THE VALUE OF PARENTING EDUCATION
"We can argue about the size of the parenting effect, compared to genetics, economics, culture, schooling, and so on. There is no question, however, that the quality of parenting is one of the most – perhaps the most important contributor to a good, fair, responsible society.”
Reliable and responsive parenting is critical for development

- Parenting relates to short and long-term social-emotional and cognitive outcomes
- Early years are a sensitive period for brain growth and development in all domains

"A child's brain undergoes an amazing period of brain development from birth to three - producing 1 million new neural connections every second."

ZERO to THREE
Parenting style accounts for gaps in school readiness.

- **Language**: 33%
- **Literacy**: 21%
- **Mathematics**: 19%

Research attributes up to 50% of the school readiness gap to differences in parenting.
30 MILLION WORD GAP

Number of Words Heard by Children Differs Across Income Groups

Source: Hart & Risley, 1995
30 MILLION WORD GAP

Disparities in Early Vocabulary Growth

Source: Hart & Risley, 1995
PARENTING MATTERS

Children spend 13% of their waking hours in school between 0-18, with approximately 80% of their waking hours in the care of their families.
Parents and children benefit from support

- Parents are more likely to live away from families of origin
- Child and parent needs change across each age and stage
- New challenges continue to arise for families (e.g., technology)
- Having opportunities to learn from one another provides families with community and the social support needed to thrive
Parenting education is an opportunity to support children & families.

- Parenting is learned and can be improved through parenting education.
- Research and knowledge of parenting practices that support children’s positive outcomes has grown exponentially.
- It is essential that we share this information with those who need it most: Parents.
Parenting education is an opportunity to provide families with research- and evidence-based information as well as the social support they need to thrive.
Investments that bolster the parenting capacities of families are the most effective way to promote social mobility and foster equal opportunities.

Professor James Heckman
PARENT BELIEFS
ZERO TO THREE SURVEY

2,200 participants, nationally-representative sample

- 83% of parents from all backgrounds agree parenting can be learned
- 69% of parents say if they knew more positive parenting strategies, they would use them
- 54% of parents wish they had more strategies to be a better parent

Source(s): Zero to Three: National Parent Survey Overview and Key Insights
Pinquart & Teubert, 2010
PARENT BELIEFS
ZERO TO THREE SURVEY

Note: Usage of resources is based on parents who said they used these resources: occasionally, sometimes, or frequently. Effectiveness scores are based on respondents who on a scale of 1 (not at all effective) to 5 (extremely helpful) rated the resource a 4 or 5.

- The way my parents raised me: 64% effectiveness, 91% usage
- Medical professionals like the pediatrician: 62% effectiveness, 89% usage
- My partner/my child's other parent: 66% effectiveness, 89% usage
- My mom: 68% effectiveness, 88% usage
- Other parents: 46% effectiveness, 85% usage
- Other family members or close friends: 48% effectiveness, 85% usage
- Articles specifically aimed at helping parents: 49% effectiveness, 84% usage
- Google searches (or other internet search engines): 47% effectiveness, 82% usage
- Parenting websites: 47% effectiveness, 82% usage
- Teachers and other child care professionals: 52% effectiveness, 82% usage

Source: Zero to Three: National Parent Survey Overview and Key Insights
PARENT BELIEFS
ZERO TO THREE SURVEY

Source: Zero to Three: National Parent Survey Overview and Key Insights
PARENT BELIEFS
ZERO TO THREE SURVEY

Source: Zero to Three: National Parent Survey Overview and Key Insights
Parent Knowledge
Zero to Three Survey

Expectation gaps exist in what parents believe about child development and what children can do

- 43% of parents think children can take turns before age 2; 71% before age 3
- 36% of parents believe impulse control develops under age 2; 56% before age 3
- 47% of parents want to learn more about how and when these skills develop

Source(s): Zero to Three: National Parent Survey Overview and Key Insights
Parenting Education is . . .

Programs, support services, and resources for parents and caregivers that are designed to increase confidence in raising healthy children by providing them with knowledge, skills, and strategies related to parenting, child development, and positive parent-child relationships.

Arcus, Schvanevedlt, & Moss, (1993); Carter (1996); National Parenting Education Network
Parenting Education relates to increases in:

- Child cognitive & social development
- Mental health

Parenting Education relates to decreases in:

- Parenting stress
- Child abuse & neglect

Health-promoting behaviors
Parenting practices
# Parenting Education Helps | Results from a Meta-Analysis

142 papers/133 different interventions targeting parents from pregnancy-6 months - Randomized control studies

<table>
<thead>
<tr>
<th>Outcome</th>
<th>End of Program Effect</th>
<th>Longer Term Effect (~29 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parenting</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Parenting stress</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Child abuse/neglect</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Health promoting behaviors</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Cognitive development</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Motor development</td>
<td>No</td>
<td>No</td>
</tr>
<tr>
<td>Social development</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Mental health</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Parental mental health</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Couple adjustment</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

*Source: Pinquart & Teubert, 2010*
77 studies conducted from 1990–2002. Three components linked to acquiring parenting skills & behaviors:

- Teaching parents **emotional communication** skills
- Teaching parents **positive parent-child interaction** skills
- Requiring parents to **practice** with their child during program sessions

*Source: Parent Training Programs: Insight for Practitioners*
Outcomes linked to decreases in children's externalizing behaviors:

- Teaching parents the correct use of **time out**
- Teaching parents to **respond consistently** to their child
- Teaching parents to **interact positively** with their child
- Requiring parents to **practice** during the session with their child

*Source: Parent Training Programs: Insight for Practitioners*
PARENT EDUCATION HELPS
HOME VISITING META-ANALYSIS

29 programs / 35 groups, including 6,453 families

- Programs with 2 visits per month had small positive effects
- Programs with 3 or more visits had double the size of the effect

Source: Nievar, Van Egeren, & Pollard, 2010
PARENTING EDUCATION RESEARCH SUMMARY

- Content matters
- Delivery method matters
- Dosage matters
- Short-term evidence available showing positive effects of parenting education
- Less long-term information available/no cost-benefit of parenting education
- Need to understand what works and for whom
What do OPEC parents have to say?

I've had more confidence in parenting and more tools to use.

I feel like a parent.

I've learned how to be a dad.

The bond between us has increased 10-fold.

I am more mindful of my children’s feelings and put myself in their shoes and think of how I’d like to be treated.

I'm more patient with my kids.

We talk and plan more as a family.

I'm more aware of my child’s needs and more aware that I have to nurture myself and meet those needs.

I have been more engaged with my children, more aware of their different needs.
Learn more about the Oregon Parenting Education Collaborative and parenting education in your community at orparenting.org.

Connecting Oregon families through parenting education
THANK YOU!

Brought to you by:
Oregon Parenting Education Collaborative
&
The Hallie E. Ford Center for Healthy Children & Families.