



## Outcomes of Participants in Cornell Cooperative Extension Magic Years Parent Education Program 2023-2024

By Julia Chapman and Kimberly Kopko

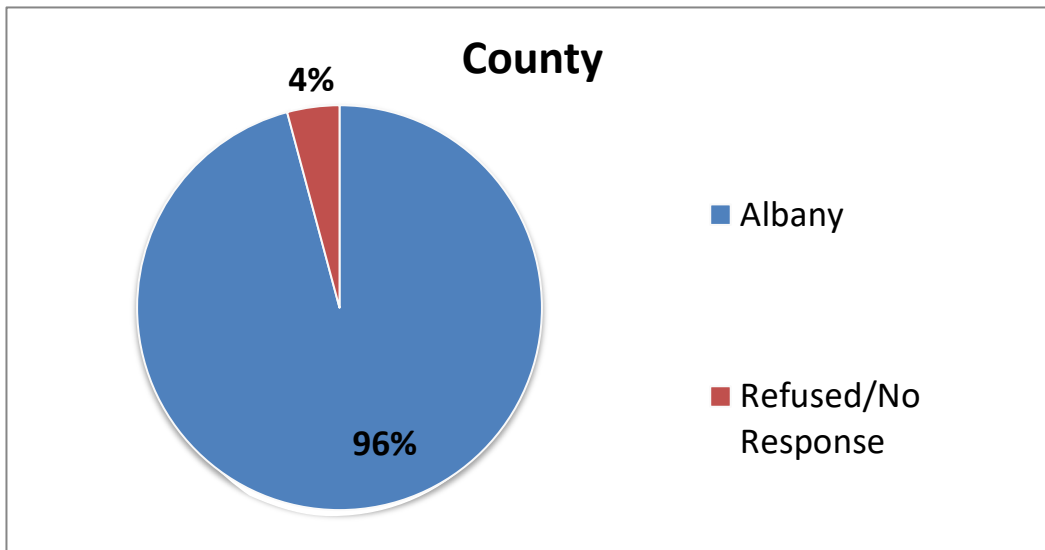
Cornell Cooperative Extension (CCE) offers a variety of programs for parents and caregivers. These programs reach a wide range of families and seek to promote positive parenting and, ultimately, healthy family and child development. This report presents data collected from participants in the Magic Years program from September 2023 to September 2024. Participants included parents and caregivers who participated in programs comprised of at least six hours of content delivery. Data were collected from participants at the first session (a pre-test) and at the

last session (a post-test). Results of the analysis of these data are shown below.

