



PARENTING SUPPORT CIRCLES

PROGRAM SNAPSHOT

February 6, 2017



Parenting has its challenges and matters so much

Families value parenting but need better support

There are **710,420** families with children in BC. In a national survey, parents of young children reported that: *Statistics Canada (2011)*

- 92%** think parenting is the most important thing they do
- 18%** felt confident in their parenting skills when their first child was born
- 43%** felt confident in their current parenting skills

Oldershaw (2002)



The consequences of not adequately supporting parents is significant

62% of parents reported use of punitive/angry behavior when their child misbehaved.

Oldershaw (2002)

Research found children raised in a punitive parenting environment showed an:

83% increase in aggressive behaviours

Statistics Canada (2004)

Long term effects of abuse and neglect can include:

Poor health, malnutrition, increased rates of aggression, criminal behaviour, substance abuse, mental health issues, poor school performance.

Children's Bureau, 2013

How we help

Parent Support Services Society of BC partners with local community agencies to create cost effective Support Circles. These confidential groups are safe spaces where participants can discuss parenting concerns and strategies.

Research shows that if a parenting environment that is punitive becomes non-punitive, the higher incidence of aggressive behaviour disappeared. *Statistics Canada (2004)*

It takes a community to raise a child

A network of committed volunteers form the backbone of the program. (Jan 1, 2016 and Dec 31, 2016)

251 Volunteers

8145 Hours per year

26.6 Months – Average volunteer commitment (Tracked since 2012)

Support Circles use a peer-support model. They enable participants to:



Responsive and Accessible

- ✓ Circles respond directly to expressed needs.
- ✓ Led by two trained volunteer facilitators.
- ✓ Accessible: no cost to participate; childminding and transportation is often available at low or no cost.
- ✓ On-going / Long-term: Participants attend circles for as long as needed.

OUR IMPACT

Working with parents

Circles serve communities throughout B.C.

- 620** Parents enrolled in the Parent Support Circle program between Jan 1, 2016 and Dec 31, 2016
- 1346 hrs** Collective time parents spent sharing and learning between Jan 1, 2016 and Dec 31, 2016
- 24.6 mths** Median months of parent involvement (1- 4 sessions a month plus activities)
- 742** Children in families supported through this program Jan 1, 2016 and Dec 31, 2016

Diverse and Inclusive Circles around the Province



Making a Difference in Parenting Skills and Child Welfare

An independent evaluation, conducted 20 years after the program started, found that parents felt they benefit greatly from circles. Ongoing anecdotal evidence supports the findings.

Satisfaction Rating (Scale 1-10)

- 8.8** Overall
- 8.4** In developing more appropriate / non-abusive ways to discipline your children

Social Planning Research Council of B.C. (1998)

"I recognized I needed help dealing with weekly stress. The circle is a safety net."

"I am not alone."

"There are others who can share all my terrible experiences, crises, and change."

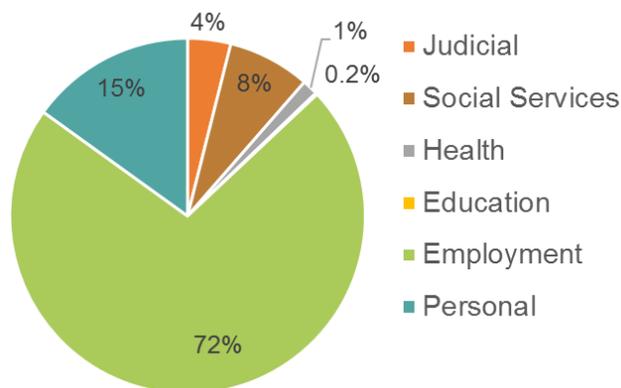
"When I am angry, I shout. Now when I am angry, I calm down."

We all benefit when families benefit

\$15 billion Minimum cost of child abuse in Canada

Specific Costs of Child Abuse

Bowlus et.al. (2003)



Breaking the Cycle

Children learn that violence is not normal and accepted, and do not themselves use violence to solve problems.

Simons, & Wurtele (2010)

Cost Savings

When we prevent one child from developing disruptive and aggressive behavior, we all benefit. One study estimates the lifetime savings to be:

\$1.7 million per child

Waddell (2007)

Reducing the risks of abuse

Research shows at 6 months of participating in circles, parents at high risk of abusing their children showed significant change in ALL outcomes shown below.



Decrease in Risk Factors

- Parental stress
- Life stress
- Emotional domestic violence
- Physical domestic violence
- Alcohol use
- Drug use

Increase in Protective Factors



- Quality of life
- Emotional and instrumental social support
- General social support
- Parenting sense of competence
- Non-violent discipline and tactics

Decrease in Child Maltreatment Outcomes



- Physical aggression
- Parenting distress
- Parenting rigidity
- Psychological aggression

Polinsky et.al. (2010)

Circles happen because of your support.

Contact us at: office@parentsupportbc.ca
 or 1-877-345-9777