

The North Carolina Parenting Education Network (NCPEN) is working to build the field of parenting education in the state with a focus on partnership between parents and child care providers, teachers, and parent educators. Working together, we can help each child reach his or her potential. NCPEN is an unfunded collaboration of parenting education organizations and agencies. For more information about NCPEN, see our web site at [www.ncpen.org](http://www.ncpen.org).

## Parental Preferences for Learning Methods and Parenting Educator:

By Karen DeBord, PhD, Associate Professor, Child Development, North Carolina State University; Jacqueline J. Kirby, M.S., Extension Associate, The Ohio State University; June P. Mead, PhD, Cornell University Extension.

Parents have long wanted information on child rearing, but the recent surge in requests for formal parenting education is causing a boom for the profession. This boom presents many questions, one of which concerns the design of parenting education. Could the following factors be related to participation and high rates of dropping out by parents?

- the design of the program
- when and where parenting programs are held
- how parents are taught
- the content that is offered
- comfort within a learning group

### Parent Study Description

To address concerns of parents and parent educators, parents were asked what topics they most wanted to learn about and what topics they did not prefer to be offered in parenting education programs. The non-random sample included 637 parents age 16-65 years of age from four states (North Carolina, Delaware, Texas, and Ohio). Within the sample, 39% were Euro-American, 38% were African American, and 10% were

Hispanic with the remaining parents Native American or multi-racial. Parents were asked, "How do you want to receive parenting facts?" There was a pretty close preference for receiving facts in a group with another parent leading (57%), receiving facts in a group with a trained leader (56%), and receiving facts one-on-one with another parent (54%). There was less of a preference for self-study (46%) and even less enthusiasm for no assistance at all (28%). It would appear that of the top three choices (in a group with another parent leading, in a group with a trained leader, or one-on-one with another parent) no one delivery mode stood out as highly preferred.

Parents expressed a high preference for receiving information from a family member or someone they know and trust.



Instead, it appears that many parents may not prefer a single delivery mode but prefer a few over others (i.e., groups and one-on-one with another parent over either self-study or no assistance).

### Study Results

Parents were asked, who would you most like to teach you about parenting? A Likert-scale was used with answers ranging from 1 to 4 (4 being most liked). A vast majority indicated a member of the family (78%) or someone I know and trust (69%). There was also a sizable preference for receiving information from another parent (58%) or a trained parent educator (57%). Only 2% indicated a preference someone other than the groups identified above.

### Implications for Practice

The majority of parents prefer to learn in small groups ranging from one-to-one to groups with up to 10 people. There doesn't seem to be an exclusive preference for one group method over another. There is however, a preference for receiving information somehow other than self-study or on one's own with no assistance. Parents expressed a high preference for receiving information from a family member or someone they know and trust. Practitioners

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# Parenting Institute of North Carolina

by Cinda Wood Amen, Director, The Parenting Institute



As the number of parent education professionals continues to grow and as parents increasingly demand more information, The Parenting Institute of North Carolina is providing a comprehensive source for professionals and parents alike. The mission of The Parenting Institute of North Carolina is to increase the capacity of communities to deliver parenting education programs and to ensure the quality and stability of parenting education programming.

The Parenting Institute of

North Carolina receives funding from The Duke Endowment, a private foundation established in 1924 by industrialist and philanthropist James B. Duke. The Parenting Institute of North Carolina will provide program development training to counties across the state. Training will include skills in marketing, funding, and strengthening community linkage for local parenting programs. In addition, The Parenting Institute is working to establish strong collaborative relationships with other state service providers.

Cinda Wood Amen, Director, notes: "The Parenting Institute will strengthen parenting skills by devel-

oping quality teachers, classes, and sustainable parenting programs. In addition to training, resources available for professionals and communities include: an annual professional development conference and a web site featuring an online searchable database of parenting professionals." A comprehensive evaluation component of The Parenting Institute's programs is being conducted by an evaluation team of the Department of Family and Consumer Sciences of North Carolina State University.

