

2025 Outcomes Report

PEPS connected and supported 3,885 parents across all PEPS Groups in 2025.



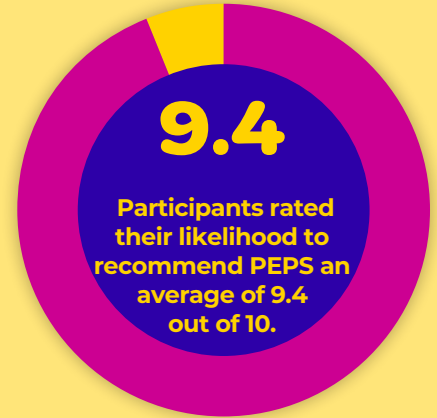
The PEPS Experience

In 2025, 430 PEPS parents who participated in a Newborn, Second Time Around or Baby Peppers Group shared feedback about their experience.

9.4

Participants rated their likelihood to recommend PEPS an average of 9.4 out of 10.

These findings suggest that most parents had a positive experience with their 2025 PEPS Groups.



The Impact on PEPS Families

The research-based [Strengthening Families™ framework](#) identifies five protective factors that are critical to family resilience and well-being. To measure the impact in these five factors, 214 parents rated how they felt they were doing in these areas before and after participating in their PEPS Group.

Respondents showed a positive increase in how they were feeling about their parenting before participating in PEPS to after in all five protective factors, most notably for information support and social support.

19% ↑
INCREASE IN
CHILD DEVELOPMENT
SUPPORT

30% ↑
INCREASE IN
INFORMATION SUPPORT

21% ↑
INCREASE IN
SOCIAL SUPPORT

7% ↑
INCREASE IN
PARENTING SUPPORT

10% ↑
INCREASE IN
EMOTIONAL SUPPORT

72% said a PEPS Parents of Adolescents and Teens (PAT) Group positively impacted their engagement with their adolescent

What parents had to say about how PEPS supported their parenting journey...



PEPS is a gem. It makes parenting in Seattle so much less isolating. I recommend it to everyone (just like it was recommended to me by everyone!).



I feel like PEPS is a necessity for first-time parents.



Learn More

This Outcomes Summary focuses on families who participated in the Newborn, Second Time Around, and Baby Peppers programs. Read more about all the ways PEPS supports families and the impact of PEPS programs in our [2025 Annual Report](#).