

KIPS Fast Facts

Keys to Interactive Parenting Scale©

www.ComfortConsults.com

Why Use KIPS?

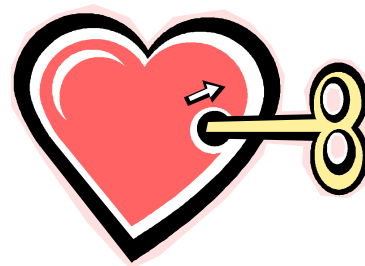
KIPS Shows How Parents Grow! KIPS provides essential information to guide staff observation, tailor services to individual families, track family progress, enhance supervision and to evaluate program goals. Effective parent-child assessment can guide family intervention and strengthen program outcomes.

Who Uses KIPS?

Healthy Families, Parents As Teachers, First Steps, Early Head Start, Visiting Nurses, Child Abuse Prevention, Mental Health Services, Family Resource Centers, Substance Abuse Treatment, WIC, Family Literacy, & Private Practitioners.

Parenting Behaviors Assessed

1. Sensitivity of Responses
2. Supports Emotions
3. Physical Interaction
4. Involvement in Child's Activities
5. Open to Child's Agenda
6. Engagement in Language Experiences
7. Reasonable Expectations
8. Adapts Strategies to Child
9. Limits & Consequences
10. Supportive Directions
11. Encouragement
12. Promotes Exploration & Curiosity



Child Age Range

2 to 71 months

KIPS Administration

Since KIPS, a structured observation tool for parent-child interaction, assesses interaction during play, it is well received by families and children. KIPS assesses a caregiver (e.g. parent, other family member) interacting with a child in a familiar environment (e.g. home or playroom). To ensure reliability, the play session is usually videotaped and scored later. Each of the 12 items is rated on a 1 to 5 scale, with behavior descriptions for the 1, 3 and 5 ratings.

Time to Administer

The observation requires only 20 minutes (15 minutes of free play and 5 minutes of clean up, if appropriate). Scoring takes 10 minutes.

Available Languages

KIPS scoring forms are available in English and Spanish.

Research Evidence

- KIPS was initially developed through a series of steps, including factor analysis, expert and literature reviews, and provider focus groups.
- With support from the National Institute of Child Health and Human Development, KIPS has been tested with adolescent and adult parents, experiencing risk and non-risk circumstances, those who are educationally, economically, and racial/ethnically diverse and living in rural, urban and suburban communities.
- Field tests show satisfactory inter-rater agreement (92% with family service providers) and internal consistency ($\alpha = .95$). Both professionals and paraprofessionals scored KIPS reliably when assessing families they serve.
- KIPS scores do not differ significantly according to parent or child gender, race/ethnicity, child age group, or child special needs.
- Validity studies show that KIPS correlated significantly with other validated observational tools [NCAST Teaching Scale, HOME Inventory, Parent/Caregiver Involvement Scale, Scales of Child Behavior (adapted from EHS National Study Three Bag Test)], as well as parents' reports of their Knowledge of Child Development, and with Staff Ratings of Caregiver Engagement in home visiting services.
- Longitudinal research and family service program evaluations have shown that parenting outcomes assessed by KIPS increase significantly with intervention. Furthermore, early KIPS scores predicted later quality of parenting and toddler social behavior during play.

KIPS Training, Certification & Ongoing Support

- **KIPS eLearning**[®] - 30 day subscription to low-cost Internet-based interactive training that requires an average of 10 hours. Includes 1 year subscription to KIPS Library.
- or...
- Two-day onsite training workshop for up to 15 participants.

Training includes an orientation to observational assessment and the KIPS tool, followed by practice scoring each of the items using family play videos. Learners then rate progressively more items, receive immediate feedback, and eventually practice rating all 12 items simultaneously. A Certification exam tests scoring competence.

- **KIPS Annual Check-Up** - Online recertification required to ensure reliable scoring.
- **KIPS Library** - The [Video Collection](#) offers an online resource to refresh scoring skills via a searchable collection of family play videos with scoring discussions. The [Resources](#) section offers *Tools* to reflect on assessments and plan services, printed *Handouts*, and videos of *KIPS Advisors* sharing their authentic experiences regarding training, service planning, supervision and using KIPS with families.

For More Information:

Comfort, M., Gordon, P.R. & Naples, D. (2011). KIPS: An Evidence-Based Tool for Assessing Parenting Strengths and Needs in Diverse Families. *Infants & Young Children*, 24(1), 56-74.

