

Parent Education Programs Summary
NDSU Extension Service – 2013
Developed by Sean Brotherson, PhD,
Extension Family Science Specialist, North Dakota State University

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Introduction

This document reflects a summary of existing parent education programs that are available for usage through the NDSU Extension Service or its affiliated Parent Resource Centers in the state of North Dakota (as of winter 2012-2013). The program summaries include information on program title and objectives, a program description, delivery method and target audience, and information regarding evaluation tools and/or evidence of program effectiveness. This is not an exhaustive summary of all programs. Instead, it summarizes programs adopted by the NDSU Extension Service to serve particular target audiences or focus on specific programming issues. Criteria for adoption of a program by the NDSU Extension Service tend to include audience need, research-based information, educational quality of materials, and evidence of potential effectiveness. Programs included in this summary relate to a diversity of parent education audiences and topics, such as parenting young children, school readiness, positive parenting, Native American parents, anger management, sibling rivalry, parenting teens, incarcerated parents, and other issues.

Evidence-Based Status of Programs

For programs included in this summary, efforts have been made to identify existing or potential sources of evidence regarding the effectiveness of each program. At times, evaluations have been conducted for such programs but not summarized or published in existing academic outlets (peer-reviewed journals, etc.), yet information is available from sponsoring organizations of a program or other sources that may provide some evidence of effectiveness. If no source of evidence is clearly available, a logic model for the program has been developed that outlines its intended program plan and objectives.

To provide an easily understandable summary of evidence-based status, we have adopted and used a classification system developed by the California Evidence-Based Clearinghouse for Child Welfare. This scientific rating scale classifies programs on a scale from 1 to 6, with lower scores indicating a greater level of clinical or empirical support for a specific program. The summary categories are:

- Level 1 – Effective Practice (Well-supported by scientific literature and evaluation outcomes)
- Level 2 – Efficacious Practice (Supported by scientific literature and evaluation outcomes)
- Level 3 – Promising Practice (Promising support exists in scientific literature and evaluation outcomes)
- Level 4 – Effectiveness is Unknown (No or limited information exists to be able to assess program effectiveness)
- Level 5 – Evidence Fails to Demonstrate Effect (Existing evidence suggests no or limited evidence of program effectiveness)
- Level 6 – Concerning Practice (Program may raise areas of concern or possible harm based on clinical and/or empirical considerations)

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| Program Title | Parents Forever: Education for Families in Divorce Transition |
| Program Objectives | <input type="checkbox"/> Educate divorcing parents about the impact of divorce on adults and children. <input type="checkbox"/> Provide education on co-parenting strategies to divorcing or never married parents. <input type="checkbox"/> Assist parents to put the best interests of the child first. <input type="checkbox"/> Understand the need for children to have access to both parents. <input type="checkbox"/> Learn the importance of avoiding or eliminating parental conflict in front of children. <input type="checkbox"/> Learn how to avoid putting children in the middle of conflicts or parental issues. |
| Program Description | <p>Parents Forever offers education and resources for married parents going through divorce and never married families going through separation. Divorce and separation often brings change to every aspect of a family's life, both for the parents and the children involved. Parents Forever provides parents with formal training programs and easy-to-use materials that help them navigate the emotional, financial, legal and communication changes that accompany divorce/separation so that they can effectively help their family transition. This program helps parents understand the impact of divorce on their children and provides them with tools to help their children.</p> |
| Program Delivery Method | <input type="checkbox"/> Original – Designed as a 12-hour educational program offered in a series of 3-6 sessions (Minnesota). <input type="checkbox"/> ND – Adapted as a 4-hour course with materials and video vignettes – offered in 1 or 2-session formats. <input type="checkbox"/> Cost – there is a fee (exceptions based on need) <input type="checkbox"/> Availability – Offered statewide via NDSU Extension and Parent Resource Centers. |
| Target Audience | Parents going through separation or divorce, unmarried couples that are separating, and other caregivers as needed. |
| Logic Model & Evaluation Tools | <p>Logic Model – Yes Evaluation Tool(s) – Yes</p> |
| ND Impacts – Outcome Data Available | Yes. Statewide and region-specific data available through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by the University of Minnesota Extension Service. <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Dworkin, J., & Karahan, A. R. (2005). Parents Forever: Evaluation of a Divorce Education Curriculum. <i>Journal of Extension</i> , 43(1), Article No. #1RIB6. On-line at www.joe.org/org/2005february/rb6.shtml <input type="checkbox"/> Similar evaluation of Parents Forever available in brief format at www.extension.umn.edu/parentsforever . |

