

The Art and Science of Parenting

- Course Number: V05.0161
- Instructor: Richard Gallagher, Ph.D., Associate Professor of Child and Adolescent Psychiatry
- This course carries 4 points.
- There are no prerequisites for this class.

Course Description:

After spending our early lives with our parents, what can we say about how they influenced our personalities and development? How have our parents affected what we learn, how we act, and how we manage our health? Just as you have wondered about these questions, so have scientists and professionals. We will study parenting styles in detail to identify qualities that foster healthy child development. The course reviews research on the importance of parenting practices within a family context. Students will also learn how to interact effectively with parents, how to mobilize parents, and what efforts have been successful in changing detrimental parenting actions. This course is for the curious and those interested in careers in education, health, and mental health.

Course Aims:

a. Knowledge

Students will learn:

1. How parents vary in their parenting practices;
2. How different parenting styles have been described in the literature;
3. The impact that variations in parenting practices have upon child achievement, health, and mental health;
4. The social and economic factors that influence parenting practices;
5. The methods that education, health care, and mental health professionals have used to influence parenting practices to improve child achievement, health, and mental health; and
6. How to guide the creation of parent education programs relying upon research and common sense.

b. Skills

Students will be able to:

1. List the theoretical dimensions used to differentiate parenting practices;
2. Summarize research on parenting practices;
3. Understand how parenting practices influence the psychological development of children;
3. Critically review the scientific and practical merits of efforts to influence parenting practices;
4. Understand how an effective parenting program can be constructed; and
5. Use scientific analysis to critically review parent education programs and parenting advice that is provided in educational, health, and mental health settings and in the popular literature.

Provisional Syllabus:

Week and Lecture Number	Topics	Readings
Section I – Understanding Parents and Parenting (see readings below)		
1-1	Why Study Parenting?	
1-2	The Psychological Process of Becoming a Parent	Bigner – Ch. 5; Heath – Ch. 3
2-1	Variations in Parenting Practices: How are they described?	Bigner - Ch. 5; Baumrind – 3 classic papers
2-2	The Essential Components of Effective Parenting	Dearing; Gershoff; Gershoff; Harris articles; Baumrind et al.; Bigner – Ch. 3.
3-1	The Developmental Challenges Facing Parents: Infancy and Toddler Years	Bigner – Ch. 7; Heath – Ch. 3.
3-2	Developmental Challenges Facing Parents: Preschool and School Age Years	Bigner – Chs. 8 & 9; Heath – Chs. 4 & 5.
4-1	Developmental Challenges Facing Parents: Teen Years and Beyond	Bigner – Ch. 10; Heath – Chs. 6 & 7.
Section II – Parenting and Its Impact on Child Outcomes in Education, Health, and Mental Health		
4-2	The Impact of Parenting Practices on Achievement and Education	Bornstein – Volume 4: Parenting Competence reading; Arnold et al.; Aunola et al.; Heaven & Ciarrochi.
5-1	Parenting Influences on Health Care in Typical Health	Bornstein et al.; Aunos et al.; Mewse et al.; South et al.
5-2	Parenting Influences on Health in the Face of Chronic Illnesses	Heath – Ch. 9; Bourdeau et al.; Brown et al.
6-1	Parenting Influences on Mental Health	Bornstein et al.; Chester et al.; Flouri et al.; Paxton et al.; Snyder et al.
6-2	Parenting Responses to a Child with Developmental, Behavioral, or Emotional Disabilities	Heath – Ch 9
Section III – Family and Social Influences on Parenting		
7-1	Social Variations in Parenting Practices	Bigner – Ch. 2; Heath – Ch. 2
7-2	The Differing Impact of Mothers and Fathers on Kids	East et al.; Garg et al.; Hawkins et al.
8-1	Varied Family Structures and Their Impact on Children: Single-Parenting, Multigenerational Childrearing	Bornstein – Volume 3: Weinraub et al.; Bigner – Ch. 12; Jackson; Rosenkrantz et al.
8-2	Family or Out-of-Family Care and Their Impact	Bigner – Ch. 15; Feigelman & Finley.
Section IV – Working with Parents: Efforts for Typical and Atypical Situations		

9-1	Mobilizing and Engaging Parents	Webster-Stratton & Taylor
9-2	Interacting Effectively with Parents	Bruzzese et al.
10-1	Approaches to Educate Parents	Biglan & Taylor
10-2	Pre-Parenting Education	Heath – Ch. 2
11-1	Basic Parent Education for Building Skills	Ary et a.; Brotman-Miller et al.; Webster-Stratton et al.
11-2	Altering Harmful Parenting Practices	Lipman et al.
12-1	Supporting Parents with Mental Health Problems	Smith
12-2	The Impact of Parent Mental Health Problems on Child Development and Adjustment	Talai et al.
13-1	The Path and Variables in Child Neglect	Bigner – Ch. 15
13-2	The Path and Variables in Child Abuse	Bigner – Ch 15
14-1	Out-of-Family Child Care: The Impact of Foster Care	Bigner – Ch. 15
14-2	Are there similarities between good parenting and good professional practice in education, health care, and mental health care?	

