

**V(A). Planned Program (Summary)**

**Program # 7**

**1. Name of the Planned Program**

Parenting and Dependent Care

Reporting on this Program

**V(B). Program Knowledge Area(s)**

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
802	Human Development and Family Well-Being	100%	100%	0%	0%
	<b>Total</b>	100%	100%	0%	0%

**V(C). Planned Program (Inputs)**

1. Actual amount of FTE/SYs expended this Program

Year: 2013	Extension		Research	
	1862	1890	1862	1890
Plan	10.0	4.0	0.0	0.0
Actual Paid Professional	6.8	4.0	0.0	0.0
Actual Volunteer	0.0	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
93111	241035	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
93111	136442	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
764020	0	0	0

**V(D). Planned Program (Activity)**

1. Brief description of the Activity

**AgriLife Extension**

AgriLife Extension's Family Development and Resource Management Unit is committed to providing educational programs to support and strengthen Texas families. In the areas of parenting, child care, and dependent care, Extension offers a wide range of programs and resources to citizens across the state. Programs and resources include train-the-trainer workshops for professionals and volunteers, multi-session parent education workshops, 1-2 hour lectures, distance education workshops, self-study child care training guides, internet resources (e.g., online child care courses, fact sheets, research briefs, trend data, links to websites), and newsletters.

### **Cooperative Extension Program**

Cooperative Extension Program provides a series of educational programs designed to equip parents with better parenting and communication skills. Education programs are provided through one-on-one consultation, a series of 3 educational programs and classes, educational displays at various sites, social media Facebook, fact sheets, newsletters, and conferences.

## **2. Brief description of the target audience**

### **AgriLife Extension**

Target audiences for child care programming include adults and teens providing care for preschool and school-age children in family, center and school-aged settings. Target dependent care audiences include adults and teens providing care for adults and children who are unable to provide some portion of care for themselves due to illness or age-related disabilities. Programs and resources are accessible to target audiences regardless of gender, marital status, family status, race/ethnicity, income level, or educational level. It is estimated that 70% of this audience falls under the category of "low-income."

### **Cooperative Extension Program**

The Cooperative Extension Program is mandated through federal legislation to serve limited resource audiences in Texas. Our primary focus is to target audience which includes limited resource Texas citizens including minority families and individuals, senior adults, single parents, college students, individuals who have experienced job loss and teen parents. Another targeted group is grandparents who are raising their grandchildren due to various societal issues.

## **3. How was eXtension used?**

The eXtension website was used with parenting and dependent care audiences to assist them with a variety of needs, including health, nutrition, housing, employment, child care, parenting, and finances.

### **V(E). Planned Program (Outputs)**

#### **1. Standard output measures**

2013	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
<b>Actual</b>	13055	83712	2580	0

**2. Number of Patent Applications Submitted (Standard Research Output)**

**Patent Applications Submitted**

Year: 2013

Actual: 0

**Patents listed**

**3. Publications (Standard General Output Measure)**

**Number of Peer Reviewed Publications**

2013	Extension	Research	Total
<b>Actual</b>	0	0	0

**V(F). State Defined Outputs**

**Output Target**

**Output #1**

**Output Measure**

- # of group educational methods conducted.

Year	Actual
2013	596

**V(G). State Defined Outcomes**

**V. State Defined Outcomes Table of Content**

O. No.	OUTCOME NAME
1	% of child care providers who increase their knowledge of child care best practices as a result of participating in child care provider trainings.
2	% of dependent care providers who increase their knowledge of dependent care best practices as a result of participating in depend care trainings.
3	% of parents who increase their knowledge of parenting practices as a result of attending parenting trainings.
4	% of fathers (father-figures) who increase the amount of time spent reading to their children.

## **Outcome #1**

### **1. Outcome Measures**

% of child care providers who increase their knowledge of child care best practices as a result of participating in child care provider trainings.

### **2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

### **3a. Outcome Type:**

Change in Knowledge Outcome Measure

### **3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	99

### **3c. Qualitative Outcome or Impact Statement**

#### **Issue (Who cares and Why)**

Sixty-seven percent of children under age 5 receive some form of child care on a regular basis from persons other than their parents (Child Care Aware, 2012). Researchers have found that quality matters when it comes to child care. Children who receive high-quality care develop better language, math, and social skills; exhibit fewer behavior problems; and tend to be better prepared for entrance into school (Vandell et al., 2010). Having a well-trained child care workforce helps children reach their developmental potential. Evidence indicates that professional preparation is linked to higher quality care environments for children (Zaslow, Tout, Maxwell, & Clifford, 2004).

#### **What has been done**

In 2013, AgriLife Extension, and Cooperative Extension Program in certain counties along with their community partners, conducted 31 child care provider training conferences throughout the state of Texas for 3,225 child care providers and directors who provide care for more than 47,500 children enrolled in 863 child care centers or family day homes. Over 19,800 clock hours of training were provided to child care professionals. In addition to the face-to-face conferences, early childhood educators in the U.S. completed 144,088 online courses in 2013 (237,094 clock hours).