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| Program Title | Bright Beginnings: Understanding and Enhancing Your Young Child's Growth and Development |
| Program Objectives | <input type="checkbox"/> Educate parents of young children (0 to 8) about the importance of young children's development and healthy parenting. <input type="checkbox"/> Understand the developmental foundation of healthy parental and prenatal transitions, brain development, and attachment. <input type="checkbox"/> Facilitate development of practical parental skills to assist and guide cognitive, physical, social and emotional development in young children. <input type="checkbox"/> Develop strong connections with young children through reading, play, avoidance of harmful substances, and quality child care settings. |
| Program Description | Bright Beginnings is a parent education curriculum focused on parenting young children from the prenatal period through eight years of age. It is focused on understanding and enhancing young children's growth and development. It centers on key foundations of a child's healthy development, key domains of a child's growth and development, and key strategies for parents to foster healthy child development. |
| Program Delivery Method | <input type="checkbox"/> Designed as a 10-lesson educational program offered in a series of 5-10 sessions (or smaller sessions of grouped content). <input type="checkbox"/> Cost – Materials fee (dependent on local site or educator) <input type="checkbox"/> Availability – Available statewide via NDSU Extension and Parent Resource Centers. |
| Target Audience | First-time parents of young children, parents and caregivers of young children, community professionals. |
| Logic Model & Evaluation Tools | Logic Model – Yes Evaluation Tool(s) – Yes |
| ND Impacts – Outcome Data Available | No. Statewide and region-specific data in the process of being gathered through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by the NDSU Extension Service (Dr. Sean Brotherson & associates) <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 4 – Effectiveness is Unknown) |
| Sources of Evidence | <input type="checkbox"/> 2008 Pilot Study of the Bright Beginnings parent education program is underway – results not yet available. |

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| Program Title | Positive Parenting I & II: A Video-Based Parent Education Curriculum |
| Program Objectives | <input type="checkbox"/> Educate parents about physical punishment in the discipline of children and the need for alternatives. <input type="checkbox"/> Teach parents about the use of limits, consequences, and listening in parenting children. <input type="checkbox"/> Offer guidelines to parents for dealing with their own and children's anger. <input type="checkbox"/> Provide strategies and tactics to parents for dealing with challenging behaviors in children. |
| Program Description | Positive Parenting is a video-based parent education curriculum focusing on alternatives to physical punishment in the discipline of children. The curriculum includes six lesson units, each consisting of a video (about 10 minutes), one or more parent handouts, a teacher/leader guide, discussion aids, and a reference list. The curriculum is intended especially for use with parents of preschool and early elementary age school children. The lesson topics are physical punishment, limits, consequences, listening, anger, and challenging behaviors. |
| Program Delivery Method | <input type="checkbox"/> Designed as a 6-lesson educational program offered in a series of 6 sessions (or smaller sessions if needed). <input type="checkbox"/> Cost – Materials fee (dependent on local site or educator) <input type="checkbox"/> Availability – Available statewide via NDSU Extension and Parent Resource Centers; taught on occasional basis. |
| Target Audience | Parents and caregivers of preschool and elementary school age children, other caregivers. |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – No (reported available) |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. |
| Program Origin and Evidence Base | <input type="checkbox"/> Program developed jointly by family educators of the University of Minnesota Extension Service and University of Wisconsin Extension (1995). <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Evaluation summary of Positive Parenting available in brief format at www.extension.umn.edu/parenteducation/research.html . <input type="checkbox"/> Borowsky, I. W., Mozayeny, S., Stuenkel, K., & Ireland, M. (2004). Effects of a primary care-based intervention on violent behavior and injury in children. <i>Pediatrics</i> , 114(4), (e)392-(e)399. Electronic article available on-line at pediatrics.aappublications.org/cgi/content/full/114/4/e392 . |

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| Program Title | Positive Indian Parenting: Honoring Our Children by Honoring Our Traditions |
| Program Objectives | <input type="checkbox"/> Help Indian parents explore the values and attitudes expressed in traditional Indian child-rearing practices and then apply those values to modern skills in parenting. <input type="checkbox"/> Help parents develop positive and satisfying attitudes, values, and skills that have roots in their cultural (Indian) heritage. <input type="checkbox"/> Offer exploration of traditional parenting values and customs that include oral tradition, storytelling, spiritual nature of child rearing, and the role of extended family. |
| Program Description | Positive Indian Parenting is a parenting curriculum designed to provide a brief, practical, and culturally specific training program for Indian parents. The goal is to help Indian parents explore values and attitudes expressed in traditional Indian child-rearing practices, appreciate the lessons obtained from certain universal historical ways (storytelling, extended family, etc.), and apply those values to modern skills in parenting. The curriculum includes two sections, one for parent trainers working with Indian parents on how to train, training issues, etc., and one that has eight topic units organized as lesson plans with a guide, questions, activities, etc. The lesson topics are traditional parenting, storytelling, nurturing, harmony in child rearing, traditional behavior management, nature lessons, praise, and choices, each framed with a traditional native context. |
| Program Delivery Method | <input type="checkbox"/> Designed as an 8-lesson educational program offered in a series of sessions (or smaller sessions if needed). <input type="checkbox"/> Cost – Materials fee (dependent on local site or educator) <input type="checkbox"/> Availability – Available in selected areas as appropriate via NDSU Extension and Parent Resource Centers; taught on occasional basis. |
| Target Audience | Parents and caregivers of children of varying ages, either of Indian heritage, in a relationship with a parent of Indian heritage, or involved in parenting a child of Indian heritage. |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – No (reported available) |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. |
| Program Origin and Evidence Base | <input type="checkbox"/> Program developed by Terry Cross and others associated with the Northwest Indian Child Welfare Institute (Portland, Oregon) in 1986. Most recent update in 2001 with minimal changes. <input type="checkbox"/> Culturally relevant program; minimal degree of evidence-informed background. <input type="checkbox"/> Evidence-based status (Level 4 – Effectiveness is Unknown) – While this program is widely used and anecdotally effective, no or limited empirical information is available on program effectiveness. |

