



**OUTCOME EVALUATION OF
RASTIMO ZAJEDNO ONLINE
(GROWING UP TOGETHER ONLINE)**

**Covid-19 Response Grant – Stream 1, THSN
Report to donor**

January 2021.



RASTIMO ZAJEDNO ONLINE (RZOnline)

Program description

RZOnline is **the only** online parenting support programme in Croatia.

It was developed, piloted and evaluated by Center Rastimo zajedno in the period from August to December 2020 with a financial support of THSN Covid response

The **purpose** of the Program is to support parenting capacities of vulnerable parents by enabling the exchange of information, knowledge, skills and support among parents and professionals that promote development of parent's and child's competencies and resources.

Targeted population are **vulnerable parents** in adverse parenting and life circumstances, with young and preschool children. They are users of social welfare services due to financial difficulties and problems in parenting.

Workshops are led by 2 **co-facilitators** (psychologists, social workers or social paedagogue – members of Rastimo zajedno network).

RZOnline consists of a set of **10 workshops** that last 90 minutes. The introductory workshop "*Parents of the 21st Century*" and the concluding workshop "*End and New Beginning*" are conducted face-to-face (involving parents and children) while the remaining eight workshops are conducted via video calls for which the participating parents borrow tablets from Center Rastimo zajedno. The 8 online workshops are thematically grouped in 4 modules:

- (1) Me, more than a parent (*„I am more than I think I am“* & *„(De)stress the stress!“*),
- (2) My child (*„Inside and out“* & *„I can, I will, I love, I need...“*)
- (3) My child and I (*„Building our bond“* & *„Communication, communication, communication“*)
- (4) Me and other adults (*„From conflict to cooperation“* & *„I can do it alone, but I can get support“*)

Different modes of work are used, depending on the goal and content of each activity. Short lectures with PPT presentations, films and work on various tasks alternate with discussion on a particular topic and exchanges of experiences.

Program pilot implementation

The RZOnline was implemented from mid October to mid December 2020 in 4 regions of Croatia with 4 groups of parents (N=20; 5 in each group). The workshops were taking place late afternoon or in the evening, or even at weekends (the group leaders were flexible to accomodate to change in shifts of parents work). After each workshop, group leaders submitted a structured extensive report on parents' responses to activities, facilitating factors, barriers and ways of improvement.

Participating parents resided in small towns and islands around Split, Pula, Vukovar and Varaždin.

Most parents were low SES with young children; divorced and had problems in coparenting with ex-partner. Mothers who were married also reported low father involvement in child care. In relation with child/children most of them provide physical care and engage emotionally, but lack in providing limits, structure and routine for the child nonviolently. Most were users of social welfare or child protection services; some were survivors of domestic violence.

Program evaluation

The main method to determine RZOnline impact was a quantitative evaluation of **anonymous pre-post self-report data** collected from parents at the beginning of the first workshop, and after the final workshop with (adapted) standardised questionnaires:

Parenting Experience and Resourcefulness (Benzies et al 2013) – shortened version 7 items; Parenting Morale Index (Troute et al., 2009) 10 items; Parent's reactions to child's misbehaviour: Attempted understanding and Angry outbursts (Stattin et al., 2011) 8 items; developmentally positive (e.g. reading, playing – 4 items) and negative (e.g. hitting 3 items) interaction (Pecnik, 2014); Selfesteem (Rosenberg, shortened 6 items); Parental Self Efficacy (Sevigny et al., 2016) 9 items

Results were calculated for 15 out of 20 parents who enrolled the program of pilot implementation. These 15 parents were the ones who completed the programme AND the pre-post questionnaires AND the codes of their anonymous questionnaires could be matched at pre- and post).

There were 14 mothers and 1 father; age range was from 21 to 41 (M=30,9).

Most parents (80%) had finished secondary school, one only primary, one some college and one had university degree. Only one child in the age of 0 - 6 had 80% of parents.

Comparison of pre- and post- Rastimo zajedno ONLINE results (N=15)

by **Wilcoxon Signed Ranks Test**

Pre-post differences were found in the following items:	M at pre-intervention	M at post-intervention	Signif. of differ. (p)
Generally, I am satisfied with myself	3,93	4,33	0.03
There is not much on what I could be proud of.	1,80	1,47	0.08
I am patient with the child when s/he tests the rules that I have put.	4,00	4,27	0.05
I know how to help a child to cope with his feelings of fear, anger and sadness.	3,87	4,13	0.09
When I need support I have someone I can talk with.	4,27	4,67	0.08
I feel well in my parental role.	3,93	4,60	0.03
I cope well with stress	3,47	3,93	0.10
When the child does something that I do not like,...			
...I immediately get angry and shout.	2,40	1,93	0.05
... I listen to the child and try to understand how s/he sees the situation.	4,13	4,67	0.05
...I get angry and 'explode'.	1,80	1,40	0.10
(PMI) How often in the last 7 days did you , as a parent, feel...?			
...optimistic	4,00	4,3	0.08
...anxious, worried	3,40	2,87	0.03
...frustrated, angry	2,27	1,80	0.08
...content	3,93	4,33	0.08
...lonely	2,67	2,20	0.07
...guilty	3,00	2,53	0.07
Total Score on PMI	3,70	3,84	0,71
How often in the last 7 days you...?			
... devoted 15 minutes full attention to one-on-one play?	4,29	4,57	0.10
...told story, read picture book together?	3,14	3,64	0.08

Anonymous feedback on Rastimo zajedno ONLINE by participants (N=15)

	N	Min	Max	Mean	SD
Workshops influenced positively me and my relationship with child	15	5,00	6,00	5,9333	,25820
On workshops I gained knowledge and practical skills for parenting	15	5,00	6,00	5,9333	,25820
Thanks to workshops I improved communication with my child	15	5,00	6,00	5,8667	,35187
Workshops contributed to feel more confident in parent role	15	5,00	6,00	5,8667	,35187
Participation in workshops was exhausting	15	1,00	5,00	2,6000	2,02837
Using tablets was a burden	15	1,00	5,00	2,3333	1,95180
Exchange with other parents were useful	15	6,00	6,00	6,0000	,00000
Exchange with group leaders were useful	15	6,00	6,00	6,0000	,00000
Materijals on RZOnline web were useful	15	5,00	6,00	5,9333	,25820
Duration (90 minutes) of workshop was too long	15	1,00	6,00	1,8667	1,80739
Duration of programme (10 workshops) was too long	15	1,00	5,00	1,2667	1,03280
I would recommend RZOnline to other parents	15	6,00	6,00	6,0000	,00000

There are 4 short films that the 4 groups have made about their participation in the RZOnline programme available from Center Rastimo zajedno.