



Daly City, California

Evaluation of 2007 Parent Workshops

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This evaluation was prepared for Our Second Home. It was conducted by Melissa Kornblau and Megan Klein, under the direction of Dr. Sheldon Gen, all from San Francisco State University's Department of Public Administration.

All findings and opinions expressed in this report are the authors' alone, and not necessarily those of San Francisco State University nor Our Second Home.

The authors express their sincere thanks to Casey Ward-Federico for commissioning and supporting this project.

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Introduction

Our Second Home (OSH) is a non-profit organization in Daly City, CA dedicated to supporting families with preschool-age children by giving them the resources they need to raise happy and healthy children. They provide a variety of services to this end including preschool for low-income children, mental health counseling, ESL classes, and many others.

This report summarizes an evaluation of OSH parent workshops. The workshops are designed to provide needed skills to parents and enhance the capacity of the parent to support the growth and development of the family. The evaluation measured the effects of the workshop on interpersonal relationships, understanding of parenting methods, intentions to practice the techniques learned, and whether the techniques learned have been enforced consistently.

The evaluation was commissioned by Casey Ward-Federico, Program Supervisor for Our Second Home, and was conducted by graduate students and faculty of San Francisco State University's Master of Public Administration program. A summary of the main findings for each workshop are presented in the body of the report, with detailed results given in the Appendix.

Methods

As requested by Our Second Home, the analysis in this report focuses on the Parenting Classes offered by OSH to parents of preschool age children during the second half of 2007. Eight parenting workshops, one of which consisted of four sessions while the rest were one session only, were offered between July and December of 2007. Seven of these workshops were included in our evaluation. One, the Setting Limits with Love Group Reunion, was not included as it was only a follow-up to a previous workshop.

One of the reasons for embarking on this evaluation was to satisfy requirements for one of OSH's funders, Children's Collaborative Action Team (CCAT), which requires certain measures of workshop effectiveness to be gauged three months or more after each of the classes. These measures include:

- improvement of familial relationships as a result of the workshops,
- current use of techniques learned in the workshop, and
- planned continued use of the techniques learned in the workshop.

The evaluation was expanded beyond these measures to capture other aspects of workshop effectiveness of interest to OSH, as well as to gauge future interest in OSH services.

Evaluation Design and Data Collection

A survey method was used with separate survey instruments created for each workshop. To help determine appropriate survey questions, logic models were explicated for each workshop. Survey questions were written to measure the extent to which each of the long and short-term outcomes described in the logic models for the workshops was achieved. The questions were generally Likert-scaled measuring the level of agreement with a certain statement

with response options of agree, somewhat agree, neither agree nor disagree, somewhat disagree, and disagree. In addition, questions were added to measure the dimensions of effectiveness for CCAT. The survey instrument for each workshop as well as the introductory letter from the researchers can be found in Appendix A. Logic models for each workshop are included in the Results section of this report.

The survey for the appropriate workshop was mailed to each workshop participant, along with a \$5 Jamba Juice gift card offered as an incentive. A self-addressed stamped return envelope was included with the survey and gift card as well as an introductory letter. Only one participant out of all of the workshops did not have an address on file to which a survey could be mailed.

The first round of surveys was mailed out April 18, 2008. This round yielded 15 completed and returned surveys out of a total of 55 sent. Surveys were mailed again to all workshop participants on May 11, 2008 with a brief letter asking them to respond if they had not already (see Appendix A). A self-addressed stamped envelope was again included. Twelve more responses were received from this mailing. In total, 27 out of 55 surveys were returned, for a 49% response rate.

Data Analysis

All survey responses were entered into SPSS and descriptive statistics for each survey question on each survey instrument were run, including percentages for each response, the mean score and the standard deviation. Two of the surveys, those for the Setting Healthy Limits workshops, included questions measuring the participant's understanding of the concepts before and after the workshop. A paired sample t-test was run on these responses to determine whether a statistically significant change in understanding resulted from the workshop.

Summary Results for CCAT Questions

The three questions directly related to CCAT requirements yielded results well above the threshold required by the funder. The first question, "My relationship with my child, children, or other family members has improved as a result of the workshop," yielded 84.6% of respondents answering affirmatively with an agree or somewhat agree (mean=1.73, SD=.72). The remainder of the respondents answered with a neither agree nor disagree response.

For the question "I use techniques learned in the workshop..." with response options of daily, weekly, once in a while and never, 61.5% said daily and 26.9% said weekly. 100% of respondents reported using techniques learned in the workshop at least once in a while.

Finally, over 73% of respondents answered agree to the question "I plan to continue to use the techniques learned in the workshop." The other 27% responded with a somewhat agree.

Summary Results and Logic Models for Workshops

Separation Anxiety (7/10/07)

Description

The workshop on Separation Anxiety was taught by Sharon Issurdatt, Mental Health Specialist for Our Second Home. This was a one-time workshop with a curriculum aimed at offering basic skills and suggestions to handle separation anxiety in children. Six parents with a child or children of up to six years of age completed the workshop. Parents initially discussed specific questions or issues while Sharon presented suggestions which emphasized communication techniques, effective transitioning, parent confidence, and acceptance. After the open discussion, parents engaged in role play with Sharon.

Initial outcomes were for each parent to understand that other parents have similar experiences, and for parents to have their questions answered. Additionally, they would have an increased awareness of their own issues with separation anxiety, and would increase their confidence to handle anxiety with their child or children. Therefore, parents would engage in reflective parenting and recognize the change that is needed. After reflection, parents would begin to utilize the learned techniques. Over the long term, the outcome goal is for parents to consistently use the techniques taught in the workshop and continue to seek support, whether it is from Our Second Home, another institution, or from informal connections.

Results

Six parents completed the survey on the topic of the separation anxiety workshop. The results of the survey were overwhelmingly positive. Among the responses, all agreed that the workshop helped them recognize changes they could make to make separations easier, all agreed that the suggestions and tips on handling separation anxiety in the workshop are effective, and all respondents felt that the workshop made them realize that other parents have similar concerns with separation anxiety. All respondents either agreed (60%) or somewhat agreed (40%) that the workshop helped them understand their own issues with anxiety (thus engage in reflective parenting), that the workshop made them feel more confident handling separation anxiety with their child or children, and that their relationship with their child, children, or other family members have improved as a result of the workshop. The majority (80%) of respondents use the techniques learned in the workshop on a weekly basis, and all agreed (60%) or somewhat agreed (40%) that they plan to continue using the techniques learned.

