



2018 Parenting Seminar Series Program Evaluation

January 30- March 20 (Tuesdays @ 5.30pm)

OVERALL (n=47) % Agreement

I learned helpful ideas for parenting my child.

83%

I feel more able to solve problems with my child.

77%

I feel less stressed about parenting my child.

55%

I would recommend this program to others.

83%

Week 1: Using Effective Communication (How to get Kids to Listen!) (n=13)

I learned helpful ideas for parenting my child.

92%

I feel more able to solve problems with my child.

69%

I feel less stressed about parenting my child.

31%

I would recommend this program to others.

92%

Week 2: Rules, Responsibilities, and Limit-setting (n=11)

I learned helpful ideas for parenting my child.

73%

I feel more able to solve problems with my child.

73%

I feel less stressed about parenting my child.

64%

I would recommend this program to others.

82%

Week 3: Positive Parenting Strategies and How to Handle Misbehaviour (n=10)

I learned helpful ideas for parenting my child.

70%

I feel more able to solve problems with my child.

70%

I feel less stressed about parenting my child.

50%

I would recommend this program to others.

60%

Week 4: Natural & Logical Consequences... That Work! (n=6)

I learned helpful ideas for parenting my child.

100%

I feel more able to solve problems with my child.

100%

I feel less stressed about parenting my child.

100%

I would recommend this program to others.

100%

Week 5: Helping Children to Regulate their Emotions (n=7)

I learned helpful ideas for parenting my child.

86%

I feel more able to solve problems with my child.

86%

I feel less stressed about parenting my child.

57%

I would recommend this program to others.

86%

Q: Do parents who attend more consistently report feeling less stressed about parenting?

After attending 1 Week

44%

2-3 Weeks

73%

At least 4 Weeks

88%

"Since participating, I feel less stressed about parenting my child."

A: Survey data suggests Yes!—Parents who attended at least 4 of 5 weekly sessions (n=8) were twice as likely to report feeling less stressed about parenting compared to parents who attended only 1 weekly session (n=18).

Each week, at least 70-86% of parents who attended were able to name one or more specific skills, lessons, or ideas they learned that they recognized to be meaningful and/or useful:

"When... then"
Positive reinforcement
How to properly plan routines.
The "calm down bag" idea.
Can't fix only couch.
Own line out.
reminded I have to stay in control
to be the calm role model.

examples of natural + logical consequences

Chain commands
warnings and reminders
Making the rules fit the child.
How routines will help at every age
visual chore/routine chart
When/then commands
Write down + post rules

Other parents get just as frustrated.

By the numbers...

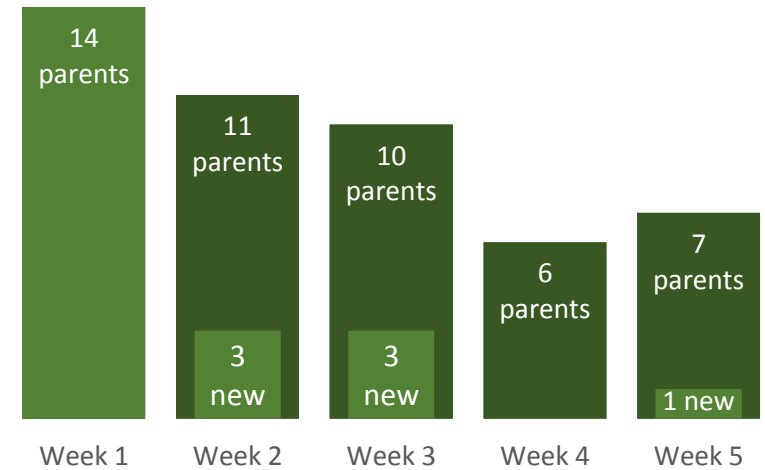
21 Unique parents served

48 Total parent visits

2 Average number sessions attended by each parent

10 Average number participants per weekly session

1/3 Proportion participants referred by CKCS



Common Referral sources

17%

CKCS Child Protection



15%

CKCS Mental Health



11%

School

10 parents offered suggestions for program improvement:

5 Parents suggested extending class time for asking more questions and longer discussion period.

2 Parents requested alternative food options.

2 Parents requested formal confirmation of their weekly attendance.

1 Parent proposed a method for organizing program handouts (namely, file folders).

0 Parents identified any problem with arriving on time—see 2017 Participant recommendations.