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| Program Title | Building Strong Families: Challenges and Choices |
| Program Objectives | <input type="checkbox"/> Educate families about their own strengths and learn skills to build on those strengths for better family relationships. <input type="checkbox"/> Treat families as partners in their own learning process and provide a forum for adult learning that will enhance family strengths. <input type="checkbox"/> Provide strategies for building strong families through topics such as family strengths, communication, managing stress, work and family, food and fitness, money matters, and other issues important to working families with children. |
| Program Description | Building Strong Families is a research-based family education program designed to help families identify their own strengths and learn skills to build on those strengths. The program uses a 13-module curriculum that can be adapted for families of different types and in different settings and situations. The program operates on the philosophy that all individuals and families have strengths that can be enhanced if they are treated as partners in their own learning process. Each lesson module contains up to two hours of material with research findings, objectives, materials needed, and program content. The lesson topics relate to various aspects of family relationships, family living, and family resource management. |
| Program Delivery Method | <input type="checkbox"/> Designed as a 13-lesson module educational program offered in a series of at least 7 sessions (always begin with Family Strengths). <input type="checkbox"/> Cost – Materials fee (dependent on local site or educator) <input type="checkbox"/> Availability – Available statewide via NDSU Extension and Parent Resource Centers; taught on occasional basis. |
| Target Audience | Primarily for working families with children; can be adapted to reach many different families and groups. |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – No (reported available) |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. |
| Program Origin and Evidence Base | <input type="checkbox"/> Program developed by the University of Missouri Extension System (2001). <input type="checkbox"/> Evidence-informed program. <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Schrader, L., McGarvey, S., & Procter, B. (2005). Building strong families: Challenges and choices program focus group report. University of Missouri Extension Service. Document available on-line at extension.missouri.edu/bsf . <input type="checkbox"/> Van Booven-Shook, J., Schrader, L., & Copeland, A. (2008). Building strong families: Program impacts from a whole family approach program. University of Missouri Extension Service. Document available on-line at extension.missouri.edu/bsf . <input type="checkbox"/> Wilkerson, R. C. (2008). Building Strong Families and Missouri Department of Corrections: 2007 evaluation year-end report. Document available on-line at extension.missouri.edu/bsf . |

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| Program Title | Love and Logic: Early Childhood and School-Age Parenting Curricula |
| Program Objectives | <input type="checkbox"/> Teach parents simple and practical techniques for handling child misbehavior. <input type="checkbox"/> Assist parents to use principles of limits, logic, and consequences in their parenting. <input type="checkbox"/> Guide parents to practice self-control and empathy in their parenting interactions. <input type="checkbox"/> Foster opportunities for parents to guide their children in making choices and solving conflicts or problems. <input type="checkbox"/> Offer insight on parenting styles and their differing effects on children. <input type="checkbox"/> Offer understanding of key parenting principles including shared control, problem ownership, opportunity to learn, and empathy and consequences. |
| Program Description | Love and Logic is a 5-session video-based parenting curriculum focused on teaching parents to use skills of empathy, respect, logic, and limits with their children. The program addresses topics that include handling misbehavior, clear communication skills, avoiding power struggles, setting and enforcing limits, and using logic and consequences. The program offers parents a parent handbook to follow, sample video clips of parenting strategies, and sessions typically last 1-1/2 to 2 hours. |
| Program Delivery Method | <input type="checkbox"/> Designed as a 5-session educational program for parents delivered via a combination of video clip examples, facilitation, and class discussion. Programs average 90 minutes to 2 hours. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent handbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | Love and Logic curriculum for parents of children ages birth to six; curriculum for parents of school-age children (6 to 13). |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – Yes; brief tools provided by Love and Logic program materials, or usage of FRIENDS parent education survey possible. |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by Foster Cline, M.D., Jim Fay, & Charles Fay, Ph.D. (mental health and school consultants, Love and Logic Institute). <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Fay, C. (2005). Effects of the Becoming a Love and Logic Parent training program on parents' perceptions of their children's behavior and their own parental competencies: A preliminary investigation. Document available on-line at www.loveandlogic.com/pdfs/research_data_bllp.pdf . |

