

# THE EFFECT OF NURTURING PARENTING PROGRAM ON DISCIPLINE STRATEGIES AMONG LATINO PARENTS, WITH A HISTORY OF CHILD ABUSE WITHIN THE FAMILY

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## INTRODUCTION

### Program Overview

The purpose of the Nurturing Parenting Program is to bring a family-centered and trauma-informed approach to helping parents build nurturing parenting skills as an alternative to abusive and neglectful parenting and child-rearing practices.

### Study Objectives:

Examine the effect of NPP among Latino parents belief of the use of corporal punishment with their children.

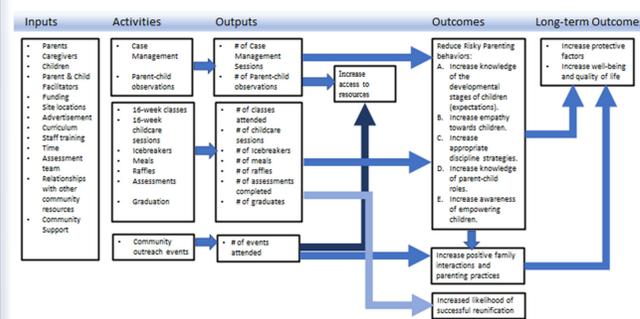
### Study Information:

1 wave of data, 25 participants

### Evaluation Question:

What is the effect of Nurturing Parenting Program on discipline strategies among Latino parents with a history of child abuse within the family?

### Program Logic Model:



## LITERATURE REVIEW

- The Nurturing Parenting Program's foundation for its effectiveness and curriculum stems from a mixture of the culture of its participants, as well as the social learning theory and ecological systems model.
- Together, these help us understand the limitations of the participants at the start of the program and the barriers they can overcome to have a healthier relationship with their children.
- NPP incorporates the ecological systems' theory by assessing and intervening in the parents' and children's interactions directly in each of the classes the parent and child attends.
- When dissecting an individual's life events, behaviors, and actions, systems theory assists to understand the causes and patterns behind the person's progressive development, especially when looking to study the reactions and significances of a traumatic event (Onwuegbuzie et al., 2013)
- NPP is heavily linked to social learning theory in that there is evidence to suggest direct correlations between a parent's child-rearing methods and the way they were raised as a child themselves (Sanders, 2012).
- Rostad et. al, (2018) found that engagement in NPP consistently tends to be higher among Hispanic parents than any other ethnicity. One of the reasons behind this could be argued that parents with Latino or Hispanic backgrounds have a higher concern to control and dictate the child's actions and focus less on building the child's self-esteem and autonomy which would lead to the increased need of this population to attend this program (Suizzo, Tedford, & McManus, 2019).
- It is expected, through the NPP curriculum, that many parents have come to think and behave as they do by observing others and imitating their actions, especially as children during their upbringing. This cycle continues to repeat itself, which can have harmful consequences if the behavior the parents learned, when young, begins to influence their children's actions.

## ABSTRACT

The Nurturing Parenting Program from the San Bernardino located organization, Reach Out, is a family-centered and trauma-informed curriculum that aims to give parents the skills to build on their parenting techniques and improve the family functioning. The program helps parents drive away from abusive and neglectful parenting and child-rearing practices by providing 16-week parenting classes, child-care, assessments, case management, and community outreach events, in addition to many other activities within the classes held. This evaluation is primarily focused on NPP's ability to increase appropriate discipline strategies, specifically to replace the use of corporal punishment, among Latino parents with a history of child abuse within their family. Belief in the use of corporal punishment was significantly decreased after program participation.

## METHODS

### Type of Design:

- This evaluation required a one-group pretest/posttest design in which the treatment was the NPP curriculum.
- The organization Reach Out provided the data for their NPP program which was deidentified and contained no private information.

### Sampling Strategy:

- A subsample of 136 Latino participants were selected for this evaluation of which 25 of these participants were Latino parents who have had child abuse history within their family who also completed the NPP program
- Participants self-reported their ethnicity and whether they had history of child abuse during the intake process prior to starting NPP curriculum.

### Operational Definitions:

- The independent variable is defined as the completion of the NPP program.
- The operational definition of the dependent variable is the parents' belief of use of corporal punishment as opposed to appropriate discipline strategies.
- The variables from the data set are defined as the pretest score for Construct C-Use of Corporal Punishment, and the posttest score for Construct C-Use of Corporal Punishment.
- The scores are measured from the Adult-Adolescent Parenting Inventory (AAPI-2) (Bavolek & Keene, 2001).
- The scale in which they are categorized as different risk levels for Child Maltreatment: Low Risk, with a score of 8-10; Moderate Risk, with a score of 4-7; or High Risk, with a score of 1-3.
- Each score is determined from the AAPI-2 in Form A and Form B, each containing 40 items presented on a five-point Likert Scale ranging from answers of Strongly Agree, Agree, Disagree, Strongly Disagree, and Uncertain.
- The variable is measured by the AAPI-2 and the scores are compared once the participant exits the program after the post-testing is completed.
- The higher the score (between 8-10), the lower the risk of child maltreatment on behalf of the parent.

