



Is Nobody's Perfect an Effective Parenting Strategy for Newcomers?

Highlights of an Outcome Evaluation

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What is Nobody's Perfect?

- Community based parenting program for parents of children from birth to age 6
- Young, single, socially or geographically isolated, low income or limited formal education
- PHAC

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Goals of Nobody's Perfect

- Promote positive parenting
- Increase parents' understanding of children's health, safety, and behaviour
- Help parents build on the skills they have and learn new ones
- Improve parents' self-esteem and coping skills
- Increase self-help and mutual support
- Bring parents in contact with community services and resources
- Help prevent family violence (PHAC, 2016)

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Why evaluate?

- Many evaluations have been completed to date
- None have looked at the impact of NP on newcomers
- Toronto is home to many newcomers



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Core evaluation questions

- What is the impact of NP on:
 - the use of positive parenting strategies
 - social support levels
 - the awareness of community resources
- How do outcomes vary by newcomer status?
- How has Toronto Public Health adapted NP to respond to the diverse needs of newcomers?

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Qualitative Component

- interviews

Quantitative Component

- intake survey
- pre-test
- post-test
- feedback survey



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- Prospective cohort design
- **246** cases linked across all four surveys
- English, Spanish, Tamil, Vietnamese, Chinese or Hindi
- 3 previously validated scales:
 - community resources
 - social support
 - parental behaviour
- **54%** newcomers

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Qualitative Findings



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- 29 interviews
 - Participants
 - Public Health Nurses
 - Family Home Visitors
 - Community partner staff
- Fall 2014



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- Increased knowledge and use of:
 - Positive parenting strategies
 - Community resources
- Increased social support and decreased isolation
- Increased confidence
- Opportunity to share and have feelings validated



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Participant Affirmations

“Sometimes the husband feels like it’s your fault, kind of you’re not doing a good job. I think they need to go directly and see that other kids are behaving like your child too.”

“I was in extreme postpartum depression. The program definitely helped me. I was so sad, depressed, and I was really withdrawn. Because it was scheduled every week, they kind of pushed me to go.”

“We make mistakes and I think it gave me some peace of mind that I’m not the only one going through this; it’s very normal.”

When I get there and discuss with other mothers, it gives me the kind of relief that yes you’re doing an optimal job.”

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Quantitative Findings



Demographics:

- 81% married or common law
- 54% newcomers
- 37% spoke English most often at home
- 60% completed university degree
- 47% annual income less than \$30,000
- 34% have never attended a parenting program prior to NP

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1. *Knowledge of access to community resources:*

