

THE POWER OF CONNECTION

How Relationships Shape the First 1,000 Days Suncoast



90+ Organizations.
30+ Parent Leaders.
1 Shared Purpose.



FIRST 1000 DAYS SUNCOAST TEAM



Dr. Chelsea Arnold
Initiative Director



Janice Houchins
Initiative Coordinator



Tina Wilson
Family Navigator



Renee King
Family Navigator



Hailey Tallman
Community Support Specialist

Thanks to our partners, we are making a difference in the lives of children and families.
We are proud to be a part of this important work.

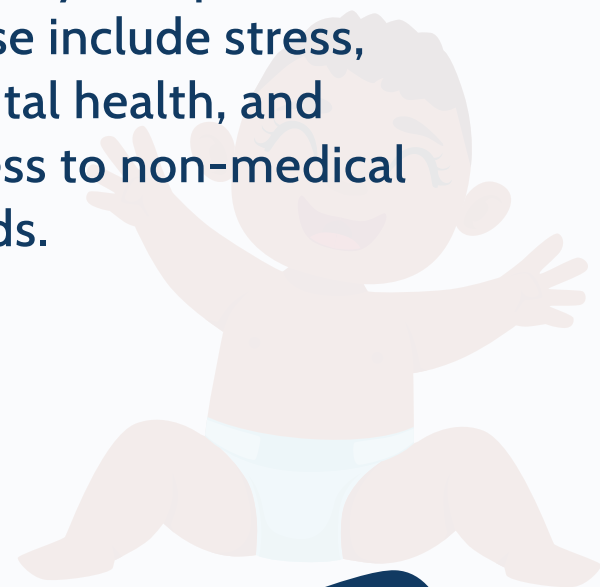


THE EARLIER THE INVESTMENT THE GREATER THE RETURN



PREGNANCY

Risk factors and co-morbidities during pregnancy can lead to delivery complications. These include stress, mental health, and access to non-medical needs.



DELIVERY

Delivery complications can result in short or long term health complications for mother and adverse birth outcomes for baby.



