

Pilot Study Findings

We believe it is important to create resources that are effective for the parents and others they are intended to benefit. The design of the *Father Times* parenting newsletter resource has been adapted and refined based on feedback we received from fathers and father figures in a number of pilot studies. While research on the *Father Times* parenting newsletter resource is continuing, we briefly would like to share some of the findings that have come from previous pilot studies with fathers and father figures of young children.

Study Contexts

- Follow-up surveys with 450 families (fathers and mothers) at the Eagles Kindergarten Center in Fargo, N.D.
- Follow-up surveys with more than 1,000 Head Start and Early Head Start families, as well as Head Start staff, in North Dakota and South Dakota

Key Findings

- Nine out of 10 fathers and father figures reported reading a significant portion or all of the *Father Times* parenting newsletter when they received it.
- 97.5 percent of fathers and father figures reported that the *Father Times* parenting newsletter was easy to read and understand.
- 93 percent of fathers and father figures reported that the *Father Times* parenting newsletter was interesting to read and informative.
- Nine out of 10 fathers and father figures agreed or strongly agreed that the *Father Times* parenting newsletter was useful in their everyday parenting.
- Eight of 10 fathers and father figures indicated they had increased understanding about their children's needs for growth and development as a result of reading the *Father Times* parenting newsletter.

- Eight of 10 fathers and father figures stated they were more attentive to the needs of their children as a result of reading the *Father Times* parenting newsletter.
- Eight of 10 fathers and father figures reported they had increased knowledge of good parenting as a father because of reading the *Father Times* parenting newsletter.
- Seven of 10 fathers and father figures reported changing their behavior to use more positive guidance or discipline with their child as a result of reading the *Father Times* parenting newsletter.
- Seven of 10 fathers and father figures said they and their children had done some of the father-child activities listed in the *Father Times* newsletter.
- Seven of 10 fathers and father figures indicated they had read more to or with their child as a result of reading the *Father Times* parenting newsletter.

Comments Shared by Fathers and Father Figures About *Father Times*

"I think especially for first-time fathers of a young son or daughter, the newsletter provides a 'hard copy' of the reminders that they can refer to at different stages of the child's life."

"Very good suggestions and advice with a good scientific basis."

*"Every time I read *Father Times* I became more aware of issues that are in the articles, and it makes me think about my behavior in our everyday life."*

*"*Father Times* reinforced many issues and facts of parenting and gave me fresh ideas on how to communicate better with my children."*

*"The *Father Times* newsletter reinforces what a good parent should be doing."*