

### Abstract

#### Objective

- To analyze the effect of the completion of the NPP on risky parenting beliefs.
- To find the effect of the completion of the NPP on the belief in corporal punishment among Latinx and African American parents.

#### Study Information

- Nurturing Parenting Program provided by Reach Out organization
- San Bernardino, CA
- Data gathered from years 2016-2019
- A total of 202 participants completed the program
- Participants were administered the Adult-Adolescent Parenting Inventory (AAPI-2) and pre and posttest.

#### Results and Implications

- Completion of the program was associated with increased knowledge of the five parenting constructs developed by Dr. Bavolek.
- Parents who obtained higher AAPI-2 scores (lower risk) at pretest tended to obtain higher scores at posttest.
- Socioeconomic level, level of education, and ethnicity had no significant impact on post AAPI-2 scores which demonstrates that NPP is effective across a range of ethnic backgrounds.

### Introduction

The Nurturing Parenting Program was created by Dr. Bavolek to identify parenting beliefs that lead to child abuse and neglect. The NPP is a 16 week program which includes 4-7 case management sessions which participants must complete to graduate from the program. Parents are given the Adult-Adolescent Parenting Inventory at intake and upon program completion. Lower AAPI-2 scores are associated with a higher level of risk.

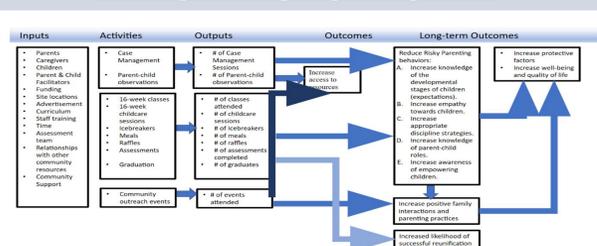
#### Evaluation Questions

- What is the effect of completion of the Nurturing Parenting Program on risky parent attitudes among parents
- What is the effect of completion of the Nurturing Parenting Program on the belief in corporal punishment among Latinx and African American participants

#### Literature Review

- NPP has been implemented by the state of Louisiana to assist parents charged with child abuse and neglect (Hodnett, Faulk, Dellinger, & Maher, 2009; Maher, Marcynyszyn, Corwin, Hodnett, 2011; Estefan, Coulter, VandeWeerd, Armstrong, Gorski, 2013).
- Overall three studies have found a positive relationship between program participation and improvement in parenting attitudes. (Hodnett et al., 2009; Maher et al., 2013).
- One study found that higher levels of program participation were associated with fewer cases of child maltreatment post program completion (Maher et al., 2011).
- Studies did not find a difference in the improvement of parenting attitudes across ethnic subgroups (e.g. African American, Caucasian, Hispanic)(Hodnett, Faulk, Dellinger, & Maher, 2009).
- One study did find a difference in the improvement in empathy toward children's needs when parents had higher incomes (Hodnett et al., 2009).

#### Nurturing Parenting Program Logic Model



### Methods

#### Research Design

The NPP evaluation utilized a one group pretest posttest design and utilized de identified data provided by the Reach Out organization.

#### Sampling Strategy

- The sample utilized for the evaluation were participants who completed the 16-week program along with the 4-7 case management sessions.
- A subsample of participants who completed the program and identified as Latinx or African American were utilized for the evaluation.

#### Operational Definitions

#### Dependent variables

Risky parenting attitudes were measured by the Adult-Adolescent Parenting Inventory-2. The AAPI-2 is rated on a 5 point likert scale and scores are divided into three categories, low (8-10), medium (4-7), and high (1-3) risk.

#### Data Collection Procedures

The AAPI-2 was administered during the intake process. The inventory is self administered so that participants did not have discuss their answers with the facilitators. Demographic data is also collected during the intake process. Facilitators keep track of participants' attendance during the duration of the program. Participants are prompted to complete the AAPI-2 during the final class of the program.

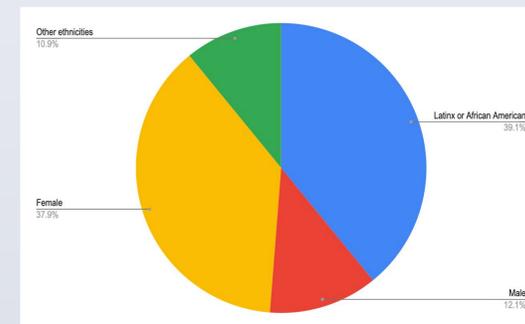
#### Statistical Analysis

#### What is the effect of completion of the NPP on risky parenting attitudes among participants?

A Wilcoxon signed-ranks test compared the pre and post risky parenting attitudes among participants who completed the program. Pre-program risky parenting attitude scores as measured by AAPI-2 were significantly lower than post- program risky parenting attitude scores. This means that after completion of the Nurturing Parenting Program, participants showed a reduction in their beliefs in risky parenting attitudes.

#### What is the effect of completion of the NPP on the belief in corporal punishment among Latinx and African American participants?

