

YOU ARE HELPING PEOPLE IN OUR LOCAL COMMUNITY



Meet Miranda.

At eight months pregnant, Miranda began to experience anxiety about her upcoming role as a first-time mom. Having cognitive delays herself, Miranda was not only faced with the challenges of having a new baby, but also with some complex circumstances related to her own abilities: maintaining stable mental health; keeping stable housing on a limited fixed income; finding reliable and safe transportation; and accessing and utilizing local community resources to better meet her family's basic needs.

Miranda reached out to Catholic Charities to inquire about the organization's ability to assist with her concerns. It was then that she learned about Catholic Charities' Supported Parenting Program, a United Way-funded program that aims to help parents with developmental disabilities strengthen their parenting skills. Miranda enrolled in the program and was given the opportunity to meet with a family support worker on a weekly basis to build her confidence as a parent and increase her knowledge of child development.

Initially, the family support worker asked Miranda to address her areas of concern. Afterward, they worked together to come up with ways for Miranda to be successful in caring for her son, Mikey. By producing charts to track feedings and diaper changes and calendars to track baby-well checks, Miranda's brainstorming sessions with the family support worker gave her the confidence and knowledge she needed to be a well-informed mom.

With the assistance from Catholic Charities and the support of extended family, Miranda has been able to successfully and independently care for her son. The love and nurturing she exhibits toward her son is heartwarming. She strives to learn and implement new parenting skills, and as a result, Mikey is on track for his age and development. Fourteen months later, she continues to work with her family support worker to access community resources as well as advocate for her family.

Results Statement from Catholic Charities' Supportive Parenting Program

- 87% (34 of 39) parents with developmental disabilities participating in the program were able to develop parenting skills.
- 71% (27 of 38) program participants enrolled in program for two months or longer demonstrated continued improvement in positive parenting behavior.