- Small positive improvements

2. *Social support*

- Small positive improvements

3. *Parenting and discipline style*

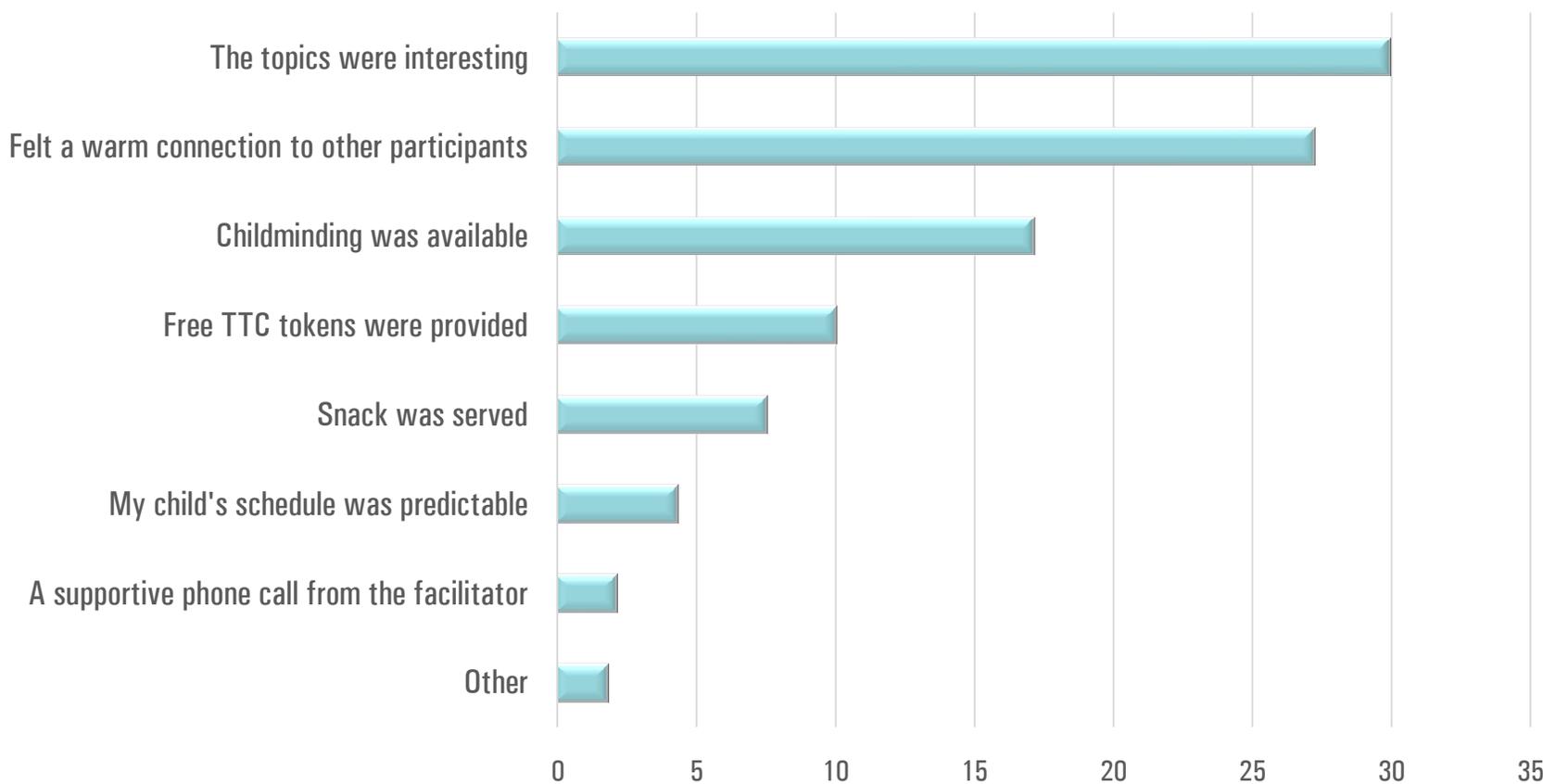
- Some small positive improvements, some negative changes



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What made it easy for you to participate in the NP program?

