

# PEEM

## THE PARENT EMPOWERMENT AND EFFICACY MEASURE

**The RealWell Parent Empowerment and Efficacy Measure (PEEM)** was designed in collaboration with family support practitioners to measure the confidence with which caregivers engage with the responsibilities of being a parent.

The PEEM is focused on strengths. It encourages respondents to identify areas where they feel empowered in their caregiving role and issues that may influence their power to achieve their parenting goals.

The PEEM is suitable for use by professionals who work with families raising toddlers to tweens.



### The measure is both reliable and practical.

The PEEM has twenty positively worded items.

- The items relate to aspects of:
  - personal and family wellbeing
  - personal agency and positive parenting behaviours
  - confidence to access formal services and connectedness to social and community networks.
- Use of the measure in research and service settings has established PEEM as a valid, reliable, and useful resource.

### The PEEM has many uses:

**Planing** - When used as a practice resource, information from the PEEM can help family support professionals sharpen the focus of the plans they make with caregivers as they work together to promote parent efficacy and confidence.

**Review** - The PEEM is an aid to evaluation within family support organisations. It can help services review the impact of the initiatives they deliver at individual level, group level, and whole-of-service level.

### The PEEM is easy to administer.

The measure can be administered using a simple survey form. However, organisations that register to use the Parent's Voice Online system can administer PEEM using an engaging digital format. The secure online platform provides benefits such as automated scoring, helpful advice, and data management functions.

More information about the PEEM-A Parent's Voice is available at: [www.realwell.org.au](http://www.realwell.org.au)



### Reference

Freiberg, K., Homel, R., & Branch, S. (2014). The Parent Empowerment and Efficacy Measure (PEEM): A tool for strengthening the accountability and effectiveness of family support services. *Australian Social Work*, 67 (3), 405-418. <http://dx.doi.org/10.1080/0312407X.2014.902980>

For more information about the PEEM visit: [www.realwell.org.au](http://www.realwell.org.au)

