

Power of Parenting Education to Support Young Children's Social-Emotional Development

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Here for Oregon. Here for Good.



**Children's
Institute**

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OSU

If you had to choose one word...

- What is the most important quality that describes the community you want to live in?



Quadratic Formula

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$

Importance of Social and emotional skills

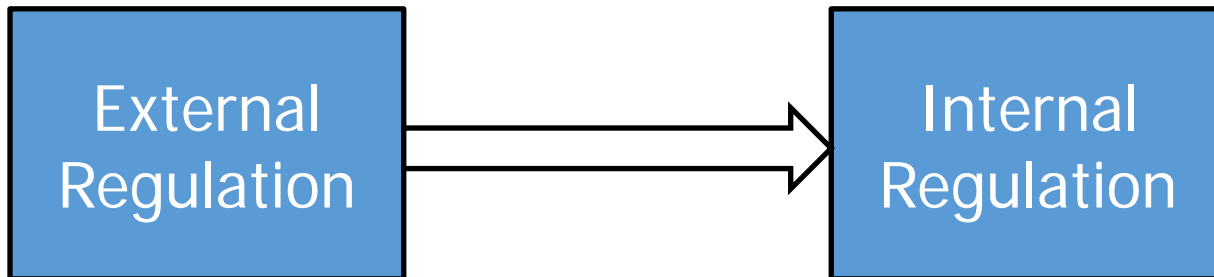
Social and emotional skills relate to:

- relationship quality
 - physical activity and health
 - short and long-term academic success
 - decision-making, wages, and employment
- Social and emotional skills are a protective factor for children at risk.

How Social and Emotional Skills Develop

Laying the foundation:

- From external to internal regulation
- Attachment relationship
- Temperament and goodness of fit
 - Realistic expectations of children's development



Promoting Social and Emotional Skills

- Laying the foundation for a secure attachment
- Promoting critical thinking through parenting/caregiving
- Modeling social and emotional skills
- Embedding support for social and emotional skills across children's environments at home and school
- Teaching social and emotional skills

Parenting | What the Research Says

Reliable and responsive parenting is critical for development

- Parenting relates to short and long-term social-emotional and cognitive outcomes.
- Early years are a sensitive period for brain growth and development in all domains.
 - Opportunity to build openness to, expectations for, and patterns around parenting education.

Parenting Education Matters! | Needs of families

Parenting skills are learned and can be improved

- Changing developmental and social needs across the lifespan and over time and contexts (e.g., more mobility and separation from family of origin)

