



CSP TEACHES CAREGIVERS valuable skills, such as how to:

- Communicate effectively
- Avoid power struggles
- Praise their children's good behavior
- Reduce their children's problem behavior
- Control their emotions
- Balance discipline with affection

RESULTS FROM CSP STUDIES have shown:

- Improvements in parent attitudes, problem-solving ability, satisfaction and efficacy
- Decreases in child behavior problems and improvements in child emotion regulation skills
- Improvements in family satisfaction and relationships
- Decreased parental stress and the potential for child abuse

BOYS TOWN

COMMON SENSE PARENTING

Common Sense Parenting® (CSP) provides parents and caregivers with logical strategies and easy-to-learn techniques to address issues of communication, discipline, decision-making, relationships, self-control and school success. These classes incorporate research-proven child care methods that are derived directly from the Boys Town Family Home ProgramSM and adapted for use in the home by parents. Each skill and technique parents learn can be applied in any home environment and can help build and reinforce healthy family relationships.

A six-session CSP workshop (12 hours total) helps parents learn, practice and demonstrate new parenting skills in a neutral setting. These skills enable them to nurture their children's development and combine affection and discipline to decrease negative behaviors while increasing positive ones.

CSP program components involve instruction, videotaped modeling, skill practice with role-playing, feedback and review. The program, originally designed for parents of children ages 6 to 16, has also been adapted for parents of toddlers and preschoolers. CSP can be used alone or as a component of a more intensive family-based intervention. CSP is in widespread use, annually serving more than 1,500 children and 1,000 families at Boys Town sites across the United States. It is also disseminated through other agencies in 47 states and 14 countries.

CSP SESSION TOPICS

- 1. PARENTS ARE TEACHERS**
Applying effective discipline; describing behaviors
- 2. ENCOURAGING GOOD BEHAVIORS**
Using child reasons; increasing positive behaviors
- 3. PREVENTING PROBLEMS**
Teaching social skills; setting up children for success
- 4. CORRECTING PROBLEM BEHAVIORS**
Staying calm; stopping problem behaviors
- 5. TEACHING SELF-CONTROL**
Creating a safe home plan; dealing with uncooperative behaviors
- 6. PUTTING IT ALL TOGETHER**
Conducting Family Meetings, developing routines & traditions, creating a parenting plan

CSP EVIDENCE-BASED PRACTICE STATUS

Common Sense Parenting is rated as "Supported by Research Evidence" on the *California Evidence-Based Clearinghouse for Child Welfare*. For more information, go to: www.cebc4cw.org/program/common-sense-parenting/.



OUR MISSION

Changing the way America
cares for children and families.

ABOUT THE BOYS TOWN CHILD AND FAMILY TRANSLATIONAL RESEARCH CENTER

The Center conducts and disseminates applied research and provides clinical data support to promote Boys Town's Mission and advance knowledge and practice in child and family science.

Our goals include guiding the development, evaluation and implementation of evidence-based interventions for preventing and reducing social and behavioral problems in children and families, as well as promoting their positive development on a large scale to promote public health.

What is translational research? Embedded within partnerships between researchers and practitioners, translational research draws from and informs practice. It involves multiple research activities, including basic research and the development, evaluation and scale-up of evidence-based interventions, for the benefit of children and families.

Visit us online at boystown.org/trc

CALL FOR MORE INFORMATION
531-355-1255

CSP RESEARCH SUMMARY

At Boys Town, we continually measure the effectiveness of our child and family programs to ensure those we serve actually get better. The Boys Town Child and Family Translational Research Center conducts applied research to help understand the nature of problems children and their families face today and identify the most effective ways to help them. For more information about CSP research, go to www.boystown.org/research/publications/Pages/Publications.aspx. Select the Bibliography and click "Common Sense Parenting" in the table of contents.

- Early studies examined CSP results based on parent and family characteristics. Results indicated improvement in child behavior, parent attitudes, family satisfaction and parental problem-solving ability. CSP participants reported statistically and clinically significant reductions in child behavior problems that were maintained at a 3-month follow-up.
- Research conducted with children with significant behavior problems in three age groups (2-5 years, 6-11 years and 12-16 years) from CSP programs in Florida, Nebraska and Texas indicated that parents with children in all the age groups reported significant reductions in child behavior problems after completing CSP.
- In a quasi-experimental study, CSP participants were compared to a wait-list control group and were found to have experienced more improvement in externalizing child problems, parent satisfaction and efficacy, and family satisfaction vs. control parents, with results maintained through a 3-month follow-up.
- Results from participants at three CSP replication sites (Florida, Nebraska and Texas) mirrored those from prior studies and indicated significant reductions in child behavior problems and significant improvements in family satisfaction for parents with a wide range of characteristics.
- A large-scale study examined the effects of CSP as a child physical abuse-prevention program with parents from U.S. Air Force bases throughout the world. CSP participants reported decreased child behavior problems, improved relationships with family members and a reduced potential for child physical abuse. Results were maintained at a 6-month follow-up.
- An evaluation of CSP with a high-risk sample of parents was completed as part of a doctoral dissertation project and in collaboration with the Academy for Child and Family Well-Being at the University of Nebraska-Lincoln. Results revealed statistically significant increases in positive parenting beliefs and practices, and reductions in parenting stress and parent-reported child behavior problems.
- A randomized control trial with 321 families of eighth-grade students in Tacoma, Washington, found that CSP improved child emotion regulation skills at posttest and that improvements in these skills are associated, in turn, with reduced adolescent substance use, delinquency and school suspensions at the one-year and two-year follow-up assessments.