

# Spanish-language Parenting Education Program

## “Los Niños Bien Educados”

### Program Overview

- Designed for Latino immigrant parents.
- Teaches non-punitive discipline and guidance, family communication and interaction with U.S. systems.
- Builds on cultural value of children being well-behaved, “bien educados.”
- Originally designed from the ground up, from the values and needs of the community.
- Class series: 3-hour sessions, twice a week for 6 weeks.
- 2 instructors for entire class series.
- 1 Parenting Coordinator for entire class series.
- Childcare available prior to Covid-19.
- Curriculum’s Developer: Center for the Improvement of Child Caring (CICC).

### Covid-19 & On-line Classes

- In March 2020, the State of Washington was under governor’s Stay Home – Stay Healthy proclamation due to Covid-19.
- On-line modality of the program was adapted and implemented as a response to Covid-19 and to meet the needs of the community in preventing child abuse and neglect through parenting classes.
- A secure and licensed “Zoom” account was used to host on-line classes.
- Project director and parenting coordinator have received appropriate training to serve as tech support for parents and instructors.
- One-on-one sessions have been implemented prior to class series start date to effectively assist parents with the use of Zoom.
- Transportation barrier has been eliminated with on-line modality.
- Class material has been shipped to parents home address.
- Majority of parents have used a smartphone to connect to the classes.
- A private Facebook group was created for parents as a space to share resources and support one another.

### Goals

- Prevent child abuse and neglect
- Promote healthy family development
- Increase family and community protective factors
- Strengthen family cohesion
- Improve child school performance

### Evaluation

Tools used in the program:

- Protective Factors Survey (FRIENDS)
- Difficult Life Circumstances (University of Washington)
- Parenting Education Program (Yakima Valley Farm Workers Clinic)
- ASQ (Brookes)

Prior to Covid-19 all evaluation tools were paper-based. YVFWC with the help of FRIENDS has been able to implement an on-line version as follows:

- Protective Factors Survey– using FRIENDS platform
- Difficult Life Circumstances–using SurveyMonkey
- Parenting Education Program – using SurveyMonkey
- ASQ– Brookes (In process)

### Outcomes

In-person Modality

- Number of participants between 9/30/2016 and 3/31/2020 (in-person classes) = 458
- 77% of migrant families participated at high levels (>=8 of 12 class sessions).
- 89% reported improved family communication.
- 79% reported non-punitive discipline and positive guidance skills with their children.
- 90% reported access to mutual support from other migrant families.
- Significant improvement on Family Functioning/Resiliency, Social Support, and Nurturing and Attachment among parents.
- 28% of were adult male participants.

On-line Modality

- 68 parents have participated in on-line classes between 10/1/20 and 3/31/21.
- 70% reported preference on on-line over in-person classes.
- 74% reported this program as their first time taking an on-line class.