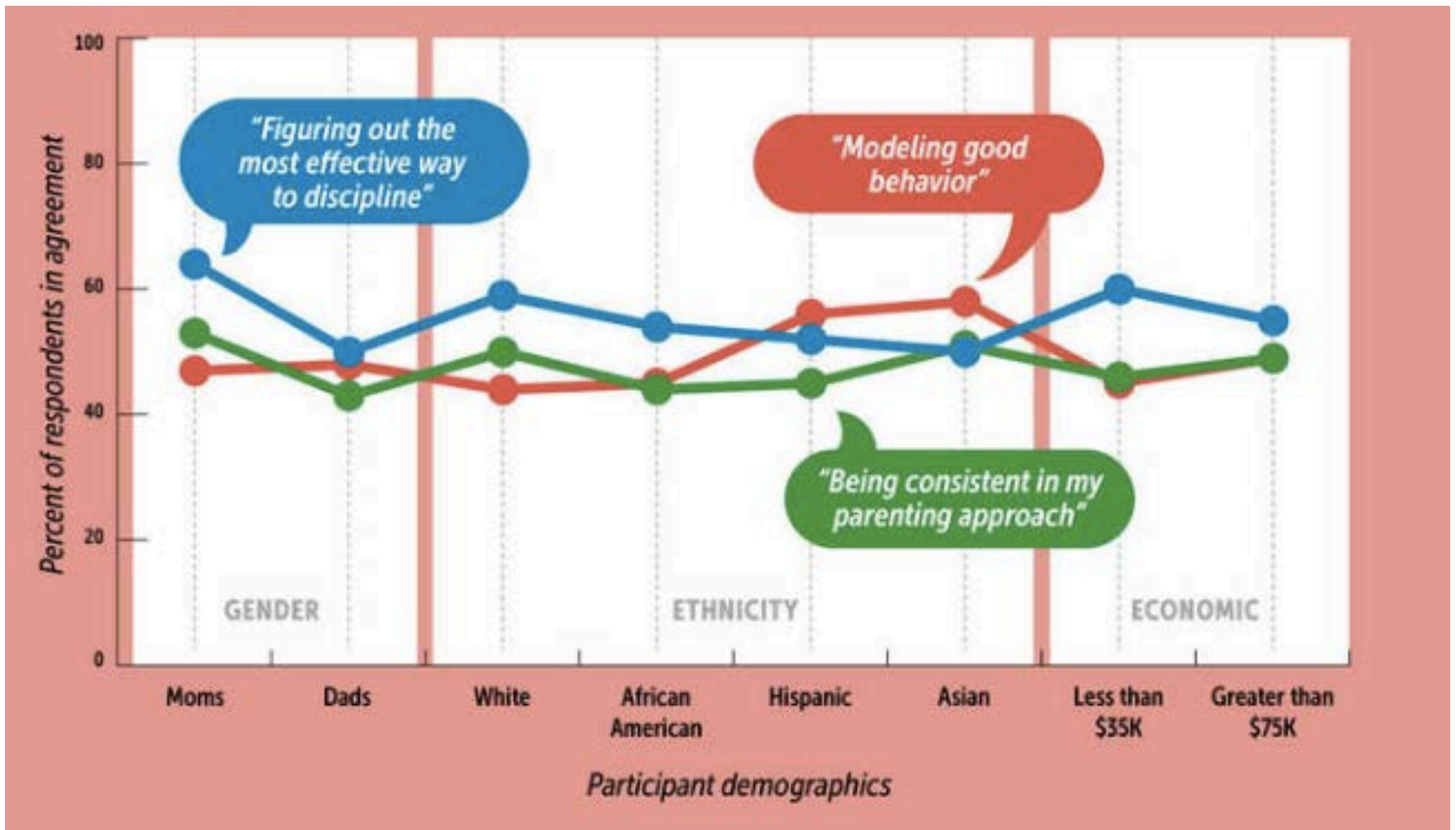


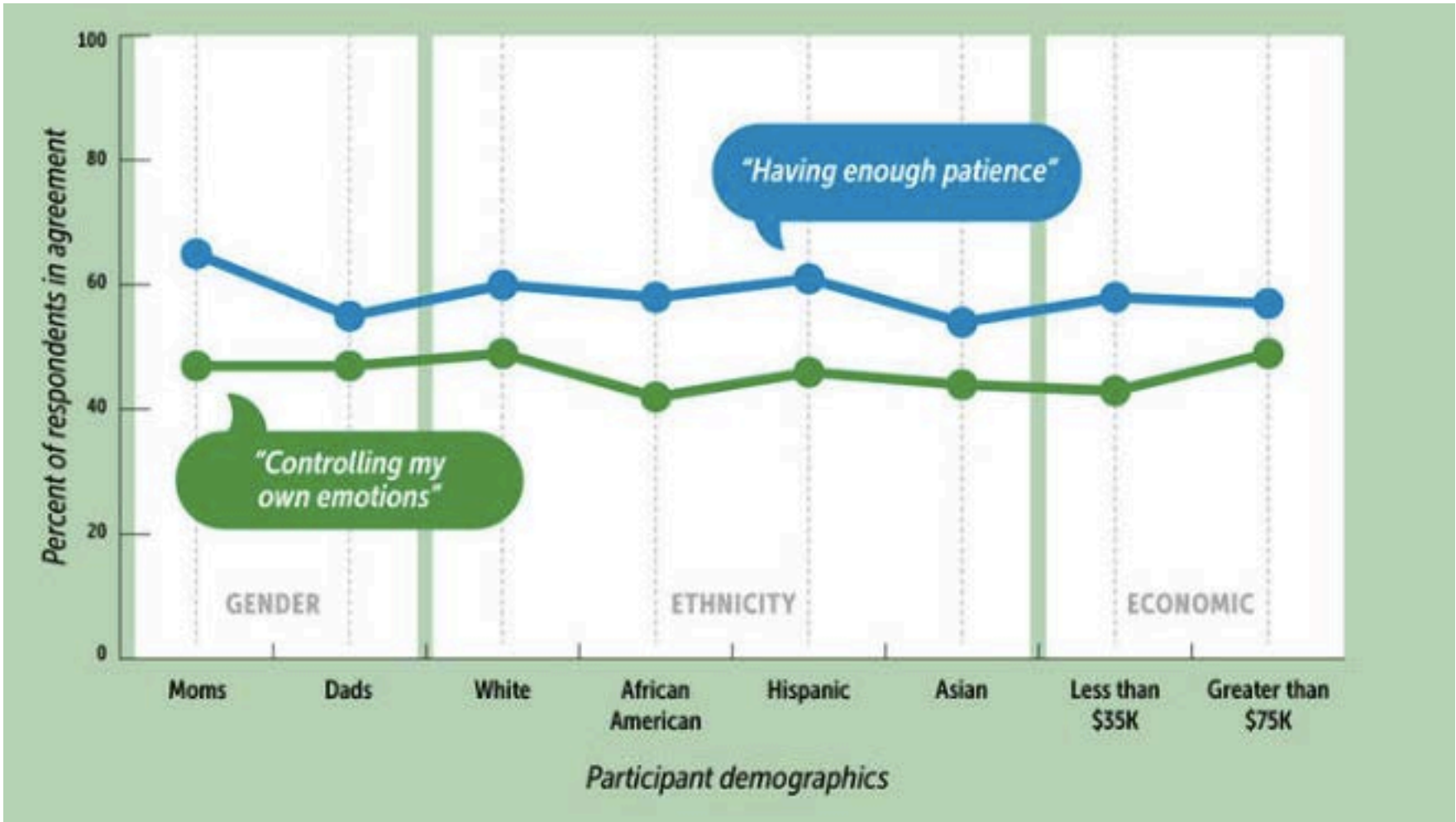
Parent Beliefs | Zero to Three Survey⁴

2200 participants, nationally-representative sample

- 83% of parents from all backgrounds agree parenting can be learned
- 69% of parents say if they knew more positive parenting strategies, they would use them
- 54% of parents wish they had more strategies to be a better parent

(Pinquart & Teubert, 2010)