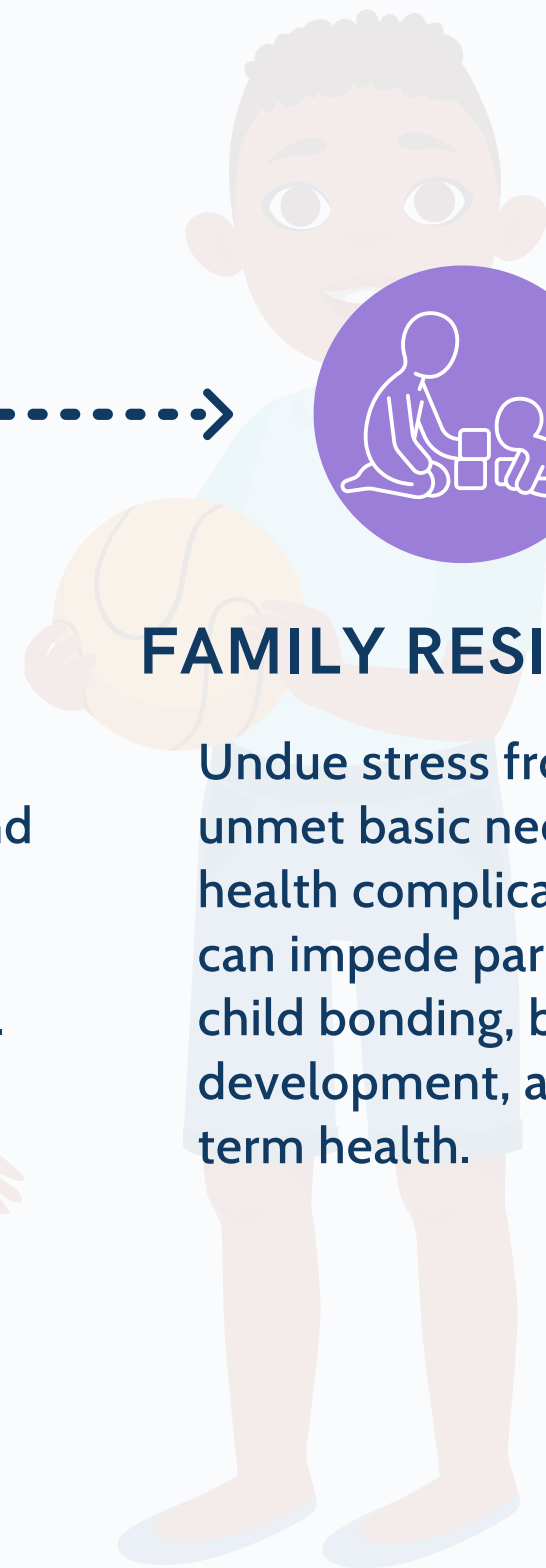
INFANT

Infant complications such as prematurity and low birthweight can cause physical and developmental delays.



FAMILY RESILIENCE

Undue stress from unmet basic needs and health complications can impede parent-child bonding, brain development, and long-term health.

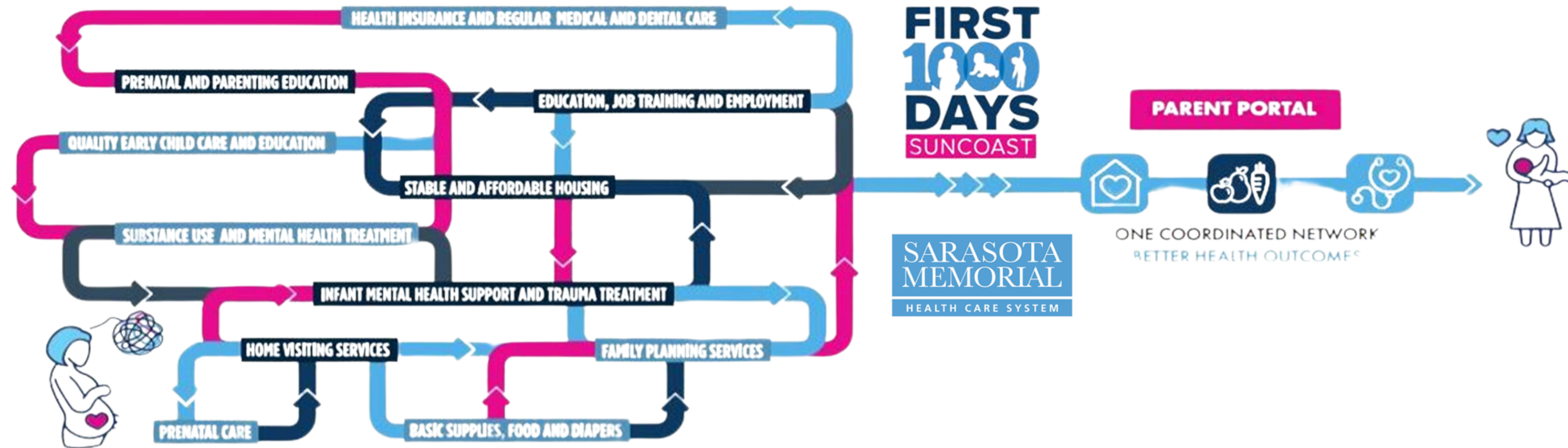


LIFELONG HEALTH & WELL-BEING

Adverse childhood experiences, early nutrition, and access to non-medical needs impact lifelong health and prosperity.



OUR APPROACH



VISION

We envision a supportive community that helps families provide a safe, stable, loving environment so that children are healthy, resilient, and can reach their dreams!

MISSION

To support and connect families with resources during pregnancy and throughout a child's first 1000 days, when critical development occurs.



PARENT LEADERSHIP

Education. Agency. Leadership.

