

HIPPY in Canada

What is the HIPPY Program?

Home Instruction for Parents of Preschool Youngsters (HIPPY) is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher. HIPPY strengthens families and communities by empowering mothers to prepare their children for success in school.

How does HIPPY Work?

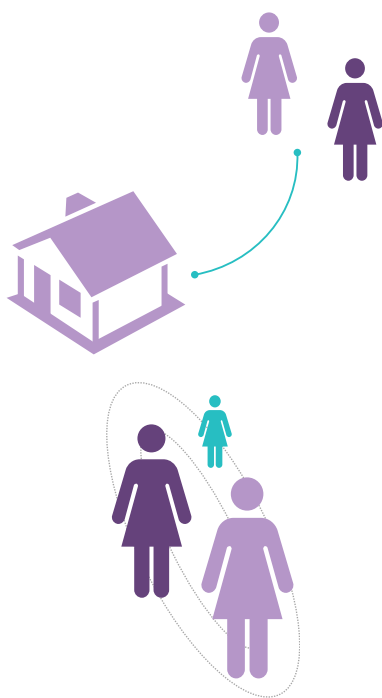
The core of the HIPPY program is a structured home visit that:

- Breaks isolation and creates social connections for mothers through a peer-based approach
- Delivers a curriculum based on the needs of children to become school-ready;
- Recognizes role-play as an important method of teaching the skills needed to implement the child-centred curriculum; and

Well-trained peer Home Visitors deliver books and 30 weeks of high-quality curriculum activities directly to parents, who then work 15 to 20 minutes a day with their own three-, four-, and five-year-old children.

HIPPY Home Visitors share the language, culture and life experiences of the families they serve and are frequently mothers who previously participated in the HIPPY program with their own children. Working for HIPPY is often the first job in Canada for many mothers employed as **paid** Home Visitors, highlighting HIPPY's commitment to prepare Home Visitors for their next job in the work force.

HIPPY empowers mothers as the primary educators of their children in the home, and fosters their involvement in school and in the community. This helps to strengthen mother-child relationships and maximize successful early school experiences.



What is the Impact on HIPPY Children?

- Improved academic performance in comparison to similarly situated children with positive outcomes for school readiness, reading ability and school behaviour.
- Improved school readiness skills, school performance, English skills, self-esteem and self-confidence.

What is the Impact on HIPPY Mothers?

- Improved parent-child relationships, greater self-confidence, reduced isolation, and improved opportunities for expanding social networks and social support.
- Acquisition of skills necessary to work with their children, confidence in their role as their child's teacher, improved language skills, greater participation in their children's school, and more time spent with their children on learning activities.

Is there empirical data that proves HIPPY works?

The Mothers Matter Centre enlist a comprehensive performance management process (PMP). They prioritize accountability to stakeholders, funders, and the families they serve, focusing on creating meaningful change and improving the lives of the families they work with. They implemented the PMP nationally in 2013, using the ETO data collection software to access timely and accurate information for tracking program progress and assessing outcomes. This data helps coordinators adjust program strategies in real-time to better serve their clients, ultimately enabling MMC to measure and understand the process of generating positive change.

In addition to the PMP, research has demonstrated that the HIPPY program is effective in improving pre-school readiness, strengthening mother-child bonds, building the capacity of mothers to teach their children, and more.

How can I start the HIPPY Program?

HIPPY programs are operated by a variety of institutions and agencies including school districts, preschool programs, department of health, housing authorities, children welfare and other community-based organizations.

The “HIPPY Canada” national office was created in 2001 in response to a burgeoning interest in the HIPPY program across the nation. HIPPY USA licenses the HIPPY Program to the Mothers Matter Centre, allowing them to be the sole legal licensing body in Canada to authorize the HIPPY program to Canadian service delivery sites.

The Mothers Matter Centre provides HIPPY sites with pre-service training, weekly support (starting up), monthly Coordinator exchanges, direct quality site support, and annual conferences.

For inquiries about launching the HIPPY program in Canada, please contact:

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- Kirandeep Bhullar, Director of Multicultural HIPPY - East & Atlantic (Ontario, Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick), at kbhullar@hippycanada.ca.
- Monique Best, Senior Director of Multicultural Programs - Francophone HIPPY, at mbest@hippycanada.ca.

How can we learn more about the HIPPY program?

To learn more about the HIPPY program, please visit <https://www.mothersmattercentre.ca/hippy>.

For more information:

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