



Program Impact

About LENA Start

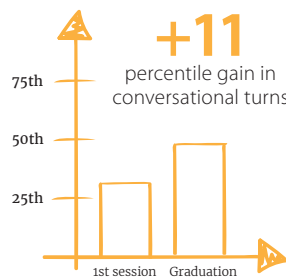
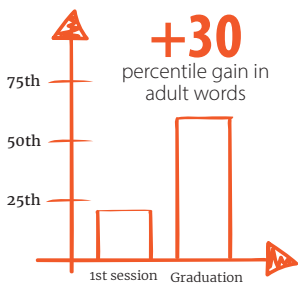
LENA Start is an evidence-based community program designed to engage families and help them learn how to increase interactive talk with their children during the first few years of life.

During LENA Start, families use LENA’s widely validated “talk pedometer” technology to measure their child’s language environment. Families explore this data in the form of personalized, actionable feedback reports, discussing research-based strategies with their peers to increase interactive talk at home.

Research has found these early interactions, called conversational turns, to be one of the most predictive measures of children’s socioemotional development, language development, brain structure and function, executive functioning, and long-term academic success. Learn more at LENA.org/LENA-Start.

Increased conversational turns

A foremost goal of LENA Start: Increasing the amount of interactive talk young children experience in their everyday lives. Especially among those children who come into the program experiencing the least amount of interaction, LENA Start makes a real difference.



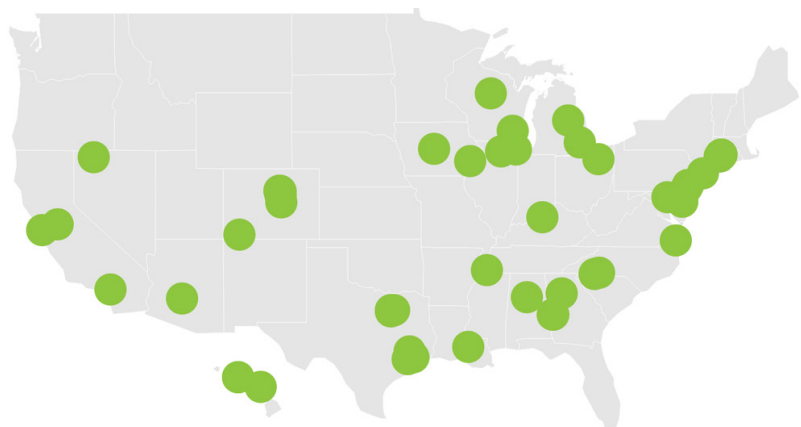
63%
increase in parent-reported reading minutes



72%
graduation rate

LENA Start’s reach

Since the program’s launch in 2015, approximately 50 organizations in the U.S. and Canada have partnered with LENA to bring LENA Start to their communities. Together they have reached more than 10,000 children and families through the program.



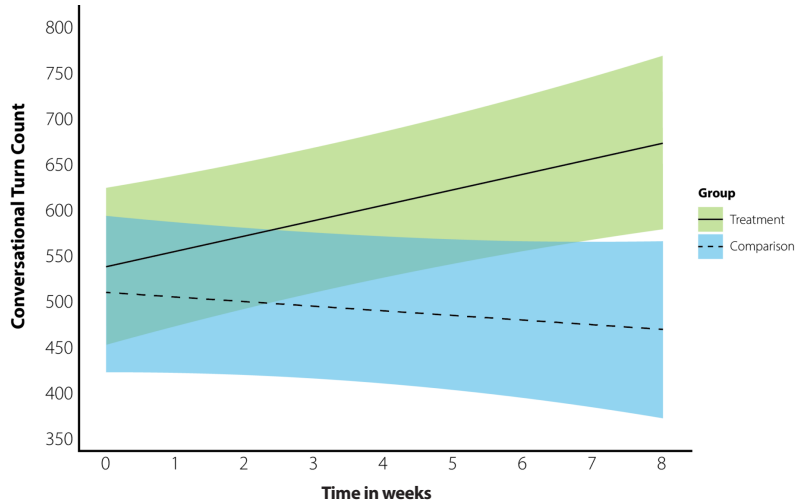
LENA Start locations as of January 2023. Visit LENA.org/where-are-LENA-programs to explore our interactive map.