Required Reading:

2 Required Books from which required readings will be drawn:

Heath, Phyllis (2008) *Parent-Child Relations: Context, Research, and Application*. New York: Pearson.

Bigner, Jerry J. (2005) *Parent-Child Relations: An Introduction to Parenting*. New York: Pearson.

Bornstein, Marc et al (Eds.) (2002) *Handbook of Parenting: Volumes 1 to 5*. Selected chapters provided in a course packet on Single Parenthood (Volume 3) and Ethnic and Minority Parenting (Volume 4).

Primary Sources for the lectures listed:

Section I: Parenting Style

3 Classic Papers: Recommended Readings - Baumrind, Diana. Authoritarian vs. authoritative parental control. *Adolescence*. 3(11) 1968, 255-272. Baumrind, Diana. Current patterns of parental authority. *Developmental Psychology*. Vol 4(1, Pt.2) Jan 1971, 1-103. Baumrind, Diana. The contributions of the family to the development of competence in children. *Schizophrenia Bulletin*. No 14 Fall 1975, 12-37.

Baumrind, Diana; Larzelere, Robert E; Cowan, Philip A. Ordinary physical punishment: Is it harmful? Comment on Gershoff (2002). *Psychological Bulletin*. Vol 128(4) Jul 2002, 580-589.

Dearing, Eric. The developmental implications of restrictive and supportive parenting across neighborhoods and ethnicities: Exceptions are the rule. *Journal of Applied Developmental Psychology*. Vol 25(5) Sep-Oct 2004, 555-575.

Gershoff, E. T. (2002). Parental corporal punishment and associated child behaviors and experiences: A meta-analytic and theoretical review. *Psychological Bulletin*, 128, 539–579.

Gershoff, Elizabeth Thompson. Corporal punishment, physical abuse, and the burden of proof: Reply to Baumrind, Larzelere, and Cowan (2002), Holden (2002), and Parke (2002). *Psychological Bulletin*. Vol 128(4) Jul 2002, 602-611.

Section II: Education, Health, and Mental Health

Arnold, David H; Zeljo, Alexandra; Doctoroff, Greta L; Ortiz, Camilo. Parent involvement in preschool: Predictors and the relation of involvement to preliteracy development. *School Psychology Review*. Vol 37(1) 2008, 74-90.

Aunola, Kaisa 1,2; Nurmi, Jari-Erik 1 Maternal Affection Moderates the Impact of Psychological Control on a Child's Mathematical Performance. *Developmental Psychology*. 40(6):965-978, November 2004.

Aunos, Marjorie; Feldman, Maurice; Goupil, Georgette. Mothering with intellectual disabilities: Relationship between social support, health and well-being, parenting and child behaviour outcomes. *Journal of Applied Research in Intellectual Disabilities*. Vol 21(4) Jul 2008, 320-330.

Barker, Erin T; Bornstein, Marc H; Putnick, Diane L; Hendricks, Charlene; Suwalsky, Joan T. D. Adolescent-mother agreement about adolescent problem behaviors: Direction and predictors of disagreement. *Journal of Youth and Adolescence*. Vol 36(7) Oct 2007, 950-962.

Bourdeau, Teri L; Mullins, Larry L; Carpentier, Melissa Y; Colletti, Christina J. M; Wolfe-Christensen, Cortney. An examination of parenting variables and child self-care behavior across disease groups. *Journal of Developmental and Physical Disabilities*. Vol 19(2) Apr 2007, 125-134.

Bornstein, Marc H; Tamis-LeMonda, Catherine S; Hahn, Chun-Shin; Haynes, O. Maurice. Maternal responsiveness to young children at three ages: Longitudinal analysis of a multidimensional, modular, and specific parenting construct. *Developmental Psychology*. Vol 44(3) May 2008, 867-874.

