

Program Overview: Nurturing Parenting Programs

Please note that the accuracy of the contents of this inventory cannot be guaranteed until the program director has reviewed this summary for accuracy. Changes may be pending.

Category	Parenting Programs	Definitions/ Notes
Program Name	Nurturing Parenting Programs	
History of Program	The Nurturing Parenting Programs are a group of programs designed to address the intergenerational cycle of children's violence in the home. The Nurturing Parenting Programs are based on the premise that both nurturing and abusive parenting behaviors are learned through experience in family life, and therefore, can be modulated through targeted interventions. The Nurturing Parenting Programs acknowledge that both healthy and unhealthy interactions occur in all families, and that encouraging positive interactions between family members is a critical step towards reducing violence in families.	blank
Description of Program as it Relates to addressing CEV	The Nurturing Parenting Programs can be used with families that have documented histories of child maltreatment, and to prevent or reduce child abuse and neglect in high risk populations, including families with a history of alcohol or substance abuse, incarcerated parents, and teen parents. In numerous studies, Nurturing Parenting Programs have been found to consistently improve parent's attitudes about and knowledge of appropriate parenting. Demonstrated changes in parents include more reasonable and age-appropriate expectations for children's behaviors, increased ability to be empathetic to children's needs, decreased acceptance of use of corporal punishment for behavior management, and decreases in parent-child role reversal. Studies have	

Highlighted text indicates program components are currently under review. Changes may be pending.

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	also documented improvements in family cohesion and expressiveness, and decreases in family conflict.	
Service Continuum	Primary/Universal Prevention Secondary/Selective Intervention Tertiary/Targeted Intervention	
Primary Exposure Type	Physical Abuse Neglect	
Target Population	Family Systems Individual Children/ Youth Parent/Caregivers(s)	
Target Age	0 - 2 Early Childhood (3-5) Middle Childhood (6 - 12) Adolescence (13-21)	The family of Nurturing Parenting Programs includes programs for children from birth to late adolescence, and for pregnant women.
Target Gender	Both	
Appropriate for Unique Ethnic, Cultural, or Linguistic Populations?	Has this program been used or evaluated with minority, cultural, or linguistically diverse groups? Yes If yes, please indicate: Latino/Hispanic African American Asian American Caucasian	
What Adaptations have been made?	Culturally sensitive adaptations of the Nurturing Parenting Programs have been developed for several specialized populations including Hmong, Hispanic, and African American families, families in recovery from substance abuse, families involved in the criminal justice system and teen mothers.	

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Primary Settings	Flexible	The Nurturing Parenting Programs have been implemented in a variety of settings including homes, community mental health agencies, governmental child protection agencies, substance abuse treatment centers, faith-based social service organizations, criminal detention centers, and Head Start programs and kindergarten classrooms.
Persons or Entities in charge of delivering Program	Child Welfare Workers Nurses/Physicians/Health Providers Mental Health Providers (e.g., Social Workers, Therapists) Residential Treatment Staff School Staff & Educators (e.g., Teachers)	
Primary Components	Assessment/ Triage/Screening Home-Visiting Parent Training/Therapy Other (Please describe) Developmentally appropriate enrichment activities for children.	

Resource & Capacity Planning

Program Name	Parenting Programs	Brief Description
Length/Duration of Program	Please Describe: Duration of the program depends on which program is being administered and in what setting (i.e. community mental health agency versus in-patient substance abuse treatment.) The standard group treatment is 12 - 24 weekly sessions lasting 2.5 - 3 hours. The standard home-based treatment is 40 weekly sessions lasting 1.5 hours.	
Required Materials	Manuals/Program materials Video/Audio Equipment	Manuals outlining the curriculum are available for each of the Parenting programs. Materials used in administration of the program include parent handbooks, instructional videos and games. Additionally, an implementation manual that addresses how to recruit participants, facilitate groups, and gather pre- and posttest data is available.
Training Requirements	Face-to-face training	A two to three day instructor training is required. Additionally, facilitators should ideally have a background in parent education and a strengths-based perspective to change. Information about training can be obtained from http://www.nurturingparenting.com and the developer.
Provider Certification/ Training/Requirements	Program Specific Certification/Training Required	
System or Agency Recommendations for Serving CEV	None Specified	

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Populations		
Costs of Implementation	<p>Training & Consultation: Training costs vary based on whether program is implemented within a single agency or a community. Fees to train an individual facilitator average about \$250 for a 2-3 day training.</p> <p>Materials/Manuals:</p> <p>Technology: Equipment for instructional videos.</p> <p>Fidelity Monitoring/ Assessments:</p> <p>Estimate based on implementation (costs not disaggregated):</p> <p>Other (please describe):</p> <p>Not Yet Available</p>	

