

How do Early Childhood Interventions work? The Early Childhood Interventions Impact Model

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Summary

In 2013/2014, the concept of “Frühe Hilfen”, an early childhood intervention to support families with children under 3 years of age was developed. This health promoting intervention is based on theoretical considerations, empirical evidence, initial analyses, and it was coordinated with national and international model projects. Since the beginning of 2015, regional early childhood intervention networks have been established and expanded throughout Austria according to this concept.

The core assumption, that health is a result of the interaction of various social, material and individual factors explains the approaches and concrete measures of Frühe Hilfen. The main aim though is to support families in creating suitable conditions for healthy growing up.

The anticipated effects and mechanisms of action of the various measures of Frühe Hilfen were illustrated in a model and discussed with project partners. The present report is intended to describe the interrelationships presented in the model, if possible, on the basis of existing evidence, and thus ensure comprehensibility and applicability.

The model shows three levels of impact resulted from the measures of early childhood intervention:

- » the social framework conditions
- » the family situation
- » the healthy development of the child (as the anticipated goal of Frühe Hilfen)

These levels are influenced directly or indirectly by the measures of Frühe Hilfen and should thus lead to more health and social equity in the long term.

Keywords

early childhood intervention, evidence, result, measures, changes, targets