# The Parenting Project:

Healthy Children, Families, & Communities

DEPARTMENT OF Policy Analysis and Management

## Outcomes of Participants in Cornell Cooperative Extension Parent Education Programs in Tompkins County 2017-2018

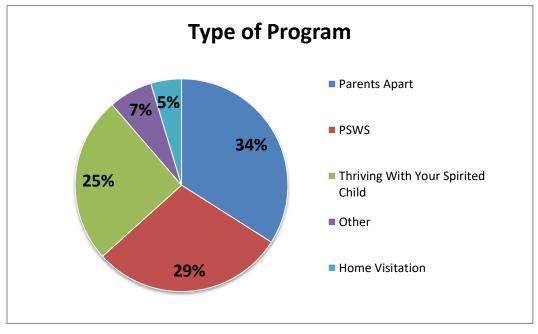
By Julia Chapman and Kimberly Kopko

Cornell Cooperative Extension (CCE) of Tompkins County offers a variety for of programs parents caregivers. These programs reach a wide range of families and seek to promote positive parenting ultimately, healthy family and child development. This report presents data collected from participants in **Tompkins** County CCE parent education programs from August 2017 to August 2018. Participants included parents and caregivers who participated programs in comprised of at least six hours of

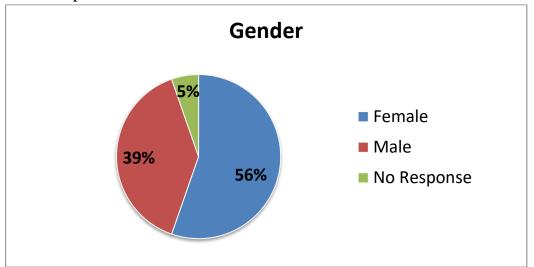
content delivery. Data were collected from participants at the first session (a pre-test) and at the last session (a post-test). Results of the analysis of these data are shown below.

### Demographics of Participants in Programs in Tompkins County, New York

A total of five programs were evaluated in Tompkins County, with the largest number of participants involved in the Parents Apart program (34%).

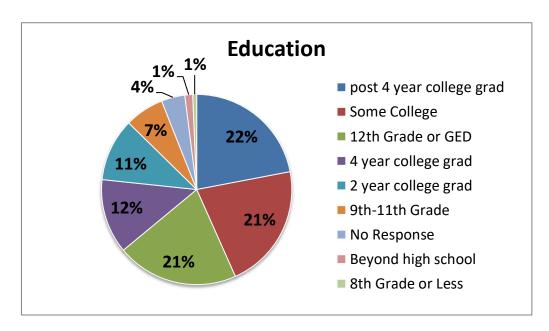


The following summaries use data from 150 participants who completed a pre-test survey given at the first session of their parent education class. The majority of participants in the Tompkins County CCE parenting classes were female (56%).



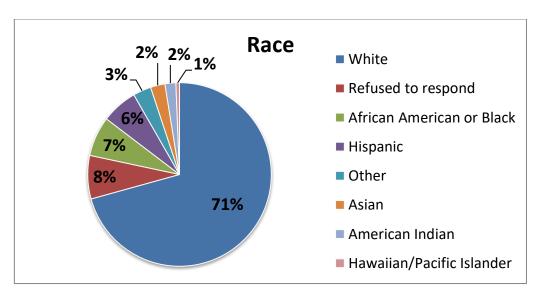
Educational attainment among the participants varied widely, with the greatest number of participants having completed more than a 4 year college

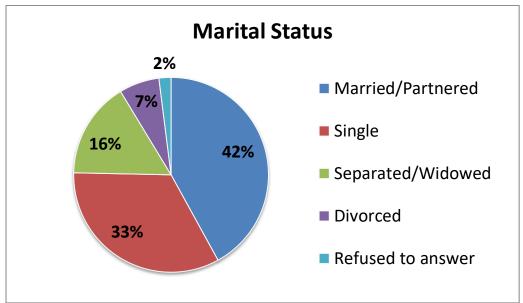
degree (22%), followed by those who attended, but did not complete, some college (21%).



The majority of the participants in Tompkins County CCE parent

education classes were white (71%) and 42% were married or partnered.





#### **Pre-Post Survey Results**

This evaluation used a pre- and posttest in which the 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;

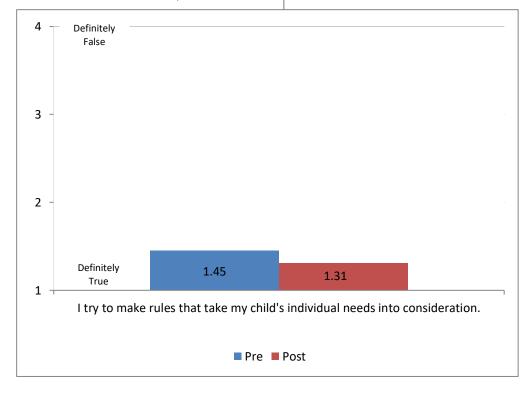
such changes could occur for other reasons outside of the workshop. However, it is possible that any significant pre-to-post changes in parenting attitudes, behaviors and knowledge that are observed may have resulted from taking part in the program.

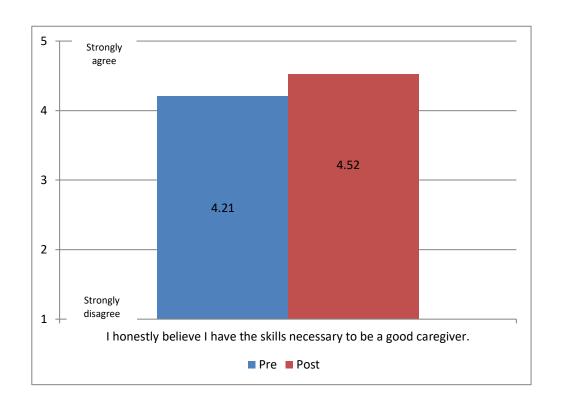
The following evaluation is based on information provided by 72 participants who completed their program and completed both a preand a post-test survey. Three of the measures tested showed ten significant improvements from the pre- to the post-test. Specifically, CCE parent education participants reported increases in confidence in making rules that take their child's needs into consideration, and the

belief that they have the skills necessary to be a good caregiver, and decreases in the number of hours their children spend engaged in screen time activity.

A p-value generated from a paired ttest 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 questions showed statistically significant changes.







These results indicate that three out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the posttest, highlighting areas in which CCE Tompkins 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

This work was supported by Cornell Cooperative Extension (Smith Lever funds) received from Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture

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