Evidence for CEV

Program Name	Parenting Programs	Notes
Evidence for Preventing or Addressing Violence Exposure	<p>Program demonstrates effectiveness in reducing either the risk of exposure and/or ameliorating the effects of exposure to violence (e.g., related behavioral distress, PTSD, perpetration/assault, nightmares) among children or caregivers.</p>	<p>Based on available information, in general, when implemented with sufficient fidelity this program demonstrates <i>adequate empirical findings</i> of reducing the risk of exposure or ameliorating the effects of exposure using a <i>sound conceptual framework</i> and an evaluation design of high quality (<i>quasi-experimental</i>) and has been used with populations known to be at risk for violence exposure (e.g., children in residential settings).</p>
Evaluation Design of Studies with CEV	<p>Quasi-experimental design</p> <p>Pre- and post-test (no comparison group)</p>	<p>bla</p>
Violence Exposure-Related Outcomes	<p>Child (Briefly Describe):</p> <p>Children of parents who complete the Nurturing Parents Program show positive changes in empathy, parent-child role reversal, and attitudes about corporal punishment.</p> <p>The Nurturing Curriculum has been shown to decrease aggressive, dominant, and disruptive behaviors, as well as social insecurity, and improve academic immaturity and prosocial behavior in kindergarteners.</p> <p>Parent (Briefly Describe)</p> <p>In multiple studies, pre and posttest data indicate that parents completing one of the Nurturing Parents Curriculums show a</p>	

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	<p>significant improvement in five domains of parenting: inappropriate expectations, ability to empathize with children's needs, use of physical punishment for discipline, parent-child role reversal, and suppressing children's power and independence. Gains in parenting competencies have been demonstrated in both actively abusive or neglectful, and high-risk populations. Improvements in parenting are sustained at twelve months post-intervention. Some studies have shown improvements in other adaptive functioning as a result of program completion, including increased use of resources and decreased substance abuse in the home. Graduates of the Nurturing Parenting programs have fewer subsequent reports of child abuse, and those that do recidivate use less severe physical violence.</p> <p>Family (Briefly Describe) Some studies have found significant improvements in family cohesion, expressiveness, organization, independence, achievement, and conflict.</p>	
<p>Additional Research Information</p> <p>(This will be a link to another page, a drill down box or separate section)</p>	<p>Study 1: Design, Setting, Participants: All agencies in Florida that provided parenting education programs to abusive, neglectful, or high-risk families referred to the Department of Children and Families over a five year period were required to participate in the study. Risk of child maltreatment was assessed before and after completion of the parenting program. Only parents with both pre- and post-test data are used in the analysis. Parents received either the Nurturing Program for Parents and Their Infants, Toddlers and Preschoolers</p>	<p>Study 1 Family Development Resources, Inc. (2005). <i>The Florida study: A comparative examination of the effectiveness of the Nurturing Parenting Programs</i>. Ashville, NC: Weikert, P., Keene, R., Bavolek, S.J.</p>

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	<p>(N = 5195 parents), the Nurturing Program for Parents and Their School-Age Children (N = 3952 parents) or other parenting programs (N = 1914 parents).</p> <p>Outcome Measures: The Adult-Adolescent Parenting Inventory (AAPI-2) was used to measure parent's self-report of parenting behaviors. The AAPI provides information about five risk areas of parenting: inappropriate expectations, ability to empathize with children's needs, use of physical punishment for discipline, parent-child role reversal, and suppressing children's power and independence.</p> <p>Study 2: Design, Setting, Participants: The Nurturing Parenting Program for Parents and Children 4 to 12 Years was administered to 121 abusive parents (average age = 30 years) and their 150 children (average age = 6 years) in six Midwestern and Eastern cities. All families were referred to the program by governmental or social service agencies due to abusive parent-child interactions. The program was administered to the entire family, including romantic partners of single parents. Treatment consisted of 15 once-weekly sessions. Most of the parents and children were Caucasian. Assessment instruments were administered before treatment, upon completion of treatment, and 12 to 18 months after completion of treatment. Parents also rate the quality of the classroom instruction and usefulness of information after each session.</p> <p>Outcome Measures: The Adult-Adolescent Parenting Inventory (AAPI-2) was used to measure parent's self-report of parenting behaviors (see study 1 for description). Children's reports of parenting behaviors were measured with the Children's Personality Inventory, which is designed to assess the same constructs as</p>	<p>Study 2 Bavolek, S.J., McLaughlin, J.A., Comstock, C.M. (1983). <i>The Nurturing Parenting Programs: A Validated Approach for Reducing Dysfunctional Family Interactions</i>. Final Report, NIMH.</p>