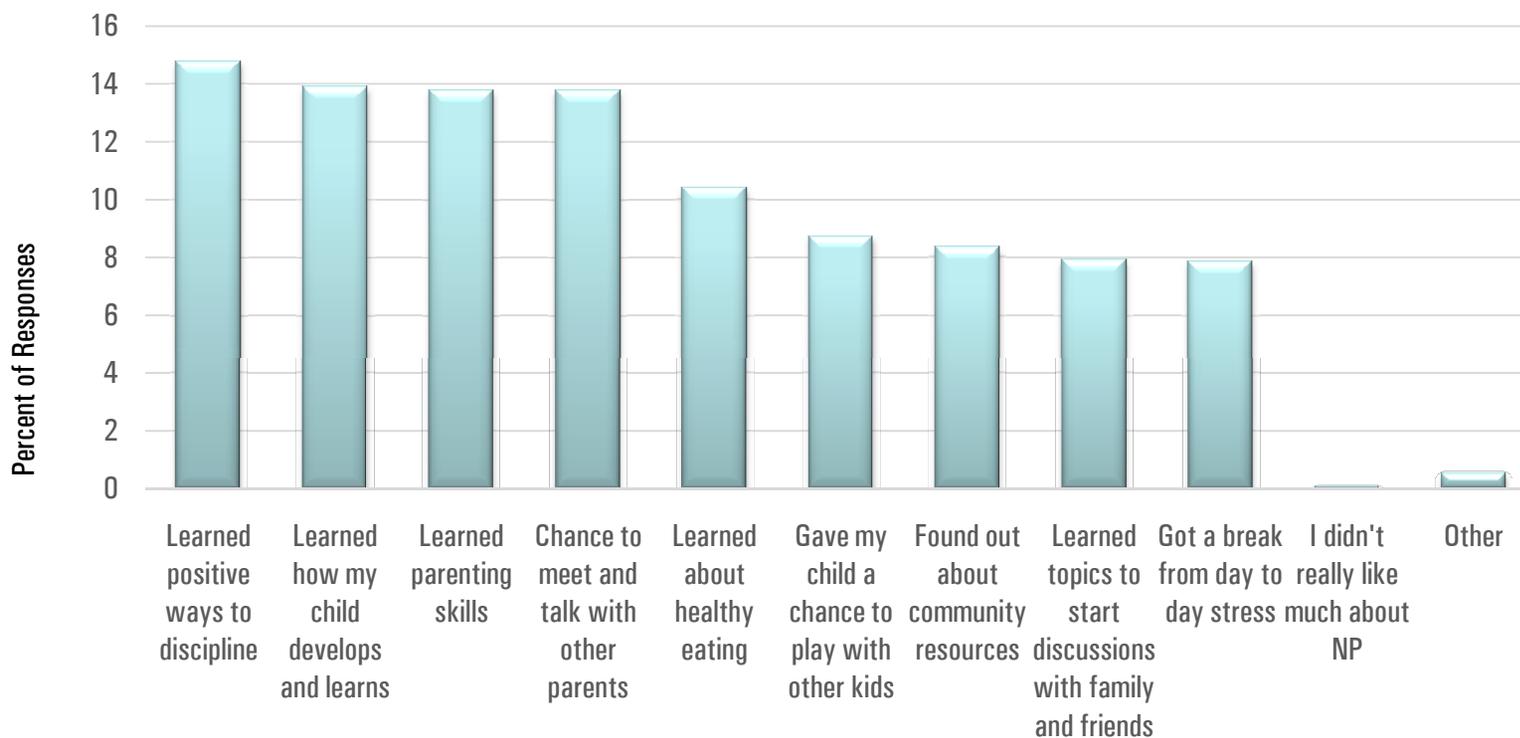


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Quantitative Findings - Feedback Survey

What did you like about attending the NP program?



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How much did NP help you to better understand your child's behavior?

Somewhat	47 %
A lot	53 %



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How much did NP increase your knowledge about how your child develops and learns?

Not at all	1 %
Somewhat	35 %
A lot	64 %

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How much did NP increase your knowledge about how to care for your child's health and safety?

Not at all	1 %
Somewhat	43 %
A lot	56 %



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Quantitative Findings - Feedback Survey

Since attending NP, have you gained information about any new community resources to help you with parenting?

