

## Results of the Knox County Parent and Caregiver Survey

### *Parents Value Parent Training and Support*

Knox County Parent and Caregiver Survey was a 49-question survey assessing parents' attitudes about parent training and support and their concerns and practices related to parenting.

- 709 parents and caregivers responded during Fall 2014
- Respondents ranged from teen parents to grandparents raising grandchildren
- Respondents ranged from very low to high income and lower to higher education levels
- Parents from all areas of the county participated in the survey

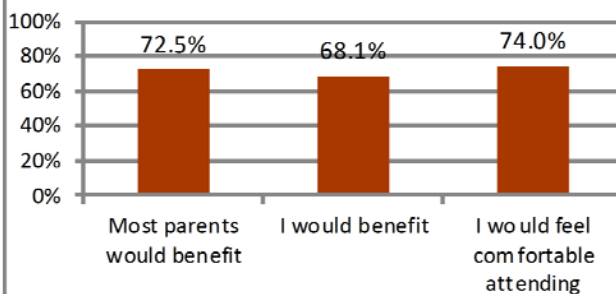
Parents in Knox County agree that it is important for parents to have access to good information about parenting and access to parent training. Knox County parents also understand the importance of support for parents.

Further, most parents who completed the Knox County Parent and Caregiver Survey indicated interest in using information or attending one-session or multiple-session parent training programs.

However, the survey showed that a significant minority of parents (23%) still believe that parent training programs are for parents who don't know how to be a good parent.

#### Attitudes Toward Parent Training

(Parents who Agree or Strongly Agree)



### *Parents Identify Training Needs*

#### Top 5 Parent Training Topics

1. Helping children be successful in school
2. Improving family communication
3. Helping children develop self-control
4. Helping children cooperate
5. Helping children develop empathy

What parent training or parenting topics would help Knox County parents?

Parents with all ages of children shared similar overall interests in parent topics. They also expressed the desire to learn specific age-appropriate strategies to support their children.

Parents also shared information about how parent training can be accessible. In terms

of location, parents first preference is their home community; however, most parents are willing to come to Mount Vernon. The best time for parent classes is weekday evenings. Most parents reported that they would need childcare. Finally, significant numbers of parents said that meals are needed and gas vouchers would be helpful.

In terms of the types of parenting information, most parents would like parenting info either

electronically or in written form. For classes, parents are most interested in one-session programs. However, there were still many parent respondents who expressed interest in multiple-session parent educa-

**Any parent who cares about being a 'good parent' would be willing to learn more. You never 'know it all'.**

2014 Parent Survey Respondent

## Knox Healthy Families— An Initiative of Get Healthy Knox

*The Knox Parent and Caregiver Survey was coordinated by the Prevention Team of the Knox Health Planning Partnership. The Prevention Team recognizes that for communities to be strong and healthy, they must nurture children, prevent trauma, and build resilience throughout the community. Parents are the backbone for a resilient community and the Prevention Team is dedicated to strengthening parents' knowledge, skills, and support through the Knox Healthy Families initiative.*



## Get connected! Learn More!

For additional Parent Survey data, contact Janet Chandler at [jchandler@mhrilk.org](mailto:jchandler@mhrilk.org)

**"I have attended numerous different parent trainings. They have all been very helpful."**

- 2014 Parent Survey Respondent

## *Stress Harms Healthy Family Relations*

Based on the survey, it is clear that parents who have greater support—physical and emotional support—also have low-

er stress. This support often comes from family members but also includes neighbors and friends.

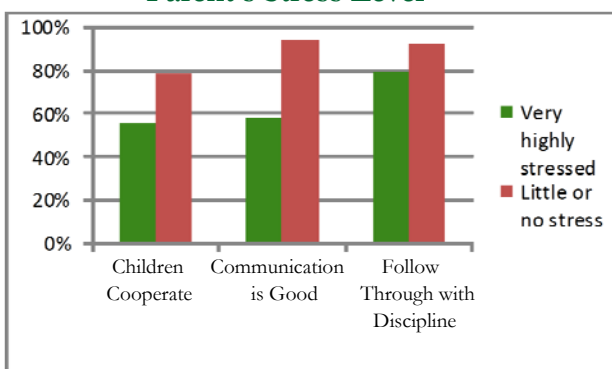
Further, parents who reported lower stress also reported higher levels of cooperation, better parent-child communication, better follow-through with discipline, and more positive responses when there are disagreements with their children.

the last month. However, 51% of parents with high stress reported willingness to take the time to attend parent training sessions compared to only 9% of low-stress parents.

Finally, stress is associated with the ages of children. 43% of parents with children ages 0-5 reported high or very high stress compared to only 31% for parents of teens.

Stress is also significantly correlated with income. That is, those with higher income tend to have lower stress. In households at 100% of poverty level or lower, 49% of parents reported being 'very highly stressed' or 'highly stressed' in

**Children's Behavior Based on Parent's Stress Level**



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