

Win:Win

Parenting Programmes & Wellbeing

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Parenting is an important determinant of wellbeing:-

- **Emotional**
- **Mental**
- **Psychological**

- **Social**
- **Cognitive**
- **Physical**

- **Current and future**

Parenting that supports the development of wellbeing requires parents to have:-

- Emotional, Mental, Psychological
- Social, Cognitive, Physical

Wellbeing

Plan

- Overview of some common parenting programmes
- Findings of the Parenting Early Intervention Pathfinders Initiative
- Frequently asked questions
- Conclusions
- Discussion

Aims of Parenting Programmes



Infants

13+years

2-12 years

Parenting Programmes: Approaches

Universal

Indicated

Targeted

Infant Programmes

- Enhancing parental sensitivity and attunement
- Recognising infant communication and social interaction
- Supporting parents

Infant Programmes

- Indicated

 - Parent Infant Psychotherapy

- Targeted

 - Alone or as part of other programmes

- Universal

e.g.

- Watch Wait and Wonder: Muir et al

- Video interaction Programmes: Various

- The Social Baby: Murray et al

- Baby massage ?

Programmes for 2 – 12 years

- Managing Behaviour
- Enhancing Relationships
- Supporting Parents

Programmes for 2-12 years

Indicated, targeted, universal

e.g.

- Incredible Years
- Triple P
- Strengthening Families, Strengthening Communities
- Family Links Nurturing Programme

Programmes for 12 years plus

- Communication
- Enhancing relationships
- Sex, drugs, alcohol
- Support for parents

Programmes for 12years plus

Indicated, targeted, universal

e.g.

- Trust for Study of Adolescence:
 - ESCAPE
 - TAKE 3
- Parentline Plus

Impact of parenting programmes

Evidence base relates primarily to indicated and targeted behaviour management programmes for primary school age children

Improvements demonstrated in:

Behaviour problems

Parenting practices

Maternal anxiety and depression

Long term sequelae of Behaviour Problems

Marital breakdown

Poor employability

Poor quality relationships

Poverty

Educational failure

Drug and alcohol misuse

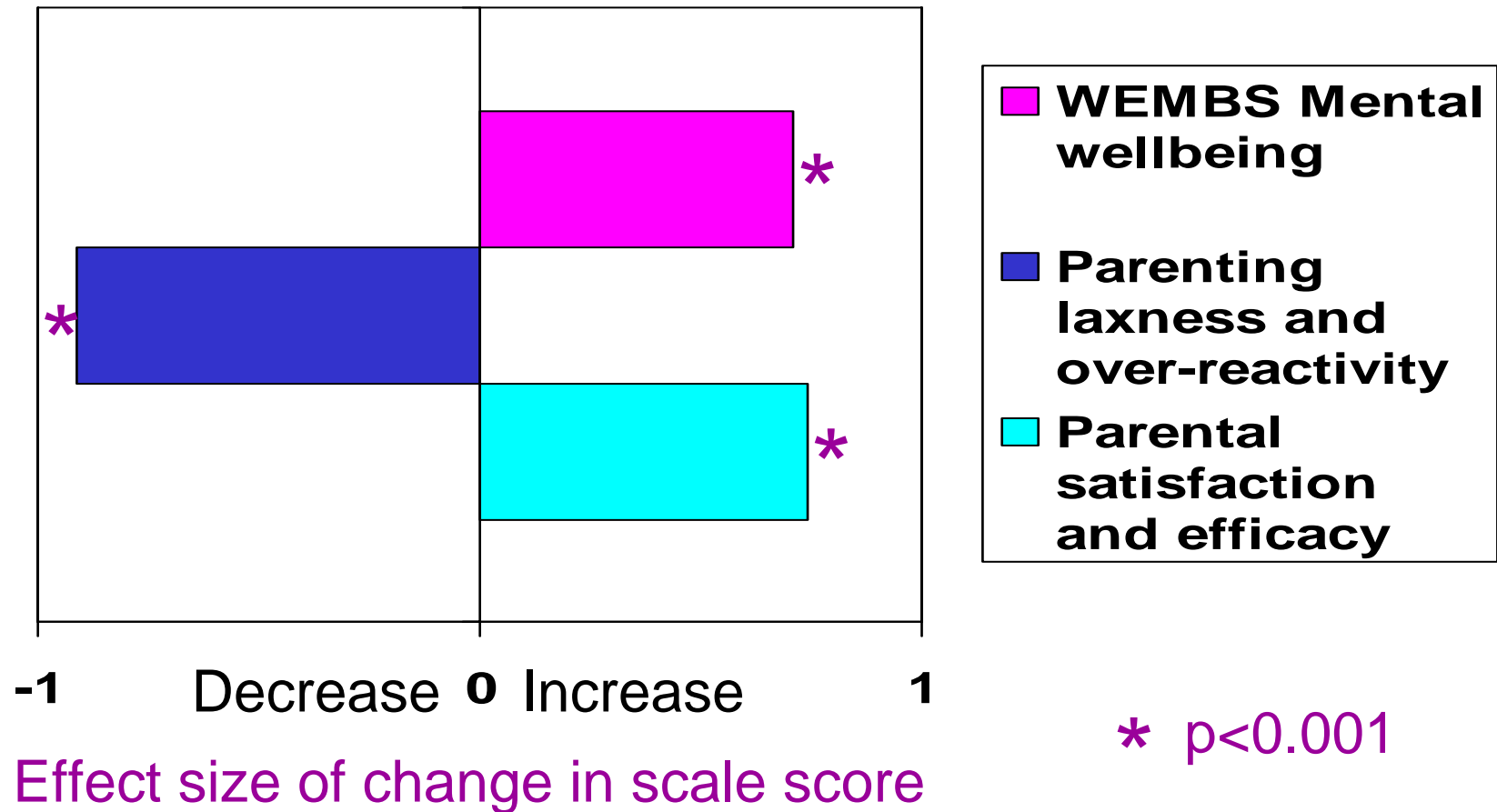
Criminality and violence

Parenting Early Intervention Pathfinder Evaluation

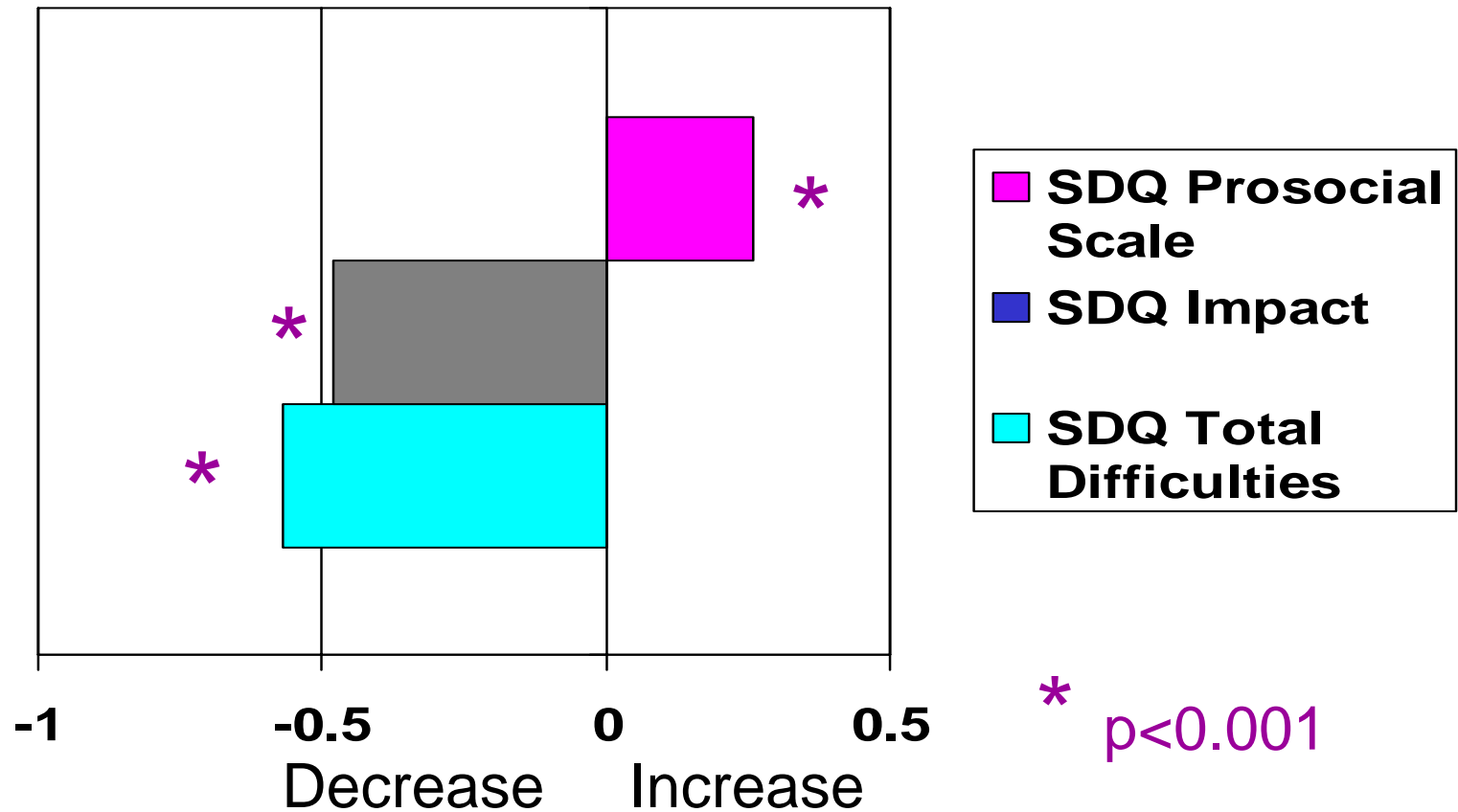
Lindsay G, Davies H, Band S, Cullen MA
Cullen S, Strand S, Hasluck C, Evans R,
Stewart-Brown S.