Comfort, M., Gordon, P.R., English, B., Hacker, K., Hembree, R., Knight, R., & Miller, C. (2010). Keys to Interactive Parenting Scale: KIPS Shows How Parents Grow. *Zero to Three Journal*, 30(4), 33-39.

Comfort, M., Gordon, P.R. & Unger, D.G. (2006). Keys to Interactive Parenting Scale: A Window Into Many Facets of Parenting. *Zero to Three Journal*, 26(5), 37-44.

Comfort, M. & Gordon, P.R. (2006). The Keys to Interactive Parenting Scale (KIPS): A Practical Observational Assessment of Parenting Behavior. *NHSA Dialog: A Research-To-Practice Journal for the Early Intervention Field*, 9(1), 22-48.

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From Research to Practice: Using Assessments to Show How Parents Grow



Carolyn Cullen
Marilee Comfort & Phil Gordon
National Smart Start Conference
Greensboro, NC
May 5, 2011

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**From Research to Practice:
Using Assessments to
Show How Parents Grow**



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Agenda

- Introductions
- Why Parenting Is Important
- Does KIPS Match Your Needs?
- KIPS Validation In Brief (we promise)
- Using KIPS with Families
- Discussion

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**Early Benefits
of Effective
Parenting**

**Supportive Early
Relationships**

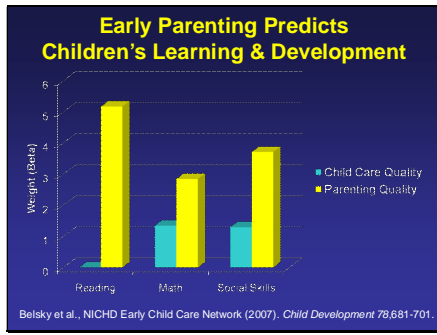
**Positive
Social &
Emotional
Development**

School Readiness

- ✓ Pay Attention
- ✓ Cooperate
- ✓ Get Along w/ Others
- ✓ Confident to Explore
- ✓ Learn From the World

Kaufman Foundation (2002). *Set for Success: Building a Strong Foundation for School Readiness Based on the Social-Emotional Development of Young Children.*

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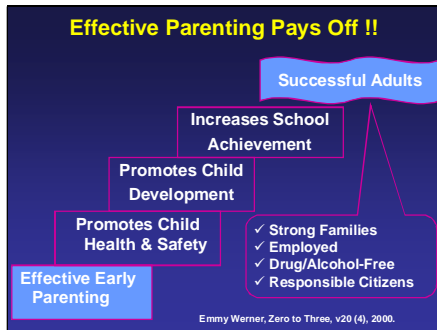
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Parenting Is a Key Factor In Children's Early Learning

"Parenting quality proved to be a far stronger and more consistent predictor of tested achievement and teacher-reported social functioning than was child-care experience."

Belsky et al., NICHD Early Child Care Network
Child Development (2007) vol 78, 681-701.

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KIPS:
A Tool to Observe Parenting Behavior

- **Not** What Parents Say They Do
- **Not** What Parents Wish They Had Done
- **Not** What Others Tell Parents To Do

BUT,
WHAT THEY ACTUALLY DO!

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KIPS Focuses on Behaviors That Matter to Children

- Behaviors = What Parents Do
 - actions,
 - words, tone of voice
 - gestures, facial expressions

Rather than:

- What Parents Believe
- How Parents Feel

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Why Observe Parent-Child Play?

- It's An Activity That Children Do Often
- Play Offers a Wide Range of Parenting Behaviors to Observe
- Free Play Allows Caregiver & Child to Do What Comes Naturally
- Natural Opportunity for Parents to Help Children Learn

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**The Importance of Play in Promoting
Healthy Child Development and
Maintaining Strong Parent-Child Bonds**

**American Academy of Pediatrics
2006**

"Play is a cherished part of childhood that offers children important developmental benefits and parents the opportunity to fully engage with their children."