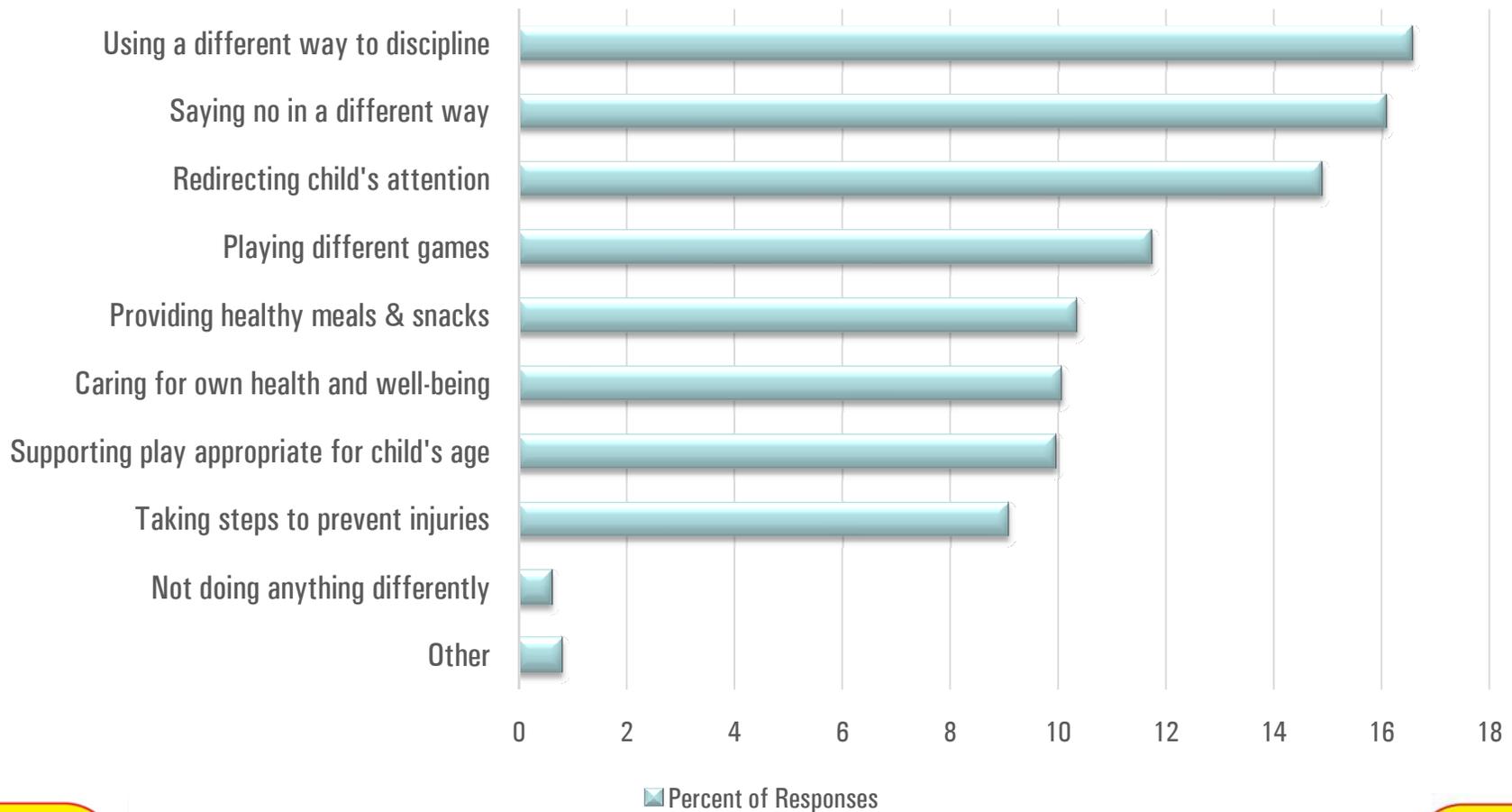
Yes	74 %
No	26 %



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What are you doing differently with your child as a result of attending NP?



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How much do you think the changes you made have improved your child's behaviour?

Not at all	3 %
Somewhat	50 %
A lot	47 %



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How much did Nobody's Perfect help you to feel more comfortable caring for your child?

Not at all	2 %
Somewhat	34 %
A lot	64 %



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Why is NP successful?

Contributing factors to the success of NP:



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Study Limitations

- Scales not validated in other languages
- Self report
- Large number of incomplete surveys
- Pre-post test design
- Lack of control group
- Lack of long term follow-up



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Nobody's Perfect is effective with newcomers!



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1. Increase the number of language-specific programs offered
2. Offer more evening and weekend programs
3. Increase outreach to support persons
4. Continue to foster new and existing community partnerships
5. Provide ongoing facilitation skills training and support

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