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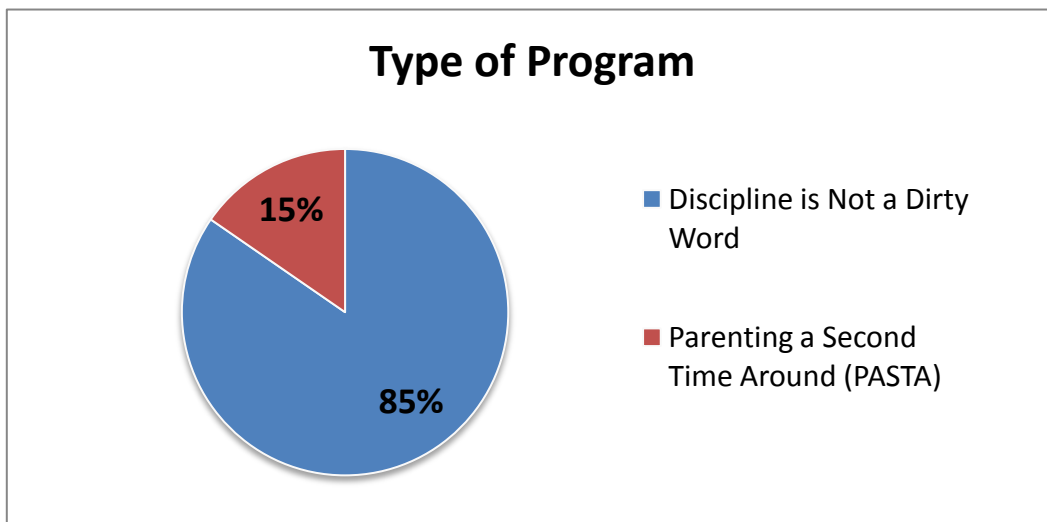
## Outcomes of Participants in Cornell Cooperative Extension Parent Education Programs in Dutchess County

Cornell Cooperative Extension (CCE) of Dutchess County offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This research brief presents data collected from participants in Dutchess County CCE parent education programs held from August 2010 to July 2011. Data were collected from participants at the first session (a pre-test) and at the last session (a post-test) and was gathered

from those parents and caregivers taking part in programs that comprised at least six hours of content delivery. Results of the analysis of these data are shown below.

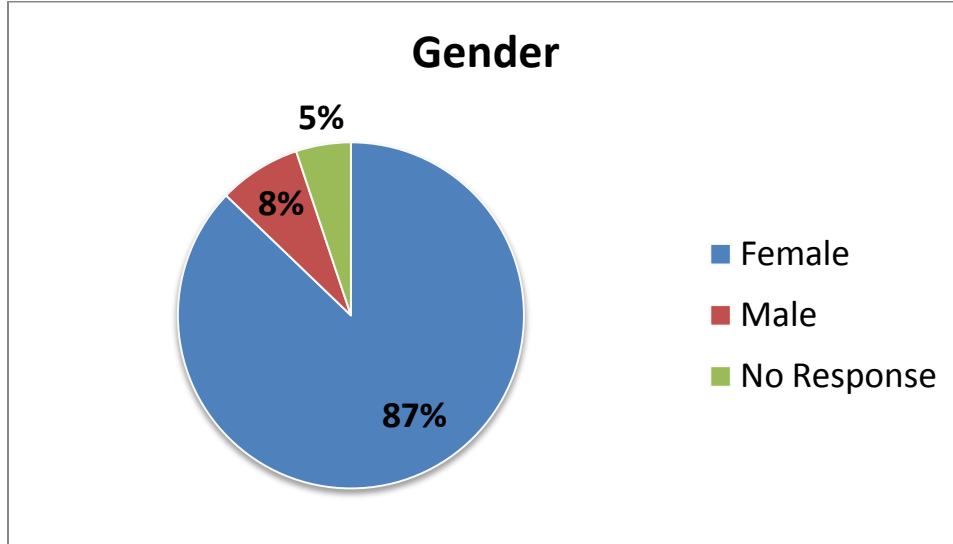
### Demographics of Participants in Programs in Dutchess County, New York

A total of two programs were evaluated in Dutchess County, with the largest number of participants involved in the Discipline is Not a Dirty Word program (85%).