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| | <ul style="list-style-type: none">• Fay, C. (2005). Effects of the 9 Essential Skills for the Love and Logic Classroom training on teachers' perceptions of their students' behavior and their teaching competence: A preliminary investigation. Document available on-line at www.loveandlogic.com/odfs/research_data_9e.odf. |
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| Program Title | Anger Management for Parents: The RETHINK Method |
| Program Objectives | <input type="checkbox"/> Teach parents to recognize the onset of anger and anger –triggers. <input type="checkbox"/> Assist parents to manage expressions of anger and use stress reduction techniques. <input type="checkbox"/> Guide parents to empathize with children and listen to a child’s point of view. <input type="checkbox"/> Integrate expressions of love and respect toward children when dealing with anger. <input type="checkbox"/> Understand developmental expectations for children at different ages and practice appropriate parental guidance with children. |
| Program Description | Anger Management for Parents: The RETHINK Method is a 6-lesson video-assisted parenting and anger management curriculum focused on helping parents to use skills of anger recognition, empathy, respect, and anger management with the RETHINK method. Skills are taught and then integrated into successive lesson modules on dealing constructively with children at various developmental ages (5 units). The program addresses topics that include anger recognition and management, expressing empathy and respect, and understanding developmental expectations of children. The program offers parents a parent handbook to follow, sample video clips illustrating the RETHINK method, a facilitator guide, and sessions typically last 1 to 2 hours. |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session educational program for parents delivered via a combination of video clip examples, facilitation, class discussion, and role playing. Programs average 1 to 2 hours. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent handbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | All parents and caregivers of children, especially those in challenging, distressed, or need-based circumstances (e.g., single parents, parents of children with special needs, limited resource parents). Also, for parents who struggle with anger, abuse, or inappropriate expectations of children. |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – Yes; brief tools developed by Colorado Extension Service. |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by staff at the Institute for Mental Health Initiatives, Champaign, IL. <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Fetsch, R. J., Schultz, C. J., & Wahler, J. J. (1999). A preliminary evaluation of the Colorado Rethink parenting and anger management program. <i>Child Abuse and Neglect</i> , 23(4), 353-360. <input type="checkbox"/> Institute for Mental Health Initiatives. (1991). Anger management for parents: Program guide—The RETHINK Method. Champaign, IL: Research Press. |

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| | <ul style="list-style-type: none">• Fetsch, R. J., & Silliman, B. (2002). Which youth violence prevention programs work? <i>Forum for Family and Consumer Issues</i>, 7(1). Document available on-line at ncsu.edu/ffci/publications. |
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| Program Title | Parenting Wisely: Young Children & Teens |
| Program Objectives | <input type="checkbox"/> Help families to enhance relationships and decrease conflict through behavior management and support. <input type="checkbox"/> Enhance child adjustment and aid children in diminishing problem behaviors. <input type="checkbox"/> Reduce the involvement of children with delinquency, substance abuse, and possible involvement with the juvenile justice system. <input type="checkbox"/> Build parental confidence in parenting skills. <input type="checkbox"/> Improve communication, problem solving, and parent-school communication. |
| Program Description | <p>Parenting Wisely is an interactive CD-ROM program designed for families at risk with children from early elementary to high school age. Nine video vignettes are used to overcome illiteracy barriers and assist parents to follow a self-paced, self-guided approach to learning parenting confidence and skills. Parents view scenes of common family problems, choose a possible solution from among options, and then see a critique. The video program covers communication skills, problem solving skills, speaking respectfully, assertive discipline, reinforcement, homework compliance, chore compliance, supervision of children, stepfamily and single parent issues, and other items. The program can be completed in one or more sessions of up to 3 hours. The program can be done interactively with parents and their children, with them learning skills together and discussing issues.</p> |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session CD-ROM based interactive educational program for parents and youth delivered via a self-paced, self-administered succession of video vignettes. Used via a computer. Can also be done with a group format. Program sessions run according to time needs of the parent and/or child; may be completed in 3 to 6 hours, or less. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent workbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | <p>Parenting Wisely training for parents of children ages six to 18; especially designed for families at risk or dealing with issues of illiteracy, limited resources, or behavior/communication problems.</p> |
| Logic Model & Evaluation Tools | <p>Logic Model – No Evaluation Tool(s) – Yes; brief tools provided by Parenting Wisely program materials.</p> |
| ND Impacts – Outcome Data Available | <p>No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service.</p> |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by Don Gordon, Ph.D., Psychology Department, Ohio University (Athens, Ohio). <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 1 – Effective Practice) |
| Sources of Evidence | <input type="checkbox"/> Gordon, D. A., & Rolland-Stanar, C. (2003). Lessons learned from the dissemination of Parenting Wisely, A Parent Training CD-ROM. <i>Cognitive and Behavioral Practice, 10</i> , 312-323. Sample of many research articles. |

