



FAQs

What is PAT?

PAT stands for Parents as Teachers, which is an international, evidence-based home visitation program that was established in Missouri in 1984. The PAT program in Sheboygan County, has been recognized as a Blue-Ribbon Affiliate program. Programs who have earned a Blue-ribbon status have completed a rigorous application process and have earned Quality Endorsement from the Parents as Teachers National Center. PAT Sheboygan County is proud of the high standards they follow to serve the families within the community.

How does PAT support families?

PAT supports families by partnering with them to help them meet their parenting goals. This generally includes things like answering questions, providing them with information on milestones and age-appropriate expectations, ideas on how to support their child's development through play, developmental screenings to ensure their child's development is on track, information on community resources and class/event opportunities, information on a variety of topics such as attachment, discipline, safety, sleep, nutrition and more, and by supporting their family's overall well-being.





What is a PE?

PE is an acronym that stands for Parent Educator. This is a person that has been trained and is certified by PAT to meet with you and deliver evidenced-based parenting information following a curriculum. All our Parent Educators also have college degrees in a related field.

Where do visits take place?

Visits generally take place in a family's home. Children are typically most comfortable in environments that they're familiar with; therefore, being in their house often allows for a smoother visit and the potential for more learning. If the family home is not the best option for you, you and your PE can discuss other options for meeting. Virtual visits using a computer or phone are also an option if that is more comfortable or convenient for your family.

Can other adults be at home during a visit?

We encourage your partner or support system to join you for the visit as long as you are comfortable with their involvement. Others are welcome to attend, but it is not critical they are present during every visit if their schedules don't allow for it. To make your visits most effective, it's important that the primary caretaker consistently participates.

Do my children have to be home when I meet with my Parent Educator?

Yes, but if they are sleeping, you don't have to wake them up for the visit.



So, PAT will send a teacher to teach my child(ren) in my home?

No, YOU are your child's teacher. Your parent educator will help to point out and emphasize how important you are in preparing your child for school by taking advantage of everyday moments and ways you can intentionally guide their development. Children's brains grow so much between birth and school-age, you are most effective at teaching them as you see them the most. Your PE will bring information and an activity to the visit for you to try with your child. They will explain how you can use this information and activity to help your child grow.

Will it be enough for my child to learn from doing the activity only once during our visit? (I don't have a lot of time to teach my child. I work and have other children. How much do I have to do for them to benefit from doing an activity?)

Although some learning happens during the visit, repetition is key to a child really learning any concept. Repeating activities, or variations of the activities, will help your child to make stronger brain connections and retain the information much better. You'll be encouraged to continue the activity to reinforce your child's learning, but you don't have to feel like you need to set aside hours a day to drill your child. Children learn the best through playing and having fun. To learn the concept(s) being focused on during the activity, and in general, setting aside daily, regular time for interactions with you is important to help their learning and in fostering their attachment. You can do this however it works best for your family. For example, five minutes, several times a day, really adds up over the course of a day. (PEs will also be available to answer questions in between visits, as needed.)



How frequently do I meet with a Parent Educator?

Meetings occur once or twice a month depending on your needs and availability.

How much time do I need for a visit with a Parent Educator?

Each visit lasts about an hour, give or take 15 minutes. If more than one child is enrolled, as would be the case with twins, the visits will take slightly longer.

I work. Do you offer visits in the evenings or the weekends?

We work with your family to find a time that is convenient to meet either during the day or the early evening. We don't offer visits at night or on the weekends though.

How long can I stay in the program?

Every family's situation is unique. We have a variety of options for your family. Some families qualify for 6 monthly visits, other families qualify for 3 years of PAT. Contact us to see how many visits you're eligible to receive.

How much does it cost to be in PAT?

It's free! Thanks to a variety of grants and donations from our community we are able to offer this program at no cost to your family.

I'm not in Sheboygan County, can I still have PAT?

PAT is an international program and many communities across the US offer this program. Check the [national site](#) to find out if you can access it where you live.