

Parent education is a right for every child. (Dinkmeyer, McKay, McKay, Dinkmeyer, 1998)



36th **ANNUAL CONFERENCE** of International
School Psychology Association (ISPA)

CHILDREN'S RIGHTS AND NEEDS: CHALLENGES TO SCHOOL, FAMILY, AND SOCIETY
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PARENTING GROUPS IN LITHUANIAN SCHOOLS: WHO BENEFIT MOST?

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Parenting program STEP

- **Systematic Training for Effective Parenting (STEP)** – Adlerian psychoeducational group-based program for parents
- **Aim** - to develop positive parenting skills (understand misguided goals of children's behavior, natural and logical consequences, reflective listening, encouragement, mutual respect, etc.).

- **Background** – book “Children: the Challenge” written by Rudolf Dreikurs and Vickie Soltz in 1964



- **STEP authors** – Don Dinkmeyer Sr., Gary McKay, Joyce L. McKay, Don Dinkmeyer Jr.



- **Authors of the Lithuanian version** - Roy M. Kern and Jolita Jonynienė

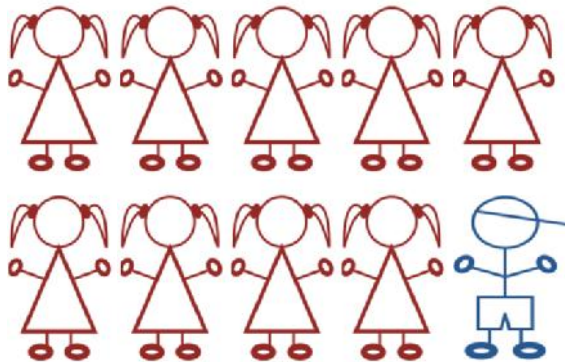
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Research study on STEP: participants

2011-2012



Experimental group



Post-test x 348

Follow-up x 145

For both samples

89-92 % mothers

72-77 % Kaunas or Vilnius

75-77 % university diploma

Control group



Post-test x 299

Follow-up x 106

For both samples

88-93 % mothers

60-72 % Kaunas or Vilnius

68-71 % university diploma

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Research study on STEP: **constructs explored**

2011-2012



Parenting knowledge

STEP Parent Survey Form (Dinkmeyer, McKay, Dinkmeyer, 1997)

Parenting style

*Parenting Styles and Dimensions Questionnaire-Short Form
(Robinson, Mandleco, Olsen, Hart, 2001)*

Child behavior as perceived by parents

Adlerian Parental Assessment of Child's Behavior Scale (McKay, 1976)

Family sociodemographics

Age, gender, birth order, education, family status, city, number of children

Target child characteristics

Age, gender, birth order

Parental personality as Adlerian lifestyle themes

Basic Adlerian Scales of Interpersonal Success (Wheeler, Kern, Curlette, 1993)

Participation in STEP program agents

*Number of group sessions attended, homework assignments completed,
attended with a partner*

Efficacy of STEP parenting groups



Significant research findings at post-test (end of program):

- When compared to the control group, Lithuanian mothers in the experimental group gained more knowledge on parenting, decreased authoritarian and permissive parenting style and perception of the target child's emotionally charging behavior.
- The outcomes of the STEP program with fathers included an increase in knowledge on parenting.

