

# Active Parenting

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# Implementing

- ▶ Active Parenting

# Risk and Protective Factors

- ▶ **First Five Years:** A complete course to address basic skills for new parents, caregivers, and early childhood staff training.
- ▶ **4<sup>th</sup> Edition:** A comprehensive parenting program helping parents of kids ages 5 to 12 raise responsible, cooperative children who are able to resist negative peer pressure and thrive.
- ▶ **Teens:** A comprehensive program to help parents through the often-tumultuous years of 11-16. Each session also shows parents how to handle sensitive issues such as drugs, sexuality, and violence.

# Target Populations

- ▶ Parents and caregivers of infants- 4 year olds
- ▶ Parents and caregivers of elementary age children (5 -12 year olds).
- ▶ Parents and caregivers of teens and pre-teens
- ▶ Parents and caregivers attend interested in developing their parenting skills. We have a variety of family types attending and some parents attend who do not have current custody of their children.

# Level of Intervention

- ▶ Individual and Family
- ▶ Implemented in Home offered virtually at this time.
- ▶ Dosage of Active Parenting  
Zero to Five- 2 hours, 1 night a week, for 4 weeks  
. Active Parenting  
4th Edition (Elementary)  
and Teens- 2 hours, 1 night a week, for 6 weeks

# Resources to Support the Program



Two trained instructors



Tech support person (could be one of the two instructors)



Pre-Registration  
<http://health.msuextension.org/parenting.html>



Cost \$10 per household,  
scholarships available upon  
request



Program is offered virtually with  
two instructors, and can cover  
the state of MT.

# Research Summary

- ▶ Over 35 Years of Active Parenting History provide strong scientific evidence of the efficacy of the active parenting model.
  - ▶ Caregiver participants reported positive change in
    - ▶ their own observation of their child or teens behavior,
    - ▶ their attitudes and beliefs about parenting,
    - ▶ their own parenting behavior (Foley et al., 2019) and
    - ▶ their parenting stress (Jespersen et al. 2021)
  - ▶ Caregiver participants reported their youth had positive changes in
    - ▶ Overall and prosocial behavior (Jespersen et al. 2021)
  - ▶ Long history with MSU Extension offering this program across 35 counties as far back as 1990 to help in addressing family skills need (Fulkwein, 1991)
  - ▶ More Information on research studies available at [activeparenting.com](http://activeparenting.com)

# Upcoming Classes

- ▶ **Course Information**
- **Active Parenting the First Five Years (Infants-4 years old).** Course cost: \$10. Dates: Tuesdays, November 9 - 30, 2021, 6-8 pm. (Postponed)
- **Active Parenting 4th Edition, Elementary Aged Youth (5-12 years old).** Course cost: \$10. Dates: Tuesdays, January 18 - February 22, 2022, 6-8 pm.
- **Active Parenting of Teens.** Course Cost: \$10. Dates: March 8 - April 12, 2022, 6-8 pm.



# Questions?

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