



Relationship Based Visitation Program Preliminary Results: Change in Parenting Attitudes and Nurturing Skills

Portland State University - Center for Improvement of Child and Family Services
December 2014

The following is a preliminary analysis of changes in parenting attitudes and nurturing skills assessed for parents participating in the Relationship Based Visitation Title IV-E Waiver program in Oregon and control group parents between February 2012 and July 2014. Parenting attitudes and nurturing skills were assessed using the following:

- **Adolescent-Adult Parenting Inventory (AAPI):** Parenting and child rearing attitudes of adult and adolescent parents
- **Nurturing Skills Competency Scale (NSCS):** Quality of life issues that families face as they attempt to put into practice new parenting beliefs, knowledge, and skills.

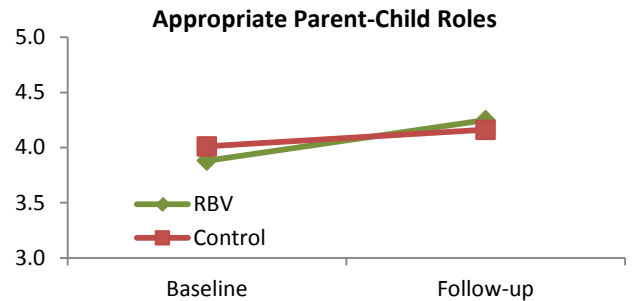
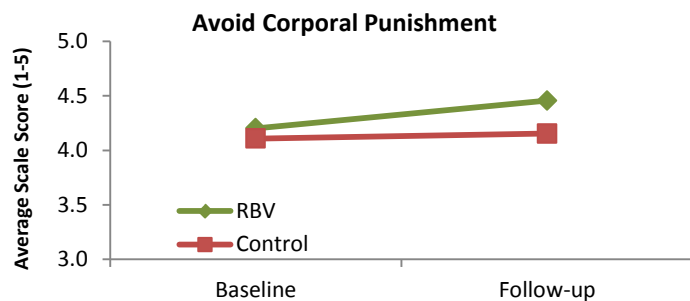
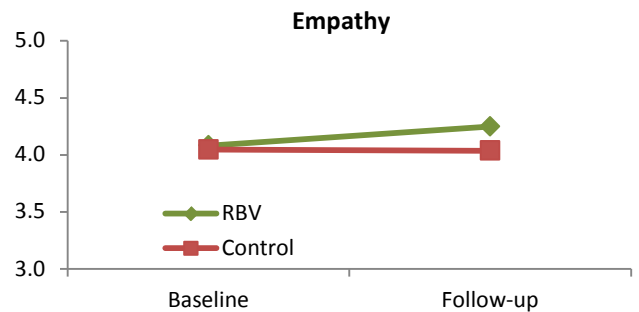
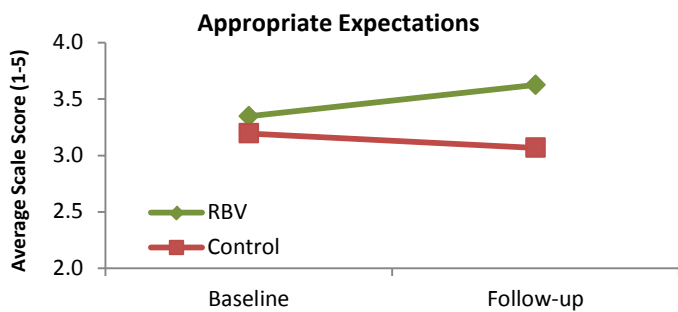
RBV Parents

- AAPI & NSCS administered by RBV Coach (parent completed pencil & paper assessment).
- 128 parents had both baseline & follow-up assessments.
- Average 8 months between baseline & follow-up.

Control Parents

- AAPI & NSCS administered online or via phone interview (parent choice).
- 56 parents had both baseline & follow-up assessments.
- Average 7.6 months between baseline & follow-up.