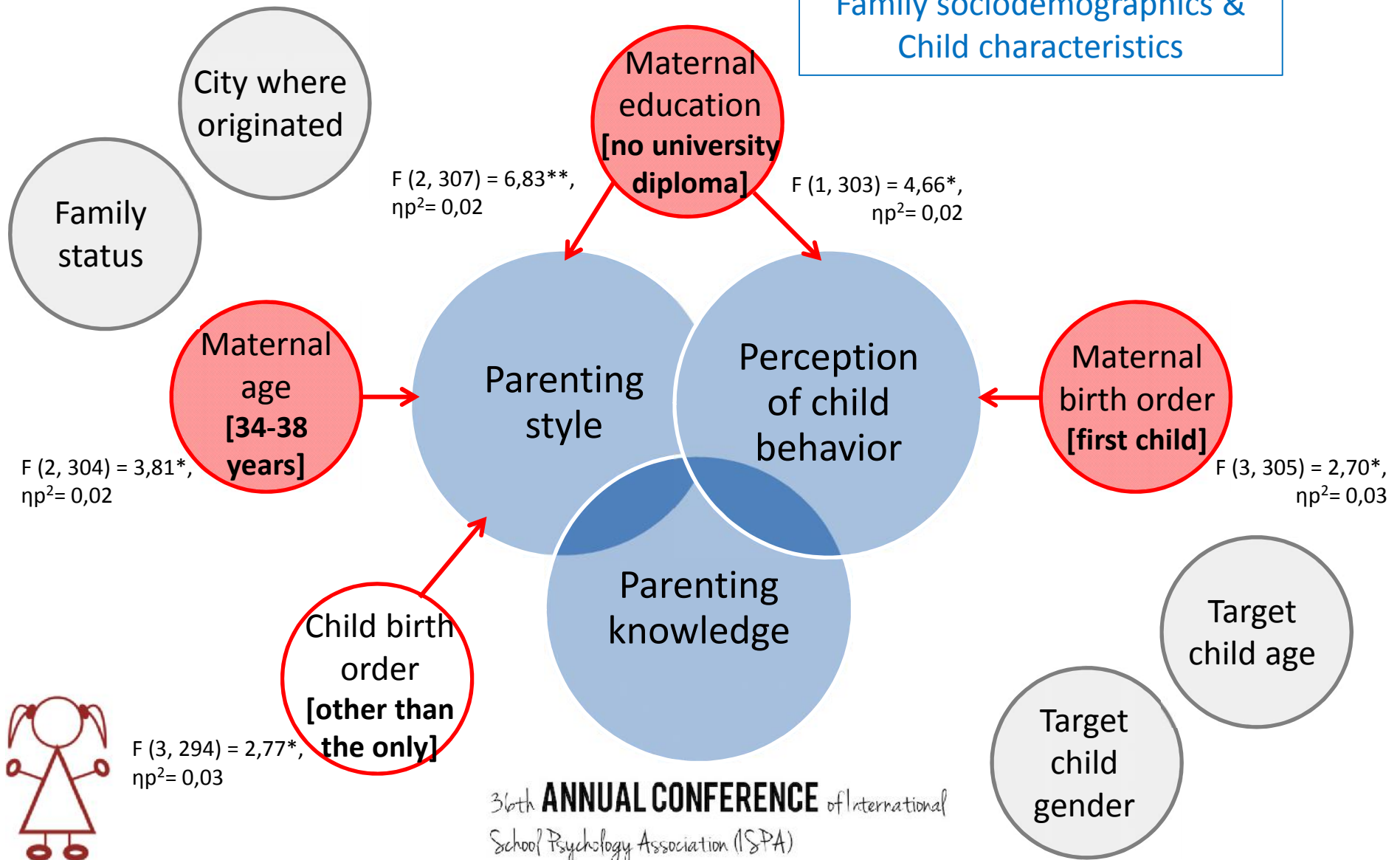
The follow-up indicated that:

- the outcomes of the STEP program on knowledge on parenting, parenting style and parental perception of child's behavior continued to be stable in three-to four-month period with both parents' genders.