- **Guide next steps** for the initiative, including vision, long-term and short-term goals
- **Co-create solutions** to barriers families face in their own communities
- **Build skills and knowledge** to advocate for themselves and their children
- **Create a peer network** of support & education



The Bay
Pictured: Caty Sarmiento &
daughter, Parent Advisory
Committee Member

"...Years from now when I look back at my early motherhood years, First 1,000 days will always be a highlight and bring back warm memories since they have positively impacted my motherhood journey and consequently gave my children the best version of myself."





FAMILY NAVIGATION

Education. Agency. Leadership.



FAMILY NAVIGATION PROGRAM

Workflow & Referral Process

FIRST 1000 DAYS SUNCOAST

FREE COMMUNITY RESOURCES FOR PARENTS AND CAREGIVERS

We can help you during pregnancy and your child's first three years!

Learn about fun and easy activities to do with your child to boost their brain!

GET CONNECTED TO SUPPORT!

- Infant supplies
- Food
- Childcare
- Healthcare
- Parenting Education
- and more!



ENGAGE

Parents learn about navigation service from social media, provider, or community partner



CONNECT

Call or fill out an assistance request on website



REFER

Family Navigators perform screening, assess needs, and refer to social and mental agencies



FOLLOW-UP

Follow-up is conducted 30 and 60 days post-assistance

(Arnold, Romanoff, O'Connor, Beitlich, 2023)





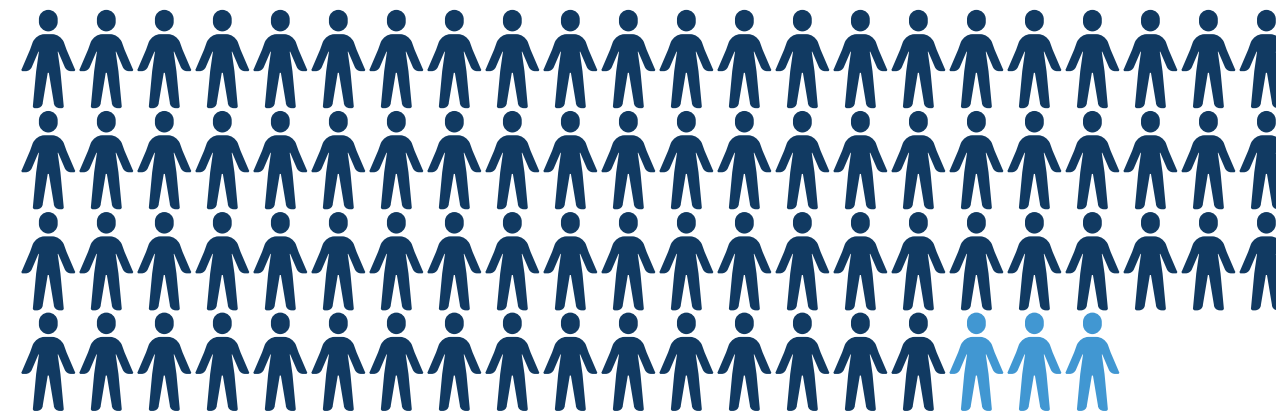
FAMILY NAVIGATION

Parents Who Have Been Positively Impact

86% **SOCIAL SUPPORT**
Had an increased social support score 30 days after assistance



97% **CONCRETE SUPPORT**
Had an increased concrete support score after assistance



