



## Evaluation Results for the Parent Café – (2012-13 School Year)

October 2013

### Background

Beginning in the summer of 2011, California Project LAUNCH has provided funding to the community-based organization, *Oakland Parents Together*, to deliver the Parent Café program at schools and community locations within East Oakland. Parent Cafes are a parent engagement strategy built around the Center for Studies in Social Policy's *Strengthening Families Five Protective Factors*. The Parent Cafes consist of a set of structured conversations around issues important to parents in keeping their families strong and their children safe. Originally designed as a 3-week series, the Parent Cafes in East Oakland were expanded to a 6-week series. Seven separate Parent Café series were held during the 2011-12 school year, and another seven series were held during 2012-13 school year. These programs have generated interest and excitement as a useful and popular parent engagement program. Results from qualitative interviews during the first year of program operation (2011-12 school year) pointed toward positive impact on participants in the areas of increased social connections and friendship, increased cross-cultural connections, increased volunteerism and parent leadership, increased parenting knowledge and skills, and improved communication and listening skills, among others.

### Methods

In the second year of *Oakland Parents Together* delivering Parent Cafes in East Oakland (2012-13 school year) with funding from Project LAUNCH, the evaluation plan included developing a new pre-post survey to measure impact, surveying all participants at program conclusion and qualitative interviews with parent leaders involved in the program.

**Participant Surveys.** A new Parent Cafe survey was developed with the goal of identifying and measuring participant outcomes. The previous year's participant survey was augmented with additional questions aimed at quantifying program impact. These new survey items were developed from constructs identified during a set of qualitative interviews with Parent Café administrators, staff members and participants that had occurred during the first year of the program's operation in East Oakland. The new version of the survey was first used in February 2013. During the final session of each Parent Café series, participants are asked to complete a survey about the impact they believe the program had on themselves and on their families. Participants are asked a set of questions on a 4-point Likert-type scale, with responses ranging from *Not at All* to *A Lot*. Participants were also asked a set of retrospective pre- and post-test questions, where they were asked to reflect upon and report on their status both before and after their participation in the Parent Café program (using a 6-point scale). This type of retrospective pre- and post-test methodology has been used to measure parent and family outcomes in similar family support programs, including the Parenting Ladder from *Parenting Now*.

For the retrospective pre and post-test items, mean scores were calculated for each survey question by combining scores from all of the participants in a given series, and also by combining scores from all participants who completed the new survey during the 2012-13 school year (n=64). Change scores were also calculated for each survey question. Limitations include self-report bias, as well as the possible tendency of participants to inflate post ratings in order to lend support to a well-loved program.

**Parent Leadership Interviews.** In the spring of 2013, interviews were conducted with parent leaders from east Oakland who had each participated in multiple Parent Café series, serving in such roles such as table host, café facilitator, or translator. The evaluator developed semi-structured interview protocol guided by central questions and hypotheses, and then compiled, coded, and analyzed for emerging themes.

### Findings from the Participant Surveys

The results presented below are the combined results for those series that used the new retrospective pre-post survey during the 2012-13 school year, the second year California Project LAUNCH and *Oakland Parents Together* delivered Parent Cafes in East Oakland.

Parent Café Series	Survey Date	Number of Valid Surveys
Lyon’s Creek Neighborhood	February 2013	12
Brookfield Elementary	February 2013	21
Lyon’s Creek Neighborhood	May 2013	10
Brookfield Elementary	May 2013	17
Childcare Providers’ Cafe	May 2013	4
<b>Total</b>		<b>64</b>

Survey results demonstrate positive change in each area. The largest gains were in the areas of social support (amount of friendly interactions experienced in their school or neighborhood, and the amount of emotional support and parenting help received from other adults). Survey findings support the following outcomes related to Parent Café programs:

**Parent Cafes Increase Social Support, Reduce Social Isolation and Build Community.** Survey responses indicated increases in the following areas:

- \* The amount of friendly interactions with other parents in the school or neighborhood (+2.1).
- \* The amount of emotional support and parenting help received from other adults (+1.8).
- \* The amount of cross-ethnic group social interactions (+1.7).
- \* The amount of enjoyment they experienced interacting with friends and other adults (+1.5)

Increases in these areas ranged from 37 to 62%.