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| | <ul style="list-style-type: none">• Extensive on-line documentation of multiple and independent research studies on program effectiveness available at: www.familyworksinc.com/research/articles/index.html |
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| Program Title | The Incredible Years (BASIC Parent Training Program) |
| Program Objectives | <input type="checkbox"/> Strengthen children’s social skills, appropriate play skills, and emotional awareness. <input type="checkbox"/> Promote children’s use of self-control strategies, effective problem solving, and positive conflict management. <input type="checkbox"/> Reduce children’s defiance, aggressive behavior, and related conduct problems (peer aggression, etc.). <input type="checkbox"/> Increase positive and nurturing parenting. <input type="checkbox"/> Reduce critical and violent discipline approaches by parents with more appropriate, effective parenting skills. <input type="checkbox"/> Improve parents’ problem-solving, anger management, and communication skills. <input type="checkbox"/> Increase family support networks, school involvement, and parent-teacher collaboration. |
| Program Description | The Incredible Years is a series of three separate, multifaceted and developmentally based curricula for parents, teachers, and children. The series is designed to promote emotional and social competence, and to prevent, reduce, and treat behavior and emotional problems in young children. The parent, teacher, and child programs can be used separately or in combination; there are treatment versions (advanced) of the parent and child programs, as well as prevention versions for high-risk populations. The Parent program has four options based according to age (0-3; 3-6; 6-12; 4-12 Advanced). The Child training program focuses on social, academic, and emotional skills competencies, and can be taught in classroom, small group therapy, or other type of sessions. The programs offer parent handbooks and handouts to follow, video clips, extensive support materials, etc. |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session educational program for parents, children, or teachers, at both basic and advanced levels, delivered via a combination of video clip examples, facilitation, and class discussion. Programs average 90 minutes to 2 hours. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent handbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | The Incredible Years curriculum for parents of children ages birth to 12 (age-based, prevention or treatment); for children in pre-school/kindergarten or primary grades (prevention and treatment); for teachers of children in pre-K to 6 th grades. |
| Logic Model & Evaluation Tools | Logic Model – Yes. Evaluation Tool(s) – Yes; evaluation tools available from the program. |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by Carolyn Webster-Stratton, Ph.D., Director of the Parenting Clinic, University of Washington. <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 1 – Effective Practice) |

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| Sources of Evidence | <ul style="list-style-type: none"><li data-bbox="516 191 1398 352"><input type="checkbox"/> Reid, M. J., Webster-Stratton, C., & Beauchaine, T. P. (2001). Parent training in Head Start: A comparison of program response among African American, Asian American, Caucasian, and Hispanic mothers. <i>Prevention Science</i>, 2(4), 209-227. Sample of many research articles.<li data-bbox="516 359 1398 457"><input type="checkbox"/> Extensive on-line documentation of multiple and independent research studies on program effectiveness available at: www.incredibleyears.com/ResearchEval/effective.as |
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| Program Title | Nurturing Parenting Programs (Multiple Versions) |
| Program Objectives | <input type="checkbox"/> Strengthen parent understanding of how to meet child needs for health and safety. <input type="checkbox"/> Parents know and use prosocial and nonviolent methods of stress and anger management. <input type="checkbox"/> Parents know how to manage child behavior in a nurturing and effective manner. <input type="checkbox"/> Parents understand how to nurture optimal development and positive relationships with children. <input type="checkbox"/> Parents demonstrate empathy and responsiveness to child needs. <input type="checkbox"/> Increase positive and nurturing parenting. <input type="checkbox"/> Reduce violent, abusive or neglectful parenting approaches by parents with more appropriate, effective and nurturing parenting skills. |
| Program Description | Nurturing Parenting programs involve a series of programs designed specifically for use in reducing child abuse and neglect or risks for such behavior. The programs are primarily designed for high-risk families and families experiencing child abuse and neglect or in the child welfare system. The programs involve parents and children in extended, in-depth learning sessions designed to help them progress sequentially in their knowledge and behavior so as to reduce abuse or neglect and also increase empathy and nurturing behavior. There are primary and intervention versions of the program(s). There are 12 –evidence-based models of the programs that are adapted to the differences in populations being served (age of child, culture, group context, etc.). The programs may be offered in treatment settings, community settings, group or home-based settings, etc. The program offers extensive support materials. |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session educational program for parents, and children, delivered via a combination of facilitation, and class discussion. Programs average 2-1/2 hours and range from 10 to 50+ sessions. <input type="checkbox"/> Subsidized by grant funds, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | The Nurturing Parenting programs offer a wide selection of curricula for parents of children based on life stage, age of child, cultural context, or other life circumstances. Prevention and intervention models available. |
| Logic Model & Evaluation Tools | Logic Model – Yes. Evaluation Tool(s) – Yes; evaluation tools available from the program. |
| ND Impacts – Outcome Data Available | Yes. Plan for program evaluation and data collection would need to be refined. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by Stephen Bavolek, Ph.D., Family Development Resources. <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 1 – Effective Practice) |
| Sources of Evidence | <input type="checkbox"/> Extensive on-line documentation of multiple and independent research studies on program effectiveness available at: http://www.nurturingparenting.com/research_validation/index.php |

