



## **Outcomes of Participants in Cornell Cooperative Extension Parent Education Programs in Ontario County 2020-2021**

By Julia Chapman & Kimberly Kopko

Cornell Cooperative Extension (CCE) of Ontario County offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This report presents data collected from participants in Ontario County CCE parent education programs from July 2020 to July 2021. Participants included parents and caregivers who participated in programs comprised of

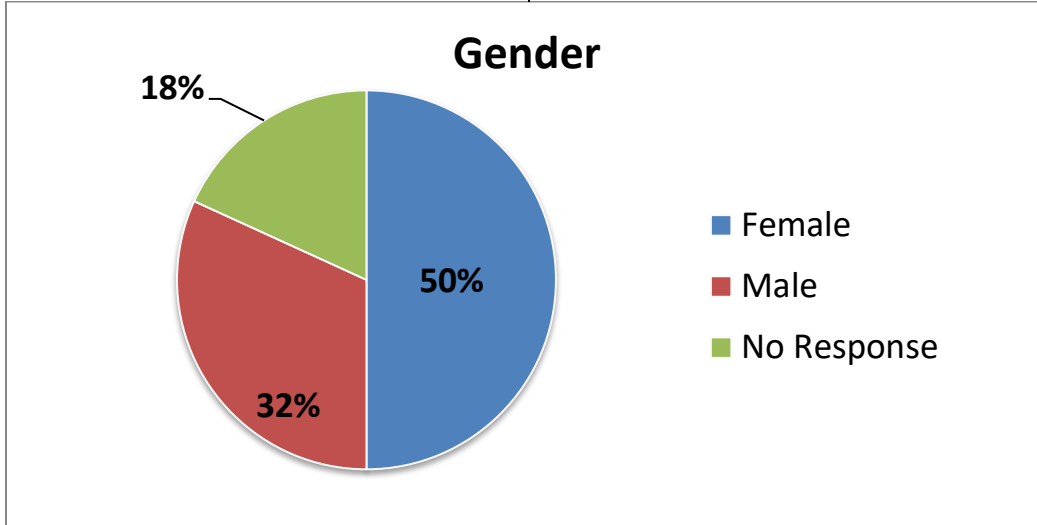
at least six hours of content delivery. Data were collected from participants at the first session (a pre-test) and at the last session (a post-test). Results of the analysis of these data are shown below.

### **Demographics of Participants in Programs in Ontario County, New York**

One program was evaluated in Ontario County, with all participants involved in the PS: It Works! program.

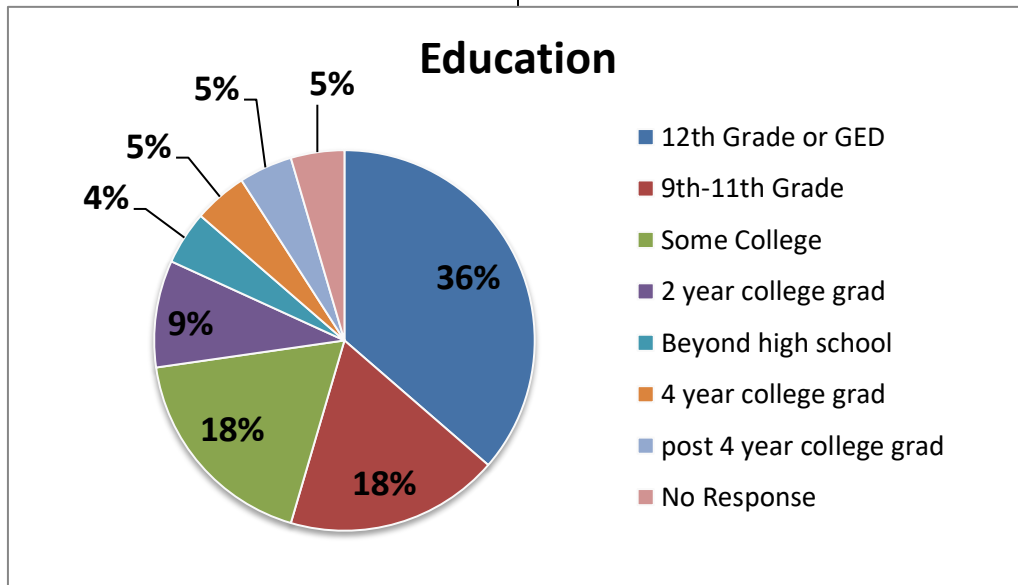
The following summaries use data from 22 participants who completed a pre-test survey given at the first session of their parent education class.