**Parent Cafes Improve Communication Skills.** Survey responses indicated increases in the following areas:

- \* The ability to listen carefully to children, family members or friends (+1.6).
- \* The ability to express their feelings or opinions to others in a positive way (+1.6).
- \* The amount of time spent listening to or having positive conversations with their children (+1.4).

Increases in these areas ranged from 33 to 43%. Additionally, almost all participants reported that being involved in the Parent Cafes had helped them better understand and respond to their child’s feelings, with 5% reporting “a little,” 18% reporting “some,” and 74% reporting “a lot.”

**Parent Cafes Improve Family Relationships.** Survey responses indicated increases in the following areas:

- \* The amount of time they spent listening to or having positive interactions with their child (+1.4).
- \* The quality of interactions and relationship with their children (+1.3)
- \* The quality of interactions and relationship with other family members (+1.4).
- \* The amount of enjoyment they experienced interacting with their children or other family members (+1.0).

Increases in these areas ranged from 22 to 36%.

**Parent Cafes Increase Parenting Confidence and Resilience.** Survey responses indicated increases in the following areas:

- \* The ability to handle day-to-day challenges of raising children (+1.3).
- \* The ability to handle stressful situations with their children or with other family members (+1.6).

Increases in these areas ranged from 31 to 44%. Additionally, almost all participants reported that being involved in the Parent Cafes had helped reduce stress in their lives, with 3% reporting “a little,” 29% reporting “some,” and 65% reporting “a lot.”

**Parent Cafes Increase Parent Leadership.** Participants reported increases in their motivation to become involved in their community or school (+1.7). This was a 44% increase. Also, a substantial percentage of participants reported that they would like to become a Parent Café Table Host (53%), that they would like to volunteer in their child’s school (44%), that they would like to work with *Oakland Parents Together* in developing more parent workshops (39%), and that would like to work with the City of Oakland’s neighborhood service coordinators (31%). Additionally, qualitative interviews with participants in Year 3, as well as interviews in Year 4 that specifically focused on leadership development aspects of the program, demonstrated improved parent leadership outcomes related to program involvement.

**Parent Cafes Increase Well-Being and Reduce Stress.** Almost all participants reported that being involved in the Parent Cafes had helped reduce stress in their lives, with 3% reporting “a little,” 29% reporting “some,” and 65% reporting “a lot.” Additionally, many of the results reported above on reduced social isolation, increased sense of community, improved relationships, and increased enjoyment interacting with family members, friends, and other adults contribute to well-being and reduced stress. Increases in these areas ranged from 22 to 62%.

## Survey Results

The combined program survey data from the five Parent Café series that used the new survey (beginning in February 2013) are presented below. Additionally, survey results for four of the five Parent Café series appears individually in the Appendix. The fifth series, the Childcare Providers Café, only had four useable surveys, so is included in the overall data but is not presented individually. Parent Café series that occurred earlier in the 2012-13 school year and used the older survey and are not included in these results.

### Parent Café Participant Survey Results – (2012-13 school year)

Combined results for the five series that used the new survey (n=64)

For each question, think back to <b>BEFORE</b> you <b>ever</b> participated in a Parent Café series and <b>rate yourself then</b> , and also <b>rate yourself NOW</b> , since you started participating in the Parent Café.	<b>Before?</b> (before you <b>ever</b> participated in a Parent Café series) <b>average score 0-6</b>	<b>Now?</b> (since you participated in the Parent Cafe) <b>average score 0-6</b>	Change Score
The amount of friendly interactions you have with other parents in your school or neighborhood.	3.4	5.5	+2.1
The amount of emotional support and parenting help you get from other adults.	3.3	5.1	+1.8
The amount of friendly interactions you have with people from other ethnic groups in your school or neighborhood.	3.0	4.7	+1.7
How motivated you feel to become more involved in your community or school.	3.9	5.6	+1.7

<b>For each question, think back to BEFORE you ever participated in a Parent Café series and rate yourself then, and also rate yourself NOW, since you started participating in the Parent Café.</b>	<b>Before?</b> (before you <u>ever</u> participated in a <i>Parent Café series</i> )  average score 0-6	<b>Now?</b> (since you participated in the <i>Parent Cafe</i> )  average score 0-6	Change Score
The amount of time you spend listening to or having positive conversations with your child.	4.2	5.6	+1.4
Your ability to express your feelings or opinions to others in a positive way.	3.7	5.3	+1.6
Your ability to listen carefully to your children, family members, or friends.	4.0	5.6	+1.6
Your confidence in your ability to handle the day-to-day challenges of raising children.	4.2	5.5	+1.3
Your ability to handle stressful situations with your children or other family members.	3.6	5.2	+1.6
The quality of your interactions or relationship with your children.	4.3	5.6	+1.3
The quality of your interactions or relationship with other family members.	3.9	5.3	+1.4
The amount of enjoyment you have interacting with your children or other family members	4.6	5.6	+1.0
The amount of enjoyment you have interacting with friends and other adults.	4.1	5.6	+1.5

