a designated support person—typically a trained nurse, social worker, or early childhood specialist. Services are voluntary and provided in the family's home or another location of the family's choice. A two-generation approach, home visiting delivers both caregiver- and child-oriented services to help the whole family. It views child and family development from a holistic perspective that encompasses—

- ✓ Child health and well-being
- ✓ Child development and school readiness
- ✓ Positive caregiver-child relationships
- ✓ Caregiver health and well-being
- ✓ Family economic self-sufficiency
- ✓ Family functioning



What Do Home Visitors Do?

✓ Gather family information to tailor services

- Screen caregivers for concerns like postpartum depression, substance use, and domestic violenceⁱ
- Screen children for developmental delays

✓ Provide direct education and support

- Provide knowledge and training to make homes safer
- Encourage positive parenting practices
- Promote safe sleep practices
- Offer information about child development

✓ Make referrals and coordinate services

- Help pregnant caregivers access prenatal care
- Check to make sure children attend well-child visits
- Connect caregivers with job training and education programs
- Refer caregivers as needed to mental health or domestic violence resources



17 EVIDENCE-BASED HOME VISITING MODELS

operating in the United States met standards of evidence as determined by the Home Visiting Evidence of Effectiveness (HomVEE) project.



How Can Home Visiting Help?

Home visiting has a strong evidence base, with many studies showing it works.ⁱⁱ



Home visiting participants are more likely to **access prenatal care** and **carry babies to term**.ⁱⁱⁱ



Home visitors teach parents to **engage with children** in positive, nurturing, and responsive ways, thus **reducing maltreatment**.^{iv}



Home visiting **improves children's early language and cognitive development**, as well as academic achievement in grades 1 through 3.^{v, vi}



Enrolled parents have **higher monthly incomes**, are more likely to be **enrolled in school**, and are more likely to be **employed**.^{vii, viii, ix, x}



Studies have found a **return on investment of \$1.80 to \$5.70** for every dollar spent on home visiting.^{xi, xii}



References

- i. Michalopoulos, C., Lee, H., Duggan, A., Lundquist, E., Tso, A., Crowne, S., . . . Knox, V. (2015). *The Mother and Infant Home Visiting Program Evaluation: Early findings on the Maternal, Infant, and Early Childhood Home Visiting Program* (OPRE Report No. 2015-11). Washington, DC: Office of Planning, Research and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services.
- ii. Filene, J. H., Kaminski, J. W., Valle, L. A., & Cachat, P. (2013). Components associated with home visiting program outcomes: A meta-analysis. *Pediatrics*, 132(2), s100-s109.
- iii. Issel, L. M., Forrestal, S. G., Slaughter, J., Wiencrot, A., & Handler, A. (2011). A review of prenatal home-visiting effectiveness for improving birth outcomes. *Journal of Obstetric, Gynecologic, & Neonatal Nursing*, 40(2), 157–165.
- iv. Del Grosso, P., Hargreaves, M., Paulsell, D., Vogel, C., Strong, D. A., Zaveri, H., Hague Angus, M., Coffee-Bordon, B., Cole, R., Barrett, K., Boller, K., & Daro, D. (2011). *Building infrastructure to support home visiting to prevent child maltreatment: Two-year findings from the cross-site evaluation of the Supporting Evidence-Based Home Visiting initiative*. U.S. Department of Health and Human Services, Administration on Children, Youth and Families, Children's Bureau. Contract No.: GS-10F-0050L/HHSP233200800065W. Available from Mathematica Policy Research, Princeton, NJ.
- v. Olds, D. L., Kitzman, H., Hanks, C., Cole, R., Anson, E., Sidora-Arcoleo, K., Luckey, D. W., Henderson, Jr., C. R., Holmberg, J., Tutt, R. A., Stevenson, A. J., & Bondy, J. (2007). Effects of nurse home visiting on maternal and child functioning: Age-9 follow-up of a randomized trial. *Pediatrics*, 120(4), e832–e845.
- vi. Raikes, H. A., Robinson, J. L., Bradley, R. H., Raikes, H. H., & Ayoub, C. C. (2007). Developmental trends in self-regulation among low-income toddlers. *Social Development*, 16(1), 128–149.
- vii. Jones Harden, B., Chazan-Cohen, R., Raikes, H., & Vogel, C. (2012). Early Head Start home visitation: The role of implementation in bolstering program benefits. *Journal of Community Psychology*, 40(4), 438–455.
- viii. Olds, D. L., Henderson Jr., C. R., Tatelbaum, R., & Chamberlin, R. (1988). Improving the life-course development of socially disadvantaged mothers: A randomized trial of nurse home visitation. *American Journal of Public Health*, 78(11), 1436–1445.
- ix. LeCroy, C. W., & Krysik, J. (2011). Randomized trial of the Healthy Families Arizona home visiting program. *Children and Youth Services Review*, 33(10), 1761–1766.
- x. Sama-Miller, E., Akers, L., Mraz-Esposito, A., Coughlin, R., & Zukiewicz, M. (2019). *Home visiting evidence of effectiveness review: Executive summary* (OPRE Report #2019-93). Washington, DC: Office of Planning, Research, and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services. https://homvee.acf.hhs.gov/sites/default/files/2019-09/HomeVEE_Executive_Summary_2019_B508.pdf
- xi. Pew Center on the States. (2011). *Policy framework to strengthen home visiting programs*. Washington, DC: Author. https://www.pewtrusts.org/~media/legacy/uploadedfiles/pes_assets/2011/homevisitingmodelpolicyframeworkpdf.pdf?la=en
- xii. Karoly, L. A., Greenwood, P. W., Everingham, S. S., Hoube, J., Kilburn, M. R., Rydell, C. P., Sanders, M., & Chiesa, J. (1998). *Investing in our children: What we know and don't know about the costs and benefits of early childhood interventions*. Santa Monica, CA: RAND Corporation. https://www.rand.org/content/dam/rand/pubs/monograph_reports/1998/MR898.pdf



National Home Visiting
Resource Center

 nhvrc.org |  info@nhvrc.org |  NHVRC |  @NationalHVRC

The NHVRC is led by James Bell Associates in partnership with the Urban Institute. Support is provided by the Heising-Simons Foundation and previously was also provided by the Robert Wood Johnson Foundation. The views expressed here do not necessarily reflect the views of the foundations.