Logic Model: Separation Anxiety

| Inputs | Activities | Outputs | Initial Outcomes | Longer- Term Outcomes |
|--|--|---|---|--|
| <ul style="list-style-type: none"> - Workshop Teacher: Sharon Issurdatt, LCSW, Mental Health Specialist (MHS) - One- time workshop with curriculum on suggestions for handling separation anxiety - Clients: 6 parents with a child or children of up to 6 years of age, living in Daly City and Northern San Mateo County. | <ul style="list-style-type: none"> - Introductions of teacher and parents; parents briefly discuss what brought them to the workshop and specific questions or issues they have with separation anxiety - Teacher presents standard suggestions, including: communication techniques, transitioning, parent confidence, acceptance, and other tips for parents - Role play with teacher presenting effective techniques to manage anxiety for various situations that are suggested by parents. | <ul style="list-style-type: none"> - 6 parents complete workshop which teaches basic skills to handle separation anxiety | <ul style="list-style-type: none"> - Parents have increased awareness and knowledge of their own issues of separation anxiety; increased confidence in themselves and their ability to handle issues of separation anxiety - Reflective Parenting: parents recognize change needed to effectively manage separation anxiety - Parents utilize techniques of workshop; role model positive behaviors with child - Parents get questions regarding the issue answered/ Realize they are not alone in dealing with the issue | <ul style="list-style-type: none"> - Parents consistently use techniques taught in workshop - Parents appropriately handle separation anxiety issues - Parents continue to seek support |

Media and Young Children (7/19/07) / Children and Media (9/7/07)

Description

Two workshops on media and children were offered by OSH, taught by Casey Ward-Federico, Program Supervisor; and co-facilitated by Nancy Yamamoto, from KQED public radio, at the first workshop. The subject matter was comparable in both workshops. The first workshop comprised four primarily Spanish speaking parents, and the second offering comprised 16 parents who were users of the SSF Parent's Center, where the workshop was held. During the workshops, parents learned the television rating system and underlying messages of media and television. Themes such as repercussions of violence and how gender is presented were also discussed, and the second workshop engaged in role play.

Outcomes over the short term were for parents to increase their consciousness of media messages and their empowerment to make choices about what their children are exposed to. Additionally, as is a common outcome in all workshops, OSH aimed to answer all questions and issues that the parent may have come to the workshop with. Over the long term, outcome goals were for parents to make responsible and informed choices when it comes to the level of media exposure for their children, and that they act with consistency in their approach. And as a common theme, parents should continue to seek support either from OSH, other institutions, or informal relationships.

Results

Nine parents completed the survey on the topic of media exposure and their children. Results showed that all respondents agreed or somewhat agreed that they have increased their understanding of media messages as a result of the workshop, 88.9% agreed or somewhat agreed they feel more confident making choices about their child's media exposure, and 88.9% agreed or somewhat agreed that they feel the television rating system is important in their decisions about their child's exposure.

Although all parents use the techniques learned in the workshop and all plan to continue to use the techniques learned, only 55% use the techniques on a daily basis. Additionally, only 11.1% of parents agreed they have improved relationships as a result of the workshop, and a significant proportion somewhat agreed (55.6%); this may be because the workshop topic was more specific to an issue not related to the relationship between the parent and child. Results varied when respondents were asked whether they are interested in attending future workshops at OSH, with 44.4% of respondents stating that they are interested, 44.4% not sure, and 11.1% not interested. However, 66.7% have continued to seek support since the workshop.

Logic Model: Media and Young Children/ Children and Media

| Inputs | Activities | Outputs | Initial Outcomes | Longer-Term Outcomes |
|---|---|---|--|---|
| <ul style="list-style-type: none"> - Workshop Teacher: Casey Ward-Federico, MSEd; Nancy Yamamoto (co-facilitator 7 /19/07) - One time workshop; KQED provided curriculum (partially followed) - Educational handouts provided, television clips and media ads shown - Clients 7/19: 4 parents with a child or children of up to 6 years of age, living in Daly City and Northern San Mateo County, primarily Spanish speaking - Clients 9/7: 16 parents with a child or children of up to 6 years of age, users of the SSF Parent’s Center (where workshop was held) | <ul style="list-style-type: none"> - Introduction to basics of television rating system - Teaches that every piece of media has a message. Uses activities with media and T.V. clips to help parents recognize messages in media - Magazine ads are presented with instructor asking parents “What does this make you believe?” as an attempt to realize message - TV clips presented to highlight violence in children’s TV. - Instructor asks parents to consider the results of violence which are not shown - TV clips used as discussion points about how gender is presented in children’s TV - 9/7 Workshop- Role playing setting rules as a family | <ul style="list-style-type: none"> - Two groups of parents complete two separate workshops | <ul style="list-style-type: none"> - Parents increase consciousness of media messages - Parents increase sense of empowerment around ability to make choices about their children’s media exposure - Parents get questions regarding the issue answered/ Realize they are not alone in dealing with the issue | <ul style="list-style-type: none"> - Parents make responsible and informed choices about media exposure for their children. - Consistency in approach to monitoring children’s media exposure - Parents continue to seek support |

Setting Healthy Limits Group for Parents (11/13, 11/20, 11/27 and 12/4/07)

Description

The Setting Healthy Limits Group was a four-part workshop given by Sharon Issurdatt in which parents attended four sessions during consecutive weeks. Due to the extended amount of time spent in the workshop, parents received ample opportunity to work with each other in addition to receiving guidance from the instructor lending aspects of a support group to the workshop. The workshop was intended to teach parents why setting limits and using positive discipline is healthy for their children and look at reasons setting consistent limits may be difficult. Techniques were taught to aid in the process along with opportunities to practice these techniques in role-playing situations. Parents in these workshops were encouraged to share their situations and issues with setting limits with each other, and to gain feedback and suggestions from other parents. This contributed to one of the goals of the workshop, decreasing isolation, by helping parents realize their problems with setting limits are often shared by other parents. The workshop also sought to empower the parents around their decision-making in life in general with the belief that more empowered and secure parents will lead to similar traits in their children and aid in their ability to set limits successfully for their children. As always, consistency in the setting and enforcement of limits was stressed as key to successful parenting.