	<b>1</b> <b>Not at all</b>	<b>2</b> <b>A little</b>	<b>3</b> <b>Sometimes</b>	<b>4</b> <b>A lot</b>
Has the <i>Parent Café</i> helped your family?		5%	13%	82%
Has the <i>Parent Café</i> helped you to be a better parent (or grandparent)?	3%	2%	15%	80%
Has the <i>Parent Café</i> helped you better understand what your child is feeling and how to respond?	3%	5%	18%	74%
Has the <i>Parent Café</i> helped reduce the stress in your life?	3%	3%	29%	65%
Has the <i>Parent Café</i> helped your child's behavior?	7%	7%	23%	63%
Has the <i>Parent Café</i> helped your child to be ready for school or successful in school?	7%	9%	20%	64%

Listed are some ways to address some of the issues in your community. Please indicate if you would be willing to join other parents in one or more of the following activities:

- Attend another Parent Café series (75%)
- Become a Parent Café Table Host (53%)
- Become involved in your child's school. (44%)
- Work with Neighborhood Services Coordinator (City of Oakland) (31%)
- Join OPT and work on developing more parent workshops (39%)

## Findings from the Parent Leadership Interviews

Six qualitative interviews were conducted with identified parent leaders who had been involved with presenting the Parent Café programs in the roles of table hosts, café facilitators, and translators. The goal of the interviews was to learn more about how the Parent Café program supports leadership development, as well as to learn more about program impact and program delivery from the perspective of these highly engaged parents. Five of these interviews occurred in the spring of 2013, and one occurred in the spring of 2012.

**Satisfaction with the Training Received.** All of the parent leaders interviewed indicated that they were satisfied with the training they received prior to becoming involved in leadership of the Parent Café. Every parent café session includes multiple small discussion groups, each facilitated by a “table host.” Table hosts must participate in a half-day of training before assuming this position, which requires the dual role of participant and also small group facilitator. Table hosts participate in the dyad discussions that take place at the beginning of each café meeting, and model high-quality listening and self-expression behaviors. One parent leader described how the training, “taught us what to expect, how to be supportive and how to be a good listener. They also taught us how the listening and expressing ourselves helps us connect to others and feel better. They also taught us how to be prepared and how to respond in different situations.” Others described how the training helped people overcome their shyness and hesitancy to speak, and coached them through the skills necessary to participate in the dyad discussions and facilitate their table groups.

**Identification of Important Characteristics for Table Hosts.** Parent leaders were asked what they thought were the most important qualities for a table host to possess in order to make the programs most successful. Several participants mentioned that table hosts perform their duties well and that Oakland Parents Together chooses good people to be table hosts. Here are some of their paraphrased responses:

- \* Be outgoing and friendly and warm in order to help participants overcome their initial shyness.
- \* Be smart and perceptive, and have the ability to understand others, and really care and really listen.
- \* Be a good listener and attentive to what others are saying and how they are feeling.
- \* Be positive and upbeat and leave your own troubles outside the café.
- \* Be on time, dress professionally and have a positive attitude.

**Parent Café Provides a Pathway to Leadership.** When the first Parent Cafes occurred in East Oakland in the fall of 2011, an initial set of table hosts had to be recruited and trained. Some of this initial group continued to be involved in multiple parent café series and were among those interviewed. More typically, the parent leaders interviewed first began as regular participants in the café, were invited to become table hosts for subsequent café series, and then some went on to assume other positions of leadership for the Parent Cafes, including café facilitator, co-facilitator, or translator. People interviewed also engaged in parent leadership activities outside of the parent cafes, some of which predated their involvement, and some of which followed, and appeared to be inspired by their involvement, in the parent Cafes.