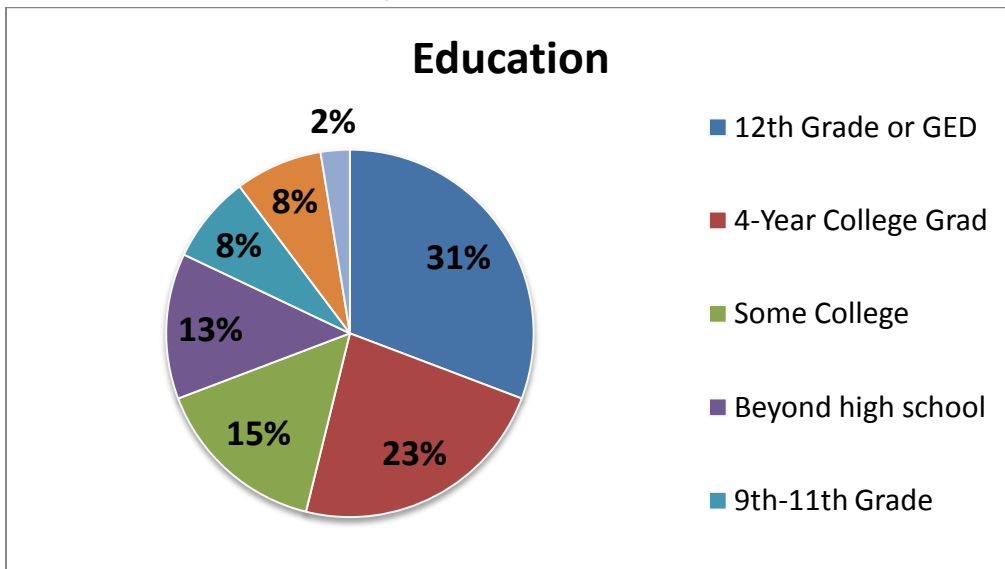
The following summaries use data from 39 participants who completed a pre-test survey given at the first session of their parent education class.

The majority of participants in the Dutchess County CCE parenting classes were females (87%).



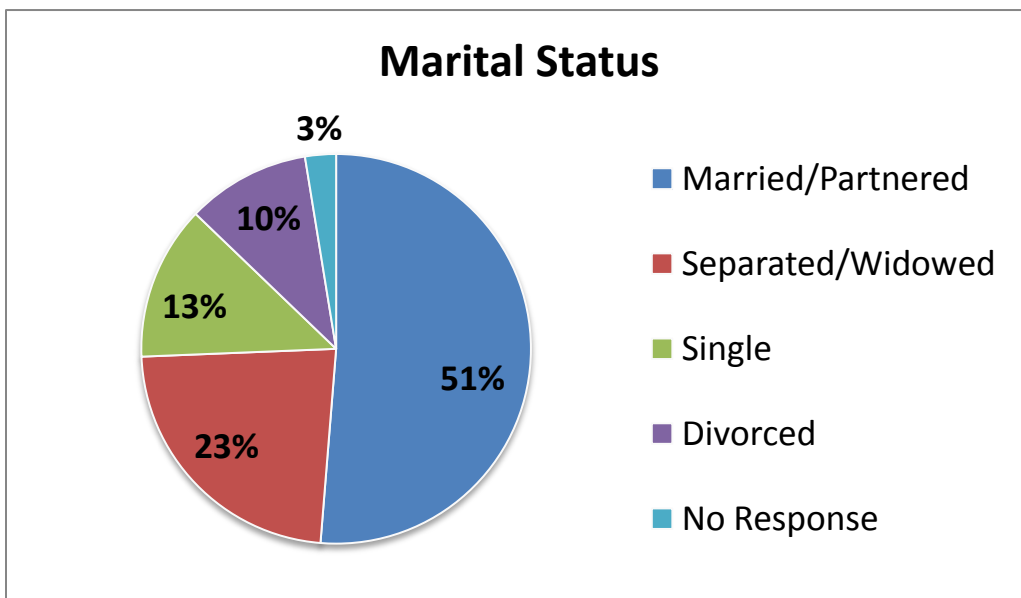
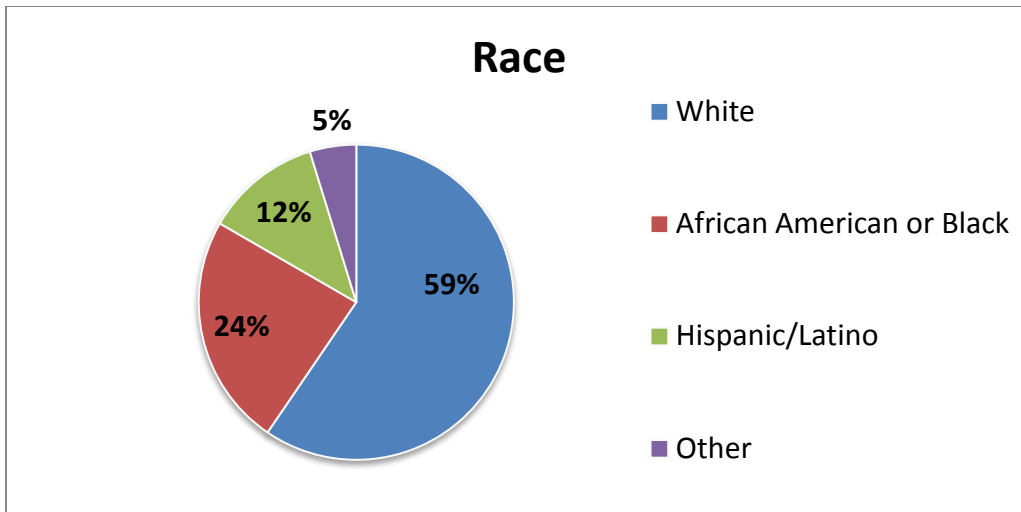
Educational attainment among the participants varied widely, with the greatest number of participants having finished their education at 12<sup>th</sup> grade