#### **Results**

Results from a 2013 evaluation study with over 3,000 face-to-face participants indicate that child care providers found the trainings to be very beneficial. Over 90% of participants acquired new information (99%), plan to utilize the information to improve their programs (99%), consider themselves better equipped to work with children (99%), and consider the trainings to be very cost effective (98%). Moreover, 70% of child care providers rated the quality of the trainings Better or Much Better compared to other trainings they have attended that were not conducted by Extension. Evaluation data collected from over 14,300 online participants indicate that they are

very satisfied with the quality of the online courses. Over 99% rated the online courses as Good, Very good, or Excellent. Ninety-seven percent of respondents stated that they learned new information from the courses, and 99% would recommend the online courses to others.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

#### Outcome #2

##### 1. Outcome Measures

% of dependent care providers who increase their knowledge of dependent care best practices as a result of participating in depend care trainings.

##### 2. Associated Institution Types

- 1862 Extension
- 1890 Extension

##### 3a. Outcome Type:

Change in Knowledge Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	96

##### 3c. Qualitative Outcome or Impact Statement

###### **Issue (Who cares and Why)**

More than 10% of the population in Texas is over age 65. The fastest-growing segment of this population within Texas and across the U.S. is adults over age 85. Falling continues to be one of the leading causes of accidental death in the U.S. among older adults. Families provide an estimated 80% of care to older adults, with the remaining 20% provided by formal community agencies and institutional facilities. Texas has the second largest number in the U.S. of grandparents rearing their grandchildren. Estimates show that Texas has approximately 2.1 million caregivers, who provide more than 2.2 billion hours of care valued at more than \$22 billion.

###### **What has been done**

In 2013, AgriLife Extension eldercare programs (i.e., eldercare conferences, health literacy workshops, grandparents raising grandkids workshops, and fall prevention in the home trainings) reached more than 560 educational contacts, providing more than 1,000 contact hours. Specifically, AgriLife Extension provided primary leadership and/or speaker support for conferences on aging that targeted professionals.

Cooperative Extension Program

Cooperative Extension Program conducted a grandparents raising grandchildren conference in collaboration with AgriLife and community partners in Harris and Nueces counties.

**Results**

In an evaluation study conducted with 51 eldercare conference attendees, 72% reported that the conference was Better or Much Better than conferences previously attended. Ninety-eight percent of respondents indicated that they will use the information they learned now and 100% in the future. Additionally, 96% indicated that the information received would help them improve the quality of their work.

Cooperative Extension Program

More than 300 grandparents attended this conference and the local legislator spoke on the importance of grandparenting.

**4. Associated Knowledge Areas**

<b>KA Code</b>	<b>Knowledge Area</b>
802	Human Development and Family Well-Being

**Outcome #3**

**1. Outcome Measures**

% of parents who increase their knowledge of parenting practices as a result of attending parenting trainings.

**2. Associated Institution Types**

- 1862 Extension
- 1890 Extension

**3a. Outcome Type:**

Change in Knowledge Outcome Measure

**3b. Quantitative Outcome**

<b>Year</b>	<b>Actual</b>
2013	98

**3c. Qualitative Outcome or Impact Statement**

**Issue (Who cares and Why)**

Research indicates that children who grow up with actively involved and nurturing parents reap numerous benefits, including better school performance, increased self-esteem, healthier relationships with peers, and greater access to financial resources. In addition, children who are raised in environments in which parents are fully involved are less likely to engage in behaviors that put them at risk for a variety of physical and mental health problems. Research suggests that quality educational programs can assist parents in developing the skills they need to effectively

raise their children (CDC, 2009).

#### Cooperative Extension Program

Texas ranked as one of the six states having the highest rates of children living with low income working parents. Within Texas, there are over 2 million children living within households with incomes less than 200 percent of the federal poverty level, as defined by the U.S. Office of Management and Budget. Child abuse and neglect occurs across all social, economic and ethnic groups. However, a much larger percentage of children identified as neglected or abused come from lower socioeconomic families (Ammerman & Hersen, 1990). This may be due to the larger number of low-income families in the social service system, which may put them at higher risk of being scrutinized. The basic purpose of parenting has not changed throughout history. We can state it like this: The purpose of parenting is to protect and prepare our children to survive and thrive in the kind of society in which they live.

#### **What has been done**

AgriLife Extension provides Texas parents with a wide variety of research-based information and resources to assist them in their efforts to raise healthy children. In addition to newsletters, fact sheets, and single-session parenting seminars, AgriLife Extension offers parents, grandparents, and other caregivers the opportunity to participate in county agent and volunteer led parenting programs designed to increase participants' knowledge of key parenting concepts and to improve parenting practices. Over 100 parents completed the 4-week Parenting Connections series in 2013.

