

Parent Power

Venue: Ladybird Children's Centre

Facilitated by Parent Power Leaders
Claire Jones - Family Support Worker
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Date: September 2011-November 2011

Brief introduction to Parent Power Course

The Parent Power programme was created around the basis of positive parenting. Over the 7 weeks, we covered all aspects of a parenting course from building solid foundations, dealing with temper tantrums, praising and coping with aggressive behaviour. All parents with children aged 0-8 were sent an invite namely via Eastrop School, Westrop School, Highworth Preschool, Vorda preschool and families from the Ladybird Children's Centre.



Evaluation/Evidence

There were 8 parents who started the course in September and 7 of those parents completed the 7 week course.

Strengths and Difficulties Questionnaire Evaluation

The generic Strengths and Difficulties Questionnaires were filled in by the parents at the beginning of the course and again at the end of the course. They measure the change in their children's behaviours across the seven weeks of the course.

The higher the scores were, the more abnormal the behaviours were.

Average scores at the first parent power session: 14

Average score at the final parent power session: 9

Scaling

We asked each parent to mark themselves on a scale from 0-10 at the start of the course and again afterwards. Zero represented them having real difficulties with parenting that was having a negative effect on their lives which rose incrementally to 10, which represented them having 100% confidence in their parenting and their lives being settled and happy. The lower the scores were, the more unconfident and unhappy they were.

Average score at the first parent power session: 6

Average score at the last parent power session: 8

At the beginning of the course, we asked parents to set some 'Goals for Change' for them as parents and for their children. We then asked them to reflect on those same goals in our last session and whether they had achieved their goals, were working towards them or if they hadn't managed to make any change yet.

Out of 7 goals set for their children: 3 have fully achieved that goal. 3 are a working towards meeting that goal and they recognise that way to achieve that is through consistency. 1 realised during the course that goal for their child was really about her expectations, rather than the child needing to change.

Out of 9 goals set for themselves as parents: 7 goals have been fully achieved. 2 are working towards that goal and realise that the way to achieve that is through consistency

Course Evaluation

At the end of the course we asked the parents to each fill in an evaluation of how they felt the course went below are the answers to those questions:

1. How useful have you found the information you were given on the course?

(Scaled between 0-5) Average was 5

2. How good was the way the course was run?

(Scaled between 0-5) Average was 5

3. Have you changed anything because of the course?

7 parents = Yes

4. Please tell us what you have done differently

- Put house rules into place
- More structure and routine at home
- Learnt to be calmer
- Consistency
- Using techniques such as 1,2,3
- Using 'time-out'
- Implementing bedtime routines
- Less nagging
- Been less angry
- Listened more
- Reflected on my parenting more

5. What did you like the most on the course?

The ladies that ran the course

Meeting others with similar problems

Tranquillity Zone

"Everyone is in the 'same boat'"

Positivity of the course

Interaction with other parents

Being able to put strategies into the home at the same time

6. What didn't you like about the course?

Wasn't long enough

7. What could we do to make it better?

"Longer course as I will miss it"

A re-union to see how things are going

Things I will take away from the parent power course

In the last session we asked the parents think back to what we have done over the last 7 weeks and tell us what they have learned:

"I find I talk to my child now instead of going in all guns blazing"

"Organisation is the key"

"It has really made me go back to basics"

"The little things can make such a big difference"

"Each time I leave a session, I go home and think I just want to enjoy my children because they will not be young forever"

"It made me realise that it is not a big deal if my daughter has creases in her jeans. I have learned not to worry about getting everything perfect"

"It makes me make a real effort to not get caught in the Parent Trap"

We plan to have a re-union in January 2012 to find out how each parent is getting on.
