

Making a difference

Parent Education Region 8 – SW North Dakota

The Situation

Parent Education continues to be identified as a need throughout Region 8 in southwest North Dakota by families, school administration, human service workers, and public and community agencies. High levels of stress, diversity of families, family stress due to changing oil patch conditions, absence of local family support, time constraints, and lack in knowledge of typical child development have all been identified as risk factors to families in this rural southwest area. Families seek to increase their knowledge and practice of effective parenting tools and strategies to manage day to day struggles of raising responsible children in a complex world.

Extension Response

NDSU Extension Service in collaboration with Dickinson Public Schools provides parent education opportunities through the West Dakota Parent & Family Resource Center (WDPFRC). WDPFRC serves southwest ND families of Region 8 in the counties of: Adams, Bowman, Billings, Dunn, Golden Valley, Hettinger, Slope and Stark. Parent education services are coordinated in rural communities of the southwest area by the NDSU Extension parent educator. Educational programs are offered in a variety of locations, providing options near a family's home community to decrease the barrier of distance. Without this opportunity, some families would be traveling 160 miles or more for parent support and education. The NDSU Extension Service and a grant from ND Department of Human Services-Children and Family Services, along with community collaborators, support programs so families can attend at no cost. Childcare is also provided during sessions to eliminate the barrier to parenting partners attending together. In 2014-2015, direct services were provided in these rural southwest communities to 2,124 adults (duplicated) with some returning for multiple sessions in 234 hours of direct contact time.

Multi-session research/evidence based parenting programs offered in rural southwest communities in 2014-15 include:

- Parenting the Love & Logic Way – (6-weeks) 3 series
- Love & Logic Early Childhood Parenting Made Fun – (6-weeks) 2 series
- Active Parenting Now – (3-weeks) 1 series

- Nurtured Heart Approach to Parenting – (5-weeks) 4 series
- Active Parenting Now – (3-weeks) 1 series
- Nurturing Parenting –Community Based Program (6-weeks) 3 series
- Turning Points for Incarcerated Parents– Dakota Women' Correctional and Rehabilitation Center, New England (12 weeks) 2 series
- Basic Beginnings – (3-6 weeks) 3 series

Impacts

- 88% indicate the program helped them improve their parenting skills
- 96% indicated the family pulls together when things are stressful.
- 89% indicated the program helped them reach their goals for their family and themselves.
- 98% indicated that they were able to solve their problems as a family.
- 96% indicated that they listen to each other as a family.
- 95% report being satisfied with the program.

Feedback

- Information given is so positive and helpful in dealing with children in a more effective way. This is just a really awesome class.
- The class was practical and there was great discussion with other parents.
- Your classes have been so helpful- our 3 1/2 year old is doing good with the love and logic approach and really settled down at daycare. The other day he said to his 1 year old sister "These are your options. What do you pick?"
- I was reluctant at first when my wife asked me to attend with her. I am so glad I did.

Contact

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