Department for Children Schools & Families
Research Report DCSF-RW 054
University of Warwick 2008

Change in parent scores before and after PEIP parenting programme



Change in child scores before and after PEIP parenting programmes



Effect size of change in scale score

Lindsay et al., DCSF-RW054 2008

FAQs

Do the 'right' parents come ?

Do they stay?

Who can run programmes ?

What do they cost?

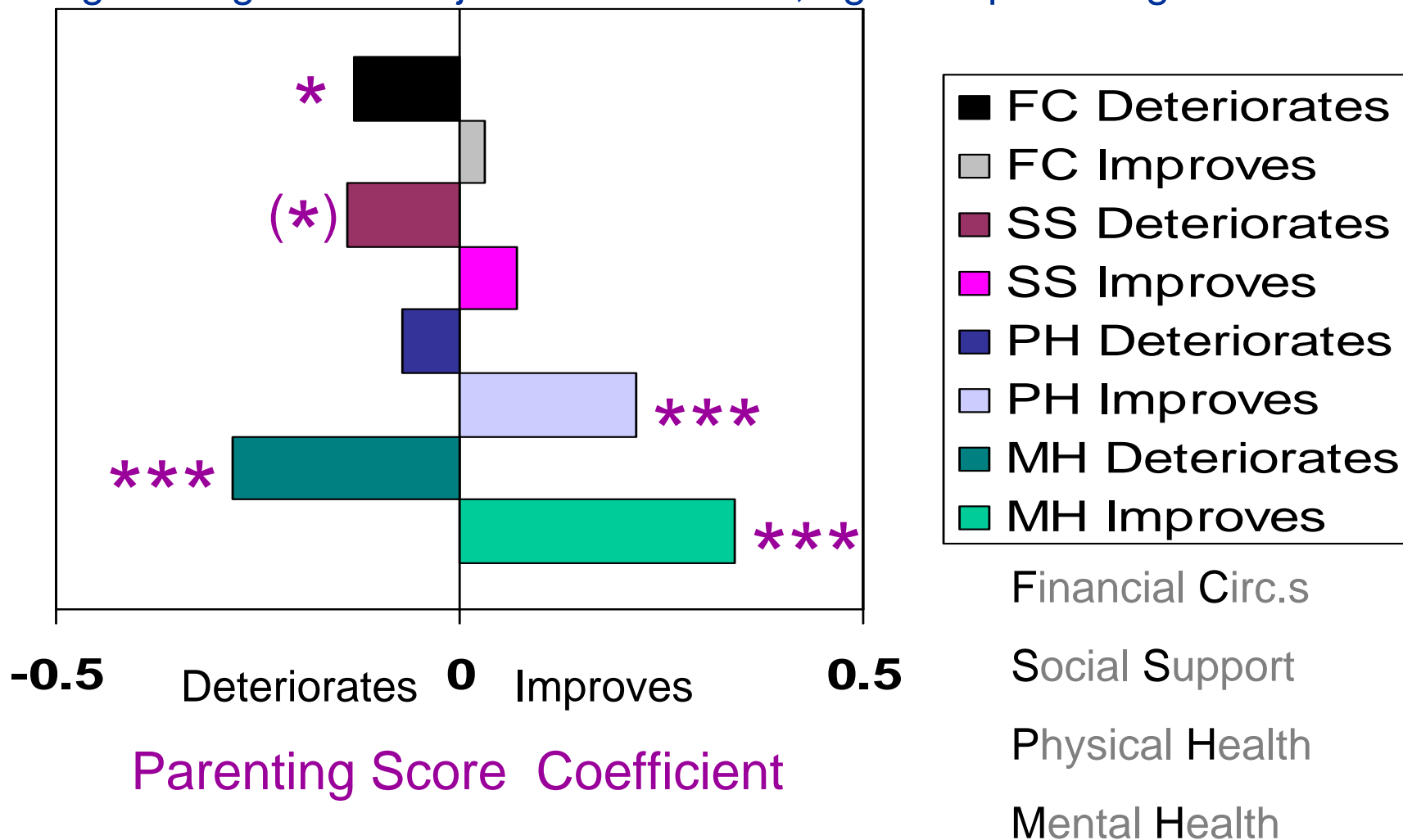
Do both parents need to come?

Beliefs about the Determinants of Parenting

- Poverty
- Social exclusion
- Low educational achievement

Impact of changes in health and social circumstances on parenting 8-33mths

Logistic regression adjusted for mat ed., age and parenting at 8 mo



Conclusions

- Parenting programmes have a positive impact on parent and child wellbeing as well as on antisocial behaviour, educational failure, criminality and violence
- There are differences between programmes in their aims, the families they were developed for, and content
- All seem to contribute to wellbeing

Conclusions

- More support for development of parents' wellbeing
- More for infants
- More for fathers