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KITS At Home and KITS En Casa Programs

KITS At Home/KITS En Casa is an online program for parents. The program utilizes curricula from the evidence-based, in-person Kids In Transition to School (KITS) Program. The online program was created to provide evidence-based programming about school readiness to parents and caregivers who may not be able to access the in-person KITS groups, due to geographical, timing, or other constraints. The program incorporates material from both the in-person parents' and children's groups.

- groups offered in **English** or **Spanish**.
- 90-minute, virtual sessions
- sessions are once a week for 8 weeks

The **KITS At Home/KITS En Casa** Program has been pilot tested in Lane County, Oregon with 201 families. Results of this study showed:

- High attendance by parents
- High satisfaction with the program
- Increases in parents' confidence that they could help their children in school
- Decreases in parents' use of inconsistent parenting practices
- Increases in children's self-regulation and social skills, as reported by parents

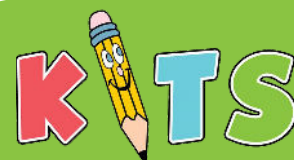
During **KITS At Home/KITS En Casa**, parents learn how to:

- encourage and support children to learn new skills
- embed learning in everyday activities
- create routines to support children at home and school
- become involved in children's schooling
- teach children social-emotional skills that are important for school success

For more info, contact:

Dr. Katherine Pears
Program Director
(katherinep@oslc.org)
541-485-2711

Deena Scheidt
Program Coordinator
(deenas@oslc.org)
541-485-2711



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