**Parent Café Leaders Experience Substantial Growth and Change.** The most striking finding from this set of interviews was the degree to which participation in the Parent Cafes had sparked and encouraged personal growth and change. Those interviewed described experiencing growth in confidence, increased sense of purpose, taking on new roles and responsibilities, changing as parents and communicators, and developing new goals for their lives. While all of those interviewed described positive change related to their participation as parent leaders in the Parent Cafes, 50 percent of those interviewed described more dramatic growth. Here are two case stories describing strong personal impacts related to becoming a parent leader in the cafes.

**Case story #1:** One parent leader described how he first came to the cafes as a participant and really liked and responded to the program, and met a lot of new people. He described how he had always been a quiet person, perhaps too quiet, and through participating in the café learned to talk more and enjoy the experience of expressing himself and interacting with other adults. In the following school year, he was asked to be a table host for a parent café series occurring in the fall, and then to his surprise, was asked to lead the whole group as the Spanish-speaking facilitator for the parent café series occurring in the spring. During that school year, he never missed a session and served in a leadership position for all twelve Parent Cafes sessions occurring at his children's school. He described how he was nervous when he first stepped up to the role of facilitator, but also how he was encouraged and supported by the people from *Oakland Parents Together*, and how he quickly adapted and came to enjoy his role. This experience, first as a table host and then as a café facilitator, was the first time in his life he had acted in a formal leadership role. He also described how much had he changed personally due to the Parent Café. He explained how before participating he always avoided meeting and talking to new people, but that the café taught him how to be more open and less wary of interacting with others. He also described the impact at work, and how he would hardly ever speak to the diverse group of men he worked with. After participating in the cafes, he described how there was "more friendship" at work, and that his co-workers even asked him why he never talked before. He described, "Now it's a better atmosphere at work, with people from all different races and backgrounds talking together. Describing the positive impact on his relationship with his own family, he said it was good before but now there was "more talking and more love." When asked if these changes had impacted his plans for the future in any way, he described wanting to stay involved in leading Parent Cafes, was planning on talking to the principal about when the next cafes would occur at their school, and also hoped to go back to college himself.

**Case story #2:** One parent leader described how she attended one of the very first cafes as a participant, upon the encouragement of her mother. She had recently had a baby and was experiencing post-partum depression. Participating in the cafes "reduced her stress" and made her feel much better, and she has been involved in Parent Cafes ever since. After her first series as a participant, she was asked to be a table host, and then voluntarily stepped into the role of translator when she realized that "a lot of Spanish speaking participants did not really understand everything that was going on." She continued to serve in the role of translator for subsequent cafes at different locations, and also became involved in the core group of *Oakland Parents Together* staff and volunteers presenting the program. "I was helping other people and that was a really great feeling. I loved it." She also described how in one café, during the dyad discussion she decided to talk about sexual assaults she had survived as a child, one of which resulted in her giving birth to her oldest son. "It was so important to break the ice of telling people. Now I tell people my story. When I used to even think about it, it was a horrible feeling and I felt really fragile. Now I feel stronger on the inside. I learned that I have to forgive. Now I show my son pictures of his dad, feel happier and enjoy my life more." She also described the positive impact on her children, saying their relationships were better due to new communication styles and to her improved English. "In 2011, my English was bad. From doing the translations and doing the discussions at the cafes, my English got way better. Now we talk English together all the time at home, and all my kids, ages 2-14, speak English and Spanish." Her oldest child is deaf and she used to require a translator during his IEP meetings, but no longer does. Shortly after starting translating at Parent Cafes, she also started learning American Sign Language on English DVDs in her order to help her son's communication skills. "Now he communicates more with me. Speaks, reads lips, and by me speaking English at home, it makes it a lot less confusing for him. We do dyads now in my house every week, and have better communication with all my kids." Her role as a translator also continues to grow. She has offered her services for school events and for events at the parent center. "I translate at lots of meetings. Recently, I translated for 80 or 90 people and had to talk about immunization records and all the requirements for school enrollment. I love what I do."

**Suggestions for Program Improvement from Parent Leaders.** All of those interviewed were highly complimentary about the program and about the *Oakland Parents Together* agency that runs it. When asked what the program could do to motivate parent leaders to stay involved, the general consensus was that no additional incentives are necessary -- they just want the programs to continue. When asked for suggestions for program improvement, comments were mostly in the form of compliments and pleas to continue and expand the program, including:

\* We love it! We've never had one session that had less than 35 people. They should develop parent leaders who can lead groups on their own."