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| Program Title | Sign with Your Baby: Baby Sign Language Program (Garcia) Baby Signs Workshop + Sign, Say & Play Program (Acredolo & Goodwyn) Signing with Jolene & Advanced Signing with Jolene |
| Program Objectives | <input type="checkbox"/> Raise awareness about the benefits of using sign language with infants and toddlers. <input type="checkbox"/> Teach the essential skills of sign language to adults who work with and raise infants and toddlers. <input type="checkbox"/> Assist parents to guide their young children in expressing their needs and wants in a manner that adults can understand using sign. <input type="checkbox"/> Provide education on teaching infants and toddlers using sign language. |
| Program Description | Sign with Your Baby or the Sign, Say and Play programs both offer education and program resources for parents and other adults who wish to guide and communicate with young children using sign language. Usage of sign language with preverbal infants has a variety of benefits including development of language. Each program uses a practical system for teaching parents and caregivers to establish two-way communication, improve daily interactions and strengthen relationships with young children (infants and toddlers). The programs provide formal training programs and easy-to-use materials that help instructors and parents to navigate the process of acquiring and applying sign language to facilitate infant development. |
| Program Delivery Method | <input type="checkbox"/> Sign2Mell designed as a 10-session educational program offered in a series to parents or caregivers and young children. <input type="checkbox"/> Sign, Say & Play offered as a 6-session educational program in a series. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent handbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | Parents or caregivers of young children including infants, toddlers, and Pre-K age groups. Particularly appropriate with special needs children. |
| Logic Model & Evaluation Tools | Logic Model – Yes Evaluation Tool(s) – Yes; tools available from programs. |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> A) A program developed with research by Dr. Joseph Garcia and operated by Sign 2 Me Early Learning company based in the state of Washington. <input type="checkbox"/> B) A program developed with research by Drs. Linda Acredolo and Susan Goodwyn of University of California at Davis. <input type="checkbox"/> A) Evidence-informed program; B) Evidence-based program <input type="checkbox"/> Evidence-based status: A) Level 3 – Promising Practice; B) Level 1/2 – Effective or Efficacious Practice |
| Sources of Evidence | <input type="checkbox"/> Some on-line documentation of multiple research studies on children and ASL available at: http://www.mybabycantalk.com/content/information/research/babyresearch.aspx or https://www.babysigns.com/index.cfm?id=64 <input type="checkbox"/> Some on-line documentation of multiple research studies on children and ASL available at: http://sign2me.com/ |

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| Program Title | Common Sense Parenting (Toddlers & Preschoolers; Ages 6-16; Ages 6-16 Learn at Home DVD; Children with ADHD) |
| Program Objectives | <input type="checkbox"/> Help parents reduce children's problem behavior and minimize problems that disrupt family life. <input type="checkbox"/> Improve parent and family satisfaction and aid parents to raise responsible, healthy children. <input type="checkbox"/> Teach parents to communicate effectively, avoid power struggles and control emotion. <input type="checkbox"/> Guide parents to give positive attention, balance discipline and affection, and be a more engaged and caring parent. |
| Program Description | Common Sense Parenting is a parent education course designed for parents of either toddlers and preschoolers or children ages 6 to 16 (or children with ADHD). It is a practical, skill-based parenting program that addresses issues of communication, discipline, decision making, relationships and school success. The skills taught in the program were researched and developed at Boys Town and are helpful in building and reinforcing healthy family relationships. A 6-session workshop (2 hours each) allows parents to learn, practice and demonstrate new parenting skills. Program components involve instruction, videotape modeling, role playing, feedback and review. |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session educational program for parents delivered via a class-based model using instruction, videos and role playing. Program sessions run 2 hours per session with from 6 to 7 sessions to complete the course. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent workbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | Common Sense Parenting focuses on parents of children who are toddlers or preschoolers; parents of children ages to six to 16; and especially designed resources for parents of children with ADHD. |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – No. |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by Boys Town staff, and their Integrated Continuum of Care model. (Omaha, Nebraska). <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Thompson, R. W., Grow, C. R., Ruma, P. R., Daly, D. L., & Burke, R. V. (1993). Evaluation of a practical parenting program with middle- and low-income families. <i>Family Relations</i> , 42, 21-25. Sample of several research articles. <input type="checkbox"/> Other on-line documentation of research studies on program effectiveness available at: http://www.cebc4cw.org/program/171/detailed#relevant-research |

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| Program Title | Active Parenting (Infants; Young Children; Ages 5-12; Teens; Stepfamilies; Now in 3; Cooperative Parenting; Crossroads of Parenting & Divorce) |
| Program Objectives | <input type="checkbox"/> Improve parent understanding of child behavior and parental attitudes and beliefs. <input type="checkbox"/> Decrease parent-child relationship problems. <input type="checkbox"/> Increase positive and reduce negative child behaviors. <input type="checkbox"/> Guide children and youth to positive attachments with family, school, peers. |
| Program Description | Active Parenting is a series of parent education courses designed for parents of children at varying ages (infant; 5-12; etc.) or in diverse situations (after divorce, etc.). It is a solid, communication-based parenting program rooted in Adlerian theory that addresses issues of communication, respect, problem solving, effective discipline, relationships and character. The information shared in the programs is designed to assist parents in developing cooperation, responsibility and self-esteem in their children through positive, non-violent relationships. A 6-session workshop (2 hours each) allows parents to learn, practice and demonstrate new parenting skills. Program components involve instruction, video modeling, discussion and feedback and review. |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session educational program for parents (and children) delivered via a class-based model using instruction, videos and discussion. Program sessions run 2 hours per session with 6 sessions to complete the course. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent workbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | Active Parenting programs focus on identified parents of children at differing ages or life situations: infants; young children; ages 5 to 12; teens; after divorce; stepfamilies; and special topics. |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – Yes; available from program developer. |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on programs developed by Active Parenting staff and Dr. Michael Popkin, beginning in 1980, and the work of Alfred Adler and Rudolf Dreikurs. Based in Georgia. <input type="checkbox"/> Evidence-based program <input type="checkbox"/> Evidence-based status (Level 1/2 – Effective or Efficacious Practice) |
| Sources of Evidence | <input type="checkbox"/> On-line documentation of research studies on program effectiveness available at: http://www.activeparenting.com/Research_studies |