Bornstein, Marc H; Putnick, Diane L; Heslington, Marianne; Gini, Motti; Suwalsky, Joan T. D; Venuti, Paola; de Falco, Simona; Giusti, Zeno; Zingman de Galperin, Celia. Mother-child

emotional availability in ecological perspective: Three countries, two regions, two genders. *Developmental Psychology*. Vol 44(3) May 2008, 666-680.

Bornstein, Marc H; Putnick, Diane L; Suwalsky, Joan T. D; Gini, Motti. Maternal Chronological Age, Prenatal and Perinatal History, Social Support, and Parenting of Infants. *Child Development*. Vol 77(4) Jul-Aug 2006, 875-892.

Bornstein, Marc H; Cote, Linda R. Mothers' Parenting Cognitions in Cultures of Origin, Acculturating Cultures, and Cultures of Destination. *Child Development*. Vol 75(1) Jan-Feb 2004, 221-235.

Brown, Ronald T; Wiener, Lori; Kupst, Mary Jo; Brennan, Tara; Behrman, Richard; Compas, Bruce E; Elkin, T. David; Fairclough, Diane L; Friebert, Sarah; Katz, Ernest; Kazak, Anne E; Madan-Swain, Avi; Mansfield, Nancy; Mullins, Larry L; Noll, Robert; Patenaude, Andrea Farkas; Phipps, Sean; Sahler, O. J; Sourkes, Barbara; Zeltzer, Lonnie. Single parents of children with chronic illness: An understudied phenomenon. *Journal of Pediatric Psychology*. Vol 33(4) May 2008, 408-421.

Chester, Charlene; Jones, Deborah J; Zalot, Alecia; Sterrett, Emma. The psychosocial adjustment of African American youth from single mother homes: The relative contribution of parents and peers. *Journal of Clinical Child and Adolescent Psychology*. Vol 36(3) 2007, 356-366.

Flouri, Eirini. Psychological and Sociological Aspects of Parenting and Their Relation to Suicidal Behavior. *Archives of Suicide Research*. Vol 9(4) Dec 2005, 373-383.

Harris, Judith Rich. Beyond the nurture assumption: Testing hypotheses about the child's environment. Borkowski, John G (Ed); Ramey, Sharon Landesman (Ed); Bristol-Power, Marie (Ed). (2002). *Parenting and the child's world: Influences on academic, intellectual, and social-emotional development* (pp. 3-20) xv, 388 pp. Mahwah, NJ, US: Lawrence Erlbaum Associates Publishers.

Harris, Judith Rich. Where is the child's environment? A group socialization theory of development. *Psychological Review*. Vol 102(3) Jul 1995, 458-489.

Harris, Judith Rich. The outcome of parenting: What do we really know? *Journal of Personality*. Vol 68(3) Jun 2000, 625-637.

Heaven, Patrick C. L; Ciarrochi, Joseph. Parental styles, conscientiousness, and academic performance in high school: A three-wave longitudinal study. *Personality and Social Psychology Bulletin*. Vol 34(4) Apr 2008, 451-461.

Kalil, Ariel; Ziol-Guest, Kathleen M. Single Mothers' Employment Dynamics and Adolescent Well-Being. *Child Development*. Vol 76(1) Jan-Feb 2005, 196-211.

Maguen, Shira; Armistead, Lisa. Abstinence among female adolescents: Do parents matter above and beyond the influence of peers? *American Journal of Orthopsychiatry*. Vol 76(2) Apr 2006, 260-264.

Mewse, Avril J; Eiser, J. Richard; Slater, Alan M; Lea, Stephen E. G. The Smoking Behaviors of Adolescents and Their Friends: Do Parents Matter? *Parenting: Science and Practice*. Vol 4(1) Jan-Mar 2004, 51-72.

Paxton, Raheem J; Valois, Robert F; Drane, J. Wanzer. Is there a relationship between family structure and substance use among public middle school students? *Journal of Child and Family Studies*. Vol 16(5) Oct 2007, 593-605.

Roberts, Elizabeth; Bornstein, Marc H; Slater, Alan M; Barrett, Jacqueline. Early cognitive development and parental education and *Child Development*. Vol 8(1) Mar 1999, 49-62.

Sandler, Irwin; Miles, Jonathan; Cookston, Jeffrey; Braver, Sanford. Effects of father and mother parenting on children's mental health in high- and low-conflict divorces. *Family Court Review*. Vol 46(2) Apr 2008, 282-296.

