

## 2016 Program Logic Model

### Condition/Need

**Problem Statement:**

- Parents identify support for effective discipline, behavior management and parenting skills as the top need in KCHS annual strengths and needs assessments completed at enrollment
- Increased knowledge of parenting and child development will decrease risk factors and increase protective factors in young children
- Research suggests that early supportive parenting has a positive effect on the development of the brain's hippocampus, the brain region key to memory and stress modulation

**Local Data and Information:**

- 558 new allegations of child abuse and neglect in Knox County in 2009 – lack of knowledge of appropriate child development is one factor in child abuse.

### Activities – (Who/What?)

**Who:**

- KCHS parents
- Early Intervention and HMG Parents
- KCDJFS Parents
- Starting Point Parents
- ESC Parents
- GRADS Teen Parents
- Behavioral Health care Partners of Central Ohio
- Knox County Health Dept Clinics and WIC
- Parents with children in Early Childhood Programs

**What:**

- 2 six-week sessions of Conscious Parenting Training
- 3 Infant/Toddler trainings
- One healthy relationships training
- 300 users will "like", join a Facebook group or follow other social media efforts in the "Knowledge & Engagement Through Social Media" parenting project.

### Outputs – (#s served)

**Proposed Outputs:**

- 65 (goal of 40) individuals completed 92.9% (goal of 90%) of the six week sessions;
- 74 (goal of 50) individuals completed the 3 Infant/Toddler trainings;
- 20 individuals will complete healthy relationships training – 28 registered for 12/13/16 event cancelled due to weather, rescheduled for 1/17/17.
- 43.2% (goal of 50%) of the attendees at the Infant/Toddler trainings were from the community; however, due to higher participation more community parents than expected actually attended (25 expected, 32 attended)
- 1,230 individuals "liked" or followed social media efforts; the Agency website had 5,482 users and 7,415 sessions
- Year-End Outputs:** 289 parents attended trainings, 365 children reside in the household of the attendees; there were 266 social media survey respondents.

### Outcomes – (Measurements)

**2016 Outcome Statement:**

- 56 (58 - 96.6%) parents completing six-weeks of Conscious Parenting maintained high score or improved in at least 4 of 7 parental abilities and skills
- 73 (100%) parents identified two things they learned in the Infant/Toddler trainings
- Parents will identify two things they will do differently as a result of healthy relationships training (*Training was postponed at the last minute due to bad weather and is rescheduled for 1/17/17.*)
- 61.7% (goal 50%) of social media respondents identified accessing new information about KCHS, community events and resources, or parenting strategies, with 60% (goal 40%) of respondents accessing events or resources.

### Impact

**Impact Area:**

- Parenting and effective communication skills

**Target Issue:**

- Promote early learning and intervention

**Intended Result:**

- Improved parenting will lower risk factors and increase protective factors, resulting in enhanced school readiness.

**Intermediate Outcome:**

- 90% (goal 75%) of KCHS currently enrolled children whose parents attended Conscious Parenting show progress in social-emotional development

**Knox County Head Start, Inc.**  
**2016 Parenting Knowledge, Engagement and Training Year End Summary**

**\$52,500 – Parenting Knowledge, Engagement and Training: Fiscal Summary:** During 2016, \$45,500 United Way funds were expended for Parenting Knowledge, Engagement and Training programming. KCHS requests \$7,000 in carry-over, with \$1,000 dedicated to the Healthy Relationships training that was cancelled in December 2016 and rescheduled for January 2017, and \$6,000 carry-over to support Parenting Knowledge, Engagement & Training. KCHS intends to shift the focus of most of the social media / parent engagement work in 2017 towards the community “Parent Support Initiative,” a project of the Prevention Team of the Knox Health Planning Partnership. This effort seeks to engage community parents of children birth to 17 in training and support opportunities including the Triple P Program (Positive Parenting Program), with universal efforts (Triple P Level One) that utilize social media and marketing to encourage parents to learn positive parenting methods, to be willing to seek out support and training, and to participate in support and training.

**1. Knowledge and Engagement Expansion through Social Media:**

The Agency had an audience on the KCHS website of 5,482 users for a total of 7,415 sessions in 2016. Facebook, Twitter, YouTube, LinkedIn and Pinterest followers were 1,230 with 669 engaged on the main Facebook page and other media sites, and an additional 648 on center or group Facebook pages.

During the first half of 2016, KCHS had a Social Media Consultant for 25-30 hours per week. The Consultant resigned to accept another position and the Parent Involvement Specialist (a restructured position) assumed the social media responsibilities and was supported by administrators throughout the remainder of 2016. Fifteen hours of the parent involvement specialist position were charged to this project; but no other administrator time was charged). In October, KCHS entered into an agreement with a contractor to update and maintain the website for the Agency. The Social Media Consultant/Parent Involvement Specialist supported KCHS’ parents and staff in engaging activities that provided parents the opportunity to gain new information about their children’s development, learn new parenting skills, and provided an opportunity for parents to communicate and be supported in developing skills, and connect with local resources and activities. Thirteen (13) active social media and group sites were maintained with 1,230 followers (followers may engage with more than one social media method). The Social Media Consultant provided templates for marketing, information distribution, family engagement and staff support which were utilized throughout the year. Families were provided a School Family Newsletter on a monthly basis, flyers advertising parent trainings, updated Facebook sites with both schedules of upcoming events, and early childhood knowledge and information. The center Facebook pages were designed by the consultant but maintained by center staff and the private groups such as the Conscious Parenting (CP) group for parents that have taken CP were supported by the Conscious Parenting trainer and , other KCHS administrators trained in Conscious Discipline, and parents sharing among themselves

the challenges they were experiencing and tools and ideas they used to overcome challenges.