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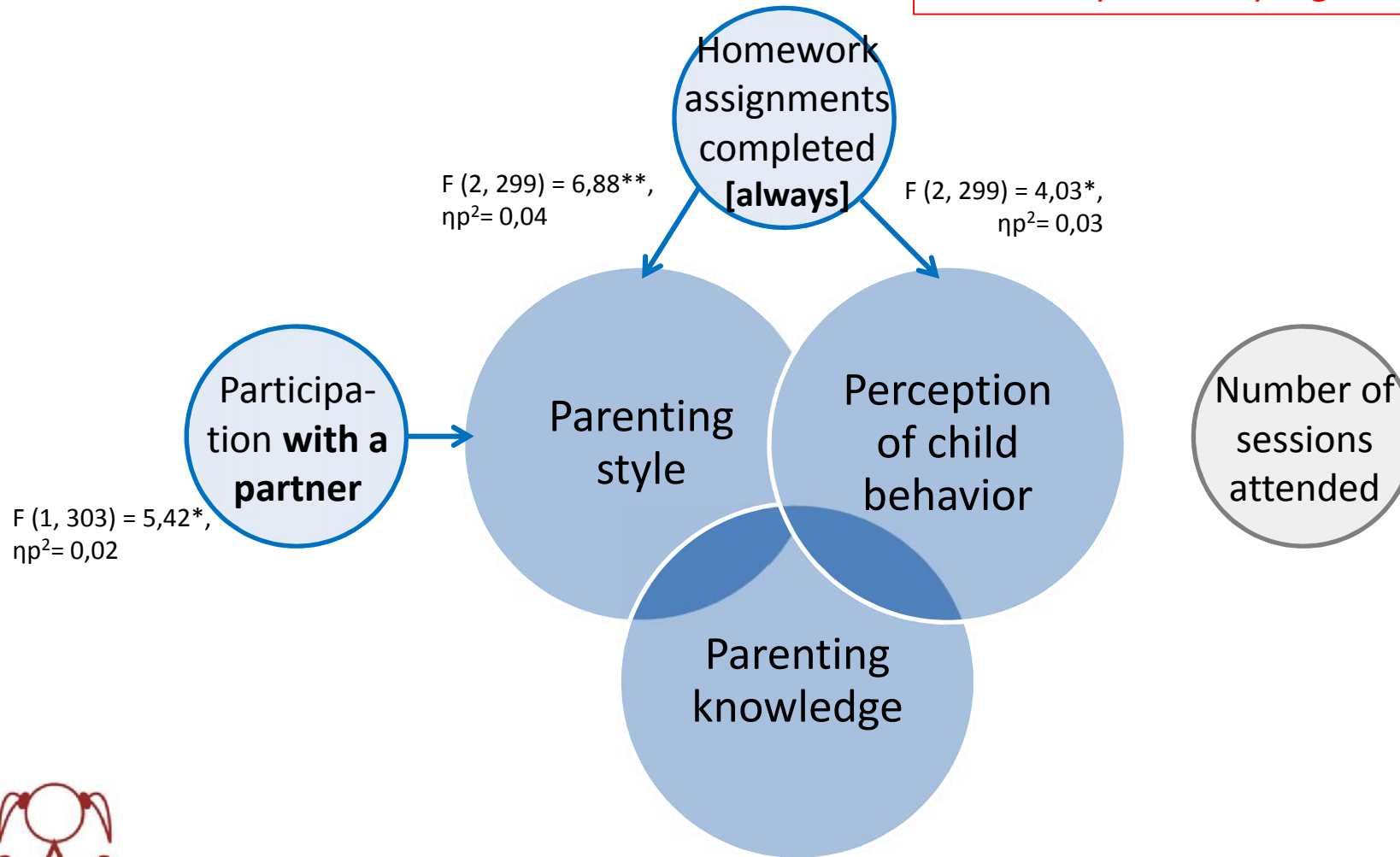
Efficacy of STEP parenting groups