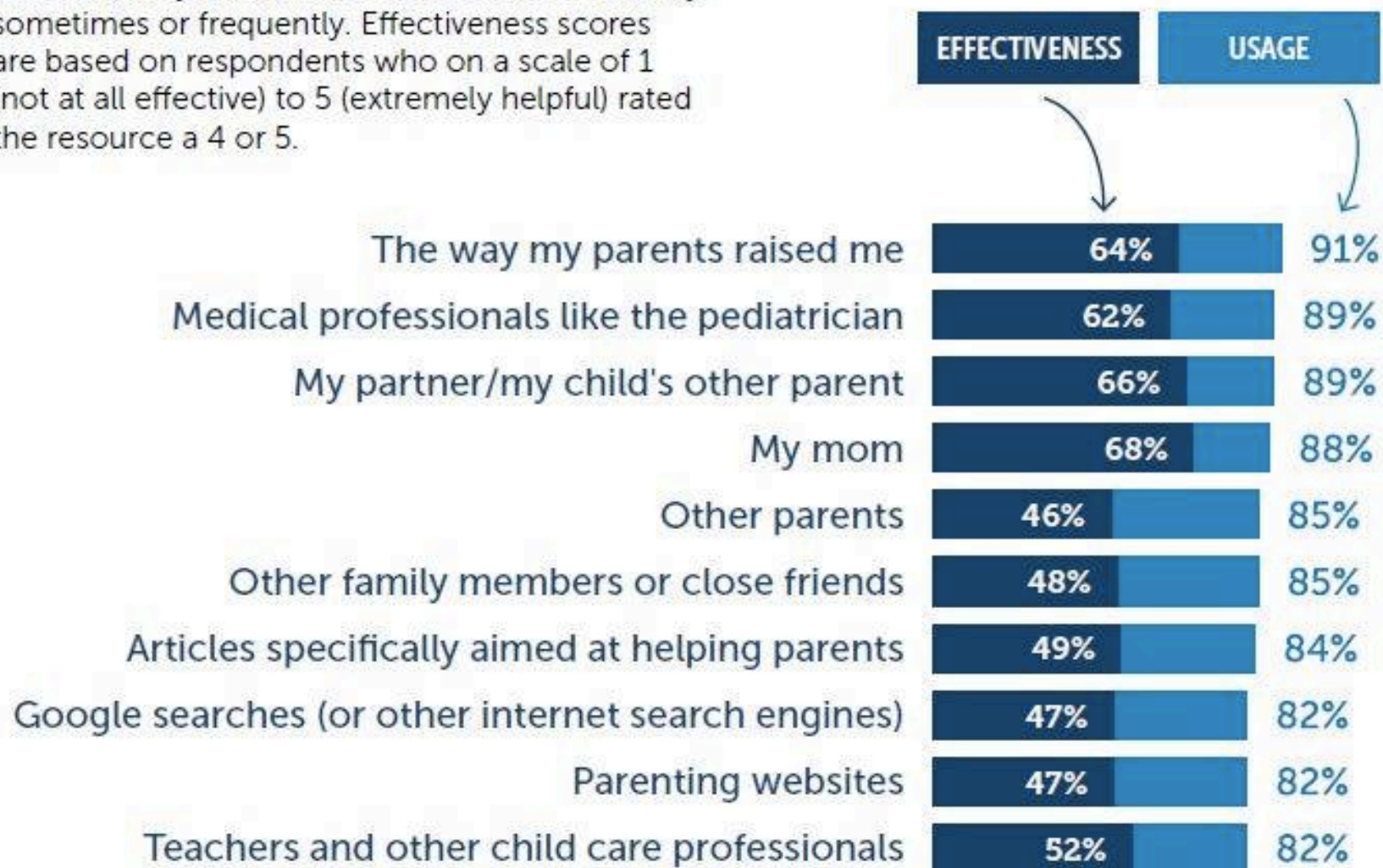


Parent Knowledge | Zero to Three Survey⁴

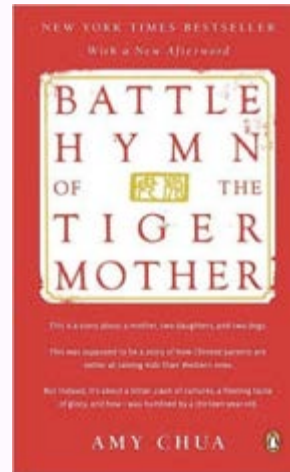
Expectation gaps exist in what parents believe about child development and what children can do

- 43% of parents think children can take turns before age 2; 71% before age 3
- 36% of parents believe impulse control develops under age 2; 56% before age 3
- 47% of parents want to learn more about how and when these skills develop

Note: Usage of resources is based on parents who said they used these resources: occasionally, sometimes or frequently. Effectiveness scores are based on respondents who on a scale of 1 (not at all effective) to 5 (extremely helpful) rated the resource a 4 or 5.



Parenting | Messaging is all around us



ADVERTISED

REALITY



I'll just let my baby cry until he falls asleep. That way he'll know early on, I won't be there for him in his time of need. All this cuddling is too much work, anyway.



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Humans of New York

19 hrs · 🌐



"I didn't realize it was possible to be so proud of someone for rolling over."



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No regrets here: I let my baby cry it out

Melissa Willets

posted: May 5, 2014, 8:00 am

in: [Baby, Development & Behavior](#), [Mom Stories](#)

2564



92 Comments



Shh... what's that I hear? Oh yeah, it's s



Darcia Narvaez Ph.D.

Moral Landscapes

Dangers of "Crying It Out"

Damaging children and their relationships for the longterm.



251K

Posted Dec 11, 2011

f SHARE

TWEET

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MORE

**See note on basic assumptions below.*

Letting babies "cry it out" is an idea that has been around since at least the 1880s when the field of medicine was in a hullabaloo about germs and transmitting infection and so

What is parenting education?

- “Organized programmatic effort to change or enhance the child-rearing knowledge and skills of a family system or a child care system”
 - Clearly defined target population, goals, and outcomes
 - Research and evidence-based with evaluation
 - Strengths-based approach/partnership with families
 - Responsive to family’s learning needs (developmental and educational level and language)
 - Culturally responsive
 - Delivered by trained, knowledgeable, compassionate staff

Underlying Principles of Parenting Education

- Parenting Is a Learned Skill
- All Families Have Strengths
- Ultimate Goal Is to Strengthen and Educate
- All Parents Have the Ability to be and Most Want to be Good Parents
- All Families Need and Deserve Support
- No Family Exists In Isolation
- Families Must Participate In Shaping Their Own Education and Support

Parenting Education in the Community

- Children's Institute



Activity | Small Group Share and Discussion

- What opportunities do parents and families have in your community to access parenting education?
- Is your organization involved in promoting or delivering parenting education? In what way?



