Cornell Cooperative Extension (CCE) of Suffolk 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 Suffolk County CCE parent education programs from July 2015 to July 2016. Participants included parents and caregivers who participated in programs that comprised of at least six hours of content delivery. Data were collected from participants at the first session (a pre-test) and at the last session (a post-test). Results of the analysis of these data are shown below.

**Demographics of Participants in Programs in Suffolk County, New York**

A total of three programs were evaluated in Suffolk County, with the largest number of participants involved Discipline Is Not A Dirty Word (45%).

<table>
<thead>
<tr>
<th>Type of Program</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Discipline Is Not A Dirty Word</td>
<td>45%</td>
</tr>
<tr>
<td>Active Parenting</td>
<td>43%</td>
</tr>
<tr>
<td>Parenting Teens</td>
<td>12%</td>
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</tbody>
</table>
The following summaries use data from 95 participants who completed a pre-test survey given at the first session of their parent education class.

**Gender**

- Female: 78%
- Male: 12%
- No Response: 10%

Educational attainment among the participants varied widely, with the greatest number of participants having graduated with a four-year college degree (28%), followed by those who completed a degree beyond a four-year college program (27%).

**Education**

- 4 year college grad: 28%
- Some College: 15%
- 2 year college grad: 9%
- Beyond high school: 7%
- 8th grade or less: 6%
- 9th-11th Grade: 4%
- Refused to answer: 3%
- Post 4 year college grad: 1%
- 12th Grade or GED: 1%

The majority of the participants in Suffolk County CCE parent education classes were white (45%) and 85% were married or partnered.
Pre-Post Survey Results

This evaluation used a pre- and post-test in which the participants were asked to answer two identical surveys—one given at the first class session 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 attitudes, behaviors and knowledge;
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 66 participants who completed their program and completed both a pre- and a post-test survey. Five of the ten measures tested showed significant improvements from the pre- to the post-test. Specifically, CCE parent education participants reported increased patience with their child, increased confidence in making rules that take their child’s needs into consideration, decreases in how often they yell at their child, increased time spent reading with their child, and decreases in the number of hours their children spend watching television. 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% certain 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.
How often do you yell at your child?

- **Pre**: 2.43
- **Post**: 2.09

I try to make rules that take my child's individual needs into consideration.

- **Definitely true**: 1.78
- **Definitely false**: 1.58

- **Pre**: 2.09
- **Post**: 2.09
How much time—either in your home or elsewhere—would you say your child spends engaged in screen time activity that is NOT educational on a typical weekday?

How often do you read to your child or does your child read for enjoyment?
These results indicate that five out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the post-test, highlighting areas in which CCE Suffolk County parent education 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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