### Demographics of Participants attending Magic Years

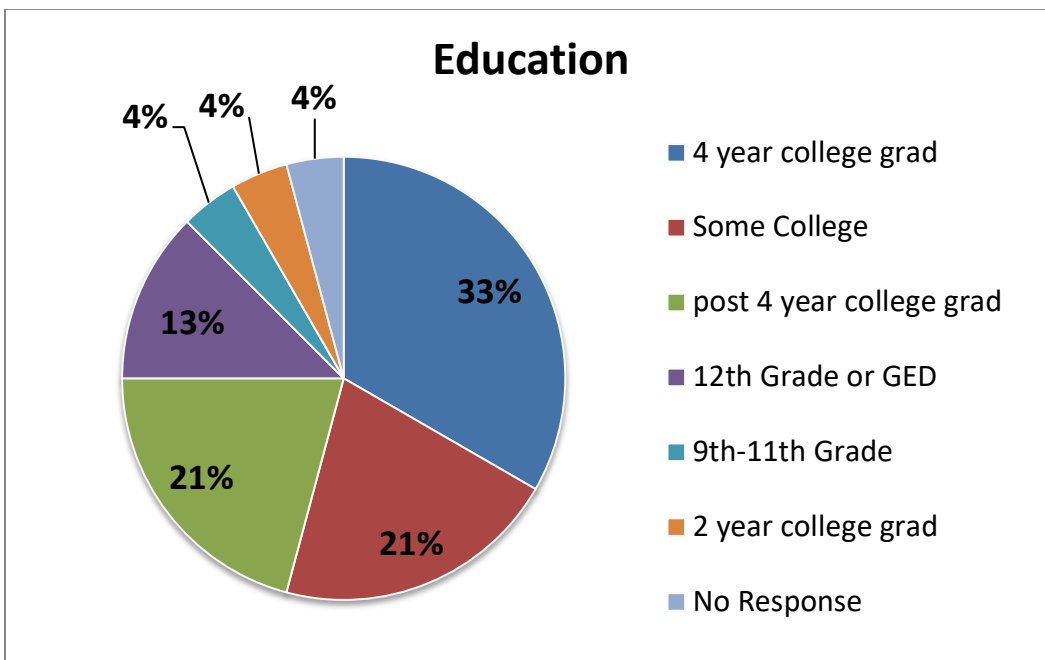
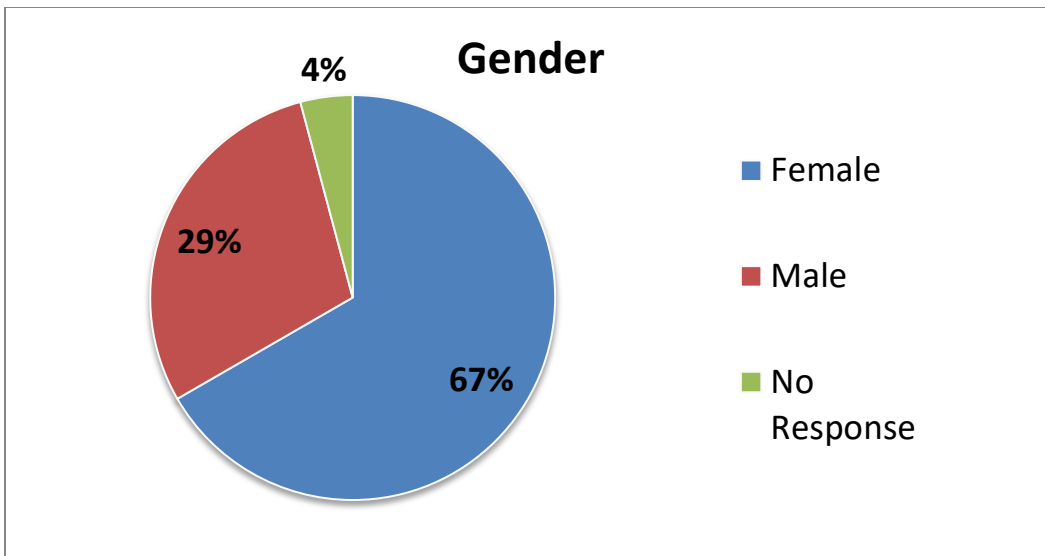
The following summaries use data from 24 participants who completed a pre-test survey given at the first session of their parent education class.

Nearly all participants in the Magic Years were from Albany County (96%) with 1 participant choosing not to disclose their county.



