

UPMC Children's Hospital of Pittsburgh Division of Community Health

Family Care Connection – Adult Education

Overview

Family Care Connection (FCC) is a strengths-based family support program of UPMC Children's Hospital of Pittsburgh's Division of Community Health. FCC's neighborhood hubs offer services, programs and activities in partnership with families to meet their needs and help children achieve bright futures.

Adult Education

Family Care Connection offers a variety of adult education programs to strengthen families by increasing parental resilience, enhancing social connections, and enabling positive parent-child interactions.

Grounded in evidence-based models including Nurturing Parenting and Family Check-up, FCC staff builds relationships with parents and caregivers while modeling positive parent-child behaviors that promote child learning and development. Adult education programs include:

- Parenting classes
- Support groups for moms
- Fatherhood programs
- Health & wellness programs

Family Care Connection programs for adults are parent and family-centered. Parents are actively involved in deciding what knowledge is important to them and how they would like to learn and be supported. FCC programs honor a range of parenting styles, discuss parent expectations, address health and safety concerns for children and families, review child development milestones, and more.

Impact

Parent education and support programs, such as those offered by Family Care Connection, have important positive effects on both parents' behaviors and the social-emotional development of children. FCC's adult education programs increase parents' sense of parenting confidence and competence, enhance parents' abilities to support their children's development, and reinforce the vital practice of parental self-care.

About UPMC Children's Hospital of Pittsburgh Community Health

Children's Hospital of Pittsburgh Community Health works together with hospital, other healthcare, and community partners to improve health outcomes, reduce health disparities, and elevate quality of life for children and families in the communities where they live, learn, work and play.