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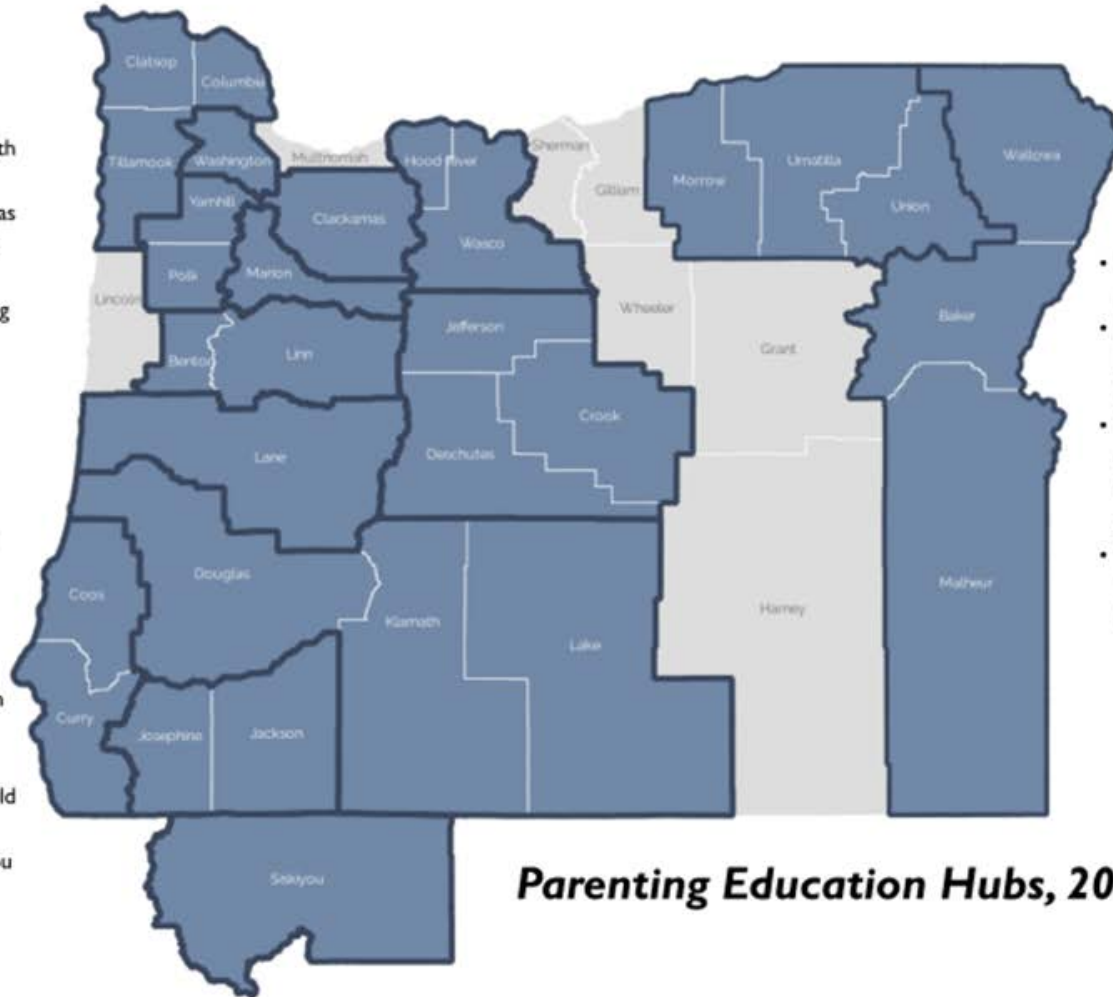
OPEC Vision

“All Oregon parents will have access to high quality, proven parenting education programs that support them in their critical role as their children’s first and most important teachers; all Oregon communities will be served by a network of strong parenting programs and a regional parenting education “Hub;” and Oregon will be a national leader in professionalizing and normalizing parenting education.”



