



## Outcomes of Participants in Cornell Cooperative Extension Discipline is Not a Dirty Word Parent Education Program 2018-2019

By Julia Chapman and Kimberly Kopko

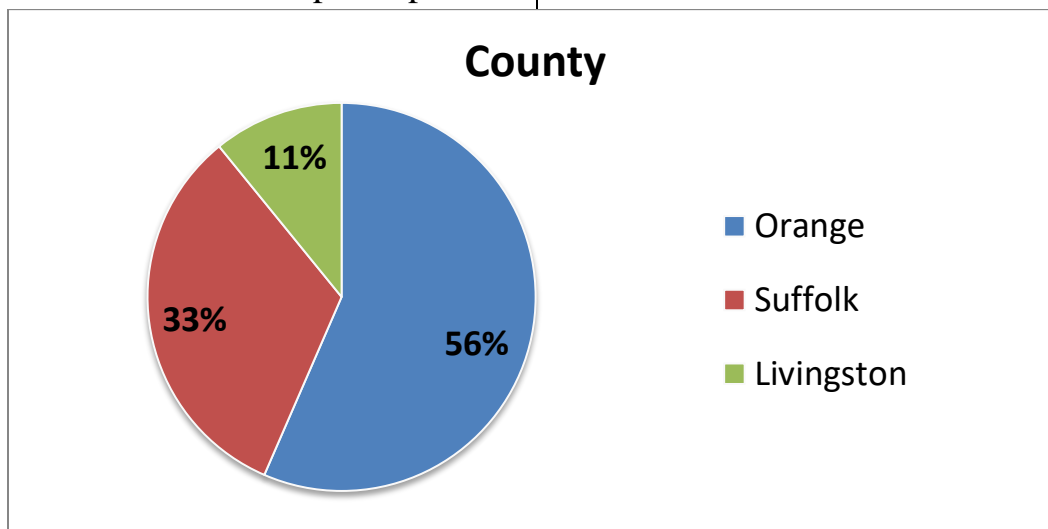
Cornell Cooperative Extension (CCE) offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This report presents data collected from participants in the Discipline is Not a Dirty Word (DINADW) program from August 2018 to July 2019. 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 attending DINADW