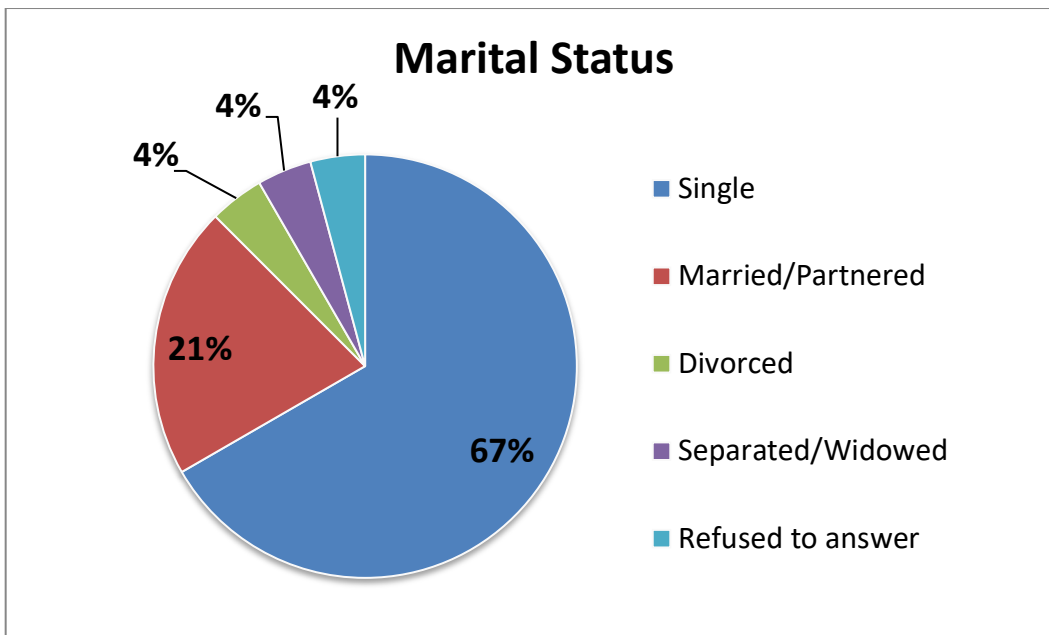
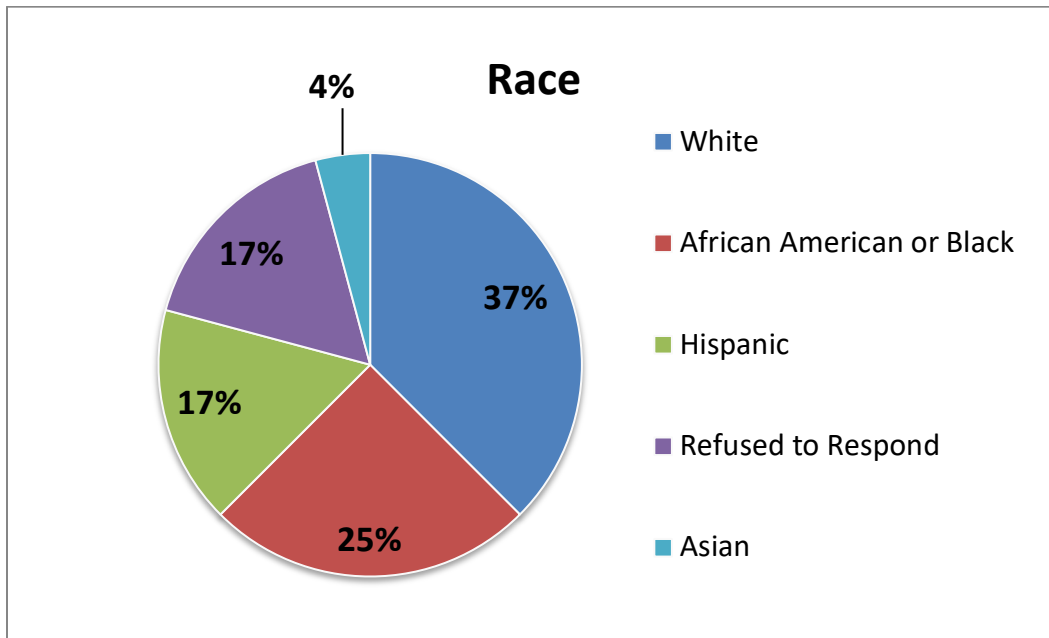
Sixty-seven percent of the participants in the program were female. Educational attainment among the participants varied widely, with the greatest number of participants having completed a

4 year college degree (33%), those who attended but did not complete college education (21%), and those having completed more than 4 years of college (21%).



The majority of the participants in the Magic Years parent education class were White

(37%) and the most common marital status was single (67%).