*To learn more about The Parenting Institute, please visit our web site at [www.theparentinginstitute.org](http://www.theparentinginstitute.org) or call us at 336-748-9029.*

*North Carolina is one of the first states in the nation to offer a Professional Parenting Credential. NCPEN has designed a multi-level system whereby parenting educators can work toward completing the requirements for one of four levels of a credential that recognizes their experience and education devoted to supporting parents and their quest to raise successful children. Once achieved, parenting educators can note their credential on employment applications as a mark of professionalism and achievement. NCPEN is proud to introduce the first group of credentialed parenting educators. For additional information about the process, see: <http://www.ncpen.org/credential.html>*

## Fifteen Credentials

### Credential 1. North Carolina Certified Parenting Educator

- 1 **Cinda Wood Amen** – Director, The Parenting Institute of North Carolina and Chair of NCPEN, Forsyth County
- 2 **Sheila D. Bazemore** – Parenting Education Consultant II, N.C. Division of Public Health, Women's and Children's Health Section – Wake County
- 3 **Beth Caragol** – Executive Director, North Family Resource Coalition, Brunswick County
- 4 **Karen DeBord** – Associate Professor, NC State University and Past Chair of NCPEN, Wake County
- 5 **Marilyn Gore** – Area Specialized Extension Agent, Cooperative Extension Service, Gaston and Mecklenburg Counties
- 6 **Marna Holland** – Extension Agent, Family and Consumer Education, Cooperative Extension, Haywood County
- 7 **Jewell Jeffreys** – Extension Agent, Family and Consumer Education, Cooperative Extension, Durham and Granville Counties
- 8 **Daniel Wayne Matthews** – Associate Professor, N.C. State University, Wake County
- 9 **Alicia Molaro** – FCE Agent, N.C. Cooperative Extension Agent, Anson County
- 10 **Shari C. Moxley** – Past Professor Campbell University
- 11 **Sally Clark Sloop** – Family Support Specialist, North Carolina Partnership for Children, Wake County
- 12 **Cindy Taylor** – Family Support Director, Anson County Partnership for Children, Anson County
- 13 **Karen Wicker** – Family Consumer Science Agent, Moore/Montgomery Cooperative Extension, Montgomery County

### Credential II – North Carolina Credentialed Parenting Educator

- 14 **Audrey Hunt** – Parent Education Program Assistant, NCSU CES Gaston Center, Gaston County
- 15 **Frances Senters** – Coordinator/Parent Educator for Sunrise Family Resource Center

## PARENTAL PREFERENCES

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Continued from page 1 might consider providing small group sessions led by a parent educator or one-on-one mentoring sessions. Church leaders or counseling personnel might be trained to teach parenting education to increase the numbers of educators that already have the trust of members in their communities.

### Additional Considerations:

- Work with family members and other trusted individuals such as group leaders, or counselors to provide high-quality, user-friendly information that can be shared with parents.
- Develop mentoring programs where other parents or people within the community who may already be known to parents can be taught to provide parenting information.
- Consider having other parents co-present or attend sessions to provide participants with peer experiences and modeling.
- Consider providing technical support for parent support groups led by other parents.

For more information on Parent Education in North Carolina, please visit <http://www.ncpen.org>

*If I had my child to raise  
all over again,  
I'd build self-esteem first, and  
the house later.  
I'd finger-paint more, and  
point the finger less.  
I would do less correcting and  
more connecting.  
I'd take my eyes off my watch, and  
watch with my eyes.  
I'd take more hikes and  
fly more kites.  
I'd stop playing serious, and  
seriously play.  
I would run through more fields  
and gaze at more stars.  
I'd do more hugging and  
less tugging.*

—Diane Loomans, from "If I Had My Child To Raise Over Again"



## Family Life Council Maintains Father Support Program

### NCPEN Member Organization Highlight:

By *Rebecca Starnes, MS, Parent Educator, Family Life Council*

The Fathers Matter program, formally called, Responsible and Active Dads, continues to encourage fathers of all cultures, races, religions, and backgrounds to be active in their children's lives. The Fathers Matter program is offered primarily at the Guilford County Jail and Alcohol & Drug Services of Guilford County. We continue to aim at helping fathers to gain a deeper understanding of their role as responsible fathers. This is especially crucial for fathers whose own fathers were neglectful or abusive. Being an active father goes far beyond providing monetary support or physical support. Children benefit when their fathers, as well as their mothers, provide discipline, encouragement, and emotional support.