92% **STRESS**
Had a decreased perceived stress score after assistance

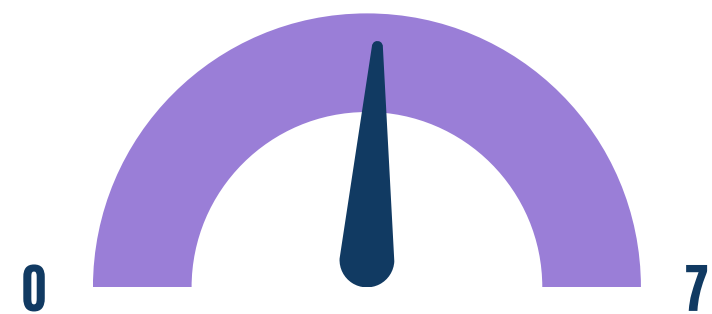




FAMILY NAVIGATION

Impact on Protective Factors

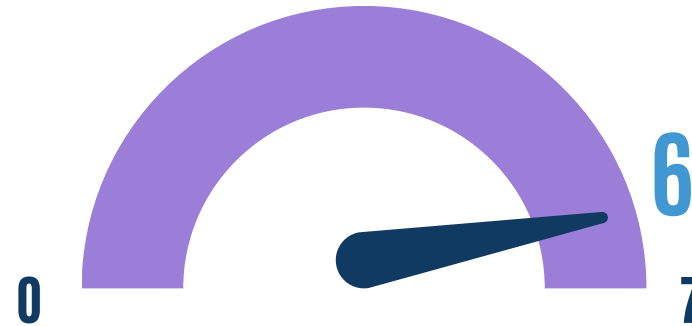
3.6



POINT OF CONTACT

SOCIAL SUPPORT

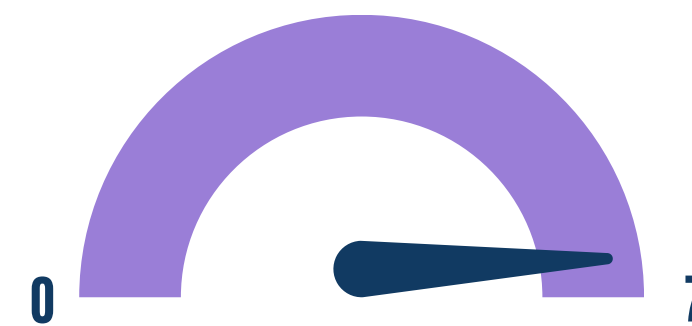
6.4



30 DAYS

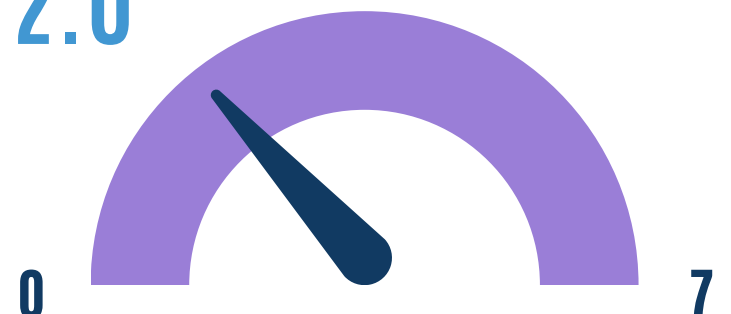
91%
improvement at
60 days

6.7



60 DAYS

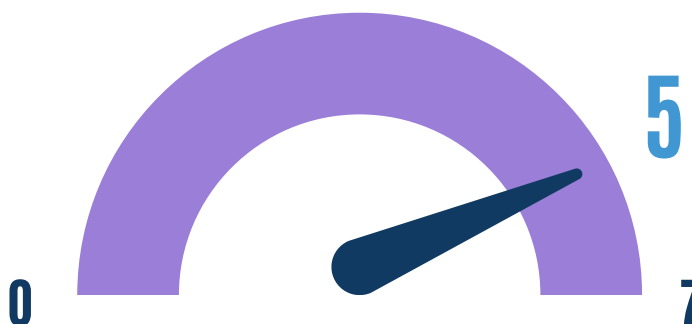
2.0



POINT OF CONTACT

CONCRETE SUPPORT

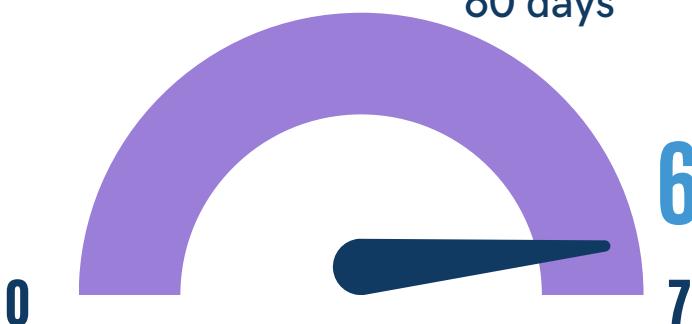
5.9



30 DAYS

223%
