



The Chicago Parent Program: An Evidence-Based Parent Training Program

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Four part series in two days:

- Session 2 - *The Chicago Parent Program: Considering Culture and Context in Program Development* (Wrenetha Julion)
- Session 3 – *The Chicago Parent Program: Experience It!* (Alison Ridge)
- Session 4 – *The Chicago Parent Program: Implementation* (Susie Breitenstein)

Objectives

- Discuss why is parent training important
- Explain how the Chicago Parent Program effective
- Explore why parent training can be cost effective

Why do we need parent training with parents of preschool children?

- Behavior problems occur in 7%-35% of preschool children.
- Behavior problems tend to be stable over time.
- Preschool behavior problems are associated with later academic and social problems.

10 Characteristics of Effective Parent Training Programs

1. Theoretically grounded
2. Supported by research
3. Have administrative support
4. Are flexible
5. Competent group leaders
6. Culturally and contextually relevant

10 Characteristics of Effective Parent Training Programs (continued)

7. Active parent involvement
8. Abundant opportunities for parent exchange of ideas and support
9. Capitalize on parent strengths
10. Connect with supplemental services for those who need more

The purpose of the Chicago Parent Program is to help parents be more effective with their children in managing their behavior and communicating with them.

Research Overview

- Effectiveness of the CPP was tested in a randomized trial of 292 families from 7 day care centers serving low-income children in Chicago (58% African American, 34% Latino).
- Data collection occurred 4 times over a 15 month period.
- Satisfaction surveys completed.

Research Results

Children of parents who attended the Chicago Parent Program:

- Had fewer behavior problems in the day care classroom
- Were rated by parents as having fewer behavior problems at home
- Had fewer behavior problems during videotaped interactions with their parents

Research Results *(continued)*

Parents who attended the Chicago Parent Program:

- Used less corporal punishment
- Were more likely to be consistent in their discipline
- Had higher parenting confidence
- Were less directive during parent-child interactions

Cost Effectiveness of Parent Training

- 45% of preschool children from low income families are enrolled in early childhood programs.
- Expulsion rates are 34 times greater from early childhood programs than from elementary or high school programs.

Kindergarten

- The average cost per year for a child with elevated behavior problems was \$3,400.
- The average cost per year for a child with conduct disorder was more than \$8,700.

Middle/High School

- The average cost of a child with behavior problems was \$23,000.
- The average cost of a child with conduct disorder was more than \$61,000.

Current and Future Research

- Preliminary results
- Participation rates
- Barrier reductions
- Incentives

References

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