Let's Discuss...

Parenting: Best Practices

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Attestations

❖ None

Best Practices

❖ Definition: Methods or techniques that have been generally accepted as superior to other alternatives, because they produce results superior to those achieved by other means, or because they have become the standard way of doing things.

Best Practices

❖ Applications in many fields:
  ❖ Business - Inventory management, Finance
  ❖ Agriculture - Irrigation, Livestock disease control
  ❖ Manufacturing - Safety practices
  ❖ Laboratory - Instrument calibration
  ❖ Food Service - Refrigeration standards, cleanliness
  ❖ Medicine - Peer review literature, RCTs, etc.

Best Practice

❖ A method of informed decision-making:

  ❖ Problem exists —->

  ❖ What has worked in the past —->

  ❖ What can be done now to address the problem?

What is "Best"?

❖ "Best" is a subjective term:

  ❖ What has worked exceptionally well and Why?

  ❖ In many domains / environments?

  ❖ Are there alternative "Good" practices which may combine to produce "Smart" or "Promising" practices?

  ❖ Best Practices aid in Informed Decision-Making

Informed Decision-Making

❖ Eugene Bardach, Emeritus Professor of Public Policy, Cal - Berkeley:

  ❖ Once informed decisions are made, the Policy must be clearly articulated and down to earth such that a NY taxi driver can understand during a trip through the city.

  ❖ NY taxi drivers are expected to be non-specialists and tough customers.

Best Practice & EBPRC

❖ "Best Practices" and "Evidence-based Practices" are synonymous.

❖ One source of data for documented "Best Practices": a division of the Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration (SAMHSA).

❖ Evidence-Based Practices Resource Center is a Division of SAMHSA.

❖ EBPRC: Online, searchable database of interventions designed to promote mental health, and to prevent or treat substance abuse and mental disorders.

EBPRC Review Process

* Two tracks:
  * Quality of Research (QOR)
  * Readiness for Dissemination (RFD)

Quality of Research

* 1. Reliability of measures
* 2. Validity of measures
* 3. Intervention fidelity
* 4. Missing data and attrition
* 5. Potential confounding variables
* 6. Appropriateness of analysis

Readiness for Dissemination

* 1. Availability of implementation materials
* 2. Availability of training and support resources
* Availability of quality assurance procedures

EBPRC Minimum Standards

* Demonstration of 1 or more positive outcomes
* Evidence of 1 or more studies in experimental design
* Results published in a peer-reviewed journal
* Implementation, training, support resources, and QA policies available

Best Practices - Parent Training Programs

- ❖ No "Best Practice" for standard parenting practices. More on this later.
- ❖ 8 programs thus far for Parent Training for parents of children with problem behaviors and emotional disturbances including:
  - ❖ Oppositional Defiant Disorder, Angry/Irritable Mood, Argumentative Behavior, Vindictiveness, Conduct Disorder, Aggression to People or Animals, Destruction of Property, Deceit or Theft, Serious Violations of Rules)

- ❖ Helping the Noncompliant Child Program
- ❖ Parent-Child Interaction Therapy
- ❖ Incredible Years Program
- ❖ Triple-P Positive Parenting Program
- ❖ Parent Management Training - Oregon Model
- ❖ The Kazdin Method for Parenting the Defiant Child
- ❖ Familia Adelante
- ❖ Strengthening Families Program - Adolescent Program

Helping the Noncompliant Child

- ❖ Robert McMahon PhD and Rex Forehand PhD
- ❖ For children 3-8 years of age
- ❖ An intensive program, not office-based
- ❖ Trained staff observe parent-child interaction in the home 75-90 minutes, twice/week, 5-14 sessions.
- ❖ HNC assumes that behavior problems are result of coercive interaction between parent and child, which inadvertently reinforces child's noncompliant behavior.

Parent-Child Interaction Training (PCIT)

- ❖ For children ages 2-8
- ❖ 2 phases -
  - ❖ Child-directed and child-centered skills, how to play and interact with the child
  - ❖ Parent-directed - dealing with discipline skills. Goal is to increase positive, nurturing interactions.
  - ❖ Parents rehearse new skills in weekly sessions, with live interaction with children, in setting which provides therapist opportunity to provide coaching via earpiece.

Incredible Years Program

- 3 separate curricula for Parents, Teachers, and Children
- Ages for Parent Program 0-12, for Teacher and Child Program 3-8
- Basic Parent Program - 8-20 weekly sessions in group format.
- Basic Teacher Program - 6 full-day workshops

Incredible Years Program

- Foundations:
  - Respect and understand children - developmental levels, social skills modeling, child-directed play, balancing power, ignoring, etc.
  - Maintain appropriate expectations
  - Positive parenting, controlling emotions
  - Importance of rules/limit-setting and routines/structure.

