



Kids in Transition to School Program

Key Findings from the Lane County KITS Evaluation 2016 & 2017

What is KITS?

KITS is an evidence-based program helping children & parents start kindergarten successfully.

KITS provides:

24

½ day sessions for children at local elementary schools

- Led by trained staff (often kindergarten teachers)
- Builds early academic skills, improves social-emotional and self-regulation skills, and familiarizes children with school routines and environments.

12

Parent workshops increasing parenting skills and honing strategies to communicate with teachers and advocate within the school system.

KITS is provided in English & Spanish.



In 2016 & 2017,
42 school catchment areas in 13 school districts served Lane County children more likely to start school with fewer school readiness skills.



What was the Research Study?

Study Goal

Was KITS successful in improving:



Children's self-regulation, social-emotional, & early literacy skills



Parenting skills & Parent-school relationships

The study included:

- One small, "gold standard" randomized study.
- One larger "comparison group" study.

652

Children & families participated

- 514 received KITS
- 138 "comparison" families did not receive KITS.



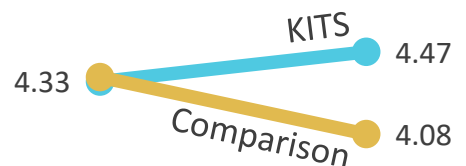
Parent & child outcomes measured at the beginning and end of KITS .



What were the results?

KITS parents showed more positive outcomes in several key areas

KITS parents improved their confidence & skills in supporting children's learning at home.



KITS parents had more positive relationships with school staff & felt more welcomed at the school.



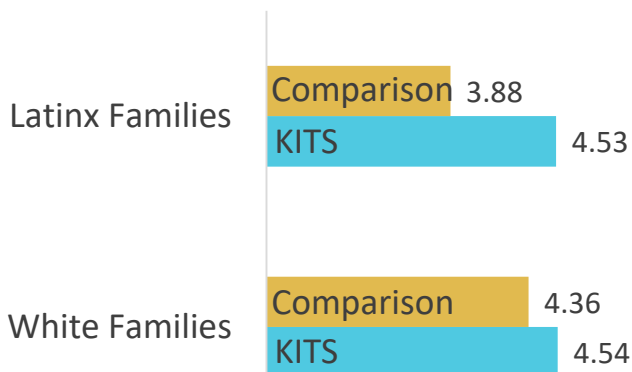
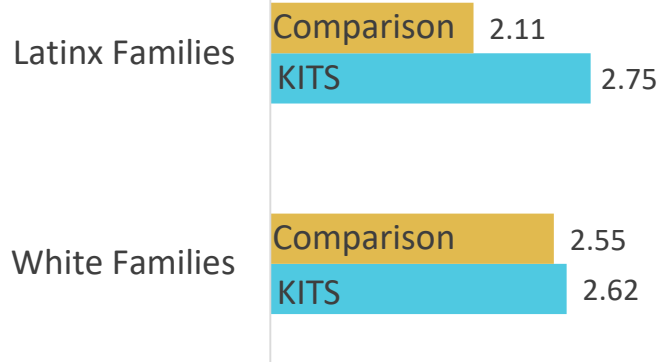
Before KITS After KITS
(lower scores = better behavioral boundaries)

KITS parents improved their parenting skills, especially in terms of setting boundaries for children's behavior.



KITS was especially effective with Latinx families

Latinx families in KITS read to their child more than comparison Latinx families.



Latinx families in KITS felt more prepared to **support kindergarten entry** than Latinx families not in KITS.