Results

Every question measuring the long and short-term outcomes for the workshop was answered with either an “agree” or a “somewhat agree” response by all five participants who returned the survey. 100% of respondents said they use techniques learned in the workshop daily and plan on continuing to use the techniques, that they try to enforce limits consistently, and that they feel like a more empowered person as a result of the workshop. 80% of respondents have continued seeking support since the workshop ended. A test comparing the means of responses to questions measuring participant’s understanding before and after the workshop of the concept that their child’s behavior could be learned from them showed that there was a statistically significant improvement of understanding of this concept as a result of the workshop. This is remarkable considering the small number of respondents. Overall, the results show that the workshop achieved the desired outcomes for all participants who responded to the survey.

Logic Model: Setting Healthy Limits Group for Parents

| Inputs | Activities | Outputs | Initial Outcomes | Longer-term Outcomes |
|--|---|---|---|---|
| <ul style="list-style-type: none"> - Workshop Teacher: Sharon Issurdatt, LCSW, Mental Health Specialist (MHS) - Four-part workshop with a loose curriculum - Informational handouts provided in both English and Spanish - Clients: 6 enrolled, 5 completed. Parents with a child or children of up to 6 years of age, living in Daly City and Northern San Mateo County - Workshop structure implemented: part workshop- part parent support group | <ul style="list-style-type: none"> -Format of workshops consists of parents sitting in a circle to facilitate communication/ engagement/ sharing - Parents ask questions and discuss their issues with setting limits. Teacher poses question “Do you think you are disciplining correctly?” - Parents share techniques used successfully to address issues - Parent role play with each other - Instruction given that: “No” is your best resource and show consistency in following through, consistent limits are important and is constant work, children will always test and that is normal, setting limits is not the same as discipline - Teachings on child brain/ emotional development asking parents to relate this to their experiences with their child | <ul style="list-style-type: none"> - Five parents complete full series of workshops teaching how to set limits | <ul style="list-style-type: none"> - Parents feel less isolated, realize every parent deals with similar issues - Empowerment for parents in all aspects of their lives to effectively instill same qualities in their children. Impart an understanding that issues with themselves often become issues in the child - Gaining an understanding that setting limits is healthy for children - Parents utilize techniques of workshop; role model positive behaviors with child - Parents get questions regarding the issue answered | <ul style="list-style-type: none"> - Parents use consistent limits with their children - Increased quality of relationship between parent and child - Parents consistently act as an empowered individual - Parent continue to seek support |

Setting Healthy Limits for Price Street Preschool Parents (12/17/07)

Description

This Setting Healthy Limits workshop was a one-time workshop offered at Price Street Preschool for parents with children enrolled in the school. The curriculum was largely the same as the four-part workshop however less time was available for parents to work with each other and role-play. Parents briefly shared their personal issues with setting limits, handouts were provided and teachings were given by Sharon Issurdatt regarding the importance of setting consistent limits for children. Some lessons related the need for limits to child-brain and emotional development and attempts were made to relate developmental theory to the parents' experiences with their children. The workshop had similar goals to the four-part Setting Healthy Limits workshop.

Results

This workshop received only two responses from participants. Again, almost every question measuring the desired outcomes of the workshop resulted in respondents answering either "agree" or "somewhat agree," showing generally successful outcomes. There are two exceptions to this: one participant responded "neither agree nor disagree" to the question "I believe that my child's (or children's) actions could have been learned from me" and one participant responded with the same neutral response to "As a result of this workshop, I feel like a more empowered person." In addition, one respondent answered that they have not continued to seek support since the workshop concluded. However overall the responses again were overwhelmingly positive and show that the workshop's goals were achieved. Although statistical significance is nearly impossible to achieve with two cases, the questions measuring a before and after understanding of the concept that their child's behavior could be learned from the parent showed a large jump in understanding of this concept, from responses averaging a 4.5 (between "disagree" and "somewhat disagree") for before the workshop to a 2 ("somewhat agree") response after.

Logic Model: Setting Healthy Limits for Price St. Preschool Parents

| Inputs | Activities | Outputs | Initial Outcomes | Longer-term Outcomes |
|--|--|---|---|--|
| <p>-Workshop Teacher: Sharon Issurdatt, LCSW, Mental Health Specialist (MHS)</p> <p>-One part Workshop with specific curriculum for preschool parents</p> <p>-Informational handouts provided in both English and Spanish</p> <p>-Clients: 12 parents with a child attending Price St. Preschool</p> | <p>-Parents ask questions and discuss their issues with setting limits.</p> <p>-Instruction given that: “No” is your best resource and show consistency in following through, consistent limits are important and is constant work, children will always test and that is normal, setting limits is not the same as discipline</p> <p>-Teachings on child brain/ emotional development asking parents to relate this to their experiences with their child</p> | <p>-12 parents complete workshop teaching how to set limits</p> | <p>-Parents feel less isolated, realize every parent deals with similar issues</p> <p>-Empowerment for parents in all aspects of their lives to effectively instill same qualities in their children. Impart an understanding that issues with themselves often become issues in the child</p> <p>-Gaining an understanding that setting limits is healthy for children</p> <p>-Parents utilize techniques of workshop; role model positive behaviors with child</p> <p>-Parents get questions regarding the issue answered</p> | <p>-Parents use consistent limits with their children</p> <p>-Increased quality of relationship between parent and child</p> <p>-Parents consistently act as an empowered individual</p> <p>-Parent continue to seek support</p> |

Aggression in Young Children (9/11/07)

Description

This workshop was offered by Marsha Howard and the San Mateo 4 C's Family Support Program in conjunction with OSH. The curriculum was prepared by Marsha Howard. Four parents completed the workshop, which highlighted how children can become aggressive and ways in which parents can respond. Because curriculum was not prepared by Our Second Home and the workshop will not be offered in the future, no formal logic model was created.

Results

Four parents completed the survey on the topic of the Aggression in Young Children workshop, which asked questions related to outcome goals of Our Second Home and not to the themes of the workshop itself. Results showed that all respondents use the techniques learned in the workshop on a daily basis, and all plan to continue using the techniques learned. A majority (75%) of respondents felt that their relationships have improved as a result of the workshop. Interestingly, although Our Second Home feels that they will not outreach to participants of this workshop to attend future workshops, a majority of respondents (75%) stated they are interested in attending future workshops.

Parenting as a Team: For Couples (9/25/07)

Description

This workshop was presented by Marsha Howard and the San Mateo 4C's Family Support Program in conjunction with OSH. The curriculum was prepared by Marsha Howard. Parents participated as couples and the aim of the workshop was to help parents learn how to better work together to develop discipline strategies and improve communication in the family as a whole. Because curriculum was not prepared by Our Second Home and the workshop will not be offered again, no formal logic model was created for this workshop.

