North Dakota Parent Education in Region 6

Public Value Statement
Parent education strengthens families, reduces costs spent on child welfare, lowers crime by adults, and improves the well-being of North Dakota children.

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 2017, 1,981 cases of abuse or neglect required services and 1,380 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. Data source: ND Kids Count

Extension Response
A partnership between NDSU Extension and ND Department of Human Services – Children & Family Services works to provide parent education across the state. NDSU Extension Barnes County and the Region 6 Parent and Family Resource Center (PFRC) provide resources through evidence-based programming and access to educational materials. In 2017-18, courses included: Active Parenting First Five Years, Active Parenting of Teens, Baby Signs – Infant Sign Language, Nurtured Heart Approach, Parenting the Love & Logic Way and a parent support group. Agent Tichy coordinated and assisted with facilitation of 13 class series, and 17 single-session groups attended by 123 adults and 81 children (first-time participants – does not include those that participated in more than one class).

Impacts
Surveys completed by program participants indicate the following:
- 88% reported that parent education programming helped them improve their parenting skills.
- 20% decline in parents indicating that they often, frequently or always lose control while disciplining children following participation in multi-session programming.
- 89% reported that the program has helped them to meet their goals.
- 96% reported satisfaction with program attended.

Feedback
- “Great for couples! Need more (classes) like this.”
- “Class has helped me not give in to negative behavior and appreciate how great my daughter is!”
- “I plan to discipline more calmly and when a tough situation arises, I have more options on how to handle it.”

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

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