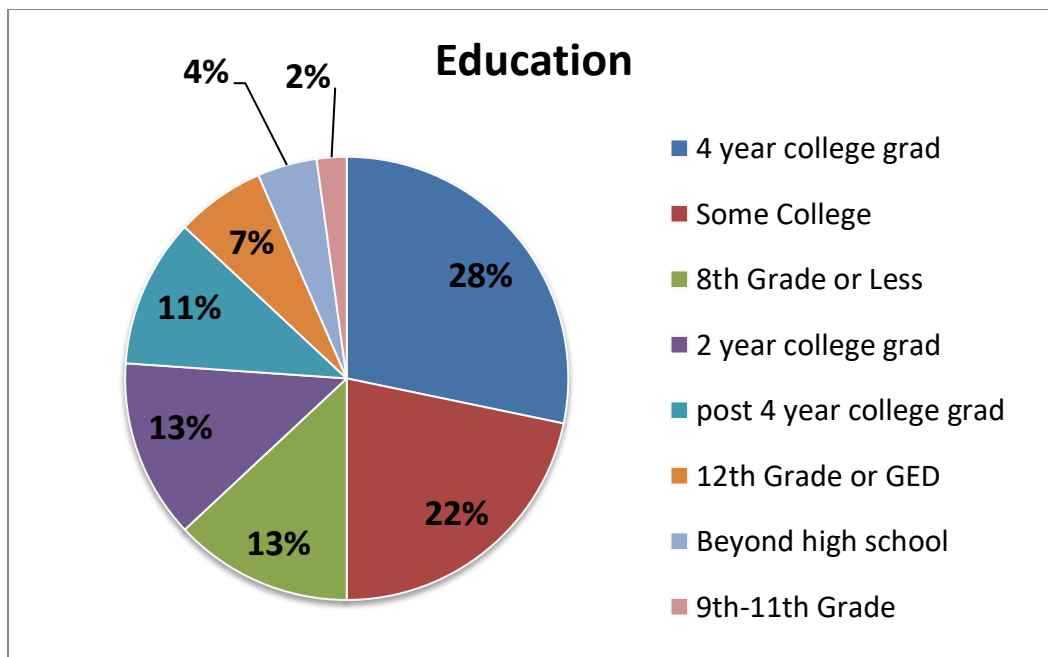
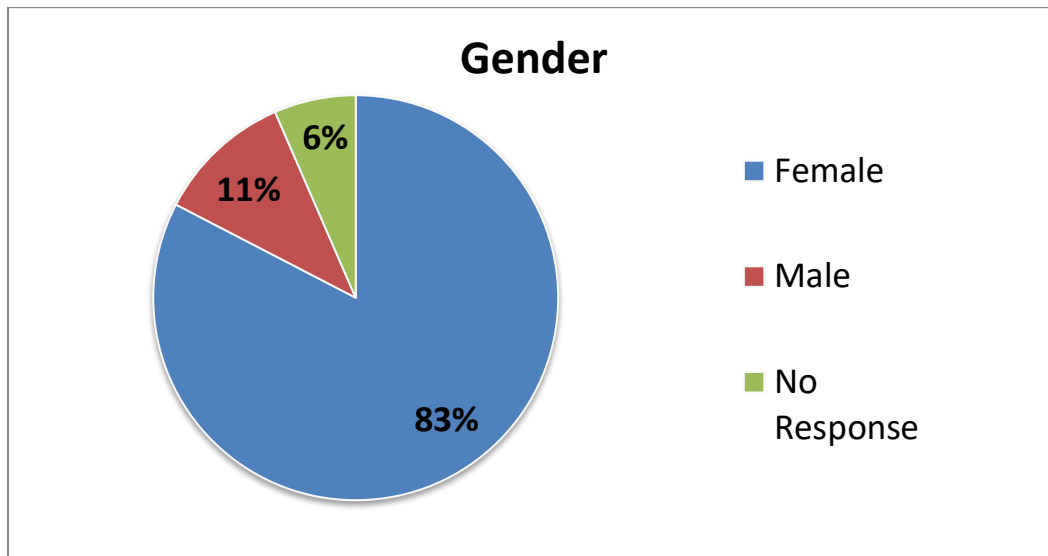
The following summaries use data from 46 participants who completed a pre-test survey given at the first session of their parent education class.

Most participants in the DINADW were from Orange County (56%).