improvement at
60 days

6.6




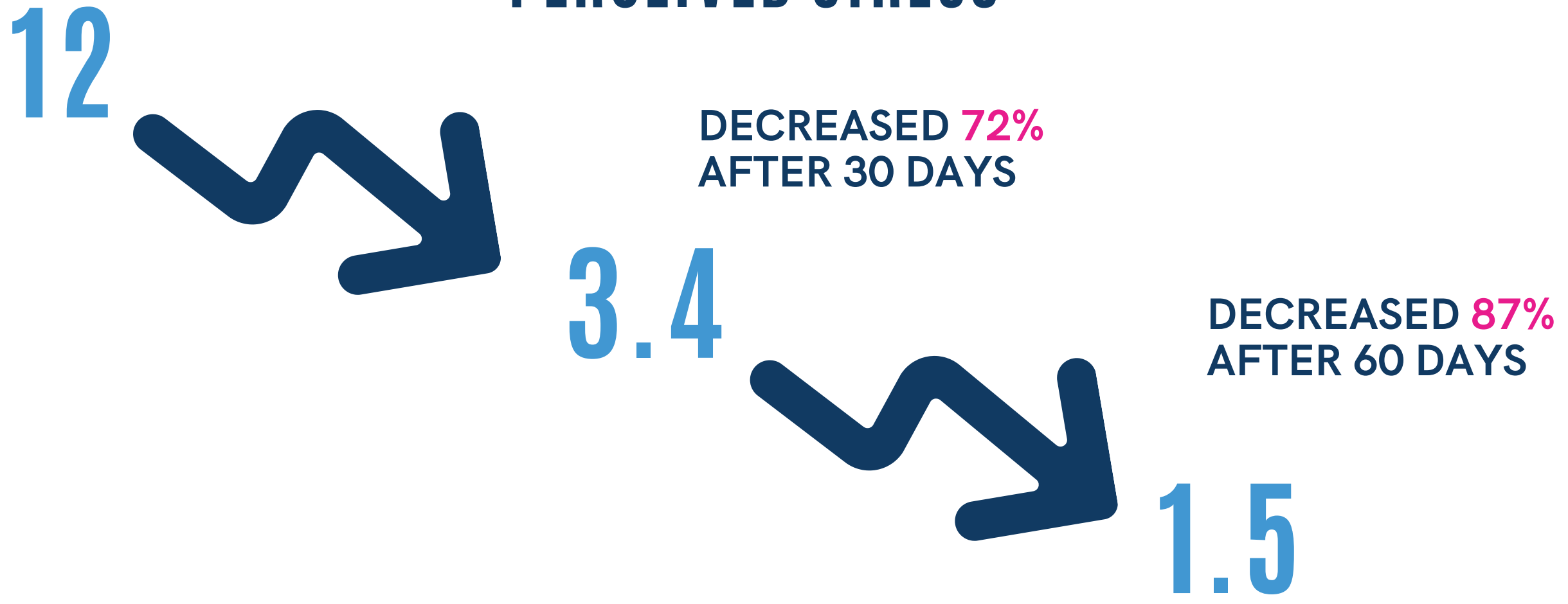
60 DAYS



Why It Matters:

Strengthening Protective Factors such as social support and concrete support results in better parenting outcomes, reduced child welfare involvement, and improved family well-being.

PERCEIVED STRESS



Why It Matters: Parental stress has been linked to poorer infant and child health outcomes and development. Chronic stress during pregnancy is a risk factor for prematurity, low birthweight babies, as well as maternal health complications.