## Pre-Post Survey Results

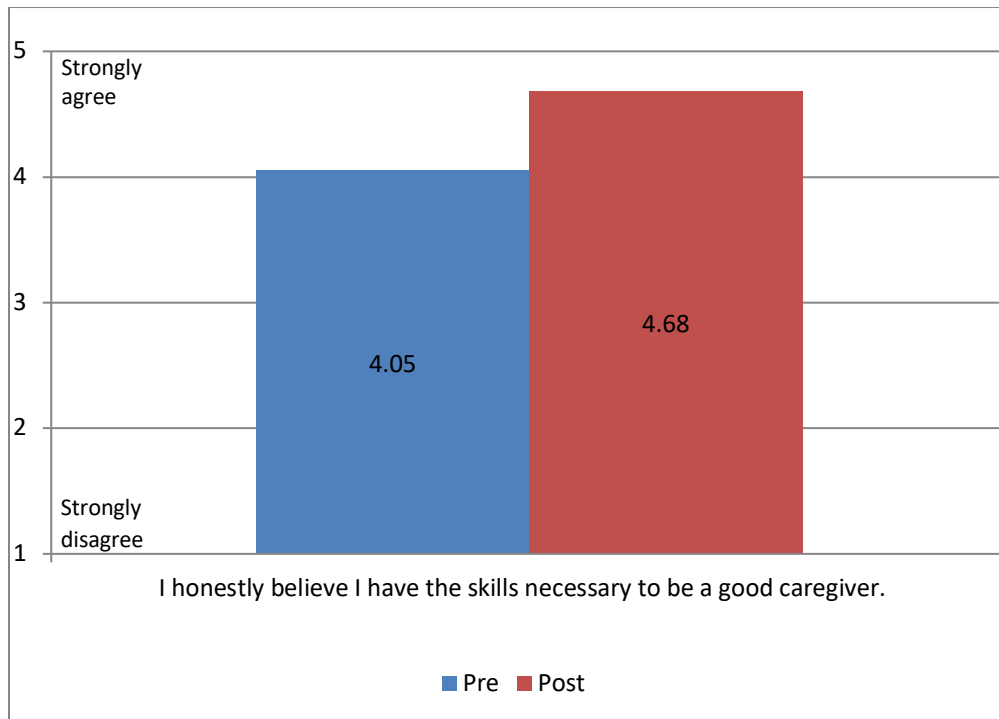
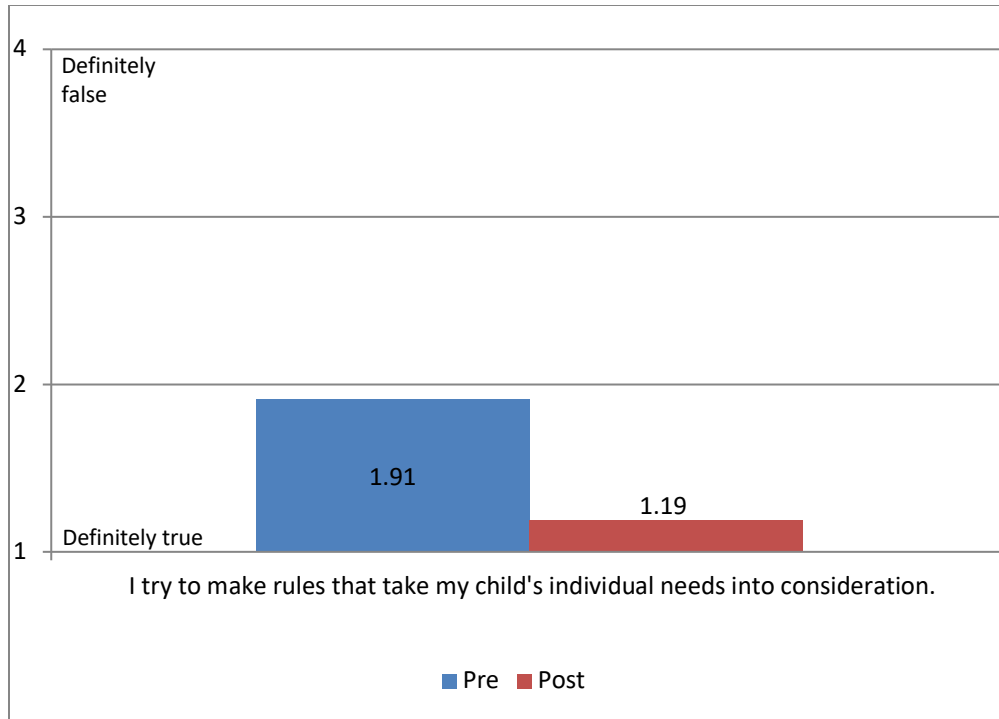
This evaluation used a pre- and post-test, in which participants were asked to answer two identical surveys—one given at the first class session and another given after the completion of the last parenting class. The survey included ten questions about parenting attitudes, behaviors and knowledge designed to capture portions of the content taught in class. The pre- post-study design allows researchers to see if attitudes, behaviors, and knowledge change during the course of the workshop. Using this type of research design does not allow a determination of whether taking part in the parent education class *caused* a change in attitudes, behaviors and knowledge as such changes could occur for other reasons outside of the workshop. However, it is possible that any significant pre-to-post changes in parenting attitudes, behaviors and knowledge that are observed may have resulted from taking part in the program.

