Conscious Fathering Effectiveness Data 2006-2007

Outcome Goal: 60% of participants will increase their confidence/knowledge.

Outcome Results:

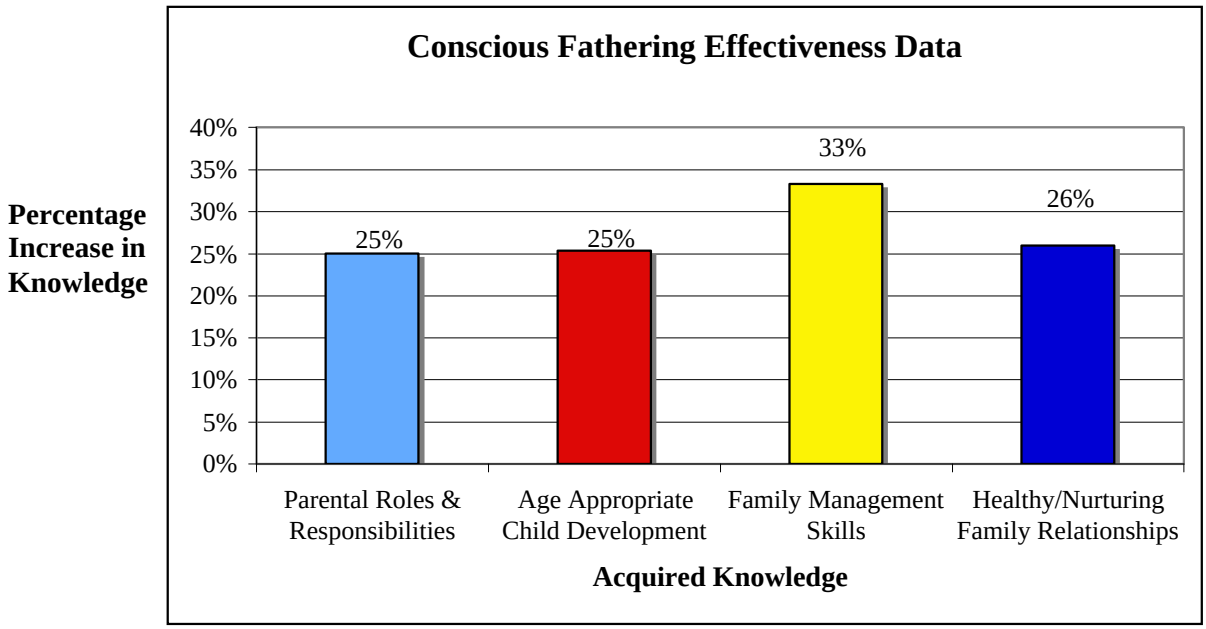
- 92% of participants in this program met the minimum benchmark increase of 10% or more in knowledge of parenting role and responsibilities (skills for safe/healthy baby care).

- 87% of participants in this program met the minimum benchmark increase of 10% or more in knowledge of age appropriate child development.

- 92% of participants in this program met the minimum benchmark increase of 10% or more in knowledge of family management techniques (calming a crying baby).

- 87% of participants in this program met the minimum benchmark increase of 10% or more in knowledge for developing healthy, nurturing family relationships (parental balance & nurturing infant).

Conscious Fathering Skills for New Dads Program Effectiveness Data (2006-2007.) n=310



The numbers in this chart represent points on a 10-point scale. (0 points = 0% knowledge and 10 points = 100% proficiency in knowledge.)

Outcome Goal: Participants will increase their confidence/knowledge by 10%.

Outcome Results:

- Participants reported a 25%* increase in knowledge of the parenting role and responsibilities (Increased confidence/knowledge in skills as father and infant safety).

- Participants reported a 25%* increase in knowledge of age appropriate child development.

- Participants reported a 33%* increase in knowledge of family management techniques (Increased knowledge of baby's basic needs and how to calm a crying baby).

- Participants reported a 26%* increase in knowledge for developing healthy, nurturing family relationships (Increased knowledge on how to be a caring and equal parenting partner and increased comfort in nurturing and interacting with baby).

* = Statistical significance at $P < 0.001$ → (very strong evidence that results are statistically significant)