Results

Only one participant for the Parenting as a Team: For Couples workshop returned a completed survey. This participant reported that they use techniques learned in the workshop weekly, and agreed that the workshop helped them realize other parents have similar issues surrounding the subject matter and that since attending the workshop they have continued to seek parenting support. The participant answered with a "Somewhat Agree" to questions regarding improved relationships with their family members as a result of the workshop and that they plan

on continuing to use the techniques learned in the workshop. Overall, the response was positive and all measures of goals were satisfied.

Results for Open-Ended Questions Regarding Future Interest in OSH

All surveys ended with open-ended questions asking participants A) if interested in attending future workshops at OSH, what subjects would they like to see covered, and B) if not interested in attending future workshops at OSH, why not. Overall, 16 parents listed suggestions on topics for future workshops. The most popular topic was nutrition (4 responses, 25% of respondents). One respondent stated they are interested in nutrition for children “and rest of family.” Also popular were themes of aggression and behavior problems (3 responses, 19% of respondents), with one parent saying they are interested in “angry children, uncontrollable urges, and out of control behavior” topics. How to choose a preschool was equally popular (3 responses, 19% of respondents), newborn topics (3 responses, 19% of respondents), and discipline (3 responses, 19% of respondents). 25% of the respondents’ answers were in Spanish and were not able to be translated by the authors.

Content Analysis of Open Ended Question A

| Topic | Frequency | % of Respondents | N ¹ |
|---------------------------------|-----------|------------------|----------------|
| Discipline | 3 | 19% | 16 |
| Special Needs | 1 | 6% | |
| Nutrition | 4 | 25% | |
| Aggression/Behavior Problems | 3 | 19% | |
| Parent Anger Management | 1 | 6% | |
| Marriage Counseling or Workshop | 1 | 6% | |
| How to choose preschool | 3 | 19% | |
| Toddler Behavior | 2 | 13% | |
| Siblings | 2 | 13% | |
| Yoga | 2 | 13% | |
| Newborns | 3 | 19% | |
| Raising Boys | 1 | 6% | |
| Time Management | 1 | 6% | |
| Budgeting | 1 | 6% | |
| Different Styles of Learning | 1 | 6% | |
| Parenting a Grandchild | 1 | 6% | |
| Cooking | 1 | 6% | |
| Language Classes | 1 | 6% | |
| Parenting Teenagers | 1 | 6% | |
| Self-Esteem | 1 | 6% | |
| Denial of Children's Actions | 1 | 6% | |
| Not Translatable | 4 | 25% | |

¹ Parents could provide more than one answer, so the sum of the frequencies is greater than the number of respondents, N.

Four parents responded why they are not interested in future workshops. Two respondents stated that they do not have time, one stated they are seeking support from another institution, and one simply stated they are not interested.

Content Analysis of Open-Ended Question B

| Response | Frequency | % of Respondents | N |
|---|-----------|------------------|---|
| lack of time | 2 | 50% | 4 |
| We are too involved with other activities and get a lot of parental help from our daughter's preschool. I appreciate what OSH offers... | 1 | 25% | |
| porque no he estado interesada | 1 | 25% | |

Conclusion

Participants of Our Second Home's parenting workshops had overwhelmingly positive responses to all questions measuring understanding and utilization of techniques learned in the workshops and satisfaction with OSH services. Nearly 50% of the participants of the workshops offered in the second half of 2007 returned completed surveys allowing a good indication of participants' satisfaction in general. 67% of respondents showed interest in attending future workshops at OSH, and many of them provided suggestions which OSH could use for future topics. This evaluation indicates very successful execution of workshops on behalf of OSH resulting in successfully achieving both the initial and longer-term outcomes they were intending.

Appendix A: Introductory and Follow-up Letters and Survey Instruments



April 18, 2008

Dear Parent,

We are independent researchers from San Francisco State University who are conducting an evaluation of parenting workshops offered by Our Second Home. You are being invited to participate in this evaluation because you attended a parenting workshop between July and December of 2007, and we would like to know your opinions on it. Your participation may help Our Second Home improve its services.

You must be 18 years of age or older to participate. There are no risks to you in participating in this survey. You may choose to participate or not. You may answer only the questions you feel comfortable answering, and you may stop at any time. If you do not wish to participate, you may simply discard the survey. If you do participate, completion and return of the survey indicates your consent to the above conditions.

To protect your privacy, the survey is anonymous. Please do not put your name on the survey. The survey should take approximately 10 minutes to complete. If you choose to participate, please return your completed survey in the self addressed stamped enclosed envelope by May 1, 2008.

We appreciate your help in this research effort, and would like to offer you this gift certificate to Jamba Juice as a token of our appreciation. Any questions or concerns should be directed to the researchers, Megan Klein and Melissa Kornblau, at megklein@sfsu.edu or melissakornblau@hotmail.com

Sincerely,

Melissa Kornblau

Megan Klein

San Francisco State University MPA students



May 9, 2008

Dear Parent,

Two weeks ago we sent you a survey regarding a parent workshop that you attended sponsored by Our Second Home in Daly City. If you have already returned your completed survey, we appreciate your assistance. If you have not completed the survey yet, please take just a few minutes to fill out the one attached and return it in the self-addressed stamped envelope.

Again, we are independent researchers from San Francisco State University. Your participation in the survey will not affect any services you may receive from Our Second Home and responses will remain anonymous.

We appreciate your help in this research effort. Please contact megklein@sfsu.edu or melissakornblau@hotmail.com with any questions.

Sincerely,

Melissa Kornblau

Megan Klein

San Francisco State University MPA students

Separation Anxiety Workshop (7/10/07 at Our Second Home) – Post-Class Evaluation

Please **circle** your level of agreement with each of the following statements:

1. The workshop helped me to understand my own issues with separation anxiety.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

2. After this workshop I feel more confident handling separation anxiety with my child (or children).

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

3. This workshop helped me recognize changes I could make to make separations with my child easier.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

4. The workshop made me realize other parents have similar concerns regarding separation anxiety.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

5. My relationship with my child, children, or other family members has improved as a result of what I learned in this workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

6. I use the techniques I learned in the workshop...

Daily Weekly Once in a while Never

7. I plan to continue to use the techniques learned in the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

8. The suggestions and tips on handling separation anxiety presented in the workshop are effective.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

9. Did you come to the workshop with a specific question related to separation anxiety?

Yes No I'm not sure.

