



Aisling Discoveries
Child and Family Centre

COMMUNITY PARENTS COUNT **PROGRAM EVALUATION RESULTS**

AISLING DISCOVERIES CHILD & FAMILY CENTRE

For the Period of April 1, 2010 to March 31, 2012

EXECUTIVE SUMMARY

Research and Evaluation Department
December 2012



COMMUNITY PARENTS COUNT PROGRAM EVALUATION RESULTS APRIL 1, 2010 TO MARCH 31, 2012

The *Community Parents Count* program is targeted at parents with children under the age of 12 who are living within Priority Neighbourhoods, as identified by the City of Toronto and United Way. These areas are comprised of a large percentage of immigrant and newcomer parents coping with issues related to adjusting to life in Canada. Parents in the Priority Neighbourhoods contend with poverty, lack of financial stability and housing issues.

Community Parents Count has two distinct components. One component is the community capacity building whereby Aisling Discoveries Child and Family Centre explores community resources and enhances partnership possibilities. Based upon this exploration and enhancement, the second component involves the delivery of specific child and parenting programs.

EVALUATION

The evaluation of the *Community Parents Count* program examined the opinions of those who participated from April 1, 2010 to March 31, 2012. During this period, a total of 1127 clients were served by the program, including 765 children, 95 staff and 267 parents. When possible and appropriate, adult and child participants were asked to provide feedback or complete a survey at the end of the groups, presentations, workshops, or counselling.

Only a sample of the results will be reported on below.

GROUPS/WORKSHOPS/PRESENTATIONS FOR CHILDREN

BUDDY BUILDERS: BE A BUDDY, NOT A BULLY

The *Buddy Builders* program is an anti-bullying initiative. The program promotes partnerships between parents and the school in the development of a school-wide violence prevention plan. The workshops share recent research information about the impact of bullying with parents and teachers. Anti-bullying strategies and programs for the purpose of reducing the incidents of bullying at schools are discussed. *Buddy Builders* has four features: a teacher workshop, a parent workshop, a two-session in-class program for students, and a follow-up session with teachers.

Buddy Builders was offered to students 33 times over the two year period of this report. The workshop was provided to a total of 687 children and 39 teachers. Junior, intermediate, and senior classes received different evaluation survey forms.

Results

Children in the *Buddy Builders* workshops were given a test at the end of the three-session program to determine whether they knew the five types of bullying and could name four ways that they could help if a person was getting bullied. As can be seen the Table 1, on the next page, after receiving the *Buddy Builders* program, 95% could name the five types of bullying.

Table 1: Number of correct responses

	What are the 5 types of bullying?					
Correct answers	5	4	3	2	1	0
POST SCORES	95%	5%	0%	0%	0%	0%

Also, at the end of the program, 84% of children were able to name four ways and 100% were able to list at least two ways to help if they saw someone getting bullied (see Table 2).

Table 2: Number of correct responses

	If you saw someone getting bullied, list 4 ways that you could help them				
Correct answers	4	3	2	1	0
POST SCORES	84%	5%	11%	0%	0%

GROUPS/WORKSHOPS/PRESENTATIONS FOR PARENTS

Parenting information workshops are offered for families, sometimes while running concurrent childcare. Information presented is related to enhancing parents' ability to support their child. From April 1, 2010 to March 31, 2012, a total of 20 groups were run, with a total of 259 parents participating.

Feedback provided by the participants was overwhelmingly positive. The majority of participants reported that they acquired new knowledge/skills from the presentation, felt that the workshops were very helpful, and thought that they would be able to use some of the ideas after the workshop. Parents indicated that they learned how to speak with their child about bullying and what they should do if their child is being bullied. Also, many parents felt that they learned useful parenting techniques and strategies, including disciplining techniques.

BULLY PROOFING YOUR CHILD

Being bullied is a terrifying experience for children and often has life-long consequences, so parents are provided with strategies and tips on what to do if they are faced with this situation in their family.

Results

Surveys were completed by 23 parent attendees of *Bully Proofing your Child* across three groups. As seen in Table 3 below, when asked *How Helpful was the workshop to you as a parent/ caregiver?* 86% of the parents felt that it was very helpful. All of the parents indicated that they learned something new at the workshop, and said that they would recommend the workshop to other parents.

Table 3: *Bully Proofing your Child* responses

How helpful was the workshop to you as a parent/ caregiver?			Did you learn anything new at this workshop?		Would you recommend this workshop to other parents?	
<i>Not at all</i>	<i>Somewhat Helpful</i>	<i>Very Helpful</i>	Yes	No	Yes	No
0%	14%	86%	100%	0%	100%	0%

What ideas do you think you can use from this workshop in your parenting?

Parents indicated that they learned how to speak with their child about bullying, and what they should do if their child is being bullied. A sampling of parent responses can be seen below.

“How to help my child deal with bullies and not be bystanders. Also it's OK as a parent to speak up to the other parents if I feel I have to.”

“If I actually implement some of the things I learnt. As a parent do not be a bully myself. Encourage my children to always continue to inform of things that affect them at school ie bullying.”

POSITIVE PARENTING

The *Positive Parenting* workshop focuses on the concept that good discipline begins at home. Parents explore the reasons why children misbehave, and learn tips for gentle discipline and what makes discipline effective.

Results

A total of 27 parents and staff members across four *Positive Parenting* workshops completed a survey. Most (88%) felt that the workshop was very helpful. When asked *Are you able to use some of the ideas after the workshop?*, 81% selected “Very useful” (see Table 4 below).

Table 4: *Positive Parenting* survey responses

How helpful was the workshop?				Are you able to use some of the ideas after the workshop?			
<i>Not at all</i>	<i>Somewhat helpful</i>	<i>Very helpful</i>	<i>Missing</i>	<i>Not at all</i>	<i>Somewhat useful</i>	<i>Very useful</i>	<i>Missing</i>
0%	12%	88%	1	0%	19%	81%	1

Please specify what ideas are most useful for you

Those who attended the group largely felt that learning about disciplining techniques was helpful, particularly how to use time out. Many participants also felt that the parenting techniques taught were helpful. Learning about rewarding children and learning how to listen to a child was stated to be useful to some of those who attended.

“discipline and how to go about it differently. How to recognize what is wrong and how to fix it.”

“Having rules at home, having Positive attitude with the children, less talking will help, positive discipline, active listening.”

“How to reward a child, how to discipline how to time out, how to determine the cause.”