Population-Level Parenting Programs: A Survey of Parents in the Lehigh Valley Health Network

Rosalie Cawley
Lehigh University

Follow this and additional works at: http://scholarlyworks.lvhn.org/research-scholars-posters

Published In/Presented At
Population-Level Parenting Programs: A Survey of Parents in the Lehigh Valley Health Network

Rosalie Cawley
Mentor: DeAnna Shisslak, Parent Education Program Coordinator
Lehigh Valley Health Network, Allentown, Pennsylvania

Background

- Child maltreatment: includes physical, sexual and emotional abuse
- In 2007, 5.8 million children were involved in maltreatment reports to child protective service agencies (Zimmerman & Mercy, 2010)
- Parenting programs delivered at a public health level can potentially prevent these problems by supporting and educating parents (MacLeod & Nelson, 2010)
- Some research-supported parenting programs include:
  - Triple P: a five-tiered program found to reduce substantiated child maltreatment (Prinz, Sanders, Shapito, Whitaker, & Lutzker, 2009).
  - Strengthening Families: a variety of preventative efforts in education, child care (Zimmerman & Mercy, 2010)
  - Parenting Wisely, a computer-based program for parents of adolescents (Cotter, Bacallao, Smokowski & Robertson, 2013).

Objective and Methods

Objective

To survey LVHN parents about what they want in a parenting program and use the survey results to best meet the community’s needs

Participants

Parents in well visit rooms at Trexlertown, Pond Road and 17th Street ABC Pediatrics offices, and at the LVH Cedar Crest Pediatric Rehabilitation office waiting room, attendees of Teen Parent Support Group at LVH 17th Street, and attendees of Monday Morning Moms group at LVH Cedar Crest

Materials

A 12-question, one double-sided sheet questionnaire asking about background demographics, parenting interests and concerns, and scheduling and format preferences for a parenting program.

Results

Lehigh Valley Health Network: Parents’ Concerns

(1 is the greatest interest, 8 is the least interest)

1. Discipline and children’s behavior problems
2. Bonding and communication with children
3. Stress management as a parent
4. Managing busy schedules and parenting
5. Media violence and its effects on children
6. Co-parenting, division of labor with partner
7. Role of technology in parenting and family
8. Your Relationship with your partner

LVHN Parents’ Schedule and Format Preferences

<table>
<thead>
<tr>
<th>Preferences</th>
<th>Percentages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preferred Frequency</td>
<td>Once a week (43.9%)/ once a month (42.7%)</td>
</tr>
<tr>
<td>Preferred Time Length</td>
<td>One hour (65.4%)</td>
</tr>
<tr>
<td>Preferred format</td>
<td>Lecture-based with discussion (35.5%)</td>
</tr>
<tr>
<td>Preferred Day of Week</td>
<td>Weekday evenings (68.3%)</td>
</tr>
</tbody>
</table>

Discussion

This quality improvement study has many limitations, including the small sample size (eighty-seven surveys), the uneven number of completed surveys per setting, and the fact that several parents did not answer all of the questions on their surveys.

Despite these limitations, the results from this study can serve as an initial guide for the Lehigh Valley Health Network through the parenting program selection process. Based on these results, LVHN would do best to offer either a lecture-based or an interactive-based program for an hour on a weekday evening, somewhere between once a week and once a month. Additionally, the program should cover topics related to time management, patience, discipline, bonding and communication, and stress management for parents. Practitioners and educators from different LVHN locations can also look at the individual results from their offices and tailor program offerings based on these specific results. The information from this project can help LVHN providers in choosing a research-supported program that meets the needs of parents in the Lehigh Valley.

References


© 2014 Lehigh Valley Health Network