

MAKING A DIFFERENCE

NDSU EXTENSION SERVICE

NORTH DAKOTA STATE UNIVERSITY

Parent Education in Region 4

The Situation

The need for parent education continues to be great in Region 4 counties. Kids Count Data shows that in our four county region, children eligible for free and reduced lunch average from 34% - 43% for those 0-17 years old. Single-parent families are highest in the more populated counties (29% in Grand Forks County vs. 17.5% in Pembina County). Regional poverty rates run from 10.9% to 17.5%.

Referrals to teach parenting classes often come from the judicial system as well as Head Start, area churches, Northeast Human Service Center and schools. The Parent Information Center (PIC) in the Grand Forks Public Schools distributes a monthly newsletter that describes class content for each class and/or series offered.

Extension Response

In 2016-2017, Region 4 parenting educational offerings included: the Nurtured Heart Approach, Conscious Discipline, Parenting the Love and Logic Way, Love and Logic Early Childhood Parenting Made Fun, Basic Beginnings and Baby Signs.

We have a parent support group at a women's residential treatment center (Sustained Treatment Extended Program, STEP) that meets weekly.

Extension keeps a lending library on-hand. The Parent Information Center (PIC) at Grand Forks Public Schools, distributes a monthly newsletter that features classes sponsored by Extension and those sponsored by Grand Forks Public Schools.

Funding for the Parent Resource Center is through a partnership between the Department of Human Services (DHS), Children and Family Services, Grand Forks County and NDSU Extension Service. Our annual DHS grant pays for facilitators for all our classes and our support group.

Impacts

- 90% indicate the program helped them improve their parenting skills
- 89% state they know how to help their child learn
- 98% indicate they are able to soothe their children when they are upset
- 99% say they are happy being with their child

Feedback

"I liked the combination of videos and discussions that took place. It allowed for a safe environment for us to share our stories and experiences."

"My level of confidence as a parent has improved through taking this class. What helped the most was learning different strategies for different situations by learning how to approach problems more appropriately with our children."

"Since starting this program, my ability to keep calm and think before I react has improved."

Public Value Statement

Child abuse prevention is cost effective both from the standpoint of the institutional costs as well as the human toll and later life costs to society. One dollar spent on early childhood programming saves \$10-\$16 dollars in prison, police, welfare and other services. (Art Rolnick – Former Minnesota Federal Reserve Chair and champion for Early Childhood)



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