

The Effect of Nurturing Parenting Program on Reducing Risky Parenting Attitudes Among Parents with History of Child Abuse

Mayra Hernandez
Department of Social Work

ABSTRACT

Study Objectives:

- Determine whether Nurturing Parenting Program helped reduce risky parenting attitudes among participants with history of child abuse.

Study Information:

- Data was collected from 2016-2019.
- Data collection consisted of a self-administered questionnaire, the Adult-Adolescent Parenting Inventory (AAPI-2).
- There was a total of 202 participants that completed the program, 57 self-reported having a history of child abuse.

Results and Implications:

- Completion of the Nurturing Parenting Program was positively associated with the increase of AAPI-2 parenting construct scores.
- Higher parenting construct scores placed participants in the low risk for child maltreatment category.
- Participants with history of child abuse that completed the Nurturing Parenting Program, were able to decrease risky parenting attitudes.

INTRODUCTION

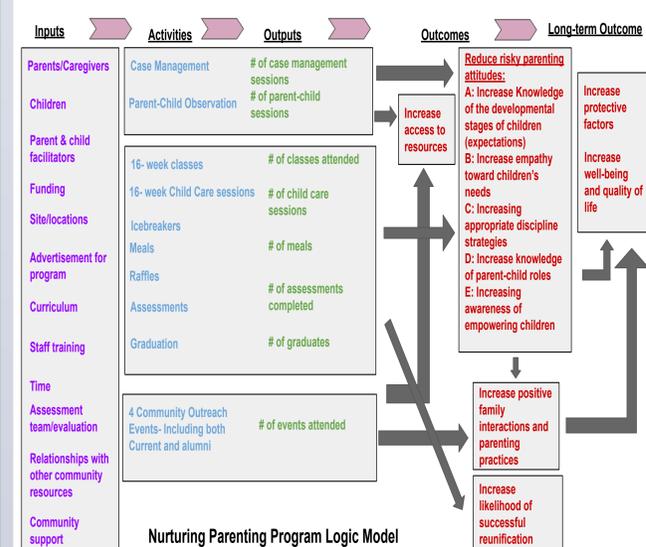
Nurturing Parenting Program Background:

The purpose of the Nurturing Parenting Program (NPP) is to provide a family centered, trauma informed curriculum designed to build nurturing parenting skills (Nurturing Parenting, 2019). These skills are meant to be developed as an alternative to abusive/neglecting parenting and child-rearing practices. NPP is a 16-week program with sessions that are highly structured. The program provides child activities that are designed to complement the parents' lessons. In addition, parents are required to complete 4-7 case management sessions with their facilitator to ensure that all needs are being met. NPP is meant to serve parents who have a child between the age of 0-5 and also expecting parents (i.e. currently pregnant) who live in San Bernardino County.

Evaluation Question:

- What is the effect of the Nurturing Parenting Program on reducing risky parenting attitudes among parents with history of child abuse?

Nurturing Parenting Program Logic Model:



LITERATURE REVIEW

- The effectiveness of NPP has been compared to alternative parenting programs. Studies indicate that parents that participated in NPP whether it was for toddlers, preschoolers, or school-aged children, had significantly more positive parenting attitudes (Weikert et al. 2005).
- Studies indicate positive outcomes associated with an increase in NPP sessions attended. Results indicate that parents that attend more NPP sessions showed a decrease in risky parenting attitudes as well as a decrease in child abuse and neglect (Maher et al. 2011).
- Alternative studies demonstrate that parenting programs have a positive impact on parents that disclose having a history of child maltreatment. Parents with history of child maltreatment had greater initial room for improvement than parents without such history (Hurlburt et al. 2013).
- There was a lack of research that focused on the impact that NPP has on reducing the risk of child maltreatment among parents with history of child abuse. This study will help demonstrate the effectiveness of NPP on this specific group and the impact it has on the cycle of child abuse.

METHODS

Research Design:

- The Nurturing Parenting Program provided deidentified data. The research design utilized to evaluate the Nurturing Parenting Program is the one-group pretest posttest design.

Sampling Strategy:

- The target population for this study was participants that completed the program.
- The subsample that was utilized from the target population for the evaluation was: parents that have a history of child abuse within and outside the family. Participants self-reported during assessment.

Operational Definitions:

Dependent Variables

- Risky Parenting Attitudes- Measured by the Adult-Adolescent Parenting Inventory (AAPI-2). Items on the AAPI-2 are presented on a 5-point Likert Scale. Responses are described through a scale that is used to categorize different risk levels for child maltreatment. The scale is categorized as: a score 8-10 is Low Risk, a score 4-7 is Moderate Risk, or a score of 1-3 is High Risk for child maltreatment.

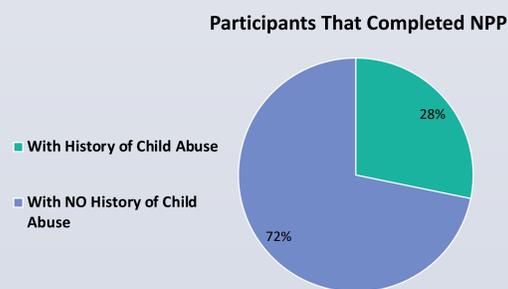
Data Collection Procedures:

- Data collection method for this evaluation was through a self-administered questionnaire, the AAPI-2. Facilitators were present, face-to-face, as participants completed the questionnaires themselves.
- The pretest was conducted during the intake. The posttest was conducted during the last class. Demographic data was also collected during the intake.
- Facilitators tracked attendance and entered the data into the database for program outputs.

