



*Dedicated to Quality Out-of-School Time*

## **WHY CHOOSING A HIGH-QUALITY AFTERSCHOOL PROGRAM MATTERS**

A high-quality afterschool or summer program ensures your children are safe, encourages supportive relationships, fosters a sense of belonging and provides positive learning experiences. Research shows when programs are of high-quality, this is when programs, practitioners and families see true improvements and benefits.

Prime Time Palm Beach County provides resources and supports to afterschool programs in Palm Beach County to help deliver high-quality programming that allows children to thrive socially and academically.



## **BENEFITS TO HIGH QUALITY AFTERSCHOOL PROGRAMMING**



### ***Yield Substantial Returns for Older Youth***

High quality afterschool programs reduce crime rates and show substantial improvements to academic outcomes translating into long-term economic benefits.



### ***Well-being and Life Skills***

High quality afterschool programs foster a sense of belonging while supporting emotional regulation, social skill development and are associated with reduction in behavior problems in children from households stressed by poverty, parents' poor health, or other risk factors.



### ***Fair Access to Education***

By fostering an all-embracing learning environment, high-quality afterschool programs ensure that all children and youth, regardless of their socioeconomic status, have access to arts, sciences, and sport content, resources and support necessary to succeed academically.



### ***Economic Productivity***

High quality afterschool programs significantly enhance parents'/guardians focus and productivity at work while offering flexibility and balance to work-life responsibilities.

# Sources

## ***Yield Substantial Returns for Older Youth***

Allen, P. J., Chang, R., Gorrall, B. K., Waggenspack, L., Fukuda, E., Little, T. D., & Noam, G. G. (2019). From quality to outcomes: A national study of afterschool STEM programming.

International Journal of STEM Education, 6(1). Retrieved from <https://doi.org/10.1186/s40594-019-0191-2>

Peterson, T. K. (Ed.). (2013). Expanding minds and opportunities: Leveraging the power of afterschool and summer learning for student success. Washington, D.C.: Collaborative Communications Group.

***Well-being and Life Skills*** Durlak, J. A., Weissberg, R. P., and Pachan, M. (2010). A meta-analysis of after-school programs that seek to promote personal and social skills in children and adolescents. American Journal of Community Psychology, Vol. 45, Nos. 3-4, pp. 294-309.

Harvard Family Research Project. (2008). After school programs in the 21st century: Their potential and what it takes to achieve it. Harvard Family Research Project.

Vandell, D. L., Reisner, E. R., and Pierce, K. M. (2007). Outcomes linked to high-quality afterschool programs: Longitudinal findings from the study of promising afterschool programs. Policy Studies Associates, Inc.

## ***Academic Equity***

Schweinhart, L. J., Montie, J., Xiang, Z., Barnett, W. S., Belfield, C. R., and Nores, M. (2005). Lifetime effects: The High/Scope Perry Preschool Study through age 40. HighScope Press.

## ***Economic Productivity***

Bright Horizons. (2019). The Bright Horizons Modern Family Index 2019. Bright Horizons Family Solutions LLC.

Committee for Economic Development of The Conference Board. (2019). Child care in state economies: 2019 update.

National Survey of Early Care and Education Project Team. (2016). Early care and education usage and households' out-of-pocket costs: Tabulations from the National Survey of Early Care and Education (NSECE). U.S. Department of Health and Human Services, Administration for Children and Families.



The Children's Services Council of Palm Beach County provides significant funding for Prime Time's overall operations. The Palm Beach County Youth Services Department provides support for Prime Time's Middle School Out-of-School Time Initiative.

