

What is Parent University?

- Parent University is a psychoeducational class for parents and grandparents of children on the East and West ends of Dayton at Ruskin Elementary and Omega-Child Development Corporation.
- Parents’ expressed interest in areas they wanted support in guided the decision for the topics discussed during each session. Sessions focused on increasing parents’ skills and knowledge, and topics included stress management and resilience, mindfulness, parenting skills, and other protective factors.
- The protective factors discussed and developed in Parent University are family functioning/resiliency, social emotional support, concrete support, child development/knowledge of parenting, and nurturing and attachment.

Purpose

- The purpose of this study was to collect quantitative and qualitative data from the first cohort of participants on their thoughts on the program and its effectiveness in their lives.
- The results are for the benefit of the community partners in determining the effectiveness of the program and how it may be altered for future cohorts.

Method

Participants:

- Participants included the first cohort of parents and grandparents from Ruskin and Omega-CDC that attended the Parent University sessions.
- No demographic information was collected in this study.

Materials:

- Protective Factors Survey Parts I, II, III, and IV, which asks questions on:
 - Family life
 - Social support
 - Children’s behavior
- A survey designed by the researchers in collaboration with community partners that asks about participants’ experience with Parent University (see Figure 1).
- Data collection is currently in progress.

Parent University Survey

1. How many Parent University sessions have you attended?

2. Which topics have you found the most useful? (Check all that apply)

- Self-care
- Positive parenting and “how do you overcome/cope with challenges in your life?” (resiliency)
- From Chaos to Calm- The Miracle of Routines
- Self-regulations and how to manage emotional mayhem
- Managing stress within yourself and within the family through mindfulness and meditation

3. For the following questions, please show how strongly you agree or disagree with each statement by circling a number below.

a. I found these sessions to be beneficial for me and my family’s life.

1	2	3	4	5
Strongly Disagree				Strongly Agree

b. Since attending these sessions, I am feeling less stressed.

1	2	3	4	5
Strongly Disagree				Strongly Agree

c. These sessions have helped me feel a greater sense of community.

1	2	3	4	5
Strongly Disagree				Strongly Agree

4. Do you have anything you would like to see changed about Parent University? If so, what?

Figure 1. Parent University survey created by researchers and community partners.

References

Counts, J. M., Buffington, E. S., Chang-Rios, K., Rasmussen, H. N., & Preacher, K. J. (2010). The development and validation of the protective factors survey: A self-report measure of protective factors against child maltreatment. *Child Abuse & Neglect, 34*, 762-772.

FRIENDS National Resource Center for Community-Based Child Abuse Prevention. (2011). *The protective factors survey users’ manual, Revised*. Author.