The majority of participants in the Ontario County CCE parenting classes were female (50%).



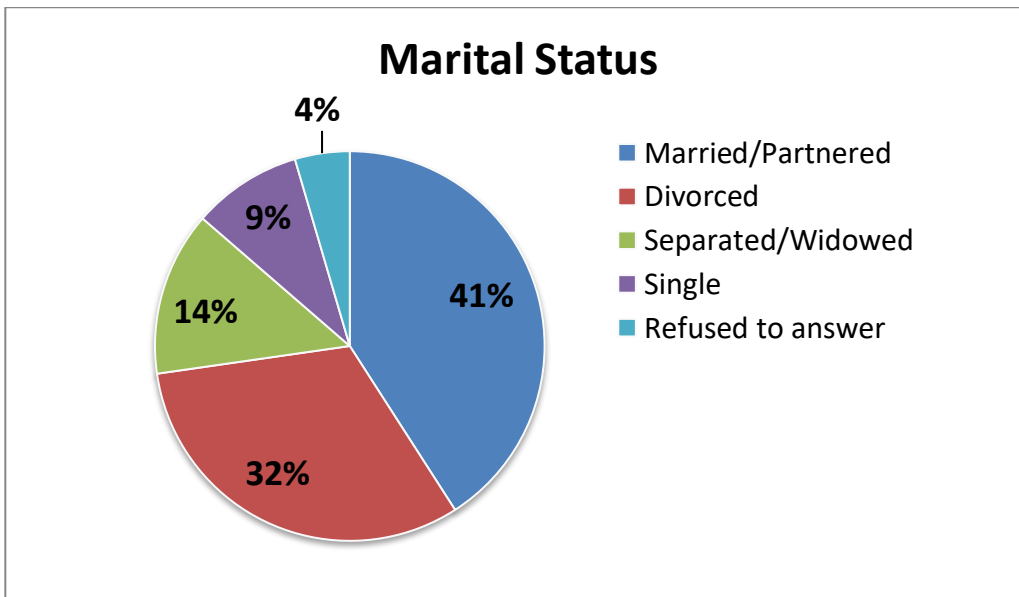
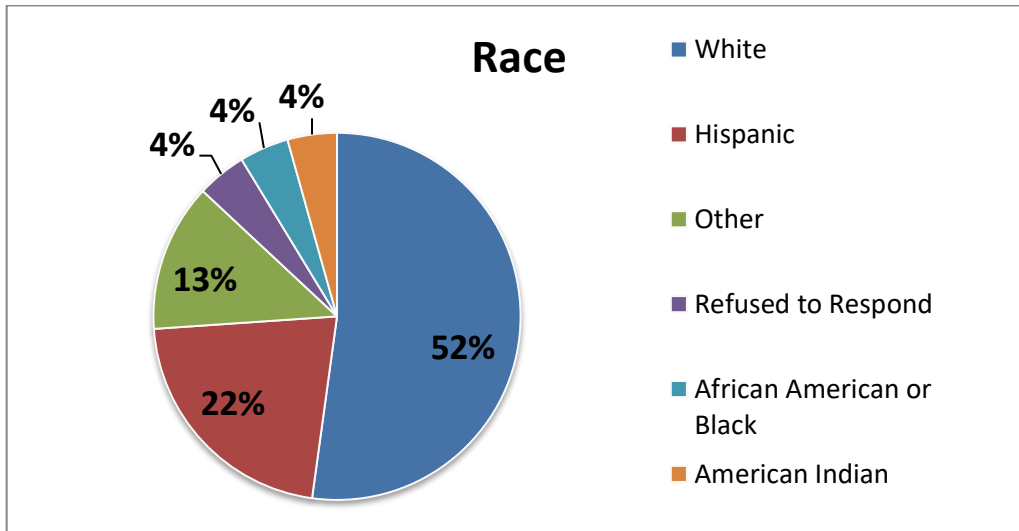
Educational attainment among the participants varied widely, with the greatest number of participants having completed 12<sup>th</sup> grade or earning their