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- **Clatsop-Columbia-Tillamook** (Clatsop Co. Juvenile Department)
- **Washington** (Washington Co. Health & Human Services)
- **Clackamas** (Clackamas Co. Children, Youth & Families)
- **Marion** (Early Learning Hub, Inc.)
- **Polk-Yamhill** (Polk Co. HSA)
- **Linn-Benton** (Linn-Benton Community College)
- **Lane** (United Way of Lane County)
- **Douglas-Klamath-Lake** (Douglas ESD)
- **Coos-Curry** (Southwestern Oregon Community College)
- **Jackson-Josephine** (Southern Oregon Child and Family Council)
- **Siskiyou, CA** (Siskiyou Community Services Council)



- **Hood River-Wasco** (The Next Door, Inc.)
- **Deschutes-Crook-Jefferson** (Central OR Family Resource Center)
- **Union-Umatilla-Morrow** (Umatilla-Morrow County Head Start)
- **Walla Walla-Baker-Malheur** (Building Healthy Families)

Parenting Education Hubs, 2016-17

Findings | “OPEC Annual Reports: 2010-2016”

OPEC has significantly increased parenting education opportunities in Oregon.

- 1,852 evidence-based parenting education series
- 1,341 parent workshops
- 1,160 parent support activities
- 82,337 curriculum-based home visits

Findings | “OPEC Annual Reports: 2010-2016”

OPEC has reached a significant number of Oregon families.

- 16,827 adults & 13,758 youth through series
- 38,032 adults & 17,222 youth through parent workshops
- 85,320 adults & 99,376 youth through parent support activities
- 194,136 through family activities
- 82,337 through home visits

Findings | “OPEC Annual Reports: 2010-2016”

Parents in Oregon report positive benefit from parenting education.

- 97% report parenting education classes were helpful
- 94% would recommend parenting education
- Significant change in parenting practices and children’s behaviors reported

Findings | “OPEC Annual Reports: 2010-2016”

OPEC has significantly increased community capacity for parenting education.

OPEC Hubs:

- Trained 1,968 facilitators in evidence-based programs
- Offered 1,456 additional professional development opportunities, reaching 8,606 facilitators

Curricula | Evidence-Based Programming

OPEC is committed to utilizing evidence-based curricula, and those designed to support culturally-specific populations.

- The Incredible Years
- Nurturing Parenting
- Abriendo Puertas
- Parenting Now: Make Parenting a Pleasure, Haga de la Paternidad un Placer, Parenting Now
- Parents as Teachers
- and others...

Challenges | Visibility for Parenting Education

How do we continue to increase the visibility of parenting education?

- Increase awareness of parenting education's goals and supports
- Reduce stigmas
- Support culturally-specific and culturally-relevant programming to meet the needs of Oregon's families

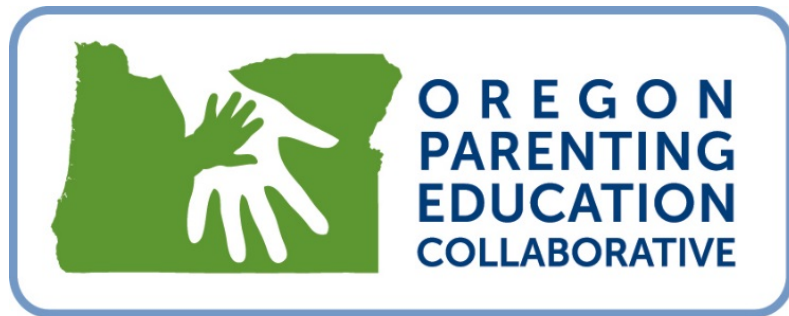
Helping parents access information & resources

- Minimize barriers using best practices:
 - Provide transportation
 - Provide childcare
 - Offer food/meal for the family
 - No cost to families
 - Choose convenient location and time

Activity | Small Group Brainstorm and Share

- How can we better promote and expand parenting education opportunities in our communities?
 - How can you imagine organizations partnering together to support parenting education?
- What can we do to better recruit families for participation?
- What can we do to normalize parenting education and decrease stigmas against parenting education?

Learn more at: orparenting.org



Thank you!

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