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**Which Parent Behaviors Would You
Choose to Observe During Play?**



List 5 Parent Behaviors

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12 KIPS Parenting Behaviors
Building Relationships

- Sensitivity of Responses
- Supports Emotions
- Physical Interaction
- Involvement in Child's Activities
- Open to Child's Agenda

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12 KIPS Parenting Behaviors
Promoting Learning

- Language Experiences
- Reasonable Expectations
- Adapts Strategies to Child
- Limits and Consequences

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12 KIPS Parenting Behaviors
Supporting Confidence

- Supportive Directions
- Encouragement
- Promotes Exploration/Curiosity

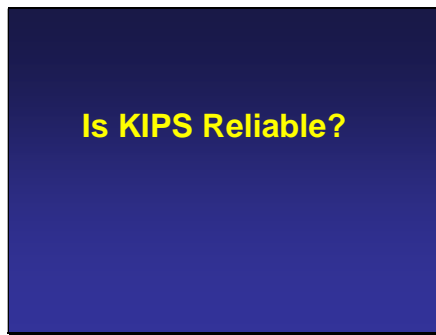
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12 Facets of the Quality of Parenting



Sensitivity of Response	Reasonable Expectations
Supports Emotions	Adapts Strategies to Child
Physical Interaction	Limits & Consequences
Involvement	Supportive Directions
Agenda	Encouragement
Language Experiences	Exploration/Curiosity


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KIPS Field Test

- 20 Family Service Providers
 - 10 Parents As Teachers
 - 10 Early Head Start
- 95 Families (45 PAT, 50 EHS)



SBIR Grant # 1 R43 HD048135-01A1 funded by the National Institute on Child Health and Human Development.
Comfort, Gordon & Unger (2006). Zero to Three, 26(5), 37-44.

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**Field Test Reliability:
Scoring their Families**

Agreement with Experts 92.4%

PAT	91.2%
EHS	93.5%

Professionals vs. Paraprofessionals

Professionals	91.0%
Paraprofessionals	94.9%


(No Significant Difference)

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Can KIPS Be Used With Diverse Families?

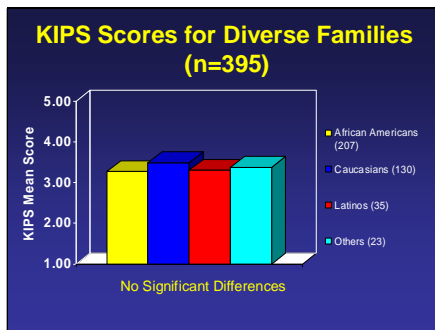
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KIPS Validation Study

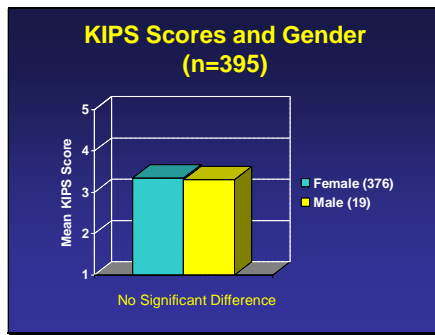
- Healthy Families Virginia 
- 11 Community Program Sites
- 67 Home Visitors
- Random Selection of 397 Families
- 6 Measures Collected

SBIR Grant # 1 R43 HD048135-02 funded by NICHD
Comfort, Gordon & Naples (2011). *Infants & Young Children*, 24(1), 56-74.

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- ### Key Findings of KIPS Validation Study
- Valid for Diverse Parents
 - Correlates with NCAST and HOME Observational Measures
 - Correlates with Parent Engagement in Services


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Does KIPS Show How Parents Grow?

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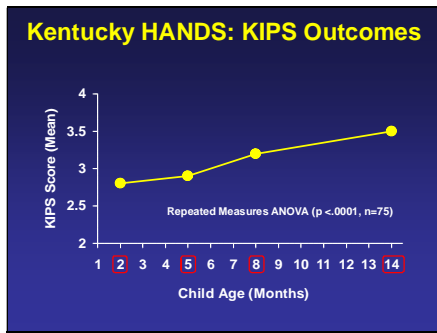
KIPS Longitudinal Study Participants

- 3 HANDS Sites
 - Cumberland Valley
 - Gateway
 - Lexington
- 30 Home Visitors
- 107 Parents and Their Children

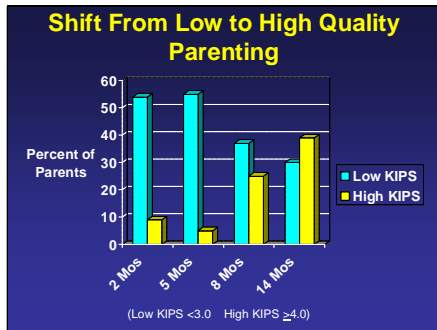


SBIR Grant # 1 R43 HD048135-03 funded by NICHD
Comfort, et al. (2010). *Zero to Three Journal*, 30(4), 33-39.