\* When I go back to the school site, everyone asks about the Parent Cafes. They want it to come back to our school again. It has motivated me to stay involved because it's such a good program.

\* We also did one Spanish-speaking café. People loved it so much. They got so much out of it. I know one person who attended who started taking medication for anxiety. We have to start the cafes again. They really need it."

## Conclusion

The Parent Café program, introduced to the East Oakland community by California Project LAUNCH and delivered by *Oakland Parents Together*, is a family strengthening and parent engagement program that has been extremely well-received by the community, both among participants and the agencies involved. It is also a program that appears to impact parents, children, and communities in important positive ways. Results from qualitative interviews during the first year of program operation (2011-12 school year) pointed toward positive impact on participants in the areas of increased social connections and friendship, increased cross-cultural connections, increased volunteerism and parent leadership, increased parenting knowledge and skills, and improved communication and listening skills, among others. The quantitative survey results described above substantiate these findings, indicating positive change in the areas of reducing isolation and building community, improving communication skills and family relationships, increasing parenting confidence and resilience, increasing parent leadership, and reducing stress and supporting well-being. Based on these findings, and the enthusiastic response to the program, continued expansion of the program should be explored. Further evaluation, including more rigorous experimental methods, is also recommended.

## Appendix. Parent Café Participant Survey Results for Individual Parent Café Series

### Lion's Creek, February 2013 (n=12)

1. How many Parent Café series have you participated in including this one? MISSING

<b>For each question, think back to BEFORE you <u>ever</u> participated in a Parent Café series and rate yourself then, and also rate yourself NOW, since you started participating in the Parent Café.</b>	<b>Before?</b> (before you <u>ever</u> participated in a Parent Café series)  average score 0-6	<b>Now?</b> (since you participated in the Parent Café)  average score 0-6	Change Score
2. The amount of friendly interactions you have with other parents in your school or neighborhood.	3.6	5.3	+1.5
3. The amount of emotional support and parenting help you get from other adults.	2.9	4.8	+1.9
4. The amount of friendly interactions you have with people from other ethnic groups in your school or neighborhood.	2.8	4.0	+1.2
5. How motivated you feel to become more involved in your community or school.	3.9	5.4	+1.5
6. The amount of time you spend listening to or having positive conversations with your child.	3.8	5.3	+1.5
7. Your ability to express your feelings or opinions to others in a positive way.	3.2	5.0	+1.8
8. Your ability to listen carefully to your children, family members, or friends.	3.2	5.2	+2.0
9. Your confidence in your ability to handle the day-to-day challenges of raising children.	3.8	5.4	+1.6
10. Your ability to handle stressful situations with your children or other family members.	3.3	5.1	+1.8
11. The quality of your interactions or relationship with your children.	3.8	5.1	+1.3
12. The quality of your interactions or relationship with other family members.	3.3	4.9	+1.6
13. The amount of enjoyment you have interacting with your children or other family members	4.3	5.2	+0.9
14. The amount of enjoyment you have interacting with friends and other adults.	3.7	5.2	+1.5

	1 Not at all	2 A little	3 Sometimes	4 A lot
15. Has the <i>Parent Café</i> helped your family? (n=12)		8%	17%	75%
16. Has the <i>Parent Café</i> helped you to be a better parent (or grandparent)? (n=12)	17%		25%	58%
17. Has the <i>Parent Café</i> helped you better understand what your child is feeling and how to respond? (n=11)	9%	9%	27%	54%
18. Has the <i>Parent Café</i> helped reduce the stress in your life? (n=12)	17%		33%	50%
19. Has the <i>Parent Café</i> helped your child's behavior? (n=12)	25%	8%	25%	42%
20. Has the <i>Parent Café</i> helped your child to be ready for school or successful in school? (n=12)	25%	8%	17%	33%

Note: 8% and 9% represent 1 individual

21. Listed are some ways to address some of the issues in your community. Please indicate if you would be willing to join other parents in one or more of the following activities: (n=12)

- Attend another Parent Café series 9 out of 12 (75%)
- Become a Parent Café Table Host 7 out of 12 (58%)
- Become involved in your child's school. 0 out of 12. (Did not appear on survey – used draft version)
- Work with Neighborhood Services Coordinator (City of Oakland) 6 out of 12 (50%)
- Join OPT and work on developing more parent workshops 3 out of 12 (25%)
- Other ideas:

