

Family Foundations

Group intervention for first-time parent-couples



Family Foundations is one of the world's most father inclusive and evidenced based parenting programmes. The approach to prevention around the transition to parenthood has differed from others' by strategically focusing on enhancing the co-parenting relationship, based on both theoretical and strategic practical considerations.

FF has been rigorously evaluated and shown to produce positive outcomes in family relationships and parenting quality, and to reduce parents' physical aggression towards children. FF has also been found to have positive impacts on child and parent emotional and behaviour issues.

For certain outcomes, FF had the greatest benefits for families at higher levels of risk based on baseline levels of mother education, father emotional security, mother depression, or couple relationship conflict.

Family Foundations is featured in the Early Intervention Foundation Guidebook, with a strength of evidence rating of 3 (out of 4); and was an 'exemplar' in a Yale University systematic review of parenting interventions. If you are a commissioner thinking about how FF stacks up against other approaches, check out the [Foundations Guidebook](#).

- **Cost:** 3 days' training + supervision for up to 16 participants: Price on application.

Please contact our Head of Training, Jeszemma Howl, j.howl@fatherhoodinstitute.org with any queries or booking requests.