Outcomes of Participants in Cornell Cooperative Extension
Discipline is Not a Dirty Word Parent Education Program
2013-2014

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Cornell Cooperative Extension (CCE) 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 the Discipline is Not a Dirty Word program from July 2013 to July 2014. Participants included parents and caregivers taking part in programs that comprised 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 attending Discipline is Not a Dirty Word

The following summaries use data from 68 participants who completed a pre-test survey given at the first session of their parent education class.

The majority of participants in the Discipline is Not a Dirty Word program were from Orange County (57%).
Seventy-five percent of the participants in the program were female. Educational attainment among the participants varied widely, with the greatest number of participants having finished 12th grade or completed their GED (31%), followed by those who had completed 8th grade or less (15%).

The majority of the participants in the Disciple is Not a Dirty Word parent education class were Hispanic or Latino (50%) and the most common marital status was married or partnered (51%).
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 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 49 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, participants of the Discipline is Not a Dirty Word parent education class reported increased patience with their child, increased confidence in making rules that take their child’s needs into consideration, increased belief that they have the skills necessary to be a good caregiver, decreases in how often they yell at their child, and decreases in the number of hours their children spend engaged in screen time activity.

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.

![Graph showing pre and post scores for I do not have as much patience with my child(ren) as I should.](image-url)
I try to make rules that take my child's individual needs into consideration.

Definitely True: 1.63
Definitely False: 1.45

I honestly believe I have the skills necessary to be a good caregiver.

Strongly Disagree: 4.00
Strongly Agree: 4.20
How often do you yell at your child?

- **Pre**: 2.53
- **Post**: 2.12

How much time—either in your home or elsewhere—would you say your child engaged in screen time activity that is NOT educational (for example: watching TV, iPad, computer, etc.) on a typical weekday?

- **Pre**: 4.72 hours
- **Post**: 3.00 hours
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 the Discipline is Not a Dirty Word parent education program may have had a positive impact on participants.
Visit the Parenting in Context project at:
http://www.human.cornell.edu/pam/outreach/parenting/

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