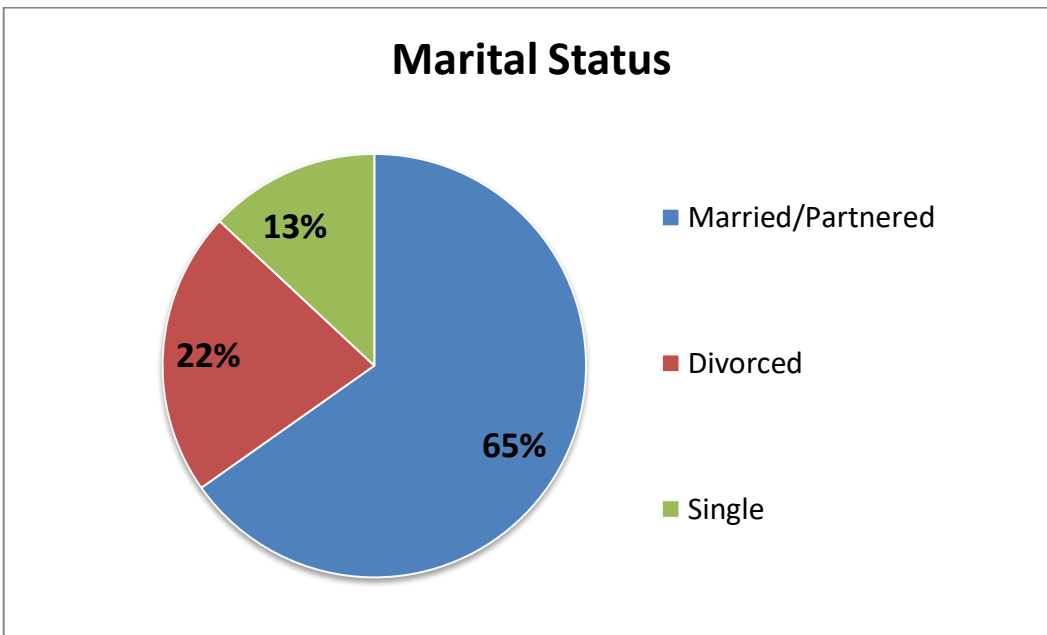
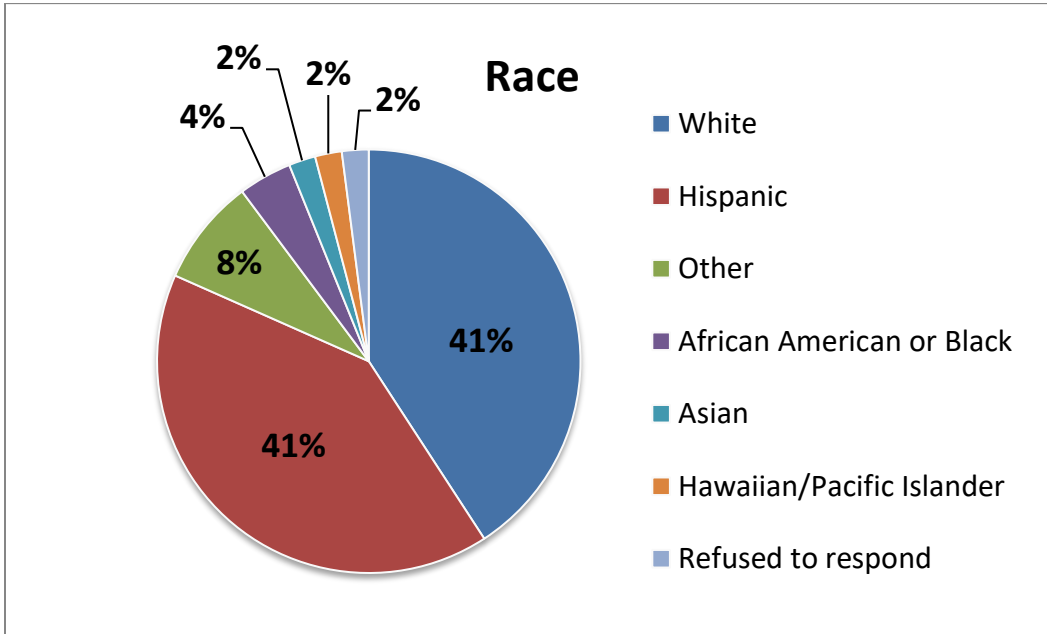
Eighty-three percent of the participants in the program were female. Educational attainment among the participants varied widely, with the

greatest number of participants graduating from a 4-year college (28%), and those who had attended but not graduated from college (22%).



The majority of the participants in the DINADW parent education class were White or Hispanic (41% each) and the

most common marital status was married or partnered (65%).



