

# THE NURTURING PARENTING PROGRAM EFFECTIVENESS AMONG SINGLE CAREGIVERS

## A PROGRAM EVALUATION

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### ABSTRACT

#### Background

The purpose of the Nurturing Parenting Program (NPP) is to stop intergenerational child abuse and neglect. The target population in this study are caregivers who live in Riverside and San Bernardino counties and who have a child between the ages of 0-5, including parents who are expecting a baby.

#### Objective

To evaluate the effectiveness of NPP among single caregivers in increasing their understanding of appropriate parent-child roles. The data in this study includes 290 participants, among which 119 were single caregivers.

#### Methods

- Attitudes on parent-child family roles were measured using the Adult Adolescent Parenting Inventory-2 (AAPI) assessment.
- Household structure and income level were evaluated to determine if they impacted participants' understanding of appropriate parent-child roles after completing the program.

#### Results

- No significant difference in AAPI scores between single and two-caregiver participants who completed NPP.
- No significant difference between single caregiver participants with income lower than \$15,000 and those with income higher than \$15,000.
- Single caregivers started and ended NPP with higher risk than two caregiver participants.
- These results indicate that single caregivers may need more support and services in order to increase their understanding of parent-child roles to a level that is comparable to those in two-parent households.

### LITERATURE REVIEW

#### Theoretical Framework

- The theoretical foundation for NPP is social learning theory.<sup>1</sup>
- Social learning theory is based on the belief that new behaviors could be learned.<sup>2</sup>
- NPP provides caregivers with the mechanism to observe appropriate parent-child roles through the lessons and videos presented in class, and thereby pass these appropriate roles onto their children.

#### Evidence of Effectiveness

Previous evaluations show that NPP is effective in reducing the risks within the program. The evaluations showed the percentage of caregivers who fell into the at-risk category significantly decreased. Single caregivers represented 71% and 47% of the participants in two of the studies, thereby providing validation of the effectiveness of NPP in this population<sup>3</sup>

#### Evaluation questions:

- To what extent does the completion of NPP improve understanding of appropriate parent-child family roles among single caregivers?
- Does the income level of single caregivers affect the outcome of the understanding of appropriate parent-child family roles?
- How does household structure relate to class attendance among NPP participants?

### INTRODUCTION

The purpose of this evaluation is to determine the effectiveness of NPP among single caregivers in understanding appropriate parent-child roles. Households with single caregivers tend to experience higher rates of abuse and neglect<sup>4</sup>, and it is, therefore, essential to measure the level of effectiveness of NPP in this population.

#### NPP Overview<sup>5</sup>

- Purpose is to stop intergenerational child abuse and neglect
- Evidence-based and trauma-informed program
- Builds nurturing parenting skills

#### Target Population

- Caregivers who have a child between 0-5
- Parents who are expecting a baby
- Caregivers who are at-risk to abuse or neglect their child(ren)

#### Program activities

- 16-week classes
- 4-7 case management sessions
- Parent-child observations

#### Evaluation Design

- De-identified data was provided by Reach Out, the agency contracting this evaluation
- One group pre-test post-test design

#### Sample

- 290 participants enrolled in NPP at Reach Out from July 2016 through June 2019
- 119 (41%) single caregivers
- 169 (58%) two caregivers
- 79 (66%) single caregivers completed NPP
- 121 (72%) two caregivers completed NPP

#### Dependent Variables

- Parent-child family roles
  - Measured using AAPI assessment
  - AAPI includes 40 items- uses a 5-point Likert scale
  - Seven questions measure parent's attitudes on parent-child family roles. i.e.: "Children should be considerate of their parents' needs"
- Class Attendance- data provided by the agency
  - Total number of classes is 16

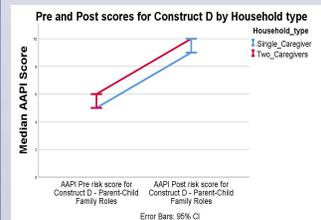
#### Independent Variables

- Completion of NPP- measured by the reason for exit found in the dataset
- Income level - as reported by participants
- Household Structure - as reported by participants. Includes two parent households, single mother, single father, two grandparent households, single grandmother, single grandfather

### RESULTS

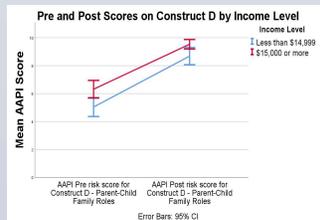
Wilcoxon signed-ranks test and independent-samples t-test were utilized to answer the evaluation questions

To what extent does the completion of NPP improve understanding of appropriate parent-child family roles among single caregivers?



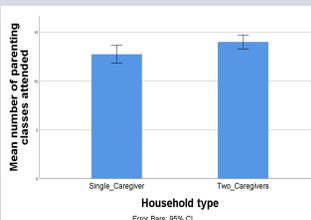
Single caregiver achieved significantly higher scores on their understanding of appropriate parent-child roles.

Does the income level of single caregivers affect the outcome of the understanding of appropriate parent-child family roles?

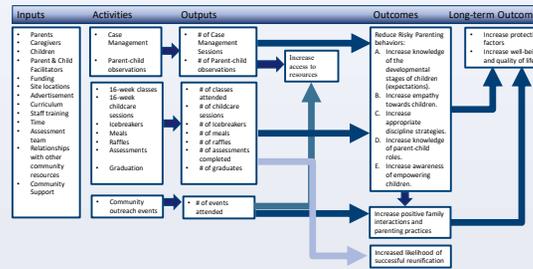


Both income groups achieved significantly higher scores on their understanding of appropriate parent-child roles.

How does household structure relate to class attendance among NPP participants?

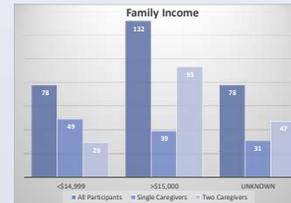
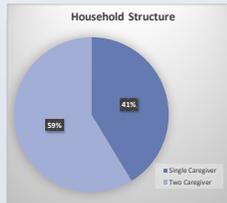


Single caregivers attended less than 13 classes versus two caregiver households who attended 14.



### METHODS

#### Demographics



### DISCUSSION

#### Findings

- Consistent with the desired outcome of NPP
- Significant difference in AAPI pre and post-test scores among all participants
- Single-caregivers' scores increased at the same level as two-caregiver households
- Single-caregivers in the lower income group started and ended with lower AAPI
- Single and two caregiver households improve their understanding of appropriate parent-child roles at the same rate
- Single caregiver households consistently started and ended with lower AAPI scores

#### Limitations

- Sample size too small to generalize to larger population

#### Recommendations

- To increase single caregivers scores, provide more services, such as: case management sessions, support services and classes
- Refresh courses to retain skills learned in NPP
- Develop business-community partnerships
- Future evaluations would benefit from the use of a control group for comparison

#### Conclusion

- The results support previous evaluation findings that NPP is effective in lowering the risk of abuse and neglect in participants who completed the program
- NPP is a pro-active versus re-active approach
- Minimizes social service involvement which saves money
- Minimizes abuse and neglect by providing tools to caregivers

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