**Brookfield Elementary, February 2013 (n=21)**

1. How many Parent Café series have you participated in including this one?

One (43%)

Two (14%)

Three or more (43%)

<b>For each question, think back to BEFORE you <u>ever</u> participated in a Parent Café series and rate yourself then, and also rate yourself NOW, since you started participating in the Parent Café.</b>	<b>Before?</b> (before you <u>ever</u> participated in a Parent Café series)  average score 0-6	<b>Now?</b> (since you participated in the Parent Cafe)  average score 0-6	Change Score
2. The amount of friendly interactions you have with other parents in your school or neighborhood.	3.1	5.6	+2.5
3. The amount of emotional support and parenting help you get from other adults.	3.2	4.7	+1.5
4. The amount of friendly interactions you have with people from other ethnic groups in your school or neighborhood.	2.3	4.4	+2.1
5. How motivated you feel to become more involved in your community or school.	3.4	5.7	+2.3
6. The amount of time you spend listening to or having positive conversations with your child.	4.3	5.8	+1.5
7. Your ability to express your feelings or opinions to others in a positive way.	3.6	5.1	+1.5
8. Your ability to listen carefully to your children, family members, or friends.	3.9	5.6	+1.7
9. Your confidence in your ability to handle the day-to-day challenges of raising children.	4.1	5.3	+1.2
10. Your ability to handle stressful situations with your children or other family members.	3.2	5.0	+1.8
11. The quality of your interactions or relationship with your children.	4.5	5.7	+1.2
12. The quality of your interactions or relationship with other family members.	3.8	5.1	+1.3
13. The amount of enjoyment you have interacting with your children or other family members	4.5	5.7	+1.2
14. The amount of enjoyment you have interacting with friends and other adults.	4.0	5.5	+1.5

	1 Not at all	2 A little	3 Sometimes	4 A lot
15. Has the <i>Parent Café</i> helped your family? (n=20)			10%	90%
16. Has the <i>Parent Café</i> helped you to be a better parent (or grandparent)? (n=19)			16%	84%
17. Has the <i>Parent Café</i> helped you better understand what your child is feeling and how to respond? (n=20)		5%	20%	75%
18. Has the <i>Parent Café</i> helped reduce the stress in your life? (n=20)		5%	30%	65%
19. Has the <i>Parent Café</i> helped your child's behavior? (n=19)		5%	26%	68%
20. Has the <i>Parent Café</i> helped your child to be ready for school or successful in school? (n=20)		5%	35%	60%

Note: 5% represents 1 individual

21. Listed are some ways to address some of the issues in your community. Please indicate if you would be willing to join other parents in one or more of the following activities: (n=20)

- Attend another Parent Café series 19 out of 20 (95%)
- Become a Parent Café Table Host 15 out of 20 (75%)
- Become involved in your child's school 11 out of 20 (55%)
- Work with Neighborhood Services Coordinator (City of Oakland) 5 out of 20 (25%)
- Join OPT and work on developing more parent workshops 8 out of 20 (40%)
- Other ideas: 1 out of 20 (5%)

## Lion's Creek, Spring 2013 (n=10)

1. How many Parent Café series have you participated in including this one?

One (0%)

Two (10%)

Three or more (90%)

<b>For each question, think back to BEFORE you <u>ever</u> participated in a Parent Café series and rate yourself then, and also rate yourself NOW, since you started participating in the Parent Café.</b>	<b>Before?</b> (before you <u>ever</u> participated in a <i>Parent Café series</i> )  average score 0-6	<b>Now?</b> (since you participated in the <i>Parent Cafe</i> )  average score 0-6	Change Score
2. The amount of friendly interactions you have with other parents in your school or neighborhood.	3.7	5.7	+2.0
3. The amount of emotional support and parenting help you get from other adults.	2.6	5.4	+2.8
4. The amount of friendly interactions you have with people from other ethnic groups in your school or neighborhood.	3.1	5.3	+2.2
5. How motivated you feel to become more involved in your community or school.	3.8	5.8	+2.0
6. The amount of time you spend listening to or having positive conversations with your child.	3.6	5.8	+2.2
7. Your ability to express your feelings or opinions to others in a positive way.	3.2	5.5	+2.3
8. Your ability to listen carefully to your children, family members, or friends.	3.7	5.9	+2.2
9. Your confidence in your ability to handle the day-to-day challenges of raising children.	3.6	5.7	+2.1
10. Your ability to handle stressful situations with your children or other family members.	3.2	5.5	+2.3
11. The quality of your interactions or relationship with your children.	4.0	5.8	+1.8
12. The quality of your interactions or relationship with other family members.	3.6	5.4	+1.8
13. The amount of enjoyment you have interacting with your children or other family members	4.7	6.0	+1.3
14. The amount of enjoyment you have interacting with friends and other adults.	4.2	5.6	+1.4