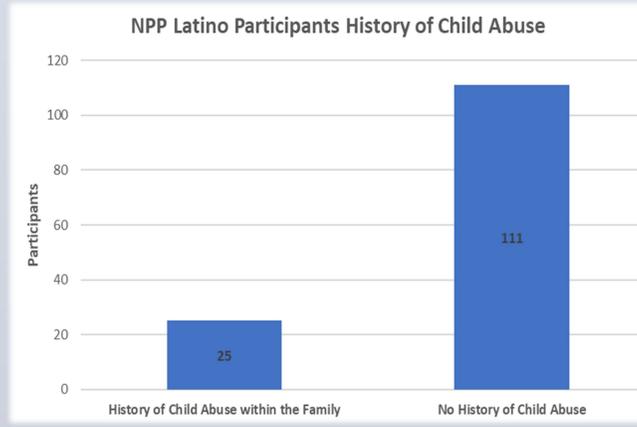
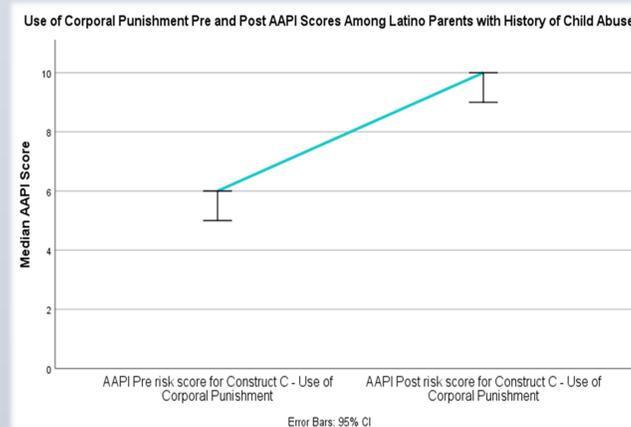
### Data Collection Procedures:

- The Adult-Adolescent Parenting Inventory (AAPI-2) was a self-administered questionnaire.
- The pretest AAPI-2 was filled out by each participant during the intake session with a program facilitator present.
- Demographic data were gathered during the first week of the program in the intake process.
- Similarly, the posttest was also self-administered upon the last class session of the program on the 16<sup>th</sup> week.

## RESULTS

### Results and Implications:

- The results indicated the belief in the use of corporal punishment was significantly decreased after program participation among the 25 Latino participants who reported having experienced abuse as a child.
- AAPI measures child maltreatment risk in three levels: low risk ranking participants score between 8-10, moderate risk ranking participants score between 4-7, or high-risk participants score between 1-3.
- Participants had a lower risk level after the completion of the program due to the higher Median scores (8-10 signifying lower risk of child maltreatment) compared to the beginning of the program
- A significant characteristic is the high percentages of participants with less than \$20,000 of family income, with 56% of participants with history of child abuse and 36% without, falling in this category. This factor is one of several that draws relevance from the underlying reason as to why this population may engage in corporal punishment resulting in these percentage values.



## DISCUSSION

The findings were consistent with the program's logic model in which intervention for parents in terms of parental education decreases risky parenting behaviors among all types of parents.

### Implications:

- Trauma focused approach for those parents who experienced abuse as children would be a beneficial recommendation to better the NPP.
- Providing households with lower income or single parents with more resources and access to the program and materials would greatly advantage the program as well (i.e. modify the curriculum for those parents who are single or provide more case management sessions for those with lower income).
- Future evaluation of the program could include comparing how effective the program is across the different age groups of the children of the parents attending the program (i.e. a parent of a two year old vs. a parent of a five year old).

### Study Limitations

- The parents in NPP can be simultaneously be enrolled in other programs or classes like individual or family therapy. This can influence their overall relationship being studied leading to biases and mixed results.
- The sample size of the population studied was quite small in comparison to the larger overall sample. The Latinos who had a history of abuse was a sample size of 25 compared to 136.

### Conclusion:

- Social work agencies and local resource facilities can take these findings and better canvas their neighborhoods and communities to target the needs of parents experiencing difficulties within their family and raising their children.
- By knowing more information and researching the data for the effectiveness of the program on the improvement of appropriate discipline strategies in this population, the program can then be modified and customized to help make a larger impact on the Latino and Hispanic groups.

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