Following are comments from the Fall 2016 parents that participated in the CP group:

- The video was helpful
- Reminds me to deep breathe
- It has been helpful to just be able to talk to other parents
- I can interact with other parents who maybe are going through what I am.
- Understanding emotion better.
- Update, connecting and going over things learned/other ways of looking at things.
- Have been on Facebook group and it has been helpful.
- Gives great insight to various things.
- Asking other parents questions.

In May and June, 2016, 140 families completed a Social Media survey with 129 (92.1%) indicating they have access to the internet and 78 (60.4% of 129) indicated they “liked” or followed KCHS on social media and 75 (58.3% of 129) accessed new information from the Agency’s social media platforms.

In December, 2016, 137 families completed a Social Media survey with 129 (94.2%) indicating they have access to the internet and 127 (98.4% of the 129) indicated they visit social media sites and 89 (69% of the 129) indicated they accessed new information from the Agency’s social media platforms.

2. **KCHS Summary of Parent Trainings Presented in 2016:** 289 parents/individuals attended parent trainings provided by Knox County Head Start in 2016. The summary of training sessions, number of parents attending trainings, units of training provided during the year, child care provided, meals provided, and number of children residing in parents’ households along with total number of community parents participating are as follows:

2016 Dates	2016 Training Curriculums	# of sessions	# of Parents	Total # of Units of Parents' /Teens' Attendance	Total Units of Child Care Provided	Total Units of Food Provided	# of Children in Household	# of Community Parents
Jan-Feb	CP Winter	6	38	203	173	468	43	17
3/15/2016	The Magic of Connecting	1	22	22	26	59	42	9
4/11/2016	Fussing & Fits	1	31	31	35	80	51	14
April-May	Active Parenting Teens (April-May) includes 10 teens	6	21	127	0	151	16	7
May	UCLA Sun Safety Training	4	80	80	0	160	75	0
May-June	Active Parenting 4th Edition (May-June)	6	14	75	117	253	27	10
9/20/2016	Healthy Sleep Habits, Happy Child	1	21	21	16	47	35	9
Jan-June	Active Parenting 4th Edition On-line (Jan-June)	N/A	15	54	0	0	26	12
Nov	UCLA Health Institute	2	15	15	0	0	15	0
Oct-Nov	CP Fall	6	32	147	140	342	35	12
<b>Totals Parents Trained in 2016</b>		<b>33</b>	<b>289</b>	<b>775</b>	<b>507</b>	<b>1560</b>	<b>365</b>	<b>90</b>

*Training Units = 1 unit per parent attending a training session*

*Child Care Units = 1 unit per child provided child care during the training;*

Parent training attendees included parents/employees from Knox County Head Start and Early Head Start along with Knox County Department of Job and Family Services; Behavioral Health Care Partners of Central Ohio; The Freedom Center; Help Me Grow; the Knox County Health Department; Starting Point Pregnancy Services; the Knox County Board of Developmental Disabilities; Knox County Early Education Services Preschool; St Vincent Elementary School; and Cochran Li'l Lambs, YMCA, Journey Kids, & Absolute Love child care centers.

### Conscious Parenting Training Sessions:

Two 6-week Conscious Parenting training sessions for 70 attendees (29 from the community) were provided, one in the winter (January – March) and one in the fall (September – November).

One parent wrote the following note after attending the Conscious Parenting six-week session in November 2016:

*I am writing to let you know how great your class was. All the neat little sayings to remind us to help with children. A great group, had fun with the other Parents. You were understanding of my situation of having to be about 15 minutes late for each class as I had to visit with grandchildren at Children Services. I would like to see you teach all the workers at Children Services your class. I would and will tell others about it and share. It has helped me with children and adults on handling them. I am glad I took it and would be willing to again. Thank you.*

Another parent wrote: *Thank you Renee, the class was very helpful.*

On the pre-test, one of the attendees indicated she was a substance abuse counselor for the Freedom Center and she wanted to learn to be more comfortable with parenting and parenting problems and to be able to give positive praise. On the post-test, *she indicated the class was well conducted and very educational to teach practical skills. The brain states were very well explained. Helps you understand how you are re-acting.*

Parents attending Conscious Parenting were asked *How has what you learned in these classes made a difference for you?* Following are some of the responses from those parents:

- Helped me figure out why and how to calm my daughter down which has made us closer.
- More composed – as well as my children.
- I have been a lot calmer and I breathe
- Awareness of my emotions towards children
- It helps me be a better parent
- What states (brain) we are in, play is important in connecting, positive choices help better knowing the difference between assertive, aggressive, and passive/aggressive.
- Life is easier.
- More calm despite having a very stressful fall.
- I feel a stronger connection with my kids and understand their mindsets and how to help them.

Parents attending Conscious Parenting were asked *How has what you learned in these classes made a difference for your family?* Following are some of the responses from those parents:

- Everyone in house is noticing and practicing.
- Talking a lot easier
- I think this will help me react differently with family and people I work with. *(This is an employee of the Dept of Job & Family Services)*
- It has helped us calm more easily, slow down to really connect and assess the situations that are hard, better ways to help them learn.
- My family can interact without fighting.
- We've figured out how to handle our anger.
- Taught me new ways to keep my children from fighting so much.
- My kids feel closer not only with me but with each other as well.
- We give each other more options.
- People are more agreeable.
- Can apply it to all ages.
- Less frustrated – more understanding.
- It kinda brought us closer.