	1 Not at all	2 A little	3 Sometimes	4 A lot	Missing
15. Has the <i>Parent Café</i> helped your family?			20%	60%	20%
16. Has the <i>Parent Café</i> helped you to be a better parent (or grandparent)?				80%	20%
17. Has the <i>Parent Café</i> helped you better understand what your child is feeling and how to respond?			10%	70%	20%
18. Has the <i>Parent Café</i> helped reduce the stress in your life?			30%	50%	20%
19. Has the <i>Parent Café</i> helped your child's behavior?			20%	50%	30%
20. Has the <i>Parent Café</i> helped your child to be ready for school or successful in school?	10%	20%		40%	30%

21. Listed are some ways to address some of the issues in your community. Please indicate if you would be willing to join other parents in one or more of the following activities:

- Attend another Parent Café series (70%)
- Become a Parent Café Table Host (70%)
- Become involved in your child's school. (30%)
- Work with Neighborhood Services Coordinator (City of Oakland) (20%)
- Join OPT and work on developing more parent workshops (50%)

**Brookfield Elementary, May 2013 (n=17)**

1. How many Parent Café series have you participated in including this one?

One (18%)

Two (41%)

Three or more (41%)

<b>For each question, think back to BEFORE you <u>ever</u> participated in a Parent Café series and rate yourself then, and also rate yourself NOW, since you started participating in the Parent Café.</b>	<b>Before?</b> (before you <u>ever</u> participated in a Parent Café series) average score 0-6	<b>Now?</b> (since you participated in the Parent Cafe) average score 0-6	Change Score
2. The amount of friendly interactions you have with other parents in your school or neighborhood.	3.3	5.6	+2.3
3. The amount of emotional support and parenting help you get from other adults.	4.1	5.5	+1.4
4. The amount of friendly interactions you have with people from other ethnic groups in your school or neighborhood.	3.5	5.3	+1.8
5. How motivated you feel to become more involved in your community or school.	4.4	5.7	+1.3
6. The amount of time you spend listening to or having positive conversations with your child.	4.7	5.7	+1.0
7. Your ability to express your feelings or opinions to others in a positive way.	4.4	5.6	+1.2
8. Your ability to listen carefully to your children, family members, or friends.	4.7	5.7	+1.0
9. Your confidence in your ability to handle the day-to-day challenges of raising children.	4.8	5.8	+1.0
10. Your ability to handle stressful situations with your children or other family members.	4.4	5.5	+1.1
11. The quality of your interactions or relationship with your children.	4.6	5.8	+1.2
12. The quality of your interactions or relationship with other family members.	4.4	5.6	+1.2
13. The amount of enjoyment you have interacting with your children or other family members	4.8	5.6	+0.8
14. The amount of enjoyment you have interacting with friends and other adults.	4.4	5.6	+1.2

	1 Not at all	2 A little	3 Sometimes	4 A lot	Missing
15. Has the <i>Parent Café</i> helped your family?			6%	82%	
16. Has the <i>Parent Café</i> helped you to be a better parent (or grandparent)?			18%	82%	
17. Has the <i>Parent Café</i> helped you better understand what your child is feeling and how to respond?		6%	18%	76%	
18. Has the <i>Parent Café</i> helped reduce the stress in your life?			18%	76%	6%
19. Has the <i>Parent Café</i> helped your child's behavior?		12%	18%	65%	6%
20. Has the <i>Parent Café</i> helped your child to be ready for school or successful in school?		6%	12%	82%	

21. Listed are some ways to address some of the issues in your community. Please indicate if you would be willing to join other parents in one or more of the following activities:

- Attend another Parent Café series      12 (71%)
- Become a Parent Café Table Host      5 (29%)
- Become involved in your child's school.    9 (53%)
- Work with Neighborhood Services Coordinator (City of Oakland)    (35%)
- Join OPT and work on developing more parent workshops    (47%)