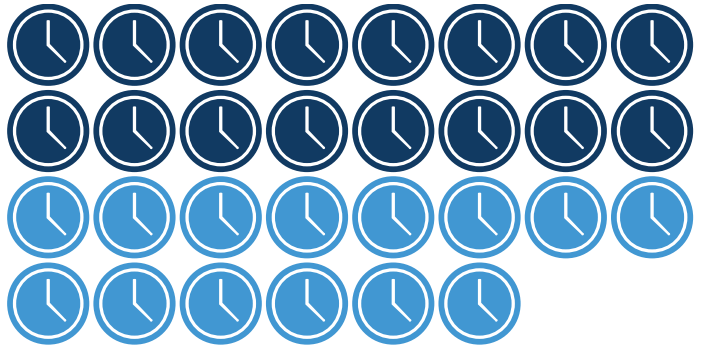
"...its very hard to find the resources... It made my life less stressful, when I was already stressed with learning how to take care of a new human being. After receiving services, I felt happy and grateful."

-Mother assisted by First 1,000 Days Family Navigation program

UNHEALTHY MENTAL HEALTH DAYS

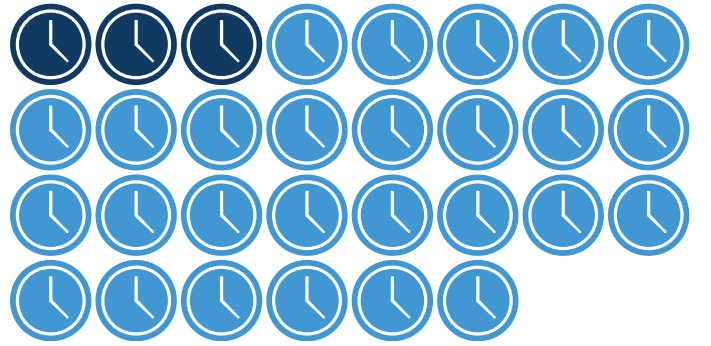
13+
healthier days
per month

16.1 DAYS



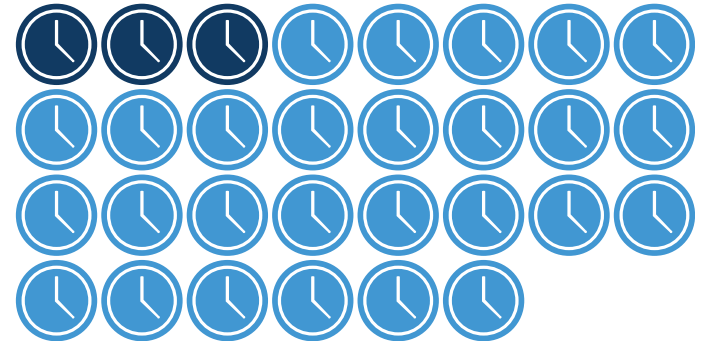
MONTH PRIOR TO ASSISTANCE

2.9 DAYS



30 DAYS AFTER ASSISTANCE

2.5 DAYS



60 DAYS AFTER ASSISTANCE

“Tina has been my biggest supporter this pregnancy. She was there for me when everything was dark. She held my hand while finding a counselor. She helped me prep for my daughter by getting me in contact with other organizations. She even brought me baby clothes, diapers and a bath time kit.”

-Mother assisted by First 1,000 Days Family Navigation program



FAMILY NAVIGATION

A Mother's Journey



Family Navigator, Tina Wilson, connected Taylor to various community resources, including the Mothers Helping Mothers' Transportation Program.

Every day, Taylor relied on public transportation to commute to her full-time job and attend family appointments.

Determined to improve her life, she completed the transportation program and is now the proud owner of a vehicle that enables her to travel to work and other essential places for her family. Having her vehicle has allowed her more time and energy to focus on her family.

Taylor now sits on the First 1,000 Days Parent Advisory Committee, helping other mothers in her community, and is truly shining. Taylor often raves about how helpful First 1,000 Days has been and is quoted as saying,

"You know, everyone needs a Tina!"