or a GED (31%), followed by those who completed a four-year college degree (23%).



The majority of the participants in Dutchess County CCE parent

education classes were white (59%) and 51% were married or partnered.



### Pre-Post Survey Results

This study used a pre- and post-test evaluation, in which the participants were asked to answer two identical surveys—one given at the first session of the class and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors, and knowledge designed to

capture some of what was taught in the class. The pre- post-study design allows researchers to see if attitudes, behaviors, and knowledge change during the course of the workshop. Using this type of research design does not allow one to determine whether taking part in the parent education class *caused* a change in knowledge, attitude or behaviors; such changes could occur for other

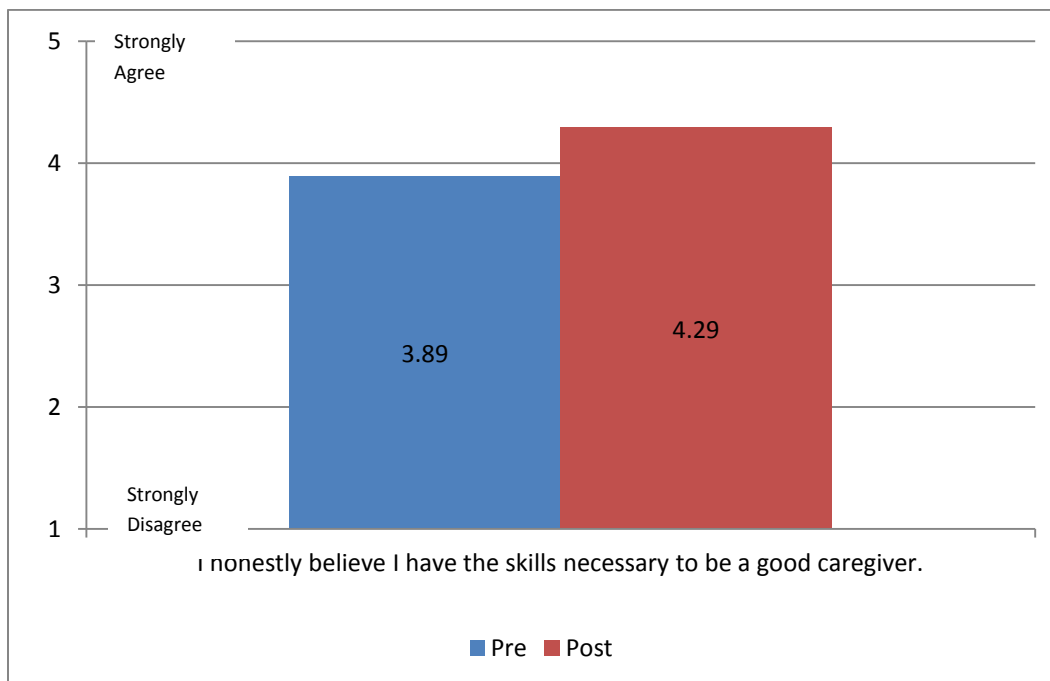
reasons outside of the workshop. However, it is possible that any significant pre-to-post changes in parenting attitudes, behaviors and knowledge that are observed may have resulted from taking part in the program.

The following evaluation is based on information provided by 27 participants, who completed their program and completed both a pre- and a post-test survey. One of the ten measures tested showed significant improvements from the pre- to the post-test. Specifically, participants of parent education classes in CCE of Dutchess County reported increased

confidence in skills as a good caregiver.

A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% sure that the pre-to-post changes in participant responses are not due to chance.

In comparing participants' pre- and post-test survey results, the following questions showed statistically significant changes.



These results indicate that one out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the post-

test, highlighting areas in which CCE Dutchess County parent education programs have a positive impact on their participants.

**Visit the *Parenting in Context* project at:**

<http://www.parenting.cit.cornell.edu>

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