Family sociodemographics &
Child characteristics



Efficacy of STEP parenting groups

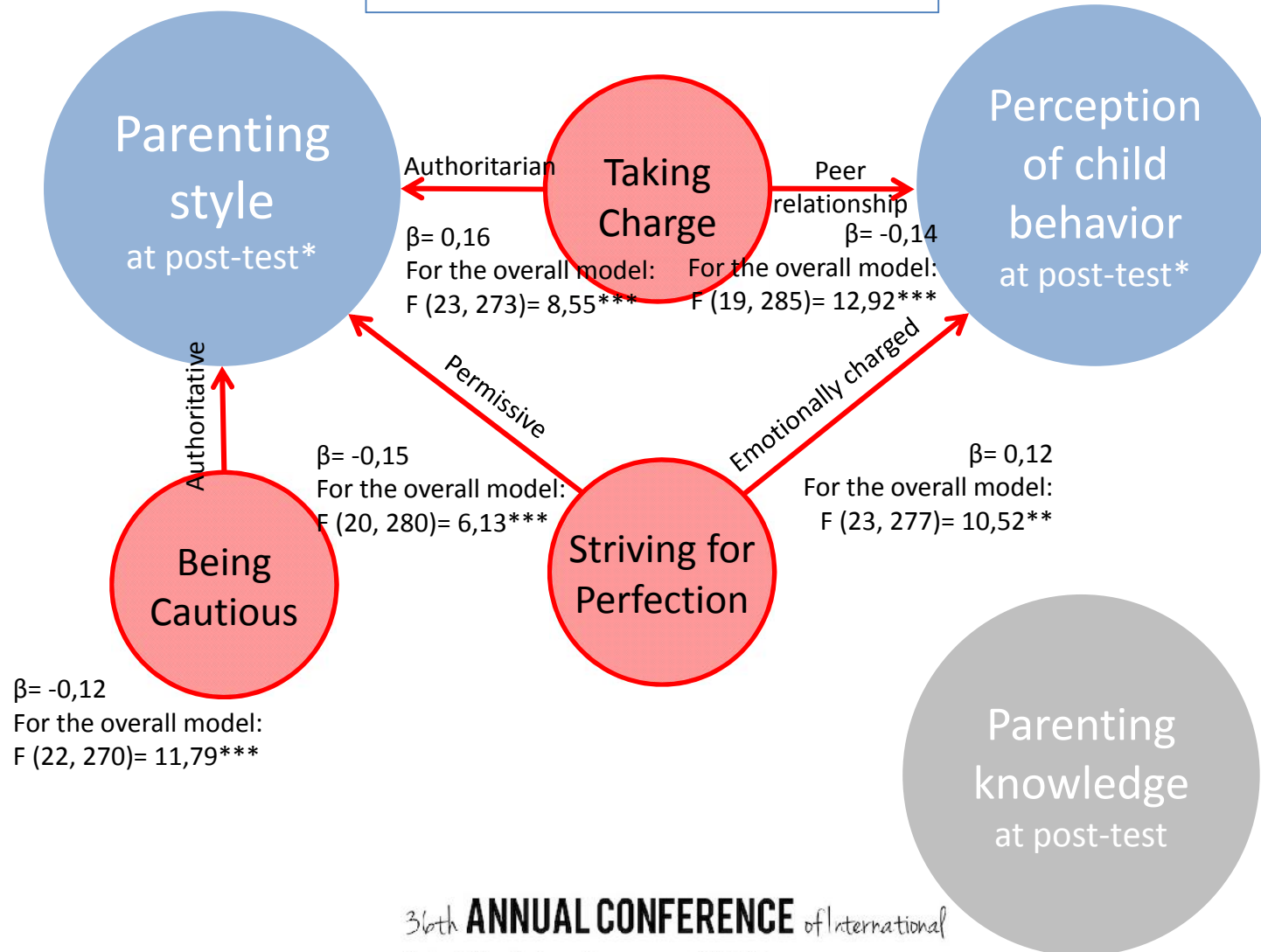
Participation in program



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Efficacy of STEP parenting groups