GED (36%), followed by those completing between 9<sup>th</sup> and 11<sup>th</sup> grade and those having attended but not graduated from college (18% each).



The majority of the participants in Ontario County CCE parent education

classes were White (52%) and 41% were married or partnered.



## Pre-Post Survey Results

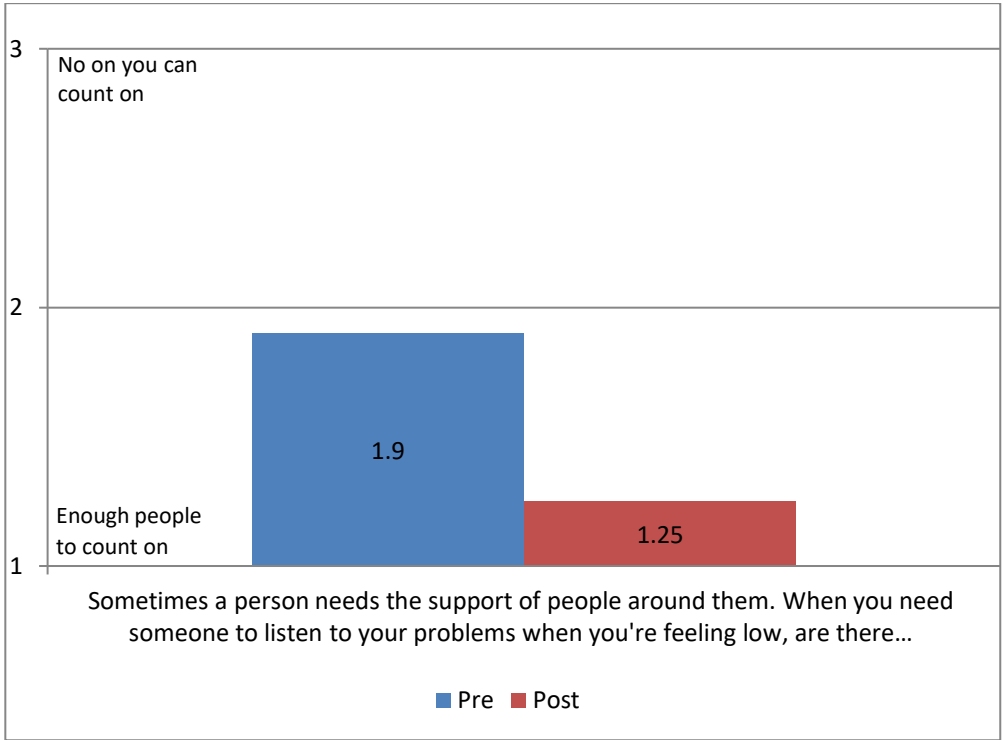
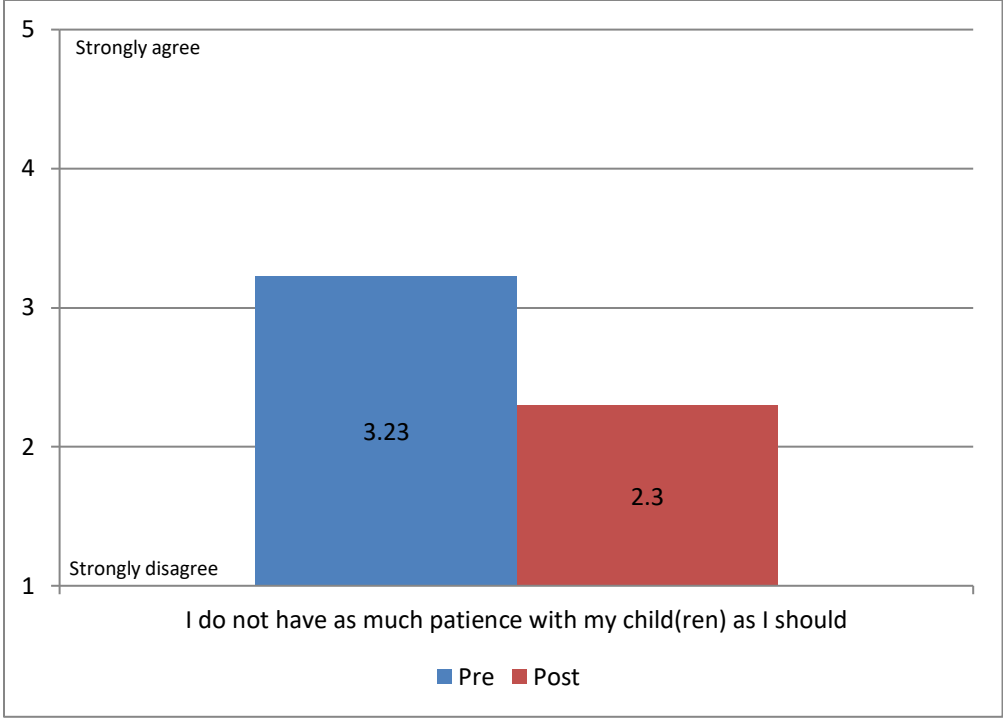
This evaluation used a pre- and post-test in which participants were asked to answer two identical surveys—one given at the first class session and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors, and knowledge designed to capture some of what was taught in the class. The pre- post-study design allows researchers to see if attitudes, behaviors, and knowledge change during the course of the workshop. Using this type of research design does not allow one to determine whether taking part in the parent education class *caused* a change in attitudes, behaviors and knowledge; such changes could occur for other reasons outside of the workshop. However, it is possible that any significant pre-to-post changes in parenting attitudes, behaviors and knowledge that are observed may have resulted from taking part in the program.