Parents indicated on their post-tests *that homework allowed opportunities to practice before next class; learned different ways to help my child stay calm and safe – also being calm when dealing with my child's breakdown; choices seems to be working well with my son – noticing my son's good behavior and he enjoys being noticed; being in a room with parents who are struggling with the same things and knowing I am not alone – focusing on what I want them to do and not what I don't want – doing and spending more time connecting with them; it helped when Renee acted out different solutions; a different approach to discipline by calming myself, etc.*

Parents that complete all six sessions competency in the Conscious Discipline® parental abilities and skills are measure with pre and post-tests. The goal is to see if parents show improvement or maintained at least a 3 or 4 rating for at least four of the seven parenting abilities/skills. The following chart shows, for the 58 parents that attended trainings in 2016, the percentage of improvement in each of the seven parental abilities and skills along with improvement in connection and safety which are key to the seven parental abilities/skills – the far right column compares the 48 parents that participated in Conscious Parenting trainings in 2015 to the 2016 results:

Ability/Skill	Pre Test Averages	Post Test Averages	2016 % Increase (58 Parents Participated)	2015 % Increase (48 Parents participated)
Assertiveness	2.97	3.97	33.7%	27.3%
Choices	2.84	3.90	37.1%	21.2%
Composure	3.29	3.89	18.1%	13.5%
Consequences	3.26	3.36	12.9%	0.0%
Empathy	2.97	3.63	22.2%	17.1%
Encouragement	3.91	4.20	7.3%	4.7%

Positive Intent	3.26	4.03	23.6%	15.4%
Connection *	3.77	4.16	10.3%	7.1%
Safety *	3.40	4.12	21.0%	N/A

\*Connection and Safety are key to the 7 parental abilities/skills.

Children enrolled in KCHS whose parents attended Conscious Parenting are tracked in Teaching Strategies GOLD to monitor their progress in social emotional development. There were 40 children in December 2016 (compared to 24 in December 2015) whose parents completed the six-weeks of classes and that KCHS has a minimum of two sets of social emotional development screening data. Of those, 39 (97.5%) made growth or retained their scores in meeting or exceeding widely held development in social emotional, while one that had shown growth in social emotional for two previous screenings, regressed possibly due to serious family issues that caused him to miss class for a long period of time during the checkpoint period. He was moved from center based to home based programming.

### **Expectant Parents and Parents of Infants and Toddler Trainings:**

Seventy-four (74) parents (31 from the community) attended three, two-hour trainings for expectant parents and parents of infants/toddlers in 2016 and shared the following as a result of the trainings:

*The Magic of Connecting (things they learned as to why connecting with your child is important and new connecting techniques to start doing with your child)*

- Connecting helps the brain grow & helps to create successful adults. Will start doing more hugs.
- Connecting helps build relationships, teaches children to trust. Will start being totally present and doing *I Love You* rituals every day.
- Learned why as an infant, connection is important along with learning the four key connections. Will at diaper changing do *Round & Round the Garden* and start night time ritual with all four kids.
- Learned how critical connection is in the first 3 years of their life. I plan to follow the keys to connection.
- Connecting builds trust and strong bond. I will start doing *I Love You* rituals and be more present.
- I learned so much and I'm going to start doing what I learned. I loved the class.
- I am very happy to have the information and learn that there is a different way.

*Handling Your Toddler's Fussing & Fits (comments on things to consider when helping your child be more willing & new ideas or facts that you learned that may make a difference when dealing with your child's fussing & fits)*

- Understand his emotions. Instead of making them, try to help them be more willing. Staying calm. Let child know what's going to happen next.
- Help them use their words when upset. Let them know they're safe. Avoid bribing them. Keeping calm.
- Give two options. Give assertive command. Deep breaths to stay calm. Don't get into a power struggle.

- Fits are their way of communicating most of the time. Routine is helpful. Calming myself helps them. Fits are their way of letting us know they can't cope.
- Change of my reaction to her behavior. More praise. Facial expressions. "I wish you well"
- Be a STAR. Teach them to breath. Spend every day connecting. Quit taking everything personally.
- That we cannot make them do it. That two positive choices can help an oppositional child. That it happens. Q-Tip.
- Breath and maintain composure. Understand have them choose their words. Give words to child and signs – picture routines. Children need lots of rest.
- Touch, eye contact, total presence, fun. Not boxing gloves. Own your own upset.

*Healthy Sleep Habits, Happy Child - Parent listed this additional comment about the training:*

- Teacher was amazing, very personable, and knowledgeable. I thought this class was wonderful! Great information and the child care and dinner is perfect! I would recommend this to anyone!

(comments on things that they learned about why healthy sleep is important and new ideas they gained to support their child's healthy sleep habits)

- Routine and early bedtime. Will implement night rituals and early bedtime.
- It makes a happier family. It causes less "ADHD" in children. Start bedtime routines an hour early. Expect setbacks – nothing is perfect.
- Helps them mentally.
- May lead to behavior problems if they don't have healthy sleep habits. Creates tired families if children are tired. Will watch for signals of tiredness and be consistent.
- So they can function well having adequate sleep. The good amount of sleep = better/happier child/family. Knowing signs when child is getting tired and put to bed earlier – be consistent.
- Well slept families are happy families. Good sleep means good wakefulness. Will be consistent and start soothing earlier.
- Keeping a routine to help keep everyone happy. Need it for their growth & development. Will commit to routine and consistency. Comfort them when needed.
- To avoid all and any kind of light in room when going to bed. Put the child to bed when drowsy. Will do earlier bedtimes.
- It helps establish the sleep patterns for life. It leads to a healthy household. Will check in, don't wait for the cry. No light if possible.
- It is important for your child's behavior and parents too. Don't change routine – keep on schedule. No TV lights and will be consistent same time every day.
- Train your kids at a good age to sleep. Put them to bed before they get too sleepy.