Triple P

- Positive Parenting Program
- Designed for parents of children and adolescents 0-16 years of age
- Specialized programs for families with disabled children, parents going through separation/divorce, overweight children, indigenous populations.
- Relevant to most cultures and socioeconomic groups.
- Over 35 years of evidence-based research.
- Developed by psychologist Matt Sanders in Australia.
- A suite of interventions of varying intensity.

Triple P

- 5 Levels of intervention, from single session encouragement and guidance, to minimal number of sessions regarding "Power of Positive Parenting", to Targeted Counseling for more specific problems, to "Severe" and "Intensive" levels of intervention.
- Data suggests dramatic positive impact when properly implemented.

Parent Management Training - Oregon Method

- Developed by Dr. Gerald Patterson at the Oregon Social Learning Center
- Focuses on 5 Core Parenting Skills:
  - Encouragement - Parenting with emphasis on Praise and Incentives.
  - Limit-setting - Negative, non-physical consequences.
  - Monitoring and Supervision - both at home and away from home.
  - Family Problem Solving - An organized method of making decisions with family input.
  - Positive Parenting - Parenting with interest, caring, and attention.

The Kazdin Method

- Developed by Dr. Alan Kazdin, Director of the Yale Parenting Center.
- Methods for management of severely aggressive, anti-social behavior and conduct problems.
- Parent Management Training (PMT) and Cognitive Problem Solving Skills Training (PSST).

Kazdin PMT

- 5-10 weekly sessions, with 1 hour modeling, role playing, and rehearsal.
- Foci:
  - Positive reinforcement
  - Time out
  - Attending and ignoring
  - Shaping
  - Review
  - Family meeting
  - Negotiating and compromising
  - Reprimands for serious behaviors
  - Review

Kazdin PSST

- 12 sessions, focusing on Problem Solving
  - Learning the steps to solve problems, applying the steps, role playing.
  - Parent-child contact
  - Application of problem-solving in real-life situations
  - Wrap-up and role reversal

Familia Adelante

❖ Designed by Richard Cervantes PhD in Los Angeles.

❖ Focus on empirically- based and culturally- based risk factors within the Latino community.

❖ A series of 12 90-minute modules for at-risk youth and their parents.

Strengthening Families Program: Adolescent Parenting

❖ A video-based adaptation of the original SFP.

❖ Helps families develop the skills, values, goals, and interaction patterns needed to avoid substance use and other problem behaviors.

❖ Has been shown to be effective in reducing substance abuse, and to some extent, delinquent behavior.

❖ Focus is on changing parent-child interactions.

❖ Not as effective as previously mentioned programs per research data. *Longitudinal studies are underway.*

Common Themes

❖ Research supports that programs that include parent training in creating positive parent-child interactions, increasing effective emotional communication skills, using time-out and emphasize parenting consistency tend to produce greatest effect sizes.

Common Themes

❖ All programs listed teach and encourage parents to:

  ❖ Use praise and rewards to reinforce desirable behaviors.

  ❖ Replace criticism and physical punishment with mild and consistent negative consequences for undesirable behavior (such as time-out, loss of privileges).

  ❖ Increase positive involvement with their children, such as playing with them, reading to them, listening to them.

Applications ;-)

- From "The Etiology and Treatment of Childhood", The Journal of Polymorphous Perversity, Jordan Smoller, Univ. of Pennsylvania
- Core features of Childhood
  - Congenital onset
  - Dwarfism
  - Emotional lability and immaturity
  - Knowledge deficits
  - Legume anorexia

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- "Relationships between Parenting Style, Feeding Style, Feeding Practices and Fruit & Vegetable Consumption in Early Childhood"
- Jackie Blissett
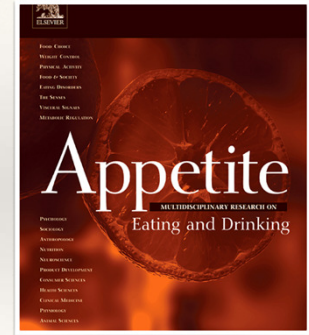
- Research shows that diet high in fruits and vegetables (FV) is associated with reduced risk of cancer.
- Only 21% of children in UK consume recommended 5 portions of fruit or vegetables a day.
- Overall evidence suggests that an authoritative parenting and feeding style is associated with better FV consumption in early childhood.

The context of authoritative parenting with regard to feeding style:

Emotional warmth but high expectations for children's dietary behavior

Specific feeding practices:
  Modeling consumption of FV.
  Making FV available within the home.
  Covertly restricting unhealthy alternative snack foods.
  Encouraging children to try FV.

In Conclusion… Recall this slide:

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3 Basic Elements:

❖ 1. Structure: Chaotic, unstructured environments are toxic to children. Structure is the opposite of Chaos. Parents should provide a degree of Structure to the child's daily life.

❖ 2. Nurturance: Give children adequate time and attention, with regard to physical and emotional needs. Play with them, engage with them, give them your time.

❖ 3. Limit-setting: Discipline with positive regard, applying non-physical consequences, time-out, loss of privileges. Control your emotions, modeling appropriate frustration tolerance.