9a. (If yes) I felt that my question was answered by the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

10. Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No I'm not sure.

11. Are you interested in attending future workshops at Our Second Home?

Yes No I'm not sure.

11a. (If yes) I would be interested in attending workshops about the following subjects:

11b. (If no) I am not interested in attending other workshops because:

**Media Workshop (7/19/07 at Our Second Home, or 9/7/07 at South San Francisco Adult School)
– Post-Class Evaluation**

Please **circle** your level of agreement with each of the following statements:

1. The workshop increased my understanding of media messages.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

2. The workshop made me feel confident making choices about my child (or children)'s media exposure.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

3. The workshop made me realize other parents have similar concerns about media and their children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

4. I use the techniques I learned in the workshop...

Daily Weekly Once in a while Never

5. I plan to continue to use the techniques learned in the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

6. In my decisions about media and my child (or children), the television rating system is important.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

7. My relationship with my child, children, or other family members has improved as a result of what I learned in this workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

8. Did you come to the workshop with a specific question related to media and your child (or children)?

Yes No I'm not sure.

8a. (If yes) I felt that my question was answered by the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

9. Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No I'm not sure.

10. Are you interested in attending future workshops at Our Second Home?

Yes No I'm not sure.

10a. (If yes) I would be interested in attending workshops about the following subjects:

10b. (If no) I am not interested in attending other workshops because:

**Setting Healthy Limits Group for Parents (11/13, 11/20, 11/27 and 12/4/07 at Our Second Home)
– Post-Class Evaluation**

Please **circle** your level of agreement with each of the following statements:

1. Before attending this workshop, I believed that setting limits was healthy for my children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

2. Before the workshop, I did not realize that my child’s (or children’s) actions could have been learned from me.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

3. I use techniques learned in the workshop...

Daily Weekly Once in a while Never

4. I plan to continue to use the techniques learned in the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

5. The workshop made me realize other parents have the same concerns about setting limits for their children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

6. I understand that setting limits is healthy for my children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

7. I believe that my child’s (or children’s) actions could have been learned from me.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

8. When I set a limit for my child (or children), I try to enforce the limit consistently.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

9. As a result of this workshop, I feel like a more empowered parent.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

10. My relationship with my child, children, or other family members has improved as a result of what I learned in this workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

11. Did you come to the workshop with a specific question related to setting limits for your child (or children)?

Yes No I’m not sure.

11a. I felt that my question was answered by the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

12. Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No I’m not sure.

13. Are you interested in attending future workshops at Our Second Home?

Yes No I’m not sure.

13a. (If yes) I would be interested in attending workshops about the following subjects:

13b. (If no) I am not interested in attending other workshops because:

**Setting Healthy Limits for Price St. Preschool parents (12/17/07 at Price St. Preschool)
– Post-Class Evaluation**

Please circle your level of agreement with each of the following statements:

1. Before attending this workshop, I believed that setting limits was healthy for my children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

2. Before the workshop, I did not realize that my child’s (or children’s) actions could have been learned from me.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

3. I use techniques learned in the workshop...

Daily Weekly Once in a while Never

4. I plan to continue to use the techniques learned in the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

5. The workshop made me realize other parents have the same concerns about setting limits for their children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

6. I understand that setting limits is healthy for my children.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

7. I believe that my child’s (or children’s) actions could have been learned from me.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

8. When I set a limit for my child (or children), I try to enforce the limit consistently.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

9. As a result of this workshop, I feel like a more empowered person.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

10. My relationship with my child, children, or other family members has improved as a result of what I learned in this workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

11. Did you come to the workshop with a specific question related to setting limits?

Yes No I’m not sure.

11a. I felt that my question was answered by the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

12. Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No I’m not sure.

13. Are you interested in attending future workshops at Our Second Home?

Yes No I’m not sure.

13a. (If yes) I would be interested in attending workshops about the following subjects:

13b. (If no) I am not interested in attending other workshops because:

**Aggression in Young Children (9/11/07 at Our Second Home)
– Post-Class Evaluation**

Please circle your level of agreement with each of the following statements:

1. The workshop made me realize other parents have concerns similar to mine regarding their children's aggression.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

2. I use techniques learned in the workshop...

Daily Weekly Once in a while Never

3. I plan to continue to use the techniques learned in the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

4. My relationship with my child, children, or other family members has improved as a result of what I learned in this workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

5. Did you come to the workshop with a specific question related to aggression in children?

Yes No I'm not sure.

5a. I felt that my question was answered by the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

6. Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No I'm not sure.

7. Are you interested in attending future workshops at Our Second Home?

Yes No I'm not sure.

7a. (If yes) I would be interested in attending workshops about the following subjects:

7b. (If no) I am not interested in attending other workshops because:

Parenting as a Team: For Couples (9/25/07 at Our Second Home) – Post-Class Evaluation

Please circle your level of agreement with each of the following statements:

1. The workshop made me realize other parents have concerns similar to mine regarding parenting as a team.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

2. I use techniques learned in the workshop...

Daily Weekly Once in a while Never

3. I plan to continue to use the techniques learned in the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

4. My relationship with my child, children, or other family members has improved as a result of what I learned in this workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

5. Did you come to the workshop with a specific question related to parenting as a team?

Yes No I'm not sure.

5a. I felt that my question was answered by the workshop.

Agree Somewhat agree Neither agree or disagree Somewhat disagree Disagree

6. Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No I'm not sure.

7. Are you interested in attending future workshops at Our Second Home?

Yes No I'm not sure.

7a. (If yes) I would be interested in attending workshops about the following subjects:

7b. (If no) I am not interested in attending other workshops because:

Appendix B: Detailed Results for CCAT Questions

My relationship with my child, children, or other family members has improved as a result of the workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|------|------|----|
| Frequency | 11 | 11 | 4 | 0 | 0 | 1.73 | .724 | 26 |
| % | 42.3% | 42.3% | 15.4% | 0% | 0% | | | |

I use techniques learned in the workshop...

| | Daily | Weekly | Once in a While | Never | N |
|-----------|-------|--------|--------------------|-------|----|
| Frequency | 16 | 7 | 3 | 0 | 26 |
| % | 61.5% | 26.9% | 11.6% | 0% | |

I plan to continue to use the techniques learned in the workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|-------|------|----|
| Frequency | 19 | 7 | 0 | 0 | 0 | 1.269 | .452 | 26 |
| % | 73.1% | 26.9% | 0% | 0% | 0% | | | |

Appendix C: Detailed Results by Workshop

Separation Anxiety (7/10/07)

The workshop helped me to understand my own issues with separation anxiety.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 3 | 2 | 0 | 0 | 0 | 1.4000 | .54772 | 5 |
| % | 60% | 40% | 0% | 0% | 0% | | | |

After this workshop I feel more confident handling separation anxiety with my child (or children).