**Healthy Relationship Training** – A two-hour "*Healthy Relationship*" training was scheduled for Tuesday, December 13, 2016 with 28 scheduled to attend. We had to postpone the training at the last minute due to severe winter weather conditions.

Attached are summary outcomes for the two six-week Conscious Parenting sessions and the three parent trainings for expectant parents and parents of infants and toddlers.

## Knox County Head Start Conscious Parenting Training

Fall 2016 (Oct 11 – Nov 15, 2016)  
27 Parents Completed All Six Sessions

### SUMMARY OF PRE AND POST TEST RESULTS SEVEN PARENTAL ABILITIES & SKILLS

Goal is for attendees to retain a 4 (most of the time) or 5 (almost always) rating or show improvement in at least 4 Parenting Abilities/Skills

**25 (92.6%) rated 4 or 5 and/or improvement in at least 4 Parenting Abilities/Skills**

19 (70.4%) rated 4 or 5 and/or improvement in all 7 parenting abilities/skills

5 (18.5%) rated 4 or 5 and/or improvement in all 6 parenting abilities/skills

1(3.7%) rated 4 or 5 and/or improvement in 4 parenting abilities/skills

2(7.4%) rated 4 or 5 and/or improvement in 3 parenting abilities/skills

Ability/Skill	Pre Test Averages	Post Test Averages	% Increase
Assertiveness	2.45	3.60	46.7%
Choices	2.65	3.58	35.4%
Composure	3.21	3.66	14.0%
Consequences	2.90	3.26	11.0%
Empathy	2.65	3.32	25.6%
Encouragement	3.23	3.58	11.1%
Positive Intent	3.16	3.74	18.4%
Connection *	3.19	3.55	11.1%
Safety *	2.90	3.58	23.3%

\* Connection and Safety are key to the 7 parental abilities/skills.



## Knox County Head Start Conscious Parenting Training

Winter 2016 (Jan 19 – Feb 23, 2016)  
31 Parents Completed All Six Sessions

### SUMMARY OF PRE AND POST TEST RESULTS SEVEN PARENTAL ABILITIES & SKILLS

Goal is for attendees to retain a 4 (most of the time) or 5 (almost always) rating or show improvement in at least 4 Parenting Abilities/Skills

**31 (100%) rated 4 or 5 and/or improvement in at least 4 Parenting Abilities/Skills**

21 (67.7%) rated 4 or 5 and/or improvement in all 7 parenting abilities/skills

5 (16.1%) rated 4 or 5 and/or improvement in all 6 parenting abilities/skills

3 (9.68%) rated 4 or 5 and/or improvement in at least 5 or more parenting abilities/skills

2(6.5%) rated 4 or 5 and/or improvement in 4 parenting abilities/skills

Ability/Skill	Pre Test Averages	Post Test Averages	% Increase
Assertiveness	3.48	4.34	24.5%
Choices	3.03	4.21	38.8%
Composure	3.37	4.11	22.0%
Consequences	3.61	4.10	13.4%
Empathy	3.29	3.94	19.6%
Encouragement	4.58	4.81	4.9%
Positive Intent	3.35	4.32	28.8%
Connection *	4.35	4.77	9.6%
Safety *	3.90	4.65	19.0%

\* Connection and Safety are key to the 7 parental abilities/skills.

**Knox County Head Start, Inc.**  
**Conscious Parenting Winter 2016 Session**  
**January 19, 2016– February 23, 2016 (31 Completed All Six Sessions)**

<b>What I most want to learn in this training</b>	<b>What I learned from the CP Classes</b>
How to help my kids better understand and communicate. Help ourselves with the kids.	The different brain state effect how we deal. How to help us by giving the kids better skills.
How to help my kids better understand and communicate.	Help ourselves with the kids.
	Understanding their state and acting accordingly.
How to help my child accept transitions or times of change with tantrums. Help to understand what a 3-year old can and cannot comprehend.	Practice, practice, practice – this stuff takes time and practice. Deep breaths for all can be a big help to tense situations.
Learn to be consistent when disciplining and appropriate discipline methods. Working with emotional tantrums, outbursts.	Breathing skills – for me and my son. Positive choices.
Better discipline / direct my child. Better communication with my child.	Deep breathing. Connecting.
Want to learn more about helping him understand his brain states and dealing with them. Work on ways to say calm when he's having a fit about how busy our routine is.	Understanding brain states and helping understand what brain state my child is in. Giving two positive choices / wishing people well!
	Assertiveness – choices. Breathing.
Everything I can.	Breathe, relax and smile – this is hard, you can do this. Playing with your child is a connection.
For my grandson to make better choices in behavior. For me as a grandparent to understand what he's feeling.	I learned a lot of things to use with dealing with my grandsons. I learned to use choices. I also learned that giving them love and having them feel safe are important.
	More that other parents are going through. I'm not alone. Positive choices.
How to be consistent and follow through. To be more on the same page as their (my children's) father.	Learning which brain state my child, myself, and my partner are in during arguments or frustrations during the day. Q-Tip and connections and attempting to have better positive intent.
	Connection to achieve cooperation. Positive intent doesn't have to be right.
Better discipline/direct my child. Better communication with my child.	Brain states. How to get to higher brain states.
How to help my child self-calm and practice safe behavior. To gain direction in how to handle difficult situations.	Brain states and what's needed. Love rituals.
How to calm my child and keep myself from getting worked up. Better discipline practices.	The three different brain states and how to recognize them.
How to deal with days with constant whining.	Assertive voice combined with positive choices works really well. Breathing and keeping my composure.
Updated parenting skills to share with my grandchildren and friends.	To discipline from a higher brain state. To give choices.
Anything I may not know.	Calming, and setting a good example of what should be done, walking into another area if into an argument, so that my son doesn't see things. Praising things done by my son.
Stop being short tempered. Learn how the school uses this program in the classroom.	Breathe, I love you rituals, hot dog game. To calm myself before going crazy.
New ideas that will help with Alex.	To breathe and calm myself first. Positive intent.
Composure. Positive intent and empathy.	Columbus is the capitol of Ohio. I am aggressive and this has helped me be more assertive. Notice – look for what my child/children area doing right and state it.
	Calming. Choices.
How to help my kids better understand and communicate. Help ourselves with the kids.	Breathe and calm myself to help the kids. Giving the kids two positive choices so they have the choices.
	Breathing. More connection.
	Breathe. Choices.
Ways to improve my parenting.	Patience. Breathing to remain calm.
How to better help my children. How to be a better dad.	Using positive intent to help your child. How to teach my children to breathe to calm down.
	Understanding the breathing and calming down. Two choices to choose from.



