Outcomes of Participants in Cornell Cooperative Extension Parenting A Second Time Around Programs New York City, 2012

By Eliza Cook and Rachel Dunifon

Parenting A Second Time Around (PASTA) is a Cornell Cooperative Extension program designed for caregivers who are not the biological parents of the child in their care. PASTA consists of several sessions which focus on topics including child development, discipline and guidance, caring for yourself as a caregiver, rebuilding a family, living with teens, legal issues, and advocacy. This brief presents the results of an evaluation of four PASTA programs that took place at the Presbyterian Senior Services and the Antioch Baptist Church in 2012.

Demographics of Participants:

In total, 30 people took part in the 2012 PASTA sessions, in New York City County, New York. Of the 30 participants, 93% were female. In addition, all thirty individuals completed both the pre and post tests. The average age of participants was 70 years of age, with a majority of participants between the ages 70 and 79.

![Age of Participants Pie Chart]

- 53%: 70-79
- 23%: 60-69
- 7%: 50-59
- 7%: 40-49
- 10%: 80-89

Note: The pie chart visual representation is not included in the text but should be considered when reading the full document.
Most of the participants had three or more children in their care (33%) and the majority of children’s ages in care were ten years and older (38%).

The participants’ relationship to the children varied, with the majority of caregivers being grandparents (56%).

Sixty-seven percent of participants had been raising the child(ren) in their care for more than five years.
**Results of the workshop:**

The study used a pre- and post-test evaluation, in which the participants were asked to fill out the same questionnaire during the first session and after the completion of the workshop. The survey consisted of 23 questions using a 1 to 5 scale with 1 being strongly disagree and 5 being strongly agree. This study design allows researchers to see if attitudes, behaviors, and knowledge change over time before and after taking part in the workshop. A causal relationship cannot be established, because changes could occur for other reasons outside of the workshop. However, the significant changes may have resulted from the program. Four of the 23 measures tested showed statistically significant changes.

Participants showed that the program was helping in taking increased time to care for self as a caregiver, increasing confidence in guiding child(ren) behavior, increasing capabilities in meeting the emotional needs of the child(ren), and speaking more positively about childrens’ biological children in childrens’ presence.

A p-value generated from a t-test was used as a statistical measure for significance. A p-value of .10 or less was considered statistically significant (this means that we can be at least 90% sure that the change in responses from the pre- to the post-test was an actual change, and not due to chance).

In comparing participants’ pre- and post-test survey results, the following question showed statistically significant changes at the 1% level.
In comparing participants’ pre- and post-test survey results, the following question showed statistically significant changes at the 5% level.

![Bar chart showing the comparison of responses for the statement: I take the time to care for myself as a caregiver.](chart1)

In comparing participants’ pre- and post-test survey results, the following two questions showed statistically significant changes at the 10% level.

![Bar chart showing the comparison of responses for the statement: I know how to guide the behavior of the child(ren) in my care.](chart2)
When I am with the child(ren) in my care, I only speak positively about their biological parents.

These results indicate that four out of twenty-three measures improved significantly from the pre- to the post-test, highlighting areas in which Parenting A Second Time Around programs may have had a positive impact on their participants.
Visit the Parenting in Context project at:

http://www.human.cornell.edu/pam/outreach/parenting/

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