The following evaluation is based on information provided by 20 participants who completed their program and completed both a pre- and a post-test survey. Seven of the ten

measures tested showed significant improvements from the pre- to the post-test. Specifically, CCE parent education participants reported increases in: patience with their child, having enough people to support them, confidence that they have the skills necessary to be a good caregiver, confidence in explaining the reasons for the rules they make, number of times they told another adult something positive about their child, and confidence in making rules that take their child's needs into consideration. Participants reported decreases in how often they yell at their child.

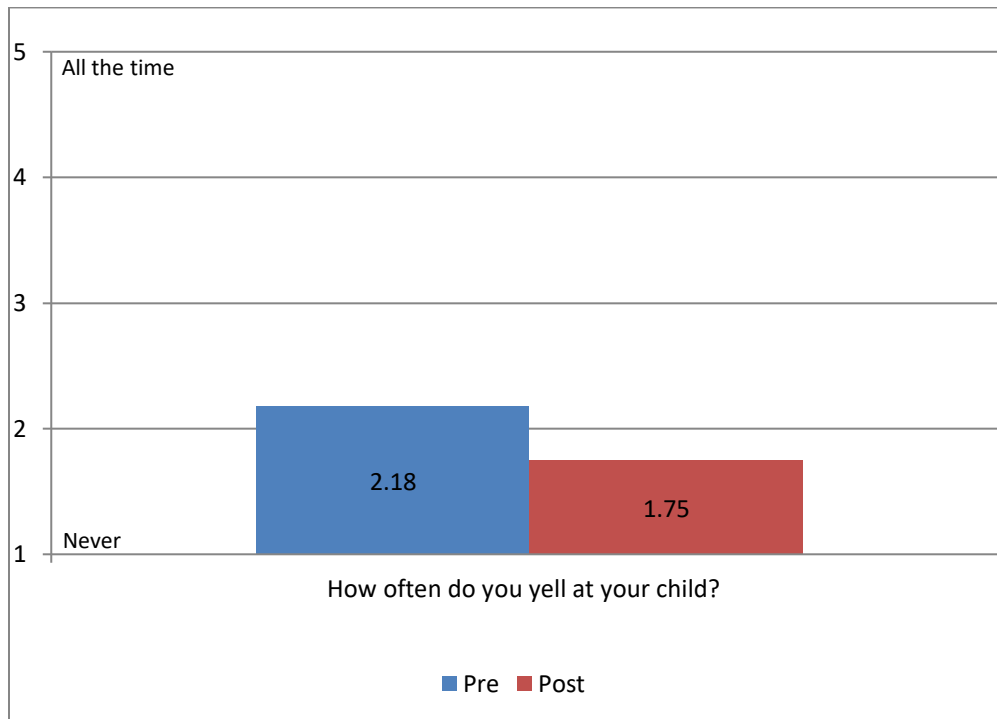
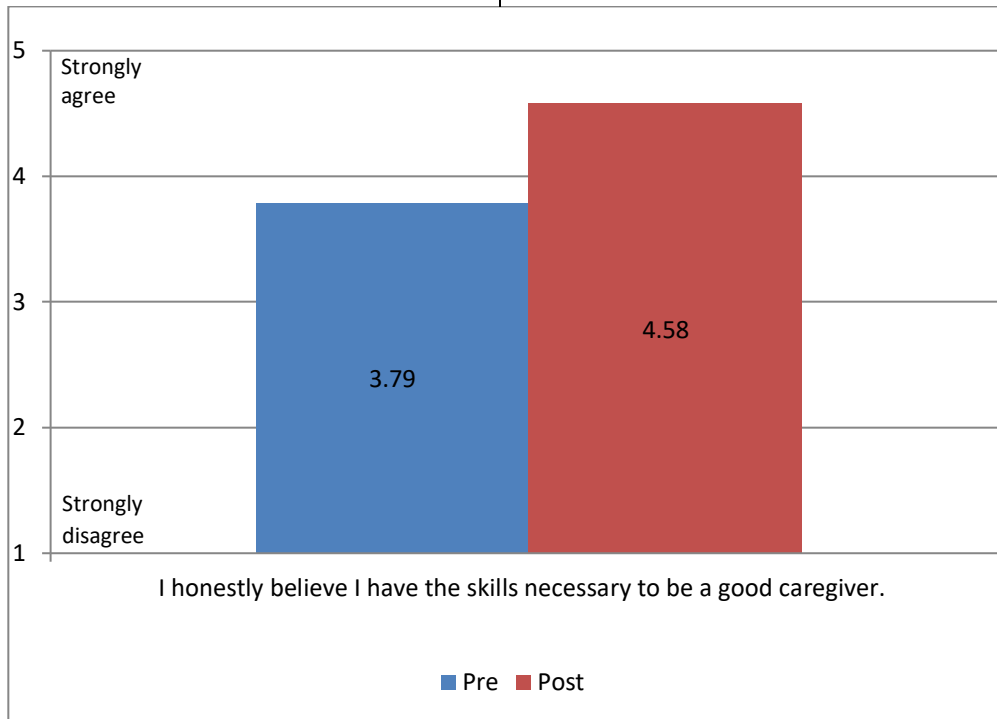
A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% certain that the pre-to-post changes in participant responses are not due to chance.