**Knox County Head Start Inc.**  
**Conscious Parenting Customer Satisfaction Survey Summary**  
 Winter (Jan 19 – February 23) 2016

**Completed the last night of the training sessions.**  
 (31 completed all six sessions)

**% that Agree or Strongly Agree**

	Percent Overall
1. I am more aware of how my own internal state impacts others.	96.8% <sup>1</sup>
2. I enjoy life more.	93.5% <sup>1</sup>
3. I use calming strategies more frequently when triggered by others.	87.1% <sup>1</sup>
4. I feel more connected to my children.	100%
5. My family unit has a stronger sense of "family."	90.3% <sup>2</sup>
6. My family has at least one calming strategy that we coach our children to use to help them calm themselves when they are upset.	87.2% <sup>3</sup>
7. The siblings in my family argue and fight less frequently.	64.5% <sup>4</sup>
8. The number of disruptive behaviors that interfere with the functioning of my family are fewer.	71.0% <sup>5</sup>
9. There is a decrease in the number of aggressive acts in my family.	73.3% <sup>6</sup>
10. I would recommend this class to a friend.	100%

- 1 Parents that did not agree or strongly agree, indicated neutral.
- 2 1 parent disagreed and 2 parents were neutral.
- 3 1 parent disagreed and 3 parents were neutral
- 4 10 parents indicated neutral to this question; 2 parents indicated disagree
- 5 6 parents indicated neutral to this question, 3 parents indicated disagree
- 6 8 parents indicated neutral to this question

What I liked most about CP Classes?	Two things I will implement as a result of these classes	# children under your care? (only one parent/ family member respond)	What program is your child in?
Learning skills that will help make my job easier.	Giving positive choices. Deciding what brain state a child is in.	N/A	Work @ YMCA Preschool
Renee	Choices. STAR – Breathing	2	Head Start
Learned different ways to help my child stay calm and safe. Also being calm when dealing with my child's breakdown.	Choices that seems to be working well with my son. Noticing my son's good behavior. He enjoys getting noticed.	1	HS Home Base
Learning all the stuff to help with calming down.		3	HS Home Base & Dan Emmett

What I liked most about CP Classes? (Continued)	Two things I will implement as a result of these classes (Continued)	# children under your care? (only one parent/ family member respond)	What program is your child in? (Continued)
Knowing other parents are experiencing similar situations.	Breathing. Create a safe space for my son.	1	N/A
Homework allowed opportunities to practice before next class. Renee is a wonderful facilitator too!	Breathing helps me and the children. Giving two positive choices.	2	Gambier Child Care
	Breathing. Safe Space.	2	Head Start
All the skills and how to implement them.	What mental state are "we" in. Giving the child two positive choices.	2	Head Start classroom & home base
All the skills and how to implement them.	What mental state are "we" in. Giving the child two positive choices.		
Everything.	Implement them in my classroom when I sub		Sub in infant/toddler room
Acceptance of all problems – getting different viewpoints.	Assertive voice with positive choices. Reinforcing encouragement.	1	Private child care & associated with Kenyon College
Being in a room with parents who are struggling with the same things and knowing I am not alone.	Focusing on what I want them to do and not what I don't want. Doing and spending more time connecting with them.	2	Cochran Lit'le Lamb
Positive and you are more equal to child not towering above	Safe place. Positive intent.	2	YMCA & Head Start Dept of Job & Family Svcs
Helped me understand my child.	STAR! Breathing. Connection.	1	Dan Emmett
Everything! It was very helpful.	Giving choices. Empathy and consequences.		Gambier Child Care
Father/daughter push-up workout video.	Positive intent. Choices.	2	Head Start
Finding Common ground with other parents and learning and hearing positive ways to deal with things.	Breathing before reacting. Positive choices. Positive intent.	2	Head Start
Other parents going through what I was going through.	Positive choices. Keeping calm more with breathing.	2	St Vincent & Head Start
I wish I had this when I was a younger mother. I liked the part of choices and having them feel safe and loved.	Having them feel loved. Making sure they are feeling safe.		St Vincent & Head Start
Empathy skill	Common breathing. Hot dog game.	1	Not in school yet
Meeting with parents, food, learning more about children, getting out of the house, break from child.	I will try my best to keep calm when my child doesn't want to listen.	1	Head Start
About the brain states. Helps me get to my higher brain state.	Noticing what brain state the child is in. And helps them to the higher brain state so they can learn.	8	Pleasant Street, Absolute Love
Friendly, helpful	Breathing. More patience.	3	Head Start, Fredericktown elementary
How to deal with my son.	Assertiveness. Choices. Breathing, Safe place.	1	Wiggin Street
How in depth.	A safe place. More praises.	3	Gambier Child Care
Learning all the new strategies.	Positive choices. Encouraging them!	2	Head Start
	Calming, Positive intent.	1	N/A
Refresher on skills I can use with my child/children	Empathy – I cannot love and judge at the same time. Intent to teach – consequences.		