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 3 | 2 | 0 | 0 | 0 | 1.4000 | .54772 | 5 |
| % | 60% | 40% | 0% | 0% | 0% | | | |

The workshop helped me recognize changes I could make to make separations with my child easier.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | .00000 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

The suggestions and tips on handling separation anxiety in the workshop are effective .

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | .00000 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

I use the techniques learned in the workshop...

| | Daily | Weekly | Once in a While | Never | N |
|-----------|-------|--------|-----------------|-------|---|
| Frequency | 0 | 4 | 1 | 0 | 5 |
| % | 0% | 80% | 20% | 0% | |

I plan to continue using the techniques learned in this workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|---------------------|---------------------------------|------------------------|---------------|--------|--------|---|
| Frequency | 3 | 2 | 0 | 0 | 0 | 1.4000 | .54772 | 5 |
| % | 60% | 40% | 0% | 0% | 0% | | | |

This workshop made me realize that other parents have similar concerns regarding separation anxiety.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|---------------------|---------------------------------|------------------------|---------------|--------|--------|---|
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | .00000 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

My relationship with my child, children, or other family members has improved as a result of this workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|---------------------|---------------------------------|------------------------|---------------|--------|-------|---|
| Frequency | 2 | 3 | 0 | 0 | 0 | 1.6000 | .6667 | 5 |
| % | 40% | 60% | 0% | 0% | 0% | | | |

Did you come to the workshop with a specific question related to separation anxiety?

| | No | Yes | Not Sure | N |
|-----------|-------|-------|----------|---|
| Frequency | 2 | 4 | 0 | 6 |
| % | 33.3% | 66.7% | 0% | |

If yes, you feel that your question was answered at the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 4 | 0 | 0 | 0 | 0 | 1.0000 | .00000 | 4 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

| | No | Yes | Not Sure | N |
|-----------|-----|-----|----------|---|
| Frequency | 2 | 3 | 0 | 5 |
| % | 40% | 60% | 0% | |

Are you interested in attending future workshops at Our Second Home?

| | No | Yes | Not Sure | N |
|-----------|-------|-----|----------|---|
| Frequency | 2 | 3 | 1 | 6 |
| % | 33.3% | 50% | 16.7% | |

Media and Young Children (7/19/07) / Children and Media (9/7/07)

The workshop increased my understanding of media messages

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 6 | 3 | 0 | 0 | 0 | 1.3333 | .50000 | 9 |
| % | 66.7% | 33.3% | 0% | 0% | 0% | | | |

The workshop made me feel confident making choices about my child (or children's) media exposure.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 5 | 3 | 1 | 0 | 0 | 1.5556 | .52705 | 9 |
| % | 55.6% | 33.3% | 11.1% | 0% | 0% | | | |

In my decisions about media and my child (or children), the television rating system is important.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 5 | 3 | 1 | 0 | 0 | 1.5556 | .72648 | 9 |
| % | 55.6% | 33.3% | 11.1% | 0% | 0% | | | |

I use techniques learned in the workshop...

| | Daily | Weekly | Once in a while | Never | N |
|-----------|-------|--------|--------------------|-------|---|
| Frequency | 5 | 2 | 2 | 0 | 9 |
| % | 55.6% | 22.2% | 22.2% | 0% | |

I plan to continue using the techniques learned in this workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 6 | 3 | 0 | 0 | 0 | 1.3333 | .50000 | 9 |
| % | 66.7% | 33.3% | 0% | 0% | 0% | | | |

The workshop made me realize other parents have similar concerns regarding media exposure and their children.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 7 | 2 | 0 | 0 | 0 | 1.2222 | .44096 | 9 |
| % | 77.8% | 22.2% | 0% | 0% | 0% | | | |

My relationship with my child children, or other family members has improved as a result of this workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 5 | 3 | 0 | 0 | 2.2222 | .66667 | 9 |
| % | 11.1% | 55.6% | 33.3% | 0% | 0% | | | |

Did you come to the workshop with a specific question related to media and your children?

| | No | Yes | Not Sure | N |
|-----------|-------|-------|----------|---|
| Frequency | 5 | 2 | 2 | 9 |
| % | 55.6% | 22.2% | 22.2% | |

If yes, you feel that your question was answered at the workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 2 | 0 | 0 | 0 | 0 | 1.0000 | .00000 | 2 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

| | No | Yes | N |
|-----------|-------|-------|---|
| Frequency | 3 | 6 | 9 |
| % | 33.3% | 66.7% | |

Are you interested in attending future workshops at Our Second Home?

| | No | Yes | Not Sure | No response | N |
|-----------|-------|-------|-------------|----------------|---|
| Frequency | 1 | 4 | 4 | 0 | 9 |
| % | 11.1% | 44.4% | 44.4% | 0% | |

Setting Healthy Limits Group for Parents (11/13, 11/20, 11/27 and 12/4/07)

Before attending this workshop, I believed that setting limits was healthy for my children.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|-------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 3 | 1 | 1 | 0 | 0 | 1.6000 | .8944 | 5 |
| % | 60% | 20% | 20% | 0% | 0% | | | |

Before the workshop, I did not realize that my child's (or children's) actions could have been learned from me.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|---------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 0 | 3 | 1 | 0 | 1 | 2.80000 | 1.3038 | 5 |
| % | 0% | 60% | 20% | 0% | 20% | | | |

I use techniques learned in the workshop...

| | Daily | Weekly | Once in a While | Never | N |
|-----------|-------|--------|-----------------|-------|---|
| Frequency | 5 | 0 | 0 | 0 | 5 |
| % | 100% | 0% | 0% | 0% | |

I plan to continue to use the techniques learned in the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

The workshop made me realize other parents have concerns similar to mine regarding setting limits for their children.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|---------|-------|---|
| Frequency | 4 | 1 | 0 | 0 | 0 | 1.20000 | .4472 | 5 |
| % | 80% | 20% | 0% | 0% | 0% | | | |

I understand that setting limits is healthy for my children.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|----|---|
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