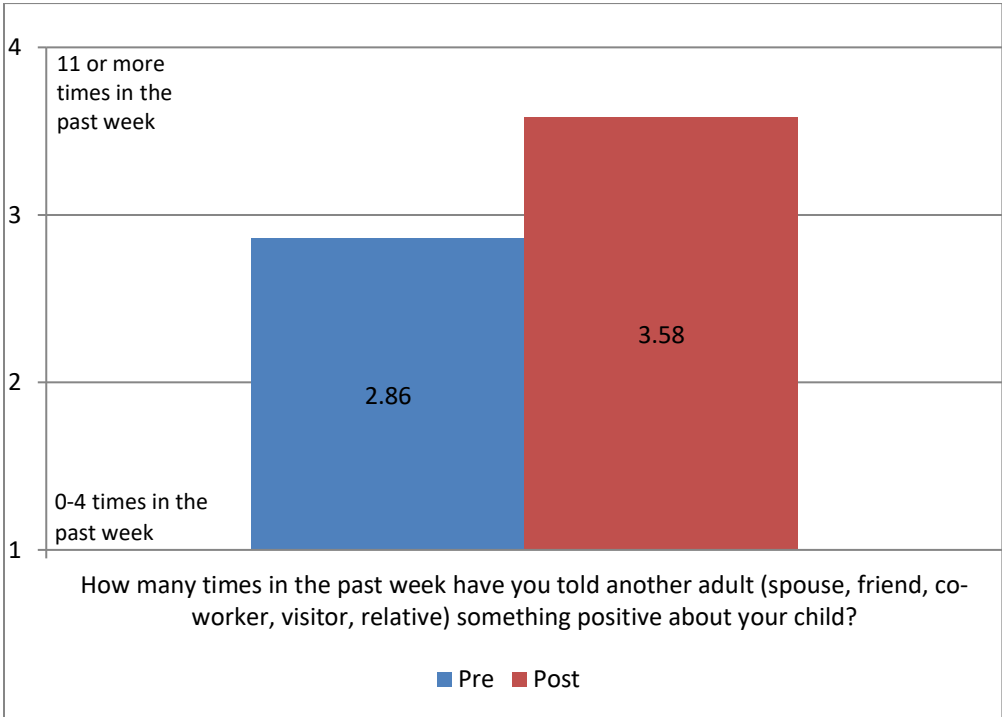
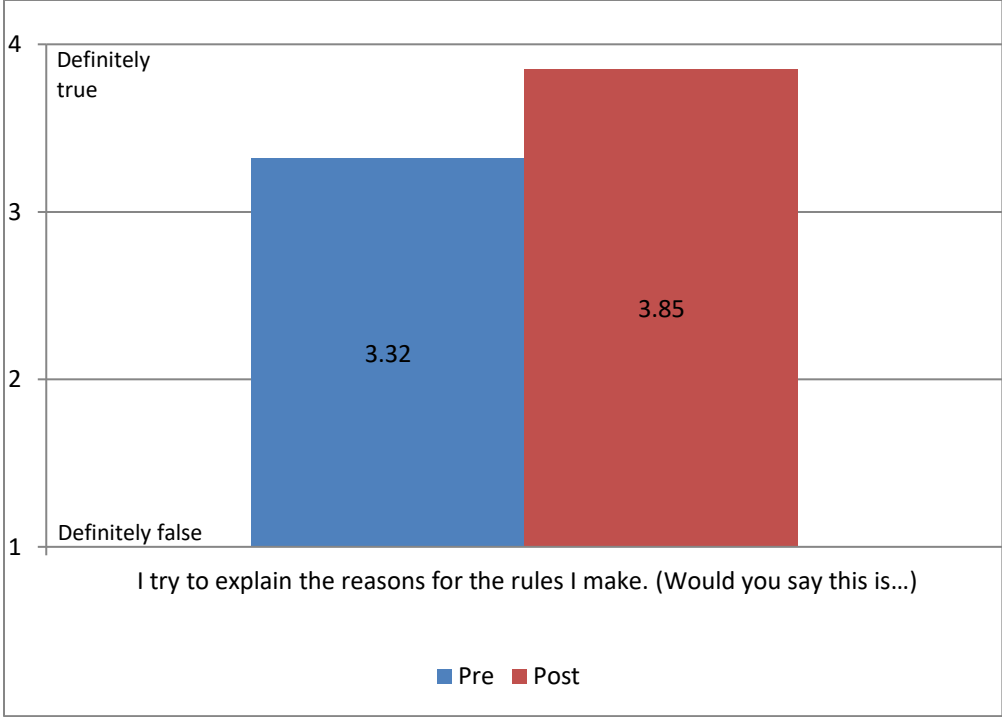
In comparing participants' pre- and post-test survey results, the following two questions showed statistically significant changes at the 1% level.