PARENT ADVISORY COMMITTEE

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PARENT ADVISORY COMMITTEE

- **English & Spanish Speaking PAC**
- **Parent Co-Facilitators**
- **Co-create solutions** to barriers families face in their own communities
- **Build skills and knowledge** to advocate for themselves and their children

“Every meeting I walk away with so much joy as I’m reminded that we are all going through the craziness of motherhood together.”
-Leslie Collins, Parent Advisory Committee Member



*2025 Anonymous Survey of Spanish and English Speaking PAC



PARENT FOCUS GROUPS

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PARENT FOCUS GROUPS

Meeting Parents Where They Dream

Dreams, barriers, & parent-led solutions

10 nonprofit host sites

100+ parents/caregivers



* 2024



PARENT FOCUS GROUPS

Top Barrier- JOB

“I cannot speak english, I don't have papers, no work available”

“trying to find a good paying job to support this life”

“making enough money without illing myself on hours and labor”



**1 out of 6
reported needing a job/
better paying job**

“want a full time job”

“...citizenship so I can work”

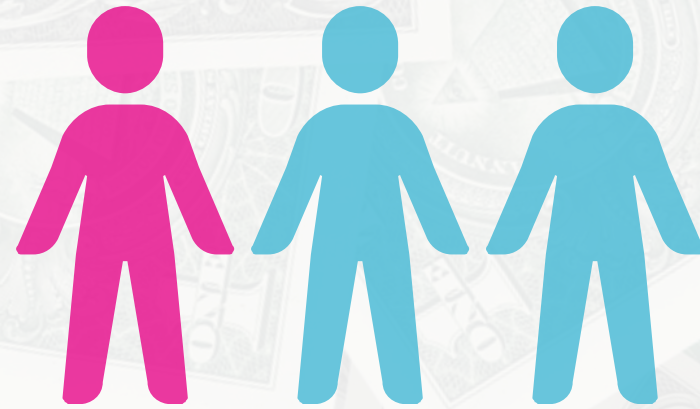


PARENT FOCUS GROUPS

Top Barrier- FINANCES

“being able to afford the cost of living and childcare”

“being broke”



“money to bring daughter here to live”

“cost of living is so high”

**1 out of 3
reported financial barriers**

“affording bills”

“...debts of the past...”



Text Messaging Pilot

Reduced unresolved referrals, improved efficiency and enhanced client communication.



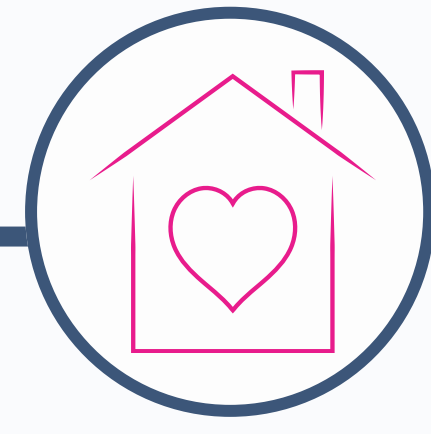
FREE Swim Lessons

Partnership with local agency to improve swim safety concerns identified by parents.



Case Management Expansion

Non-traditional case-management agencies hire navigators to expand support.



Housing Crisis

New efforts with regional housing providers to co-develop solutions.



Food Access Partnership

Expanded food insecurity screenings and wellness markets.



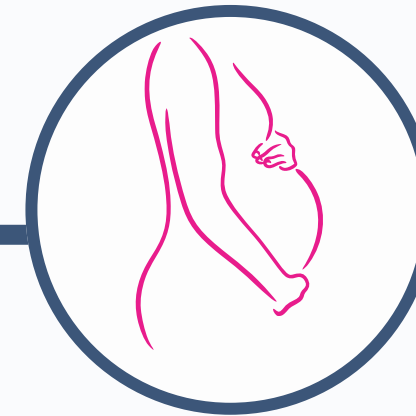
Parenting Education Expansion

Launched programming and support in DeSoto County.



Plan of Safe Care

Regional collaborative helping families facing prenatal substance use.



Pregnancy Care Team

Addressed critical OBGYN shortage, improving access to prenatal care and supports.

QUESTIONS?

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Phone: 941-374-2752



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