Results: Change in AAPI Parenting Attitudes



Definitions

Appropriate expectations: Parent has age-appropriate expectations for child; understands normal child growth and development

Empathy: Parent understands and values child's needs; child allowed to express feelings; communicates with child

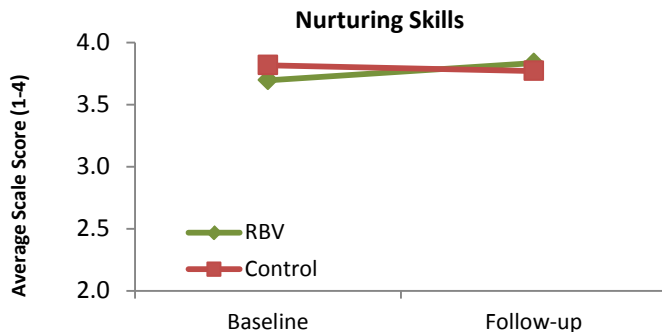
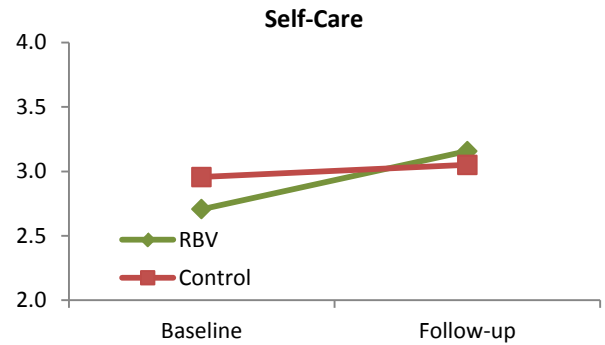
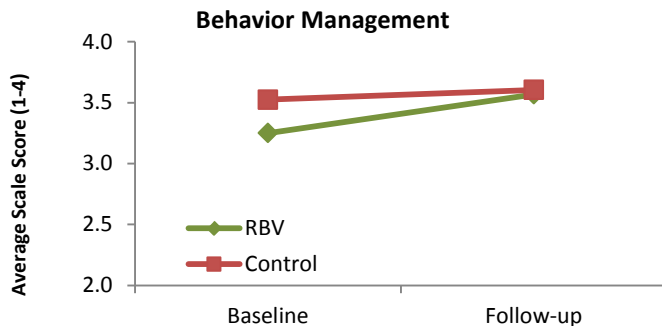
Avoid corporal punishment: Parent uses time-out and other discipline strategies instead of corporal punishment; democratic rule making

Appropriate parent-child roles: Parent takes ownership of behavior; finds support from peers, not child

Change in AAPI Parenting Attitudes: What Does it Mean?

- Compared to control group parents, RBV parents reported statistically significant improvements on all four AAPI parenting attitudes.
- RBV parents showed the most growth in having age-appropriate expectations for their children.
- Control group parents generally stayed the same or scored worse at the follow-up assessment, whereas RBV parents improved.

Results: Change in NSCS Nurturing Skills



Definitions

Behavior management: Parent gives child choices and consequences, refers to family rules to guide discipline, reinforces appropriate behavior

Self-Care: Parent takes time to nurture self, get own needs met, acknowledge personal strengths, models appropriate stress and anger management

Nurturing skills: Parent spends time nurturing child through praise, play, holding, unconditional love, empathy

Change in NSCS Nurturing Skills: What Does it Mean?

- Compared to control group parents, RBV parents reported statistically significant improvements on all three NSCS nurturing skills.
- RBV parents showed the most improvement in self-care skills.
- RBV parents tended to score lower than control parents at the baseline assessment, and equal to or slightly higher than control parents at the follow-up assessment. This suggests that RBV parents as a group felt less skilled than control parents, but “caught up” after participating in the RBV program.

Summary

Preliminary evidence suggests that RBV services help parents improve their attitudes toward parenting, especially in terms of appropriate expectations for children, compared to a similar group of parents who did not receive RBV services. Findings should be interpreted with caution because the parents included in these analyses (those who were willing to participate, completed a Family Nurturing Plan, etc.) may not be representative of all parents identified for this study.

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