The following evaluation is based on information provided by 22

participants, who completed their program and completed both a pre- and a post-test survey. Three of the ten measures tested showed a significant improvement from the pre- to the post-test. Specifically, CCE parent education participants reported increases in: confidence in making rules that consider their child's individual needs, belief that they have the skills necessary to be a good caregiver, and explaining the reason for rules.

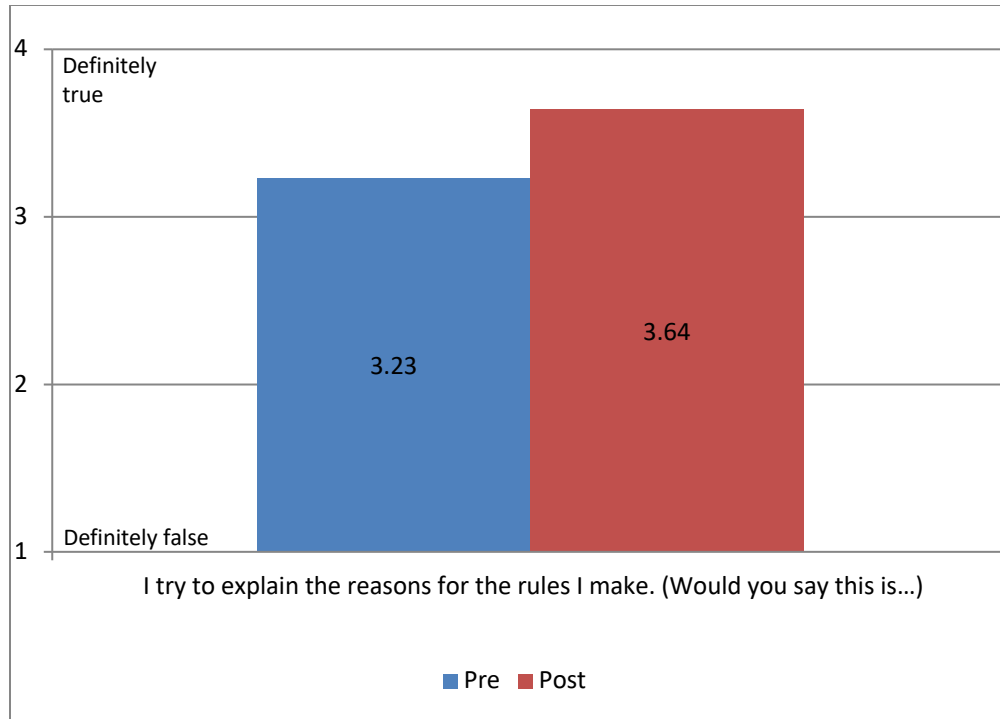
A p-value generated from a paired t-test was used as a statistical measure to determine whether a change in a given survey question between the pre- and post-test was significant. A p-value of .10 or less was considered statistically significant, and means that we can be 90% certain that the pre-to-post changes in participant responses are not due to chance.

In comparing participants' pre- and post-test survey results, the following two questions showed statistically significant changes at the 1% level.



In comparing participants' pre- and post-test survey results, the following question showed

statistically significant changes at the 10% level.



These results indicate that three out of ten measures of parenting attitudes, behaviors and knowledge improved significantly from the pre- to the

post-test, highlighting an area in which the Magic Years parent education program may have had a positive impact on participants.

Visit the [Parenting Project](#) website

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