What I liked most about CP Classes? <i>(Continued)</i>	Two things I will implement as a result of these classes <i>(Continued)</i>	# children under your care? (only one parent/ family member respond)	What program is your child in? <i>(Continued)</i>
All the examples of parenting choices and hearing others parents on how they deal with things.	Positive intent. Breathing to be and stay calm.	1	Head Start
Acting out different solutions.	Safe place. Thinking what they need before I yell.	3	
This may be hard but I can handle this, and choices instead of consequences.	Breathing for calming, walking through coaching my child through how to say what he wants and if not right that second, then he can later.		
A different approach to discipline by calming myself.	STAR. Positive Intent		
<b>Total Number of Children in Households</b>		<b>43</b>	

Knox County Head Start, Inc.  
**The Magic of Connecting**  
 Outcomes/Customer Satisfaction Survey  
 March 15, 2016 - 6 to 8 p.m. @ NHEEC  
 Renee Sutherland, LISW-S

Summary of Training Evaluation (21 attendees)

*On a scale of 1 to 5 with 5 being the highest rating*

	<b>Average Rating</b>
1. Do you have a better understanding of why connecting is important?	4.90
2. The training will be helpful to you in connecting with your child(ren)/new born?	5.00
3. The handout was helpful?	4.90
4. The trainer was a good communicator and welcomed questions?	4.95
5. The trainer was able to answer questions?	5.00

<b>Two things you learned as to why connecting with your child is important:</b>	<b>Two new connecting techniques that you plan to start doing with your child(ren)/new born:</b>
Helps the brain grow. Helps to create successful adults.	Have more fun. More hugs and kisses.
Make it fun. Be there.	I Love You Rituals. STAR's
To help them grow attached to you. Help them to be able to attachments so they can function in life.	Twinkle, Twinkle, little star. Round and Round the Garden
Crawling can help them to read. Stimulating neurons in child's brain.	Eye contact. Touch.
Better ways to connect. What's important to connect.	Eye contact. Gentle touch.
It helps build relationships. Teaches children to trust.	Being Totally present. Doing I Love You Rituals every day.
To show love and stability.	I love you rituals daily. To give gentle touches more often.
Build trust. Strong bond.	I Love You Rituals. Be more present.
Brain development. Serenity along with trust.	More total presence. Playing more goes together with presence.
Helps build relationship. Teaches trust.	Being present. I Love You Rituals.
As an infant, developing connection is very important. Four key connections.	At diaper changing do Round & Round the Garden. Start night time ritual with all 4 kids.
Touch. Play time rituals help.	Using games. I Love You Rituals.
Connecting creates neurons. Helps child developmentally.	Games. Physical touch is most important.
Helps the brain grow. Helps breed connections later in life.	More fun. More time devoted to it.
Releases stress. Helps them become connected adults.	Touch. Total presence.
Its brain developing. Teaching your child to learn & cope.	More eye contact, touching, total presence and Fun!
Connecting to the kids. Learning to have presence.	Total presence. Fun.
Go slow, take your time. Patience.	Lots of keys to connection. I Love You Rituals.
Learned 4 keys to connection more better and more patience. How critical the first 3 years of their life is to function for the future.	I Love You Rituals Follow the keys to connection.
Teacher of the dance (I love it!). Secure attachment – touch.	Attachment/touch. Eye contact, touch, fun etc.

**Added comments include:**

- Renee Sutherland is a very good trainer. I enjoyed the class and feel I have more resources to use to help my children.
- Thanks you for this great opportunity. It was a great time and great information.
- .Thank you!
- It was a very neat & interesting session... Thank you very much...
- Renee does an amazing job. I plan on attending a lot more classes.
- Great training. Thanks for the info!
- Really enjoy the classes! Please let me know when there are more.

**List all the ages of children under your care:** Less than 6 Mos-1 yr. old (12); 2-3 yrs (14); 4 yrs (3); 5+ yrs (19)

**Number of attendees expecting:** (2 families)

**Number of attendees participate in the following (some participate in multiple options)**

Head Start Preschool (8)	Head Start Child Care (1)	Early Head Start (6)
Help Me Grow (2)	Food Stamps (3)	Ohio Works First (1)
Starting Point (1)	WIC (9)	Absolute Love 3
Step by Step – Mansfield (1)		

**Ways attendees learned about the training:**

Flyer from School (3)	Teacher (5)	WIC (1)	Newspaper (2)
Care Net (2)	Friend (4)		

**Other Stats:**

6 attendees were from the community; 48 children are under the care of the attendees; child care was provided for 27 children and 81 units of dinner were provided during the training.

