



# Family and Consumer Sciences Extension

## —*Parenting Education 2003*

*Putting Knowledge to Work for Georgia Families*

The University of Georgia

Cooperative Extension Service

### ***The Problem***

- According to Georgia Kids Count 2003, the child abuse and neglect rate has been rising dramatically from 11.3 per 1,000 in 1997 to 17.8 per 1,000 in 2001.
- Every 30 minutes in Georgia, a child is the victim of confirmed abuse or neglect - 85,000 cases in 2002 - costing every Georgia family an average of \$1,500.\*
- According to Georgia DHR, almost 14,000 Georgia youngsters are in state custody for foster care, at an average age of 12 years old.
- Child abuse and neglect are strongly related to family poverty, especially in combination with depression, social isolation, and substance abuse.\*\*
- According to Georgia Kids Count 2003, poor parenting skills can place children at risk for abuse and neglect.
- Teen parents are twice as likely as older parents to abuse their children.

### ***Research-based Solutions***

- Practicing positive parenting habits can stop cycles of abuse.
- Positive parenting skills can be learned and used by nearly all parents.
- Teen parents are particularly receptive to research-based education.

### ***Extension's Role***

- Conduct parenting education for all interested parents.
- Present parenting education classes for parents identified as needing special assistance.
- Collaborate with other family-serving groups to provide seamless support.

### ***Extension's Contribution to Solving the Problem***

- Provided over 191,000 hours of parenting and family education to 25,526 Georgians. Almost 44% of them were identified as low income or at risk.
- Provided parenting education by media to millions of Georgians. Parenting education was provided through 12 TV presentations to over 145,000 people, more than 155 radio broadcasts to over 1.5million listeners, 17,460 newspaper articles to over 19 million, and 25 exhibits to over 6,000 people. More than 840 newsletters reached over 103,000 people.

### ***Impact on Georgians***

- Almost 92% of the participants in parenting education programs said that those educational programs were helpful to develop parenting knowledge and skills.
- After participating in *Parenting Education Programs*, the majority of parents indicated that they intend to adopt learned parenting practices which will help them guide their children with clear limits, less anger and less stress. For example, 92% planned to model the values that they expect their children to learn, such as respect, trust, and love of learning; 91% planned to forgive their children's mistakes and make them learning opportunities; 94% planned to enforce expectations of children's behavior calmly and consistently; 98% planned to provide household responsibilities for their children, appropriate for their development; and 88% planned to provide reasons for their decisions that affect their children.
- Almost 63% of the parents who participated in stress management extension programs learned to manage their stress.

- Over 80% of the caregivers who participated in the *Guidance and Discipline* extension program learned to set clear limits for their children; to give their children positive feedback; and to use consequences to guide their children.

## ***Sources***

\* 2001-2002 Annual report. Atlanta: Prevent Child Abuse Georgia. Available at

<http://www.preventchildabusega.org>

\*\* English, D.J. (1998). The extent and consequences of child maltreatment. *The Future of Children: Protecting Children from Abuse and Neglect*, v 8, 1 (Spring). Los Altos, CA: David and Lucille Packard Foundation.

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