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| Program Title | 1-2-3 Magic: Effective Discipline for Children Ages 2 to 12 |
| Program Objectives | <input type="checkbox"/> Teach parents to use simple techniques to control the occurrence of problematic behaviors in children (whining, tantrums, etc.). <input type="checkbox"/> Assist parents in using methods to encourage the expression of positive behaviors in their children (complying with rules, being responsible, etc.) <input type="checkbox"/> Guide parents to engage in behaviors and approaches that build a strong relationship bond with children. <input type="checkbox"/> Teach parents how to manage manipulation, misbehavior, or other concerns that may occur in raising children. |
| Program Description | 1-2-3 Magic: Effective Discipline for Children Ages 2 to 12 is a multi-lesson video-assisted parenting curriculum and approach focused on helping parents to practice simple and effective discipline techniques, reduce problem behaviors in children, and strengthen relationships between parents and children. Effective discipline techniques are taught in multiple lesson modules that address a variety of problem behaviors in children and how to reduce them, as well as how to engage children in responsible behaviors. The program emphasizes discipline techniques that are practical, simple and effective in dealing with young children ages 2 to 12. The program offers parents a booklet to follow (or can get the book), a video demonstrating the program, a leader guide, and sessions typically last 1 to 2 hours. |
| Program Delivery Method | <input type="checkbox"/> Designed as a multi-session educational program for parents delivered via a combination of video clip examples, facilitation, and class discussion. Programs average 1 to 2 hours. <input type="checkbox"/> Subsidized by grant funds or participant fees may be charged to cover materials (parent handbooks), facilitator and site costs, etc. <input type="checkbox"/> Availability – Offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | All parents and caregivers of children, ages 2 to 12, especially those in distressed or need-based circumstances (e.g., single parents, parents of children with special needs, limited resource parents). |
| Logic Model & Evaluation Tools | Logic Model – No Evaluation Tool(s) – No |
| ND Impacts – Outcome Data Available | No. Plan for program evaluation and data collection would need to be developed. Statewide and site-specific data may be available in the future through NDSU Extension Service. |
| Program Origin and Evidence Base | <input type="checkbox"/> Based on a program developed by Dr. Thomas Phelan, clinical psychologist, with expertise in children and ADD/ADHD. <input type="checkbox"/> Evidence-informed program <input type="checkbox"/> Evidence-based status (Level 3 – Promising Practice) |
| Sources of Evidence | <input type="checkbox"/> Bradley, S. J., et al. (2003). Brief psychoeducational parenting program: An evaluation and 1-year follow-up. <i>Journal of the American Academy of Child Adolescent Psychiatry</i> , 42(10), 1171-1178. <input type="checkbox"/> Additional on-line documentation of research studies on program effectiveness available at: http://www.parentmagic.com/professionalprograms-view.cfm |

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| Program Title | Nurtured Heart Approach: build strong children from the inside out by teaching how to engage the positive behaviors and have clear & consistent rules and consequences |
| Program Objectives | <ul style="list-style-type: none"> • Help parents come to see that intensity in children is a gift rather than the enemy. And help children come to see their intensity as an asset and to use it in extraordinary ways. • Teach parents how to develop an inner strength in children that will create strong children on the inside who are better equipped to handle stress and pressure from the outside. • Parents learn how to create first hand experiences that allow children to see themselves being successful, which in turn transforms the child's prior negative portfolio. • Learn to add new dimension to the moment and find success in what IS happening AND what IS NOT happening. |
| Program Description | The Nurtured Heart Approach is a 5-week interactive series designed for all types of families and works especially well with challenging children. The series is designed to teach parents three crucial stands which make up the approach. Stand One-Absolute NO: parents learn to not give negative relationship to children and how to reverse the effects of negative messages that over time children have come to believe are true about who they are. Stand Two-Absolute YES: parents learn how to promote behaviors in children that they wish to continue by learning how to give children first hand experiences that allow them to see themselves being successful. Stand Three-Absolute Clarity: Parents learn how to clearly state rules without confusion and to enforce consequences. |
| Program Delivery Method | <ul style="list-style-type: none"> • Designed as a 5-session parenting curriculum which includes facilitation, power points, video examples, and class discussion. Each class is 90 minutes. • Subsidized by grant funds and participant fees which cover facilitator, class workbook, child care, site costs, etc. • Availability – offered in selected communities statewide in ND via NDSU Extension Service and Parent Resource Centers. |
| Target Audience | Parents, educators, and others who work with children of any age |
| Logic Model & Evaluation Tools | <ul style="list-style-type: none"> • Logic Model - YES • Evaluation Tool(s) – YES |
| ND Impacts – Outcome Data Available | Relative to a comparison group, NHA-trained parents increased in their parenting confidence, decreased in relational frustration, increased in providing positive attention to their child, and decreased in yelling and scolding. Trained parents also indicated significant growth in their child's interpersonal strengths. |
| Program Origin and Evidence Base | <ul style="list-style-type: none"> • Based on the Nurtured Heart Approach developed by Howard Glasser, M.A. founder of Children's Success Foundation • Evidence-informed program |
| Sources of Evidence | A study of parents who are taking the 5-week training is ongoing. To date, over 600 parents have provided pre-test and post-test self-report data. |