## Pre-Post Survey Results

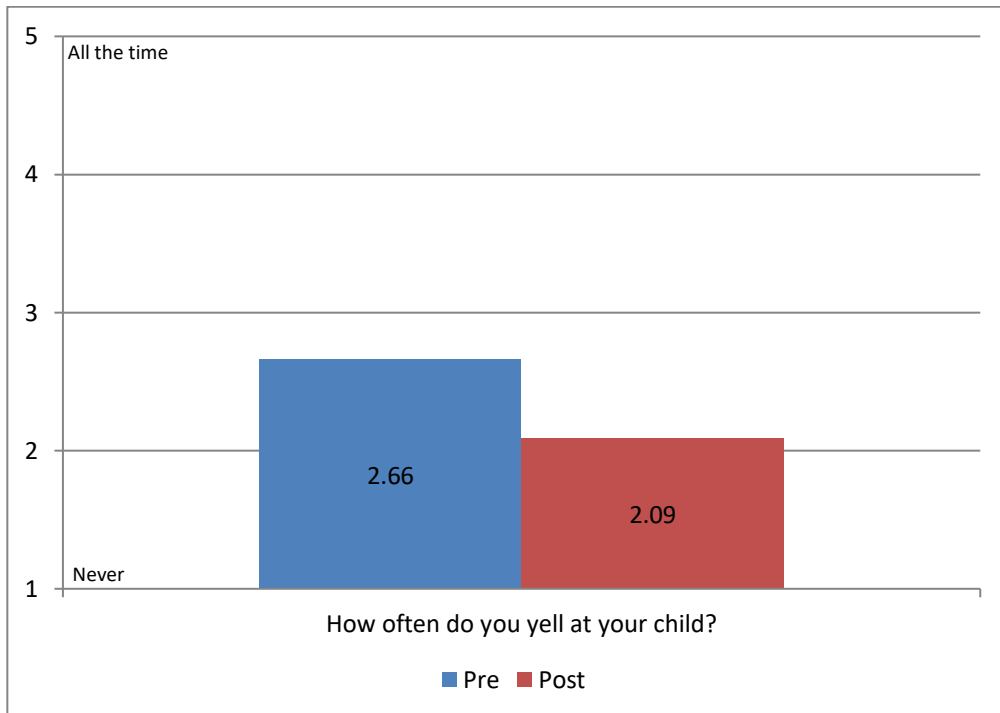
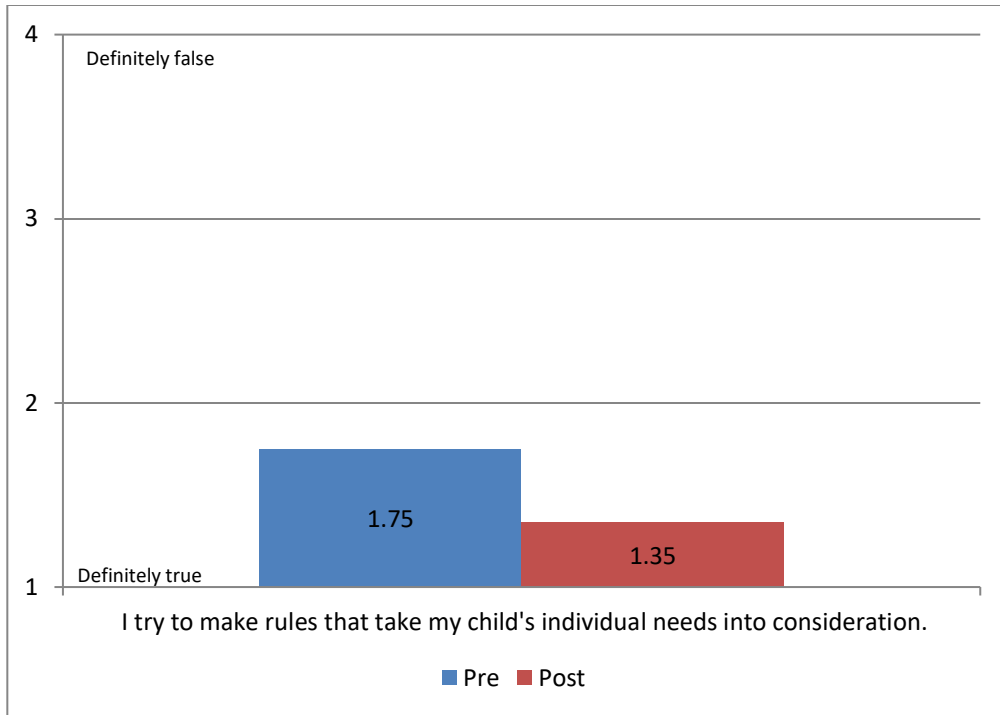
This evaluation used a pre- and post-test, in which participants were asked to answer two identical surveys—one given at the first class session and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors and knowledge designed 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. Four of the ten measures tested showed a significant improvement 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, belief that they had the skills necessary to be a good caregiver, and explaining the reasons for the rules they make. Participants reported decreases in how often they yell at their child,