Positive change in early language, early literacy, and improved school readiness

In one evaluation of LENA Start, the home language environments of children whose families participated in the program were compared to those of a matched sample. The LENA Start group grew in the number of conversational turns experienced, while the comparison group did not.

[Read more!](#)

Conversational Turns Counts: Comparing LENA Start Participants to a Matched Sample

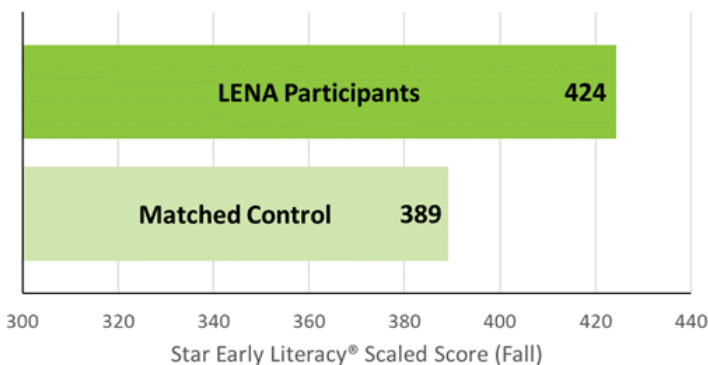


The biggest takeaway from this study is that you can teach parents mediated-language strategies in a community setting, with instructors who are not researchers, and parents will make significant growth in the amount of talk and reading that they do with their children.



— Dr. Constance Beecher, Associate Professor at Iowa State University and co-author of “Investigation of the effectiveness of a community-based parent education program to engage families in increasing language interactions with children”

Star Early Literacy® Scores: Comparing LENA Start Participants to a Matched Sample



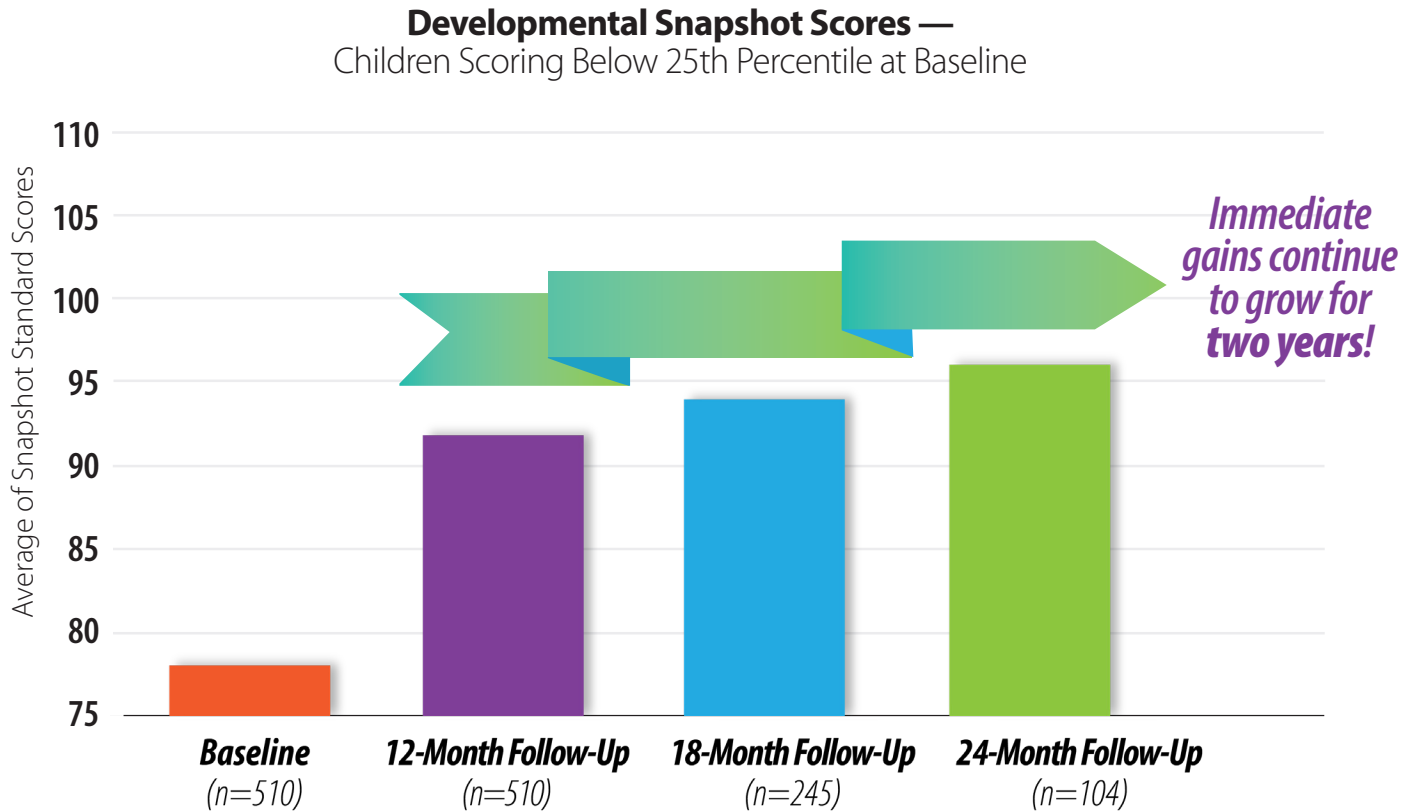
In a second evaluation, preschoolers whose families participated in LENA Start scored significantly higher on the Star Early Literacy® assessment than children in a matched control sample. On average, the assessment was conducted two and a half years after the families had completed LENA Start. [Read more!](#)