**95% of attendees that have children indicated child care and dinner were important in order for them to attend.**



**Handling Your Toddler's Fussing and Fits  
Outcomes/Customer Satisfaction Survey Results  
April 12, 2016 6 to 8 p.m. @ NHEEC**

Summary of Training Evaluations (31 completed surveys)

On a scale of 1 to 5 with 5 being definitely yes (highest rating)

	Average Rating
1) Do you have a better understanding of how to respond when your child throws temper tantrums?	4.8
2) Will the training be helpful to you in helping you cope with your child's temper tantrums? Do you feel you are more familiar with things to consider when helping your child to be more willing?	4.7
3) Was the handout helpful?	4.8
4) The trainer was a good communicator and welcomed questions?	4.8
5) The trainer was able to answer questions?	5.0
6) The time allowed for this training was adequate?	5.0
7) Over-all the training and classroom discussion were helpful?	4.9
8) Was child care & dinner important to you in order to attend tonight's training?	4.8
9) Was child care & dinner important to you in order to attend tonight's training?	4.4

Two things for you to consider when helping your child be more willing.	Two new ideas or fact that you have learned in this training that may make a difference when dealing with your child's fussing and fits.
Keep my composure. Breath.	Eye contact. Routine.
Understanding his emotions. Instead of making them, try to help them be more willing.	Staying calm. Let child know what's going to happen next.
Remain calm. Teach them words/sign language.	Teach them to wait while I'm doing something. Take a deep breath; wish the child well.
Help them use their words when upset. Let them know they're safe.	Avoid bribing them. Keeping calm.
Give two options. Give assertive command.	Deep breaths to stay calm. Don't get into a power struggle.
Giving charge of your feelings. If my child is prepared.	Realizing correct skill sets. Positive expressions.
Having the look (children don't think with words, they think with pictures – Q-tip method. I am safe this is hard but I can do this.	Breath and relax – smile. Teaching signs.
Breath. Quit taking it personally.	Does my child have the skill? Download your calm.
Fits are their way of communicating most of the time. Routine is helpful.	Calming myself helps them. Fits are their way of letting us know they can't cope.
Cleaning room. Look clam.	Help them clean more. Calm and give a good look. Use sign language.
Keeping your composure. Are you asking too much?	Stop, breath and smile. Don't jump on it like it's an emergency.
Stay calm. Ask yourself if the child has the skills for the situation.	Touch. Eye contact.
Q-tip. Quit taking it personally. Give my calm.	Think about the look I'm having. Are my expectation realistic?
Change of my reaction to her behavior. More praise.	Facial expressions. "I wish you well"
A routine chart. How to help my children to use and learn words.	I have a choice on how I look when dealing with their fits. How to help my children to be more willing to do things.
Use site to help them relate to what's going to happen next. Connecting helps with cooperation.	Breath and relax. Smile and talk calmly to your child.
Be a STAR. Teach them to breath.	Spend every day connecting. Quit taking everything personally.
Communication. STAR.	They don't have the skills. Communication.



Two things you learned about why your child may throw temper tantrums and how to respond to your child's temper tantrums. (Cont'd)	Two new ideas you have that will help you cope with your child's temper tantrums. (Continued)
Tell children what's next. Q-Tip method.	Stop saying use your words. How do I help my child be more willing.
Q-Tip. Touch, eye contact, total presence, fun.	Not boxing gloves. Own your own upset.
Basic signs four tots while teaching. Q-Tip method.	Basic signs. Making sure you stay constant – routine!
Talk to him. Telling you something is wrong.	Sing to him. Hold him.
Is my child hungry? Is my child over tired?	Q-Tip method. Making my child willing.
Make things fund. Maintaining.	Staying calm.
More breathing. Get down on their floor.	
That we cannot make them do it. That two positive choices can help an oppositional child.	That it happens. Q-Tip.
Breath and maintain composure. Understand and have them choose their words.	Give words to child and signs – picture routines. Children need lots of rest.
Q-Tip. Breathing.	Doing a consistent routine. Maintaining composure.
Have a lot of connection with child. Have a routine.	Don't take things personal. Maintain my composure.

**List all the ages of children under your care:** 0-11 mos (6); 1 yr old (7); 2-3 (17); 4-5 (4); 6+ (17) **(Total of 51 children)** (only one family member answer this question, please.)

**Are you pregnant at this time?** (1) She has an eight year old too.

**Total programs attendees' child(ren) currently participate in:** (some use more than one service)

Early Head Start (7)    Head Start Preschool (8)    WIC (15)  
 Help Me Grow (3)    Food Stamps (13)    Ohio Works First (5)  
 Starting Point (4)    Behavioral Health Partners of Central Ohio (3)    Other Preschool/Child Care Center (7)

**Ways attendees found out about the training:**

Flyer from School (10)    Teacher (5)    Friends (6)    DJFS (5)    Absolute Love Child Care (1)  
 Previous Parent Training (4)    Knox County Health Department Flyer (1)

**Would you recommend this training to a friend?**    Yes (30) (1) did not answer

**Additional Comments/Suggestions about the Training:**

- Thank you for all the helpful information. It's been very helpful.
- Renee is a good trainer and I enjoy her trainings – room was really cold.
- I love these trainings. Very helpful and informative.
- I really enjoy these classes! Thank you...
- I would love more classes. I am out of touch with how to deal with a group of children. Need direction. It is different having someone else's child that does NOT listen. Thank so much for this class. (*She works @ Absolute Love Learning Center.*)
- Always enjoy Ms Renee and her speaking.

**Healthy Sleep Habits, Happy Child**  
 Outcomes/Customer Satisfaction Survey  
 September 20, 2016 6 to 8 p.m. @ NHEEC

Summary of Training Evaluation (21 attendees)

*On a scale of 1 to 5 (1 being definitely no & 5 definitely yes.*

**Average Rating**

- |   |     |
|---|-----|
| 1. Do you have a better understanding of why healthy sleep is important?  | 4.8 |
| 2. Will the training be helpful to you in helping your child learn to sleep well?   | 4.7 |
| 3. Did the training help you understand the development of sleep habits and the patterns and rhythms of sleep changes depending on age of your child? | 4.7 |
| 4. The handout was helpful?   | 4.8 |
| 5. The trainer was a good communicator and welcomed questions?  | 4.9 |
| 6. Overall the training and classroom discussion was helpful.   | 4.9 |
| 7. Child care and dinner were important to you in order to attend tonight's training?   | 4.4 |

