

LAPS Healthy Schools Peaceful Parenting Groups Evaluation Plan

2021 Evaluation Institute

Brandi Seekins and Kristine Coblentz

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Background Info:

- Part of Healthy Schools' Strategy – build relationships, capacity, and social emotional competencies at all levels
- Who participates? Any parent or caregiver.
- Book by Dr. Laura Markham
- 6 One-hour Facilitated Discussion Sessions

Peaceful Parent, HAPPY KIDS

How to Stop Yelling
and Start Connecting

DR. LAURA MARKHAM
CREATOR OF [AhaParenting.com](https://www.ahaparenting.com)

Our question areas:

What differences do parents/ caregivers report as a result of participating in LAPS Healthy Schools Peaceful Parenting groups?

- **Knowledge** – understanding behavior and underlying needs
- **Awareness** – regulated vs. dysregulated, triggers and emotions
- **Skills** – self-regulation tools, self-care plan
- **Child behavior** – it is a message, cooperative
- **Connection with their children** – coaching vs. controlling, co-regulation
- **Connection with other adults** in the community

Our proposed data collection method(s):

- Baseline Assessment Discussion [Questions](#)
- Two Word Check Ins/ Check Outs at each Group Session
- [Post-Survey](#)
- End of Year Focus Group with Selected Participants

Our evaluation timeline:

- **Pre-Discussion** administered before groups begin (September, January)
- **Two Word Check Ins/Outs** at every session – formative assessment
- **Post-Survey** administered after 6 session group (end of October, end of March)
- **Focus Group** at end of school year after multiple groups have concluded (April)



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Plans for our results:

- Compare and reflect on pre and post survey responses
- Identify areas of improvement, refinement for implementation in Spring semester groups
- Select quotes for reporting and upcoming PR
- Present results to funder (Los Alamos JJAB), LAPS Superintendent's Council, and the LAPS Parent Advisory Council

Questions we have:

- What experience have you had soliciting feedback from participants?
- Should we consider wrapping our survey questions into the last session to make the feedback process more participatory/interactive?

What questions do you have for us?