I believe that my child's (or children's) actions could have been learned from me.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|---------|-------|---|
| Frequency | 4 | 1 | 0 | 0 | 0 | 1.20000 | .4472 | 5 |
| % | 80% | 20% | 0% | 0% | 0% | | | |

When I set a limit for my child (or children), I try to enforce the limit consistently.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|----|---|
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

As a result of this workshop, I feel like a more empowered person.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|----|---|
| Frequency | 5 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 5 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

My relationship with my child, children, or other family members has improved as a result of the workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|-------|---|
| Frequency | 4 | 1 | 0 | 0 | 0 | 1.2000 | .4472 | 5 |
| % | 80% | 20% | 0% | 0% | 0% | | | |

Did you come to the workshop with a specific question related to setting limits for your child (or children)?

| | Yes | No | Unsure | N |
|-----------|-----|-----|--------|---|
| Frequency | 3 | 2 | 0 | 5 |
| % | 60% | 40% | 0% | |

If yes, you feel that your question was answered at the workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|-------|---|
| Frequency | 2 | 1 | 0 | 0 | 0 | 1.3333 | .5774 | 3 |
| % | 66.7% | 33.3% | 0% | 0% | 0% | | | |

Are you interested in attending workshops at Our Second Home?

No Yes Not Sure No response N

| | | | | | |
|------------------|----|-----|-----|----|---|
| Frequency | 0 | 4 | 1 | 0 | 5 |
| % | 0% | 80% | 20% | 0% | |

Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

Yes No Not Sure N

| | | | | |
|------------------|-----|-----|----|---|
| Frequency | 4 | 1 | 0 | 5 |
| % | 80% | 20% | 0% | |

T-test comparing questions 1 and 6- Before attending this workshop, I believed that setting limits was healthy for my children and / I understand that setting limits is healthy for my children

Paired Samples Statistics

| | Mean | N | Std. Deviation | Sig. (2-tailed) |
|--|--------|---|----------------|-----------------|
| Pair 1 Before workshop I believed setting limits was healthy | 1.6000 | 5 | .89443 | .208 |
| I understand that setting limits is healthy for my children | 1.0000 | 5 | .00000 | |

T-test comparing questions 2 (reversed) and 7- Before the workshop, I did not realize that my child's (or children's) actions could have been learned from me (reversed). / I believe that my child's (or children's) actions could have been learned from me.

Paired Samples Statistics

| | Mean | N | Std. Deviation | Sig. (2-tailed) |
|--|--------|---|----------------|-----------------|
| Pair 1 Before workshop I did not realize my child's behavior could have been learned from me | 3.2000 | 5 | 1.30384 | .022 |
| I believe that my child's actions could have been learned from me | 1.2000 | 5 | .44721 | |

Setting Healthy Limits for Price St. Preschool Parents (12/17/07 at Price St. Preschool)

Before attending this workshop, I believed that setting limits was healthy for my children.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|----|---|
| Frequency | 2 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 2 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

Before the workshop, I did not realize that my child's (or children's) actions could have been learned from me.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|-------|---|
| Frequency | 1 | 1 | 0 | 0 | 0 | 1.5000 | .7071 | 2 |
| % | 50% | 50% | 0% | 0% | 0% | | | |

I use techniques learned in the workshop...

| | Daily | Weekly | Once in a While | Never | N |
|-----------|-------|--------|--------------------|-------|---|
| Frequency | 2 | 0 | 0 | 0 | 2 |
| % | 100% | 0% | 0% | 0% | |

I plan to continue to use the techniques learned in the workshop.

| | Agree 1 | Some what Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|-------------------------|--|---------------------------|---------------|--------|-------|---|
| Frequency | 1 | 1 | 0 | 0 | 0 | 1.5000 | .7071 | 2 |
| % | 50% | 50% | 0% | 0% | 0% | | | |

The workshop made me realize other parents have concerns similar to mine regarding setting limits for their children.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 2 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 2 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

I understand that setting limits is healthy for my children.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 2 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 2 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

I believe that my child's (or children's) actions could have been learned from me.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 0 | 1 | 0 | 0 | 2.0000 | 1.4142 | 2 |
| % | 50% | 0% | 50% | 0% | 0% | | | |

When I set a limit for my child (or children), I try to enforce the limit consistently.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 2 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

As a result of this workshop, I feel like a more empowered person.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|-------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 0 | 1 | 1 | 0 | 0 | 2.5000 | .7071 | 2 |
| % | 0% | 50% | 50% | 0% | 0% | | | |

My relationship with my child, children, or other family members has improved as a result of the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|-------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 1 | 0 | 0 | 0 | 1.5000 | .7071 | 2 |
| % | 50% | 50% | 0% | 0% | 0% | | | |

Did you come to the workshop with a specific question related to setting limits for your child (or children)?

| | Yes | No | Unsure | N |
|-----------|-----|-----|--------|---|
| Frequency | 1 | 1 | 0 | 2 |
| % | 50% | 50% | 0% | |

If yes, you felt that your question was answered by the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 1 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

Are you interested in attending workshops at Our Second Home?

| | No | Yes | Not Sure | No response | N |
|-----------|----|------|----------|-------------|---|
| Frequency | 0 | 2 | 0 | 0 | 2 |
| % | 0% | 100% | 0% | 0% | |

Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

| | Yes | No | Not Sure | N |
|-----------|-----|-----|----------|---|
| Frequency | 1 | 1 | 0 | 2 |
| % | 50% | 50% | 0% | |

T-test comparing questions 1 and 6- Before attending this workshop, I believed that setting limits was healthy for my children and / I understand that setting limits is healthy for my children

Not possible to run test since respondents both answered 1 (Agree) for both questions.

T-test comparing questions 2 (reversed) and 7- Before the workshop, I did not realize that my child's (or children's) actions could have been learned from me (reversed). / I believe that my child's (or children's) actions could have been learned from me.

