



Spotlight on Research: Parenting Education

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Early childhood is a critical period of development for children.

- From birth to 3, a child's brain makes 700 new neural connections every second.
- A child's brain reaches 80% adult size by age 3 and 90% by age 5.
- Investment in high-quality early childhood education from birth-five has a 13% return on investment.
 - Early childhood programs that involve parents through parenting education show significantly greater impact than those without these components.

Parenting matters.

- Research attributes up to 50% of the school readiness gap to differences in parenting.
 - Parenting style accounts for 19% of the gap in mathematics, 21% of the gap in literacy, and 33% of the gap in language.
- Children spend 13% of their waking hours in school between 0 and 18, with approximately 80% of their waking hours in the care of their families.

Parenting education is an opportunity to support children and families.

- Parenting is learned and can be improved through parenting education.
- Families are more likely today than in the past to live away from their extended families and families of origin, and thus miss out on traditional learning opportunities and social support. Social support is one of the strongest predictors of resilience.
- Research and knowledge of parenting practices that support children's positive outcomes has grown exponentially and it is essential that we share this information with those who need it most: parents.

Parenting education has many benefits.

- Parenting education is an opportunity to provide families with research- and evidence-based information as well as the social support they need to thrive.
- Parenting education refers to programs, support services, and resources for parents and caregivers that are designed to provide them with knowledge, skills, and strategies related to parenting, child development, and positive parent-child relationships.
- Parenting education relates to increases in:
 - Parenting practices
 - Health-promoting behaviors
 - Children's cognitive and social development
 - Child and parent mental health

And decreases in:

- Parenting stress
- Child abuse/neglect

Oregon has the opportunity to serve as a national model for parenting education.

- Oregon has a near-statewide system in place supporting parenting education launched with funding and support from the Oregon Parenting Education Collaborative (OPEC), a collaborative between the Oregon Community Foundation, the Ford Family Foundation, the Meyer Memorial Trust, and the Collins Foundation.
- The OPEC initiative has significantly increased access to evidence-based parenting education and Oregon is serving as a national model for parenting education.
- A critical next step is achieving sustainability.

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