



Family Strengthening and Parent Skills Training



Family strengthening activities and parent skills training are key components of the Project LAUNCH approach to family support. Some experts define family support or involvement as families having the primary decision-making role in the care of their own children, while being respected for their knowledge of their children's needs and joined as partners in the care of their children

Family Strengthening, Parent Skills Training, and Project LAUNCH

By building on family members' strengths and taking into account their culture, language, and values, Project LAUNCH supports family members in:

- Parenting their own children
- Providing support to other families
- Informing the services and policies that affect their lives

Project LAUNCH communities use a variety of evidence-based tools and approaches to help families create healthy environments for their young children. Many of these tools are parent training programs, such as [Strengthening Multi-Ethnic Families and Communities](#) and [The Incredible Years Parent Training Series](#).

Some Project LAUNCH communities provide family support activities through [home visitation](#) or helping families to build financial literacy. Others use locally developed options or nationally-recognized programs adapted to the cultural needs of the community, including providing families with guides to help them navigate through the social services systems in their community.