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**Key Findings
Longitudinal Study**

- KIPS Detects Improvements in Parenting for HANDS Families
- Parent Engagement in Services Predicts Nurturing Parenting
- Nurturing Parenting Predicts Children's Social Behavior

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Keys to Interactive Parenting Scale



KIPS Maps the Path
to Nurturing Parenting

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KIPS Features

- For Caregivers of Children 2 mos-5 yrs
- 12 Caregiver Behaviors during Play:
 - Research-Based
 - Meaningful to Intervention
 - Strength-Based
 - Rated in Context of Child's Needs
- Fast - 20 min to Observe/10 min to Score
- Onsite and Online Training
- Online Library of Resources

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KIPS Format

Item 5. How Open is the Caregiver to the Child's Agenda? NOB

1 2 3 4 5

Caregiver: <ul style="list-style-type: none">• usually chooses the activities, or• shows little flexibility whether or not C cooperates.	Caregiver <ul style="list-style-type: none">• sometimes chooses activities, and• Child sometimes chooses activities.	Caregiver often: <ul style="list-style-type: none">• follows Child's choice of activities, and• supports Child in making and pursuing his/her own choices of activities.
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Note: Give examples of the strengths and needs that you observed.

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KIPS IS A MULTI PURPOSE TOOL

Assess Family Strengths & Needs 	Staff Training 
Enhance Supervision 	Program Evaluation 

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PAT Program Model

- Home Visiting
- Support & Education and Links to Community Resources
- Parent Educators
- Strength-Based Approach
- Parents as Teachers Curriculum
- Serves Families with Children Birth to 5 Years



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Why KIPS Fits PAT

- Recommended by PAT National Center
- **KIPS** - PAT Curriculum Crosswalk
- Reliable and Valid
- Flexible to Fit Program Needs
- Low Cost

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Benefits of Using KIPS

"One only needs two tools in life: WD-40 to make things go, and duct tape to make them stop."
G.M. Weilacher

- **KIPS** is adaptable to the program's needs
- **KIPS** evaluations support a strength-based approach
- **KIPS** evaluations provide evidence based reporting for funders
- **KIPS** Library
- Online certification
- Easy to contact Comfort Consults with any questions

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Application of a Multi-Purpose tool

"Without continual growth and progress, such words as improvement, achievement, and success have no meaning."
Benjamin Franklin

- At least one assessment annually
- Observe 20 minute play session
- Follow –up Assessment if low **KIPS** score

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What Parents Say About KIPS . . .

"I was a little scared when I heard that I was going to have a parenting assessment. When I think of assessment, I think TEST. I already question what I do as a parent daily, if not hourly. I think every parent does. Honestly, a parenting 'test' seemed about as fun as going to the dentist to have a tooth pulled.

I was surprised at how painless it was. In the end, I had a play session with my daughter and got some good parenting advice. That's way better than getting a tooth pulled!"

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What KIPS Can Build

"The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression."

Allen J. Boone

- Specific Positive Feedback
- Enhanced Rapport with Clients
- KIPS Helps Growth
 - Parent,
 - Provider
 - Program

With 12 areas to find a parent's strength, scoring is a positive experience

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"No matter how calmly you try to referee, parenting will eventually produce bizarre behavior, and I'm not talking about the kids. Their behavior is always normal"

Bill Cosby

What Parents Say about Their KIPS Experience

"I know that I did some things wrong. I yelled at my son, but I didn't get a good or bad (KIPS) score. What I did was explained to me in a good way. She told me that I had a normal reaction. Than she showed me what to do with my son to keep his attention without having to yell."

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What Parents Say about Their KIPS Experience

"No matter how calmly you try to referee, **parenting** will eventually produce bizarre behavior, and I'm not talking about the kids. Their behavior is always normal"

Bill Cosby

"My husband learned that he is good at physically playing with our children, but he doesn't talk a lot. I learned that I am the opposite. Since each of our KIPS sessions, we have been working on changing the way we play with our kids."

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Lessons Learned with KIPS

"Training is everything. The peach was once a bitter almond; cauliflower is nothing but cabbage with a college education."


Mark Twain

- Plan for Learning Curve
- Orient Families to **KIPS** at Intake to Reduce Surprise & Stress Later
- Use **KIPS** to Refine & Tailor Lesson Plans for **ALL** Families
- Use **KIPS** Summaries as Tool to Plan Visits, Not As List of Parenting Faults

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From Research to Practice: Using KIPS Assessments to Show How Parents Grow

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