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| Program Title | Parenting the Second Time Around (PASTA) |
| Program Objectives | <ul style="list-style-type: none"> • To create a friendly and safe environment for learning and discussion, and help caregivers know that they are not alone. • To identify the many (and often conflicted) feelings of caregivers in their role as parenting relatives, and learn how to express and accept these feelings. • To find sources of strength and help for themselves and the children in their care. • To provide an overview of child and development, including information about temperament. • To provide an overview of adolescent development in order to establish realistic expectation for teen behavior, and explore changing relationships within the family. • To introduce indicators of high risk adolescent behavior and discuss strategies and resources to help caregivers keep teen children safe. • To encourage caregivers to see themselves as advocates for their grand and relative children, particularly in accessing legal, medical, social and educational services. |
| Program Description | PASTA was designed specifically to meet the needs of grandparents, relatives and other non-parental caregivers who are parenting related (or non-related) children. Topics include child and adolescent development, discipline and guidance, acknowledgement of ambivalent feelings, rebuilding a family, living with teens, legal issues and advocacy. |
| Program Delivery Method | The 16-hour curriculum is presented in eight 2-hour workshops. |
| Target Audience | Grandparents, relatives and other non-parental caregivers who are parenting related (or non-related) children. |
| Logic Model & Evaluation Tools | <ul style="list-style-type: none"> • Logic Model – Not known. • Evaluation Tool(s) – Yes; see “Sources of Evidence”. |
| ND Impacts – Outcome Data Available | Impacts from programming completed in New York, and at least 24 other states, are available from Cornell University Extension. |
| Program Origin and Evidence Base | <ul style="list-style-type: none"> • Evidence-informed program -- Over ten years of data are available. |
| Sources of Evidence | Pre/Post Series Questionnaires (yielding quantitative impacts), Post Program Surveys (yielding qualitative impacts) |

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| Program Title | How Much is Enough? |
| Program Objectives | <p>Parents will learn about the four questions that need to be addressed when dealing with parenting issues.</p> <p>Parents will understand the concept of overindulgence and what the adult consequences are for children who were raised in that environment.</p> <p>Parents will recognize behaviors and discuss options for correcting in their own families.</p> <p>Parents will gain confidence and expertise in their parenting strategies through learning strategies, assessing their styles and group interactions.</p> |
| Program Description | <p>“How Much is Enough?” a 4-week series designed to help parents see the difference between spoiling and overindulging versus healthy, loving, and appropriate care. Lessons focus on helping parents foster independence, empathy and compassion, and self-control in their children. The facilitator provides research and strategies to guide parents in raising children with a healthy sense of self and contributing role in society. The “Parent Overindulgence Assessment Tool” is given to participants at the first session. It is targeted at parents / caregivers of children over the age of 2. Other tools are geared toward different ages. For example, “Affirmations and Jobs of the Child” focus on identity, separation and sexuality in ages 13 to 19.</p> |
| Program Delivery Method | <ul style="list-style-type: none"> • Designed as a 4-session parenting curriculum which includes facilitation, power points and class discussion. Each class is 90 minutes. • Subsidized by grant funds which cover facilitator, class workbook, child care, site costs, etc. • Availability – offered in Grand Forks, ND via NDSU Extension Service, Parent Resource Center and the Parent Information Center. |
| Target Audience | Parents, educators, and others who work with children of any age |
| Logic Model & Evaluation Tools | <ul style="list-style-type: none"> • Logic Model - No • Evaluation Tool(s) – YES |
| ND Impacts – Outcome Data Available | FRIENDS Survey is done at the conclusion of the series. |
| Program Origin and Evidence Base | <ul style="list-style-type: none"> • Based on the book “How Much Is Enough?” by Jean Illsley Clarke, PH.D., Connie Dawson, PH.,D. and David Bredehoft, PH.D. • “Perception Attributed by Adults to Parental Overindulgence During Childhood”, Bredehoft, D., Mennicke, S., Potter, A., Clarke, J. 1998. • “Overindulgence, Personality and Family Interaction Among College Students” Bredehoft, D. Clarke, J., Dawson, C., 2000. “Overindulgence, Personality and Family Interaction and Parental Locus of Control”. 2001. |
| Sources of Evidence | The Friends survey is conducted at the last session. To date, 125 families have been served. |