In a third evaluation, preschoolers whose families participated in LENA Start scored significantly higher on the Kindergarten Readiness Assessment (KRA) than children in a matched control sample. The study also found a statistically significant link between children's KRA scores and the number of conversational turns they experienced during LENA Start. [Read more!](#)

Gains endure for the long term

The Developmental Snapshot is a parent-completed measurement of infant and toddler progress in acquiring language skills. Children whose families participate in LENA Start gain nearly two months of developmental skill each month.

These gains endure for the long term, as revealed by follow-up assessments given 12, 18, and 24 months after LENA Start. For those children who entered the program with a Developmental Snapshot score below the 25th percentile, the gains are even greater.



There's evidence that LENA Start **may have a significant impact for children experiencing extreme language delays**. These children scored in the 1st percentile before LENA Start and advanced to the 10th percentile after LENA Start. The number of conversational turns these children experienced also increased, moving from the 39th to the 55th percentile. [Read more!](#)

“*These results are very encouraging, both for the validity of the Developmental Snapshot and for the effectiveness of LENA Start. I am most excited for what the results say about children who began the Start program at risk for language delays.*”

— Dr. Jill Gilkerson, Chief Research and Evaluation Officer at LENA

What are parents and caregivers saying about LENA Start?

Here's what parents participating in LENA Start had to say about their experience with the program:



Yo creo que una de las mejores decisiones que he tomado de participar en el programa e involucrar a mi familia en el programa.

— A mom in Houston, Texas



The program really helps you to be a better father and to communicate with your kids.

— A dad in Wausau, Wisconsin



The Talking Tips are simple, but you don't make the connection until you're told, 'These are the things that positively impact your child's brain development and communication.'

— A mom in Huntsville, Alabama



It was awesome to know I'm actually making progress. I'm doing better. I'm helping him out. And in turn, he's talking more, ... and you can see the progress each week.

— A dad in Westminster, Colorado

92% of caregivers say all parents should participate in LENA Start. 87% say it was easy to participate. Visit [LENA.org/parent-videos](https://lena.org/parent-videos) to see parents and caregivers making every interaction count with LENA Start.

**Interested in bringing LENA Start to families in your community?
Complete a Readiness Assessment!**



info.lena.org/readiness-assessment

LENA[®]

For more information, contact:

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