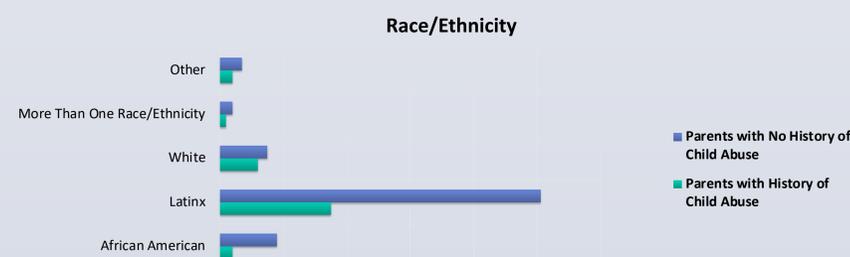
Statistical Analysis:

- A Wilcoxon signed-ranks test compared the pre/post risky parenting attitudes among participants that completed the program and had a history of child abuse.

TARGET SAMPLE:



DEMOGRAPHICS:

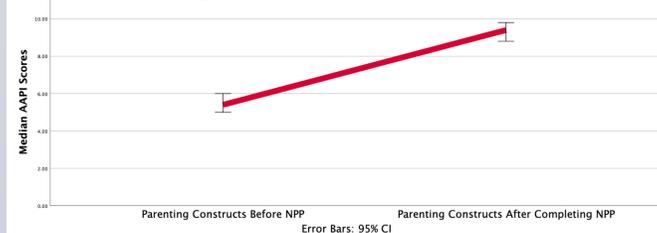


RESULTS

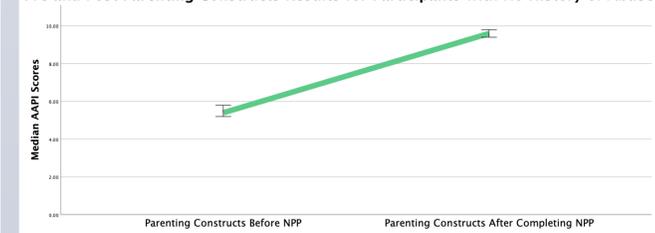
Inferential Statistics:

- Results demonstrated a significant difference among parenting construct scores for both participants with history of child abuse and participants with no history of child abuse.
- Parenting construct scores when participants first began the program were significantly lower than when participants completed the program.
- The higher parenting construct scores at the completion of NPP placed participants in the low risk for child maltreatment category.
- Both participants with history of child abuse and participants with no history of child abuse were able to decrease risky parenting attitudes at completion of the program. Results were very similar for both subsamples.

Pre and Post Parenting Constructs Results for Participants with History of Abuse



Pre and Post Parenting Constructs Results for Participants with No History of Abuse



DISCUSSION

Implications:

- NPP could incorporate a trauma focused approach for those participants who have a history of child abuse. This is to better understand participants and provide them the appropriate support.
- NPP might need to increase the number of case management sessions and resources to meet the needs of participants that come from households with a lower socioeconomic status or households with a single caregiver. Participants need additional support when they have factors that impact their quality of life.
- Increasing outreach for NPP in areas of need will help introduce alternative parenting skills and provide individuals with case management sessions to improve their quality of life.
- NPP could include a long-term follow up to see if participants are applying what they learn. NPP could also provide refresher courses one time a month, or once a quarter, for participants who have completed the program.
- For future NPP evaluations, looking at longer term outcomes can help demonstrate if participants are utilizing the skills they have learned and if they are able to maintain a low risk of child maltreatment. Having the facilitator assess the participant's parenting can also help demonstrate if parents are implementing the skills they are learning through parent-child observations.

Study Limitations:

- The sample size for the populations of interest was 57 participants. This was a small sample size and therefore the study needed to include an additional sample group to compare to. This consisted of 145 participants that completed the program but did not have a history of child abuse.
- There was no control group for this study, and this affected the internal validity of the program. It is inconclusive whether the program was the sole reason that participants had a decrease in risky parenting attitudes.
- Participants that are working on their reunification plan may be more highly motivated to complete the program and will more likely demonstrate improvement than participants that are not working towards reunification.
- Participants in this study were from the San Bernardino County area and may not represent all communities. Other communities may have additional impacting factors that would need to be taken into consideration.

Conclusion:

- Regardless of having history of child abuse, participants of NPP were able to reduce the risk of child maltreatment.
- Participants were able to learn alternative parenting techniques to increase family interactions, increase protective factors, and improve their overall quality of life.
- Parenting programs, such as NPP, have a great impact on breaking the cycle of child abuse and therefore need to be established and introduced in communities that need support and education.
- Social workers need to understand the importance and impact of parenting programs. They play an important role in ensuring that individuals are linked and referred to NPP or similar parenting programs when necessary.

REFERENCES

- Hurlburt, M. S., Nguyen, K., Reid, J., Webster-Stratton, C., & Zhang, J. (2013). Efficacy of the Incredible Years group parent program with families in Head Start who self-reported a history of child maltreatment. *Child abuse & neglect*, 37(8), 531-543.
- Nurturing Parenting, 2019. Retrieved from <https://www.nurturingparenting.com>
- Weikert, P., Keene, R., & Bavolek, S. J. (2005). The Florida Study: A Comparative Examination of the Effectiveness of the Nurturing Parenting Programs [PDF file]. Retrieved from https://www.nurturingparenting.com/images/cmsfiles/the_florida_studywithappendicesabc.pdf
- Maher, E. J., Marcynyszyn, L. A., Corwin, T. W., & Hodnett, R. (2011). Dosage matters: The relationship between participation in the Nurturing Parenting Program for infants, toddlers, and preschoolers and subsequent child maltreatment. *Children and Youth Services Review*, 33(8), 1426-1434.