

Abstract

Study Objective:

- Examine the effect of the Nurturing Parenting Program on parenting attitudes toward corporal punishment among parents with low SES

Study information:

- Nurturing Parenting Program is facilitated by Reach Out in the San Bernardino County
- Reach Out provided data from program cohorts within 2016-2019
- Data collection was obtained from the AAPI-2, a pre and post self-administered questionnaire

Results:

- The Nurturing Parenting Program had a positive effect on the parenting attitudes toward corporal punishment
- After program participation, parents with low SES demonstrated higher scores in the AAPI, which meant their attitudes were less risky

Implications:

- Agencies that offer parenting programs should continue to do outreach in low SES communities
- Future evaluations should consider using comparison groups.

Introduction

What is NPP?

- The NPP is a family-centered program that focuses on teaching parents positive parenting skills and discipline strategies. The NPP consists of classes and case management sessions over the course of a 16-week period. The NPP is intended for parents with children ages 0 to 5.

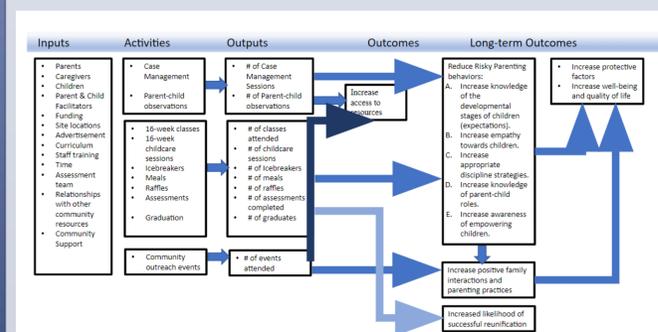
Evaluation Question:

- What is the effect of the Nurturing Parenting Program on parenting attitudes toward corporal punishment among parents with low socioeconomic status?

Why is This Study Relevant or Important?

- Corporal punishment is a prevalent type of child abuse and it may be possible to reduce incidents of child abuse by addressing parenting attitudes and discipline strategies. Child abuse reports are high in low SES communities.

Logic Model



Literature Review

- The NPP stems from the family systems theory. The family systems theory explores factors and barriers that affects the family unit. Stressors typically impact the whole family, but interventions rarely target the family unit (Estefan et al., 2013).
- In some family systems, boundaries are often blurred or may be lacking altogether (Hooper, 2007). Without appropriate boundaries, this can negatively affect parent and child interactions.
- Some parents have problems related to drug and alcohol abuse (Freisthler et al., 2017; Estefan et al., 2013), mental state, and marital conflict (Maguire-Jack & Font, 2017), and in turn, these issues can affect their ability to nurture and care for their children appropriately, which puts children at a greater risk for maltreatment.

- Other potential factors that affect the family system are socioeconomic status, race and ethnicity, and stressful events (Perrino et al., 2001). Parents with low socioeconomic status are likely to struggle with engagement in intervention programs.
- When the family system is experiencing disorganization that leads to a chaotic environment, parents often seek help by exploring resources outside of the family system (Cowen, 2001; Hooper, 2007).
- Previous research on NPP curriculum examined that parents demonstrated higher posttest mean scores, which indicated less risky parenting attitudes (Weikert, Keene, & Bavolek, 2007).

Methods

Dependent Variable:

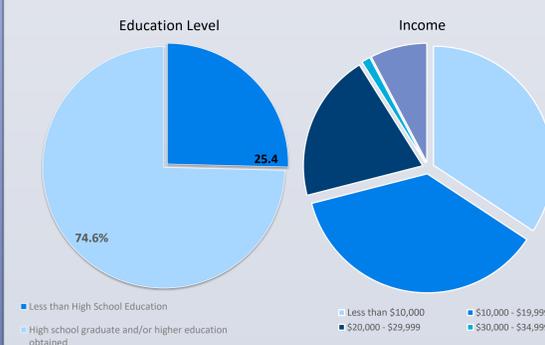
- The parenting attitude toward corporal punishment is measured by subscale in the AAPI-2, specifically looking at the pre/post risk score for Construct C - use of corporal punishment.
- Examples of assessment items include: "A good spanking never hurt anyone," and "It's OK to spank as last resort"