Among other positive effects, research shows when a father is

involved actively in his children's lives, the children are less likely to drop out of school or be involved in violence. The Fathers Matter program helps fathers to: 1) recognize and describe positive family values, 2) demonstrate increased knowledge and improved parenting skills, 3) more effectively communicate with their children, and 4) identify realistic strategies for connecting with their child through increased, appropriate interaction.

Recently, we formed a partnership with the Salvation Army in High Point. The Salvation Army program offers homeless men & women shelter and support to reunite with their families. The Fathers Matter program was successful in helping men and women understand how critical it is for mothers and fathers to work together to raise healthy children.

For more information please visit <http://www.flcgo.com>

### Interactive Site Introduction: Parenting Program Evaluation Development Site

Contributed by *Karen DeBord, Ph.D., Associate Professor and State Specialist, Child Development, North Carolina Cooperative Extension Service, North Carolina State University*



Good evaluation for any parenting program comes from good program planning. The Extension Parenting Evaluation Decision Framework is an interactive program planning tool that allows you to step through a total process. This model is fully detailed in the HTML document titled Parenting Evaluation Framework found at <http://www.ces.ncsu.edu/depts/fcs/human/Parev.html>.

The total model includes 10 steps. You should plan about 20-30 minutes of time to work through all the steps. The authors of the original document and the creators of this interactive site hope you will find this a learning and thought provoking experience.

Parents have the future in their hands! Planning effective programs for parents will lead to better lives for all children, youth, and families.

Please visit <http://www.ces.ncsu.edu/depts/fcs/nnfr/>

# North Carolina Parenting Education Network

If you or your organization is interested in promoting or supporting a professional level of parent education and enhancing parenting skills then you are eligible!

Membership dues are low and are paid annually. There are two ways to become a member:

1) Individual: You can pay \$10 for an individual membership and receive voting privileges and free issues of the NCPEN newsletter each year.

2) Organizational: You can submit \$25 for your local organization and receive one voting benefit plus an organization bundle of free issues of the NCPEN newsletter.

<http://ncpen.org/becomeamember.html>

NCPEN Annual Membership Application

Please print:

Individual membership (\$10.00) OR  Organizational Membership (\$25.00)

Name/Name of Organization: \_\_\_\_\_

Address \_\_\_\_\_

Employer \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

Number of parent educators in organization \_\_\_\_\_

Organizational website if applicable \_\_\_\_\_

Mail to:

NCPEN

c/o Catherine Anderson, Treasurer  
DJJDP - CPSV 1803 Mail Service Center  
Raleigh, NC 27699-1803.

Make check or money order to:  
North Carolina Parenting Education Network  
Federal EIN 56-2223885

## Visit these sites to some of the NCPEN member organizations:

**Child Links/Martin County:** <http://www.mppfc.org>

**Child Care Resource & Referral of Wake County:** <http://www.childcarewakecounty.org>

**NC Cooperative Extension Service:** <http://www.ces.ncsu.edu/depts/fcs>

**Catawba County Parenting Network:** <http://www.catawbakids.com>

**Center for the Prevention of School Violence:** <http://www.cpsv.org>

**NC Cooperative Extension Service/Brunswick County:** <http://www.ces.ncsu.edu/brunswick>

**Little River Family Resource Center:** <http://www.FamilyResourceCenterLR-nc.org>

**North Carolina Partnership for Children:** <http://www.smartstart-nc.org>

**3-C ISD, Inc.:** <http://www.3cprogram.com>

**NC Business Committee for Education:** <http://www.ncbce.org>

**The Parenting Institute of North Carolina:** <http://www.theparentinginstitute.org>

**Prevent Child Abuse NC:** <http://www.childabusenc.org>

**NC Parents as Teachers Network:** <http://www.ncpat.org>

**Family Life Council:** <http://www.flcgo.com>

**Family & Youth Incorporated:** <http://www.fyi4kids.org>



**For Upcoming Events please check the NCPEN website at: <http://www.ncpen.org>**