North Dakota Parent Education in Region 6

The Situation
Today’s families report high levels of stress, lack of support, and challenging child behaviors. These are risk factors known to contribute to increased rates of child abuse and neglect. In North Dakota in 2015, 1760 cases of abuse or neglect required services and 1342 children were in foster care. Parent education is an effective, cost efficient prevention method that can help reduce the negative individual and societal impacts of child abuse and neglect.

Extension Response
A partnership between NDSU Extension Service and ND Department of Human Services – Children & Family Services works to provide parent education across the state. NDSU Extension Service Barnes County and the Region 6 Parenting Resource Center (PRC) provide resources through a parenting library and evidence-based programming. In 2015-16, courses included Active Parenting of Teens, Baby Signs – Infant Sign Language, Nurtured Heart Approach, and Parenting the Love & Logic Way. Eight class series, comprised of 45 sessions, and 20 single-session groups were attended by 95 adults and 73 children (first time participants).

Impacts
Reported by 69 program participants who completed an outcome survey following programming:

- 88% reported that parent education programming helped them improve their parenting skills
- 21% decline in parents indicating that they lose control while disciplining children following participation in multi-session programming.
- 87% reported that the program has helped them to meet their goals.
- 94% reported satisfaction with program attended.

Feedback
- “The teacher was easy to relate to and information was excellent.”
- “It opened our eyes to problems with our daughter. It helped us to talk to her.”
- “I feel more confident about being a better parent.”
- After class, we talked about what we learned. We connected with our kids because of this class.”

Public Value Statement
Strengthening families through parent education reduces costs spent on child welfare, lowers crime by adults, and improves well-being of children.

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Non-Extension Collaborators
North Dakota Department of Human Services - Children & Family Services Division, Community Action Head Start, county social services, local schools, and churches.

Resource Links
www.ag.ndsu.edu/pen/region-6