4

Two things you learned about why healthy sleep is important.	Two new ideas you have to support your child's healthy sleep habits.	# Children in Household
Kids don't need TV or lights to sleep. Train your kids at a good age to sleep	Put them to bed before they get too sleepy.	3
Helps them mentally.	Early bed. Routine	3
About co-sleep – do or don't	No lights. Try a book.	1 & expecting
Affects your child's behavior and parents too. Don't change routine – keep on schedule.	No TV or lights. Be consistent – same time every day.	3
Prevent over tiredness – create healthy sleep habits.	Soothing without picking baby up. Consistent morning nap.	2
It helps establish the sleep patterns for life. It leads to a healthy household.	Check in, don't wait for the cry. No light if possible.	
To avoid all and any kind of light in room when going to bed. Put the child to be drowsy.	Earlier bedtimes. Things don't always go as planned.	
Keeping a routine to help keep everyone happy. Need it for their growth & development.	Routine + consistency. Comfort them when needed.	4
Teacher was amazing. Very personable & knowledgeable. I thought this class was wonderful! Great information and the child care and dinner is perfect! I would recommend this to anyone!		1 & expecting
Sleep earlier. Better wakefulness.	Sleep earlier. Sleep before crying.	1
Sleep habit. Lighting.	Buy softer lights. Routine.	
May cause behavioral problems. May increase family problems.	Soothe the child. No light at all in room.	
To help behavior. To help their mood.	No light. Sleeping in separate cribs.	Twins
Helps being happy. Grow and it will help them.	Early bed time. Be consistent.	2
Can cause behavioral issues. Can cause family issues as well.	Allow child to go to bed when drowsy Do not pick child up.	4
Prevention of behavior problems. Healthy sleep = Healthy life.	In crib/bed. Soothing.	
Well slept families are happy families. Good sleep means good wakefulness.	Be consistent. Start soothing earlier.	
So they can function well – having adequate sleep. The good amount of sleep = better/happier child/family.	Knowing signs when child is getting tired. Put to bed earlier. Consistent.	1
May lead to behavior problems. Creates tired families when children are tired.	Watch for signals of tiredness. Be consistent.	
It makes a happier family. It causes less "ADHD" in children.	Start bed time routines an hour early. Expect setbacks – nothing is perfect.	4
Routine. Early bedtime.	Night rituals. Early bed time.	2

List all the ages of children under your care: 0-1 yr old (8); 2 yrs old (6); 3 yrs old (9); 4 yrs old (4) & 5 yrs + (8); Total of 35 children are in the families

**Knox County Head Start, Inc.**  
**Fall Conscious Parenting (Oct-Nov 2016)**  
**27 attendees completed all six sessions**

<i>How has what you learned in these classes made a difference for you?</i>	<i>How has what you learned in these classes made a difference for your family?</i>	<i>Are you a part of the CP FACEBOOK Group? If yes, has it been helpful and in what way?</i>
More composed – as well as my children.	Everyone in house is noticing and practicing.	Not on Facebook group
I have been a lot calmer and I breathe	Talking a lot easier	Reminds me to deep breath
Awareness of my emotions towards children		Not on Facebook group
Remembering to slow down & breathe	Calmer so it's nicer	Shared video on laying was helpful
I have learned to breath and be calm before dealing with difficult things.	We "breath" more and try to be calm.	It's been helpful to just be able to talk with other parents.
It helps me be a better parent	We get along better.	Not on Facebook group
It helped me gain understanding of my emotional states and how to better manage them.	I think this will help me react differently with family and people I work with. <i>(This is an employee of the Dept of Job &amp; Family Services)</i>	Not on Facebook group
I can calm myself for my child to discipline them.	My family can interact without fighting.	I can interact with other parents who maybe going through what I am.
New way of learning.	The good attention.	Understanding emotion better.
What states (brain) we are in, play is important in connecting, positive choices help better knowing the difference between assertive, aggressive, and passive/aggressive.	It has helped us calm more easily, slow down to really connect and assess the situations that are hard, better ways to help them learn.	Update, connecting and going over things learned/other ways of looking at things.
My family has learned to use calming techniques.	We've figured out how to handle our anger.	Have been on Facebook group and it has been helpful.
Practice makes perfect.	Patience, connecting with the kids.	Not on Facebook group.
Handle my child better.	It is not a struggle any more.	Have been on Facebook group.
Life is easier.	Less yelling.	Not on Facebook.
It has helped me to stay calm and approach the situation better instead of flipping out.	It kinda brought us closer.	Have been on Facebook group and it has been helpful.
Helped me figure out why and how to calm my daughter down which has made us closer.	Taught me new ways to keep my children from fighting so much.	Not on Facebook group.
To watch children's action more and stop before reacting.	Can apply it to all ages.	Didn't indicate if on Facebook Group
Calming strategies.	Less frustrated – more understanding.	Not on Facebook group.
Helps me connect with my little ones	Stronger connection.	Not on Facebook group.
I notice more.	We give each other more options.	Not on Facebook group.
Given the skills to handle more situations.	Starting to all get on the same "page"	Give great insight to various things.

Understanding others emotions & reasons (positive intent)	Easier to calm down.	Asking other parents questions.
More calm despite having a very stressful fall.	People are more agreeable.	Using Facebook Group
Breathe - Breathe	Calmer - Happier	Not on Facebook Group
I more often use Conscious Parenting to help the children I'm around		
To keep myself calm and to help my children stay calm	Everyone is calmer	
I feel a stronger connection with my kids and understand their mindsets and how to help them.	My kids feel closer not only with me but with each other as well.	Not on Facebook Group