The following is a preliminary analysis of changes in parenting attitudes and nurturing skills assessed for parents participating in the Relationship Based Visitation Title IV-E Waiver program in Oregon and control group parents between February 2012 and July 2014. Parenting attitudes and nurturing skills were assessed using the following:

- **Adolescent-Adult Parenting Inventory (AAPI):** Parenting and child rearing attitudes of adult and adolescent parents
- **Nurturing Skills Competency Scale (NSCS):** Quality of life issues that families face as they attempt to put into practice new parenting beliefs, knowledge, and skills.

### RBV Parents
- AAPI & NSCS administered by RBV Coach (parent completed pencil & paper assessment).
- 128 parents had both baseline & follow-up assessments.
- Average 8 months between baseline & follow-up.

### Control Parents
- AAPI & NSCS administered online or via phone interview (parent choice).
- 56 parents had both baseline & follow-up assessments.
- Average 7.6 months between baseline & follow-up.

### Results: Change in AAPI Parenting Attitudes

#### Appropriate Expectations
- **RBV**
- **Control**

#### Empathy
- **RBV**
- **Control**

#### Avoid Corporal Punishment
- **RBV**
- **Control**

#### Appropriate Parent-Child Roles
- **RBV**
- **Control**

### Definitions
- **Appropriate expectations:** Parent has age-appropriate expectations for child; understands normal child growth and development
- **Empathy:** Parent understands and values child’s needs; child allowed to express feelings; communicates with child
- **Avoid corporal punishment:** Parent uses time-out and other discipline strategies instead of corporal punishment; democratic rule making
- **Appropriate parent-child roles:** Parent takes ownership of behavior; finds support from peers, not child
**Change in AAPI Parenting Attitudes: What Does it Mean?**
- Compared to control group parents, RBV parents reported statistically significant improvements on all four AAPI parenting attitudes.
- RBV parents showed the most growth in having age-appropriate expectations for their children.
- Control group parents generally stayed the same or scored worse at the follow-up assessment, whereas RBV parents improved.

**Results: Change in NSCS Nurturing Skills**

**Change in NSCS Nurturing Skills: What Does it Mean?**
- Compared to control group parents, RBV parents reported statistically significant improvements on all three NSCS nurturing skills.
- RBV parents showed the most improvement in self-care skills.
- RBV parents tended to score lower than control parents at the baseline assessment, and equal to or slightly higher than control parents at the follow-up assessment. This suggests that RBV parents as a group felt less skilled than control parents, but “caught up” after participating in the RBV program.

**Summary**

Preliminary evidence suggests that RBV services help parents improve their attitudes toward parenting, especially in terms of appropriate expectations for children, compared to a similar group of parents who did not receive RBV services. Findings should be interpreted with caution because the parents included in these analyses (those who were willing to participate, completed a Family Nurturing Plan, etc.) may not be representative of all parents identified for this study.

For more information, contact Dr. Carrie Furrer, cfurrer@pdx.edu