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	<p>the AAPI. Personality traits of parents and children were measured with the 16 Personality Factor inventory and the Children's Personality Questionnaire (CPQ) or Early School Personality Questionnaire (ESPQ), respectively. The Family Environment Scale (FES) was used to measure characteristics of family interaction patterns. Family interaction patterns, particularly empathy and behavior managements strategies were observed directly through two, two-hour, in-home observations. The Nurturing Quiz measures parent's knowledge of strategies for managing children's behavior.</p> <p>Study 3: Design, Setting, Participants: The Nurturing Parenting program was administered to 781 participants across five settings including county jail substance abuse rehabilitation centers, batterer intervention programs at county jails, residential substance abuse treatment centers, community agencies, and community parenting camp programs. Sixty-two percent of participants were incarcerated or in a substance abuse or batterer's program at the time of treatment. Over half of the participants were men, and the average age for participants was 33.2 years. Forty percent of participants were ethnic or racial minorities.</p> <p>Outcome Measures: Risk of potential child maltreatment was measured with the Child Abuse Potential Inventory. The Adult-Adolescent Parenting Inventory (AAPI-2) was used to measure parent's self-report of parenting behaviors. The AAPI provides information about five risk areas of parenting: inappropriate expectations, ability to empathize with children's needs, use of physical punishment for discipline, parent-child role reversal, and</p>	<p>Study 3 Palusci, V. J., Crum, P., Bliss, R., & Bavolek, S. J. (2008). Changes in parenting attitudes and knowledge among inmates and other at-risk populations after a family nurturing program. <i>Children and Youth Services Review, 30</i>(1), 79-89.</p> <p>Study 4 Vespo, J. E., Capece, D. A., & Behforooz, B. (2006). Effects of the nurturing curriculum on social, emotional, and academic behaviors in kindergarten classrooms. <i>Journal of Research in Childhood Education, 20</i>(4), 11.</p>

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	<p>suppressing children's power and independence.</p> <p>Study 4: Design, Setting, Participants: Eight teachers administered the Nurturing Curriculum to 138 kindergarten students in two urban schools during over the course of one academic year. The Nurturing Curriculum has 71 lessons, each lasting 20 to 25 minutes and including an informational and experiential component. Lessons target a broad range of social and emotional competencies including self-image, emotional expression, communication, and peer interactions.</p> <p>Outcome Measures: A modified version of the Teacher Checklist of Social Behavior was used to measure children's competency in six areas: aggression, dominance, disruptive behavior, social insecurity, academic insecurity, and prosocial behavior.</p>	
Is this Program an Evidence-Based Practice in <i>other</i> Family/ Youth Development Areas?	<p>No</p> <p>Endorsements</p> <ul style="list-style-type: none"> OJJDP Model Program NREPP Other (describe): SAMHSA Effective Program CSAP 	
Sources	<p>Empirical Studies (peer-reviewed journal)</p> <p>Independent (Published) Evaluation</p> <p>Evaluation Conducted by Program</p>	

Contact Information

Stephen J. Bavolek, Ph.D.

Family Nurturing Center, Inc.

146 Windover Drive

Asheville, NC 28803

Fax: (828) 776-4440

E-mail: fnc@nurturingparenting.com

Web site: <http://www.nurturingparenting.com>

Selected Publications/References

Bavolek, S.J., McLaughlin, J.A., Comstock, C.M. (1983). *The Nurturing Parenting Programs: A Validated Approach for Reducing Dysfunctional Family Interactions*. Final Report, NIMH.

Family Development Resources, Inc. (2005). *The Florida study: A comparative examination of the effectiveness of the Nurturing Parenting Programs*. Ashville, NC: Weikert, P., Keene, R., Bavolek, S.J.

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Palusci, V. J., Crum, P., Bliss, R., & Bavolek, S. J. (2008). Changes in parenting attitudes and knowledge among inmates and other at-risk populations after a family nurturing program. *Children and Youth Services Review, 30*(1), 79-89.

Vespo, J. E., Capece, D. A., & Behforooz, B. (2006). Effects of the nurturing curriculum on social, emotional, and academic behaviors in kindergarten classrooms. *Journal of Research in Childhood Education, 20*(4), 11.