Independent Variable:

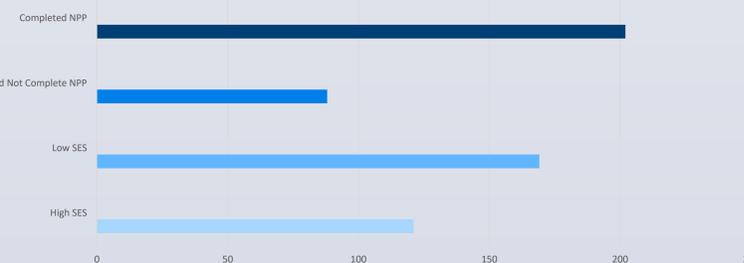
- Parent participation in the NPP, which involved attending classes and case management sessions over the course of a 16-week period.

- The evaluation design of this study is the one-group pretest posttest design
- Utilized data that was collected by Reach Out on NPP groups from 2016 to 2019
- Sampling frame: Consisted of 290 individuals that participated in the Nurturing Parenting Program.
- Total number of participants who had low SES: 169
- Data collection consisted of a self-administered questionnaire known as the AAPI-2. Participants completed the questionnaire at the beginning of the program and end of the program. 11 of 40 items assessed for parent attitudes toward corporal punishment.
- The range of possible scores is 1-10. A low score demonstrates high risk, and a high score demonstrates low risk. A high score indicates that parents do not favor corporal punishment as an appropriate discipline practice.

Demographics:



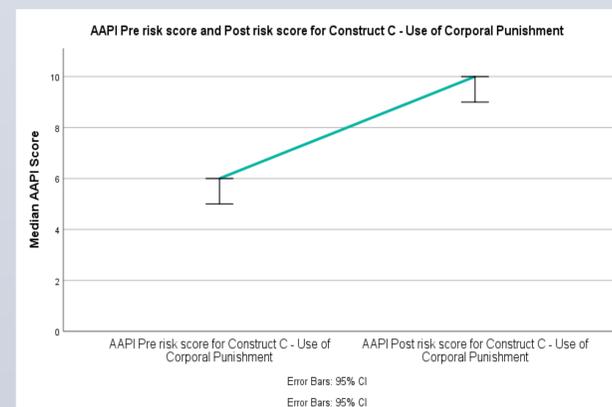
Breakdown of Participants' Completion Rate and SES



Results

Inferential Statistics

- A Wilcoxon test was utilized to examine the effect of the Nurturing Parenting Program on parent attitudes toward corporal punishment.
- A significant difference was found in the results ($Z = 9.22, p < .001$)
- The median for the baseline scores was 6. The median for the post scores was 10.
- Results indicated that in the posttest scores, participants demonstrated that their parenting attitudes toward corporal punishment reflect a significant reduction in risk at the end of the NPP in comparison to their pretest scores at the beginning of the program.



Discussion

Implications:

- The results of the study aligned with the program logic model as the expectation was that the AAPI-2 scores would demonstrate improvement of parenting attitudes.
- The results of the findings were likely due to the duration of the NPP, case management sessions offered, and resources available to families to help them have positive and successful outcomes for their families.

Study Limitations:

- The study did not explore parent behavior in the home after program participation ended, and it did not look at a comparison group.
- The sampling frame included individuals that were court-mandated to attend the Nurturing Parenting Program, and therefore, participants are aware that it is in best interest to demonstrate improvement to meet criteria for the family reunification process.

Conclusion and Recommendations:

- The NPP is effective and promotes positivity in the community.
- Reach Out staff should continue outreach in communities with a higher concentration of families with low SES.
- Due to some parent participants reporting being victims of child abuse, NPP should include a trauma-focused approach to create a safer environment for these parents.
- The NPP can offer refresher courses to alumni throughout the year to continue providing support to any families that may be at risk.

Implications for Social Work Practice:

- Social workers should continue to educate about the benefits of the NPP, refer families to the NPP, address any barriers that families may have in receiving NPP services, engage in outreach activities, and advocacy for the continuation of the NPP.

References

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