

A new study released this week shows that parenting classes are helping parents create the kind of family that they want. The study, *The Impact of Adlerian-Based Parenting Classes on Self-Reported Parental Behavior*, was conducted over a 3-year period by Jody McVittie, M.D. and Al M Best, Ph.D. with the assistance of 69 parent educators across the US and Canada, utilizing data from 110 classes (1300 parent and care-givers). The parenting class curricula were experiential and primarily from the Positive Discipline or the Parent Encouragement Program..

By the end of the class, parents reported that they were more able to set clear limits, more able to connect with their children in positive ways. They also were able to decrease hitting and yelling. Many of the respondents added comments at the end of the post class survey that indicated that they were pleased with the changes in their families. Typical comments included: *“My own anger level and frustration has decreased.” “I have a better relationship with my children.” “There is less yelling now.” “Fewer power struggles now.” “We have more fun as a family.” “I enjoy parenting more.” “I’m better at problem solving.” “I have more confidence in my parenting skills.” “I calm myself down instead of reacting.” “I’m remaining firm in my limits.” “I have more hope for who my child will become.” “We have more fun as a family.” “I enjoy parenting more.” “I respect myself more and my children more.”*

Previous research documents the long term benefits of parenting that is both firm and caring. This kind of parenting, called “authoritative,” has been shown to reduce many social risks for children (smoking, early sexual debut, drinking, violence) and has been shown to be helpful for academic and social success. This large new study provides one missing link, showing that parents can change their parenting styles in ways that will be helpful to their children long term and that the parents were quite happy with the changes.

Further research will be useful to establish that the changes that the parents report are long term.

A copy of the results summary is attached. It may be reproduced, but for copyright reasons it can only represent a small portion of any article describing the research.

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For copies of the Research:

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An encouraging new study was just released that shows that learning new parenting skills can help parents learn new tools to work with their children and that the parents themselves were delighted with what they learned. The study “The Impact of Adlerian-Based Parenting Classes on Self-Reported Parental Behavior” surveyed parents and caregivers from 110 parenting classes in the United States and Canada. Most of the classes ran 7-10 weeks used either the Positive Discipline or the Parents Encouragement Program curriculum and were taught using experiential tools. After the class parents reported being more able to set firm limits and feeling more connect to their children. They also described feeling less angry, having more confidence as parents, having fewer power struggles and having more fun as a family.

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For information on local Positive Discipline parenting classes you can contact: _____ or to contact the Parente Encouragement Program in the Washington, DC area, www.PEPparent.org. Information on how to access classes is also available at www.positivediscipline.org

Figure 2: "Impact of Adlerian-Based" Parenting Classes from the Journal of Individual Psychology Fall 2009