Maternal personality



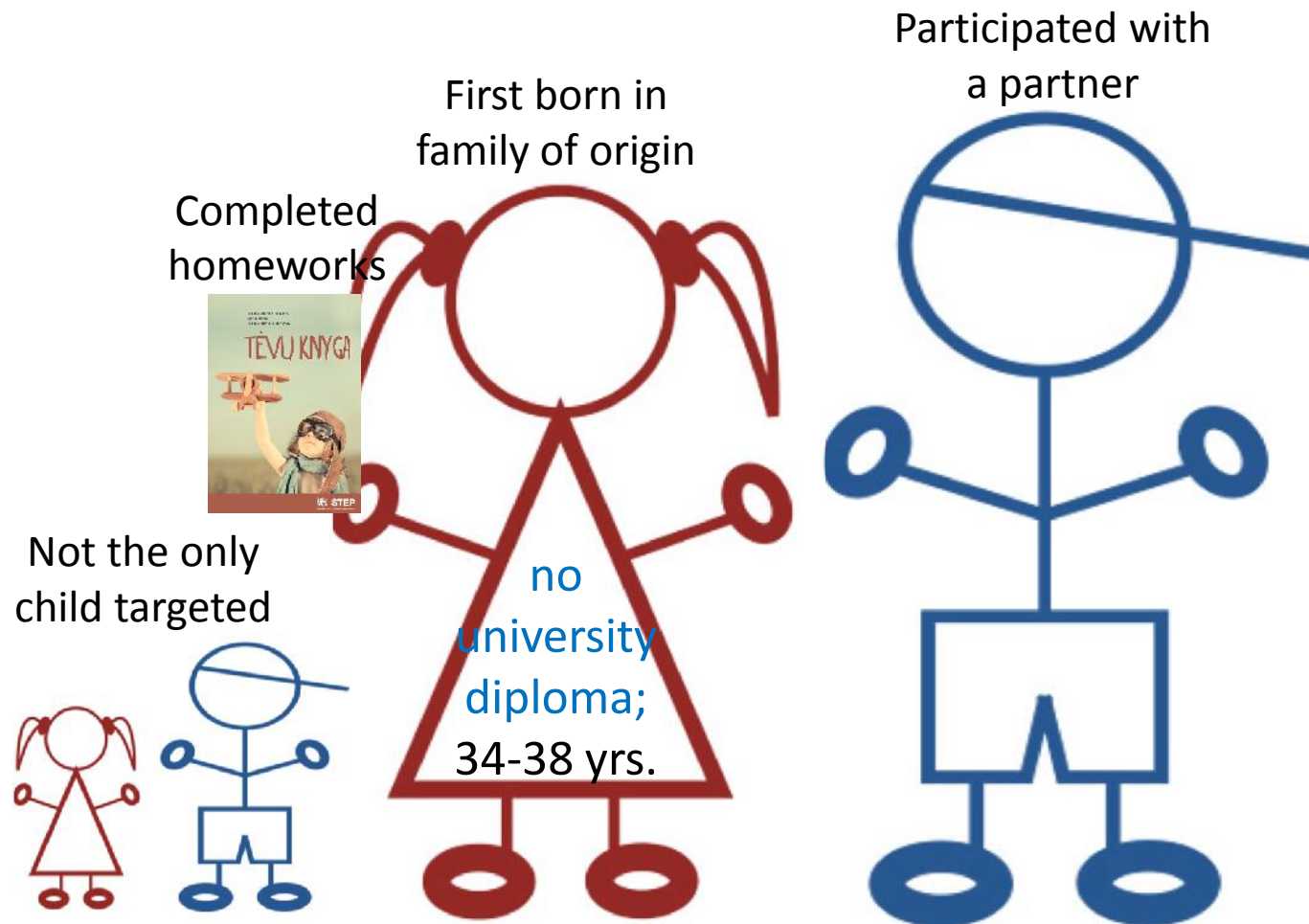
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* The pre-test scores were statistically controlled. In regression models other variables were also significant.

So... who benefit most?



- Were less cautious in groups (low Being Cautious);
- Did not like to dominate and control (low Taking Charge);
- Preferred structure and completing tasks (high Striving for Perfection).



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