#### Cooperative Extension Program

The Active Parenting series are parenting curriculum that use interactive methodologies to reach parents via videos and discussions. Partnerships and collaborations were established with the counties, Area Agency on Aging, Legislator El Franco Lee Harris County Precinct One, Neighborhood Centers, Sheldon and Alief Independent School Districts, Salvation Army, Bethany Baptist Church and Riverside General Hospital received interactive presentations and materials including handouts to help facilitate successful parenting programs that proved to be effective for parenting.

#### **Results**

Results from a recent evaluation study with over 380 parents who participated in the Parenting Connections series indicated that the program had a very positive impact on specific parenting practices. Statistically significant attitudinal and behavioral changes from pre to post occurred in the following areas: parent-child communication, parental self-efficacy (i.e., confidence in parenting skills), and use of positive disciplinary practices. In addition, parents reported a significant improvement in their children's behavior after participating in the program.

#### Cooperative Extension Program

This year over 2,700 parents participated in a minimum of one and up to six classes of the Active Parenting education series. 91% of the parents stated that they are now using the skills learned in the parenting workshops to more effectively communicate with their children, properly discipline their children, and promote power, courage and self-esteem within their family. These parents indicated that they try to promote a warm and affectionate household, monitor their children's activities and provide consistent discipline practices that offer their child guidance without harsh punishment. Parents also expressed how beneficial the classes have been with their overall communication skills and they are learning new parenting methods that they did not possess. Other parents indicated that they are now trying to set different parenting examples for their children because they were parenting like their parents parented them which may not have been the most effective methods.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

#### Outcome #4

##### 1. Outcome Measures

% of fathers (father-figures) who increase the amount of time spent reading to their children.

##### 2. Associated Institution Types

- 1862 Extension

##### 3a. Outcome Type:

Change in Action Outcome Measure

##### 3b. Quantitative Outcome

Year	Actual
2013	84

##### 3c. Qualitative Outcome or Impact Statement

###### **Issue (Who cares and Why)**

Reading aloud to children is a simple, yet powerful, activity that has been shown to improve children's literacy development across a variety of domains, including vocabulary growth, print awareness, enjoyment of reading, and writing abilities. However, a recent study found that 39% of fathers never read to their children. Fathers who find time to read with their children are taking advantage of one of the best opportunities to care for, connect with, and contribute to their children's future.

###### **What has been done**

Fathers Reading Every Day (FRED) is a family literacy program designed by the Texas A&M AgriLife Extension Service to increase parental involvement in children's early literacy development, with a specific focus on fathers. Since its inception in 2002, over 20,000 fathers and children have participated in FRED nationally and internationally, including more than 10,000 from Texas.

###### **Results**

Results from a recent evaluation study involving more than 700 FRED participants show statistically significant differences from pre to post in a number of areas, including the amount of time fathers spent reading to their children, number of books read during a typical week, level of involvement in their children's education, quality of time spent with their children, and level of satisfaction with the father-child relationship.

#### 4. Associated Knowledge Areas

KA Code	Knowledge Area
802	Human Development and Family Well-Being

#### V(H). Planned Program (External Factors)

##### External factors which affected outcomes

- Appropriations changes
- Competing Public priorities
- Competing Programmatic Challenges
- Populations changes (immigration, new cultural groupings, etc.)

##### Brief Explanation

Technological advances in recent years seem to have had an impact on the manner in which target audiences desire information to be delivered. While face-to-face training remains highly valued, the utilization of web-based technologies continues to grow. Face-to-face participation in several family life programs appears to have leveled out or is declining, while participation in online courses is on the rise. For example, over 144,000 online courses were completed by child care providers in 2013, which amounts to more than 237,000 contact hours.

#### V(I). Planned Program (Evaluation Studies)

##### Evaluation Results

Evaluation results from programs in parenting and dependent care demonstrate that participants are increasing their knowledge of various caregiving behaviors. For example, over 95% of child care providers, dependent care providers, and parents report learning new information from the educational workshops and trainings conducted by AgriLife Extension. Moreover, several programs have demonstrated that they are effective at improving participant behavior, including improving parenting practices, and the amount of time parents spend reading to their children.

##### Key Items of Evaluation

Over 90% of participants attending AgriLife Extension child care trainings acquired new information (99%), plan to utilize the information to improve their programs (99%), consider themselves better equipped to work with children (99%), and consider the trainings to be very cost effective (98%). Moreover, 70% of child care providers rated the quality of the trainings "Better" or "Much Better" compared to other trainings they have attended that were not conducted by Extension. Evaluation data collected from over 14,300 online participants indicate that they are very satisfied with the quality of the online courses. Over 99% rated the online courses as "Good," "Very good," or "Excellent." Ninety-seven percent of respondents stated that they learned new information from the courses, and 99% would recommend the online courses to others.