Paired Samples Statistics

| | Mean | N | Std. Deviation | Sig. (2-tailed) |
|---|--------|---|----------------|-----------------|
| Pair 1 Before workshop I did not realize my child's behavior could have been learned from me (reversed) | 4.5000 | 2 | .70711 | .344 |
| I believe that my child's actions could have been learned from me | 2.0000 | 2 | 1.41421 | |

Aggression in Young Children (9/11/07)

I use the techniques learned in the workshop...

| | Daily | Weekly | Once in a While | Never | N |
|-----------|-------|--------|--------------------|-------|---|
| Frequency | 4 | 0 | 0 | 0 | 4 |
| % | 100% | 0% | 0% | 0% | |

I plan to continue using the techniques learned in this workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 4 | 0 | 0 | 0 | 0 | 1.0000 | .00000 | 4 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

This workshop made me realize that other parents have similar concerns with aggression and children.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|--------|---|
| Frequency | 2 | 2 | 0 | 0 | 0 | 1.5000 | .57735 | 4 |
| % | 50% | 50% | 0% | 0% | 0% | | | |

My relationship with my child, children, or other family members has improved as a result of this workshop.

| | Agree 1 | Somewhat Agree 2 | Neither Agree nor Disagree 3 | Somewhat Disagree 4 | Disagree 5 | mean | SD | N |
|-----------|------------|------------------------|--|---------------------------|---------------|--------|---------|---|
| Frequency | 3 | 0 | 1 | 0 | 0 | 1.5000 | 1.00000 | 4 |
| % | 75% | 0% | 25% | 0% | 0% | | | |

Did you come to the workshop with a specific question related to aggression and young children?

| | No | Yes | Not Sure | N |
|-----------|-----|-----|----------|---|
| Frequency | 2 | 2 | 0 | 4 |
| % | 50% | 50% | 0% | |

If yes, you felt that your question was answered by the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 2 | 1 | 1 | 0 | 0 | 1.7500 | .95743 | 4 |
| % | 50% | 25% | 25% | 0% | 0% | | | |

Since attending the workshop, have you continued to seek support regarding aggression and young children?

| | No | Yes | Not Sure | N |
|-----------|----|------|----------|---|
| Frequency | 0 | 3 | 0 | 4 |
| % | 0% | 100% | 0% | |

Are you interested in attending future workshops at Our Second Home?

| | No | Yes | Not Sure | No response | N |
|-----------|-----|-----|----------|-------------|---|
| Frequency | 1 | 3 | 0 | 1 | 4 |
| % | 25% | 75% | 0% | 25% | |

Parenting as a Team: For Couples (9/25/07)

I use techniques learned in the workshop...

| | Daily | Weekly | Once in a While | Never | N |
|-----------|-------|--------|--------------------|-------|---|
| Frequency | 0 | 1 | 0 | 0 | 1 |
| % | 0% | 100% | 0% | 0% | |

I plan to continue to use the techniques learned in the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|-------------------|-------------------------------------|----------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 0 | 1 | 0 | 0 | 0 | 2.0000 | 0 | 1 |
| % | 0% | 100% | 0% | 0% | 0% | | | |

The workshop made me realize other parents have concerns similar to mine regarding setting limits for their children.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|-------------------|-------------------------------------|----------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 1 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

My relationship with my child, children, or other family members has improved as a result of the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|-------------------|-------------------------------------|----------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 0 | 1 | 0 | 0 | 0 | 2.0000 | 0 | 1 |
| % | 0% | 100% | 0% | 0% | 0% | | | |

Did you come to the workshop with a specific question related to setting limits for your child (or children)?

| | Yes | No | Unsure | N |
|-----------|------|----|--------|---|
| Frequency | 1 | 0 | 0 | 1 |
| % | 100% | 0% | 0% | |

If yes, you felt that your question was answered by the workshop.

| | Agree | Somewhat Agree | Neither Agree nor Disagree | Somewhat Disagree | Disagree | mean | SD | N |
|-----------|-------|----------------|----------------------------|-------------------|----------|--------|----|---|
| | 1 | 2 | 3 | 4 | 5 | | | |
| Frequency | 1 | 0 | 0 | 0 | 0 | 1.0000 | 0 | 1 |
| % | 100% | 0% | 0% | 0% | 0% | | | |

Since attending the workshop, have you continued to seek support regarding parenting from Our Second Home, friends and family, other educational service providers, or anywhere else?

| | Yes | No | Not Sure | N |
|-----------|------|----|----------|---|
| Frequency | 1 | 0 | 0 | 1 |
| % | 100% | 0% | 0% | |

Are you interested in attending workshops at Our Second Home?

| | No | Yes | Not Sure | No response | N |
|-----------|----|------|----------|-------------|---|
| Frequency | 0 | 1 | 0 | 0 | 1 |
| % | 0% | 100% | 0% | 0% | |

Full Content of Results for Open-ended Questions on Future Services

| Workshop | I would be interested in attending workshops about the following subjects: | I am not interested in attending other workshops because: |
|-----------------------------|--|---|
| Aggression | Pre-school teacher issues - power of play- autism- special needs - supporting children & parents | |
| Aggression | Anything to do with bonding to newborns & raising a blended family. I love Our Second Home | |
| Aggression | Depends on carpooling + topic (future interest) Angry children, uncontrollable urges, out of control behavior. Parents in denial of their children's actions | |
| Aggression | Newborn classes would be great | |
| Healthy Limits 4 - part | How to stop bad habits/behavior/words learned at school, not related to my children's issues or no importanta such as cooking or not in my language | |
| Healthy Limits 4 - part | parenting a grandchild- and the adult mother | |
| Healthy Limits 4 - part | Child development understanding the toddler and making strong bonds, picky eaters, nutrition for children and rest of family - extra note: Our family has benefited greatly from the classes offered at Our 2nd Home. We wish them all the best! | |
| Healthy Limits 4 - part | Different styles of learning, sibling order differences, how to choose a preschool and schools | |
| Healthy Limits Price School | padres y hijos | |
| Healthy Limits Price School | Como educar a mis hijos | |
| Media | time management/ what to look for in a good preschool | |
| Media | Raising boys, behavior problems | |
| Media | | Just don't have time |
| Media | Budget, self-esteem, parenting teenagers, marriage counseling or workshop - extra note: Great job! Keep up the good work! (note: survey was filled out in Spanish, but open question was filled out in English) | |
| Media | | lack of time right now |
| Media | como educar y como pone diciplina | |
| Parenting as a Team | How to discipline. Anger management | |
| Separation Anxiety | Desarrollo Psicologico del nino, classes de yoga, nutricion, etc. | |
| Separation Anxiety | | We are too involved with other activities and get a lot of parental help from our daughter's preschool. I appreciate what OSH offers... |
| Separation Anxiety | classes de yoga, classes de nutricion, clases ded lectura para ninos preparacion en computacion | |
| Separation Anxiety | healthy eating habits, toddler behavior, positive discipline | |
| Separation Anxiety | | porque no he estado interesada |
| Separation Anxiety | sibling rivalry, parent anger management | |