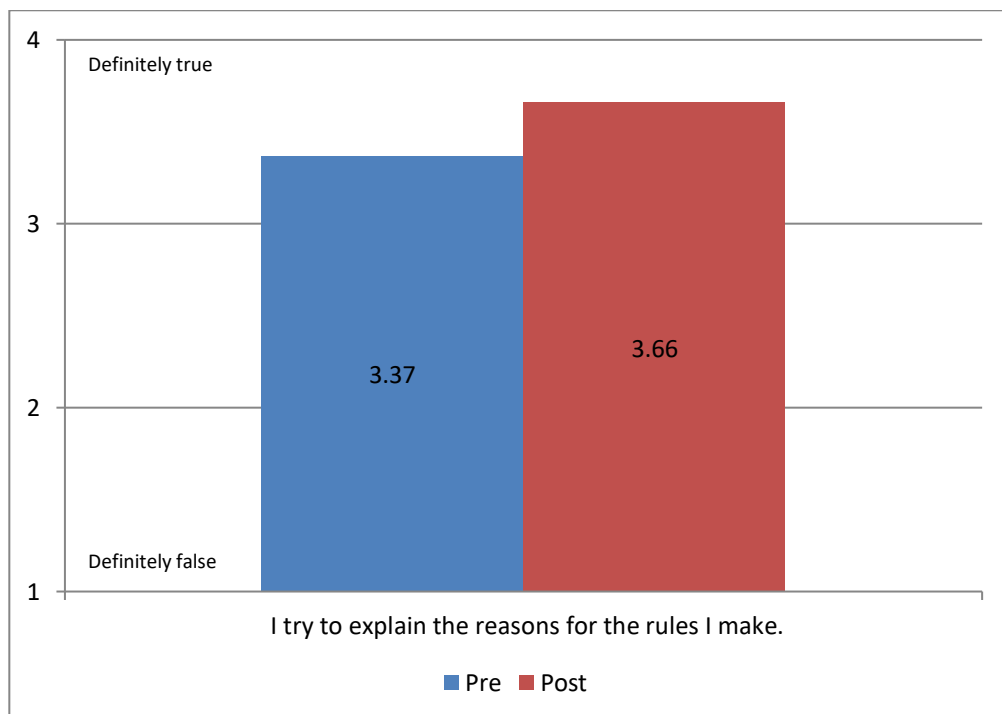
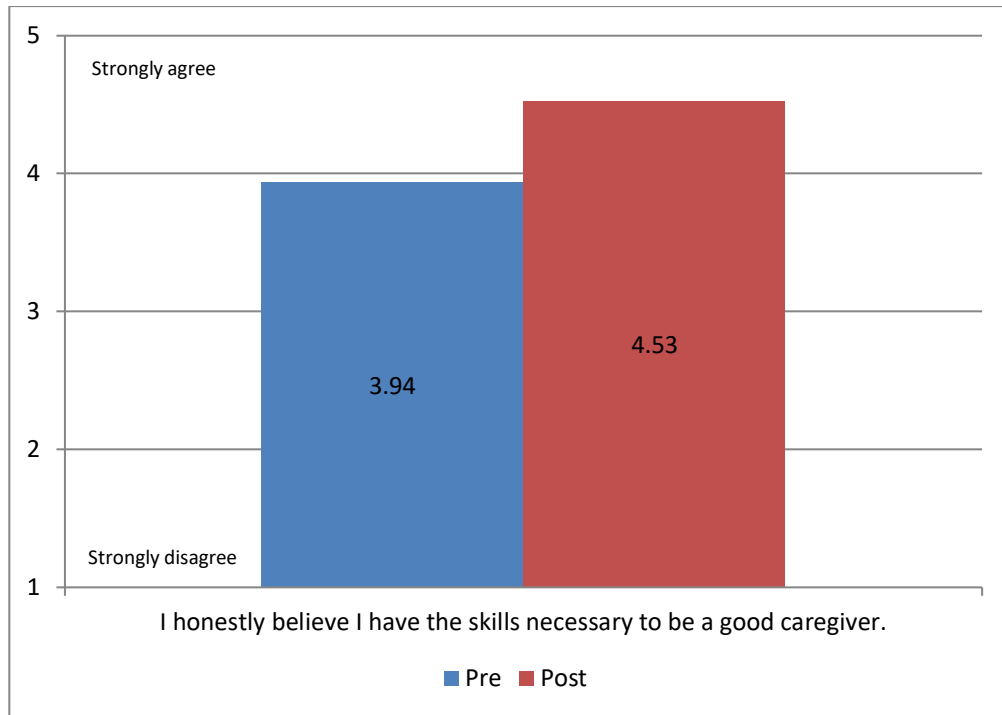
A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% certain that the pre-to-post 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

two questions showed statistically significant changes at the 5% level



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

test, highlighting areas in which the DINADW program may have had a positive impact on participants.

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

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

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**Julia Chapman is the Extension Research Aide for *The Parenting Project: Healthy Children, Families, & Communities* in the Department of Policy Analysis and Management at Cornell University.**

**Kimberly Kopko is a Senior Extension Associate in the Department of Policy Analysis and Management at Cornell University and Director of *The Parenting Project: Healthy Children, Families, & Communities*.**



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