In comparing participants' pre- and post-test survey results, the following

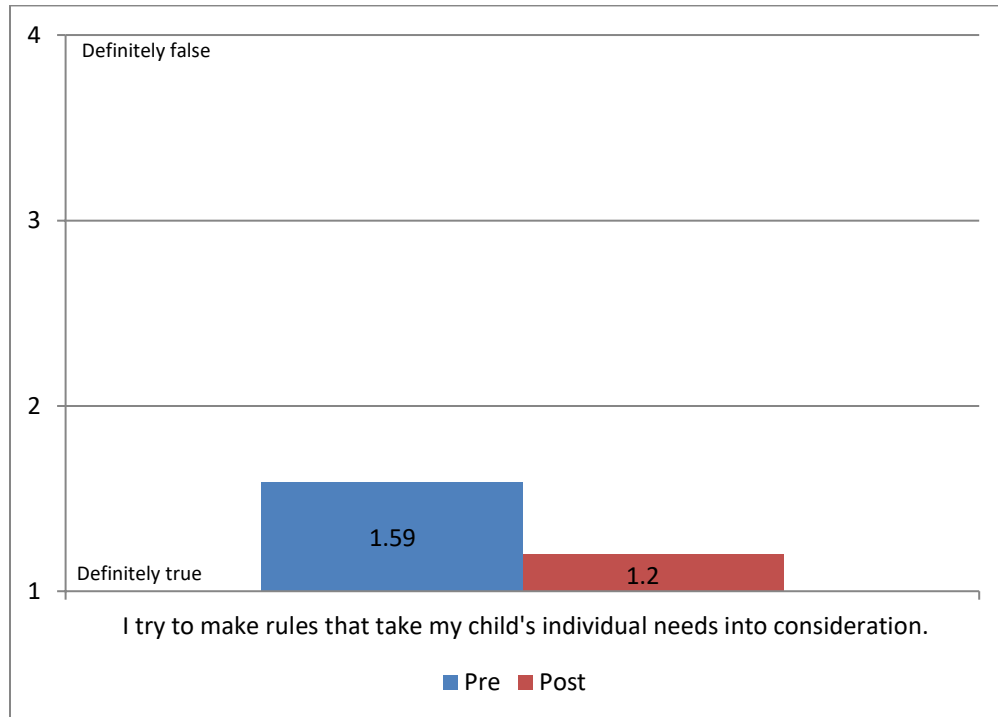
four questions showed statistically significant changes at the 5% level.





In comparing participants' pre- and post-test survey results, the following

question showed statistically significant changes at the 10% level.



These results indicate that seven out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the

post-test, highlighting areas in which CCE Ontario County parent education programs may have had a positive impact on their participants.



**Visit the *Parenting Project* website at:**

<https://www.human.cornell.edu/pam/engagement/parenting/home>

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