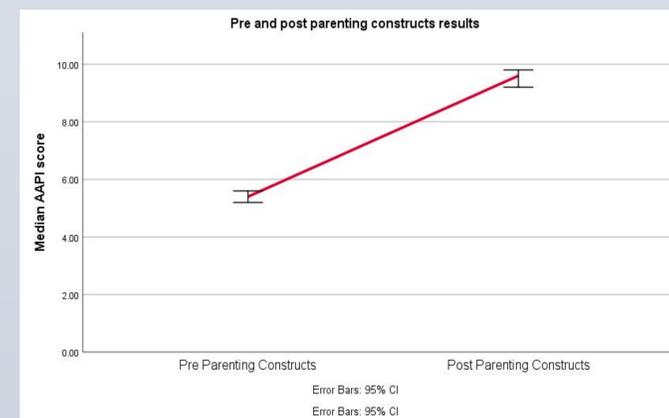
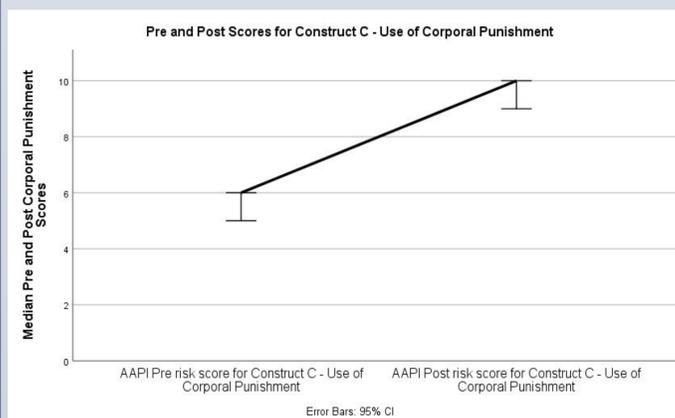
A Wilcoxon signed-ranks test compared the pre and post scores for the belief in the use of corporal punishment among participants who completed the program. Pre-risk scores for the belief in the use of corporal punishment were significantly lower than post risk scores for the belief in the use of corporal punishment. This means that belief in the use of corporal punishment for Latinx and African American participants lowered upon completion of the program.



### Results

#### Inferential Statistics

- Participants who completed the Nurturing Parenting Program (NPP) demonstrated an increase in the Adult-Adolescent Parenting Inventory-2 (AAPI-2) score at posttest.
- An increased AAPI-2 score indicates a reduction in risky parenting beliefs.
- The completion of the 16-week program had a positive effect at reducing risky parenting attitudes among all parents who completed the program, regardless of ethnicity, level of education, or socioeconomic level.
- The completion of the NPP had a positive effect at reducing the belief in corporal punishment among parents who reported being Latinx or African American.



### Discussion

#### Implications

- The implementation of the NPP demonstrated an increase in the Adult-Adolescent Parenting Inventory-2 (AAPI-2) score at posttest, which indicates a reduction in risky parenting beliefs.
- The completion of the 16-week program had a positive effect at reducing risky parenting attitudes among all parents who completed the program.
- The completion of the NPP also had a positive effect at reducing the belief in corporal punishment among parents who reported being Latinx or African American.
- The completion of the program was associated with increased knowledge across the five parenting constructs developed by Dr. Bavolek.
- participants who obtained a higher AAPI-2 score at pretest tended to obtain higher scores at posttest.
- Ethnicity, income level, or level of education had no significant impact on the AAPI-2 score at posttest which may be explained by current rearing practices of Latinx and African American parents as well as the commingling of ideas from participants of different ethnic backgrounds.

#### Study Limitations

- The evaluation sample did not include those participants of the program who did not complete the program. Due to this, there was no group to compare with the sample.
- The sample was not randomly selected nor assigned due to the fact that participants were either referred through an agency or self-referred.

#### Conclusion

- Program participants were able to reduce their risky parenting attitudes at the conclusion of the program regardless of ethnic background, level of education, or socioeconomic level.
- Latinx and African American participants reduced their belief in corporal punishment it has been shown by some studies to be a common rearing practice.
- The Nurturing Parenting Program has been associated with a reduction in risky parenting attitudes and cases of child abuse or neglect in several studies.
- The findings of this evaluation are important for the field of social work. Social workers should seek using the NPP as a tool of intervention with parents to reduce risky parenting practices and reduce cases of child abuse and neglect.

### References

- Estefan, L. F., Coulter, M. L., VandeWeerd, C. L., Armstrong, M., & Gorski, P. (2013). Relationships between stressors and parenting attitudes in a child welfare parenting program. *Journal of Child and Family Studies*, 22(2), 199-208. <https://doi.org.lib-proxy.fullerton.edu/10.1007/s10826-012-9569-1>
- Hodnett, R. H., Faulk, K., Dellinger, A., & Maher, E. (2009). Evaluation of the Statewide Implementation of a Parent Education Program in Louisiana's Child Welfare Agency: The Nurturing Parenting Program for Infants. Seattle, WA: Casey Family Programs.
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