Silva, Marc; Dorso, Erin; Azhar, Aisha; Renk, Kimberly. The relationship among parenting styles experienced during childhood, anxiety, motivation, and academic success in college students. *Journal of College Student Retention: Research, Theory and Practice*. Vol 9(2) 2007, 149-167.

Snyder, James; Cramer, Ann; A Frank, Jan; Patterson, Gerald R. The Contributions of Ineffective Discipline and Parental Hostile Attributions of Child Misbehavior to the Development of Conduct Problems at Home and School. *Developmental Psychology*. 41(1):30-41, January 2005.

South, Susan C; Krueger, Robert F; Johnson, Wendy; Iacono, William G. Adolescent Personality Moderates Genetic and Environmental Influences on Relationships With Parents. *Journal of Personality & Social Psychology*. 94(5):899-912, May 2008.

Section III: Variations in Family Structure

Cook, K; Davis, E; Davies, B. Discrepancy between expected and actual child support payments: Predicting the health and health-related quality of life of children living in low-income, single-parent families. *Child: Care, Health and Development*. Vol 34(2) Mar 2008, 267-275.

Dunifon, Rachel; Kalil, Ariel; Bajracharya, Ashish. Maternal Working Conditions and Child Well-Being in Welfare-Leaving Families. *Developmental Psychology*. Vol 41(6) Nov 2005, 851-859.

East, Leah; Jackson, Debra; O'Brien, Louise. Father absence and adolescent development: A review of the literature. *Journal of Child Health Care*. Vol 10(4) Dec 2006, 283-295.

Gershoff, Elizabeth T; Aber, J. Lawrence; Raver, C. Cybele; Lennon, Mary Clare. Income Is

Not Enough: Incorporating Material Hardship Into Models of Income Associations With Parenting and Child Development. *Child Development*. Vol 78(1) Jan-Feb 2007, 70-95.

Feigelman, William; Finley, Gordon E. Youth Problems Among Adoptees Living in One-Parent Homes: A Comparison With Others From One-Parent Biological Families. *American Journal of Orthopsychiatry*. Vol 74(3) Jul 2004, 305-315.

Garg, Rashmi; Melanson, Stella; Levin, Elizabeth. Educational aspirations of male and female adolescents from single-parent and two biological parent families: A comparison of influential factors. *Journal of Youth and Adolescence*. Vol 36(8) Nov 2007, 1010-1023.

Hawkins, Daniel N; Amato, Paul R; King, Valarie. Nonresident father involvement and adolescent well-being: Father effects or child effects? *American Sociological Review*. Vol 72(6) Dec 2007, 990-1010.

Jackson, Aurora P. The Effects of Family and Neighborhood Characteristics on the Behavioral and Cognitive Development of Poor Black Children: A Longitudinal Study. *American Journal of Community Psychology*. Vol 32(1-2) Sep 2003, 175-186.

Jeynes, William H. The Impact of Parental Remarriage on Children: A Meta-Analysis. *Marriage & Family Review*. Vol 40(4) 2007, 75-102.

Jones, Deborah J; Zalot, Alecia A; Foster, Sarah E; Sterrett, Emma; Chester, Charlene. A review of childrearing in African American single mother families: The relevance of a coparenting framework. *Journal of Child and Family Studies*. Vol 16(5) Oct 2007, 671-683.

Kim, Sooyeon; Brody, Gene H. Longitudinal Pathways to Psychological Adjustment Among Black Youth Living in Single-Parent Households. *Journal of Family Psychology*. Vol 19(2) Jun 2005, 305-313.

Rosenkrantz Aronson, Stacy; Huston, Aletha C. The Mother-Infant Relationship in Single, Cohabiting, and Married Families: A Case for Marriage? *Journal of Family Psychology*. Vol 18(1) Mar 2004, 5-18.

Section IV: Working with Parents

Ary, Dennis V; James, Lisa; Biglan, Anthony. Parent-daughter discussions to discourage tobacco use: Feasibility and content. *Adolescence*. Vol 34(134) Sum 1999, 275-282.

Biglan, Anthony; Taylor, Ted K. Increasing the use of science to improve child-rearing. *Journal of Primary Prevention*. Vol 21(2) Win 2000, 207-226.

Brotman, Laurie Miller; Gouley, Kathleen Kiely; Huang, Keng-Yen; Rosenfelt, Amanda; O'Neal, Colleen; Klein, Rachel G; Shrout, Patrick. Preventive intervention for preschoolers at high risk for antisocial behavior: Long-term effects on child physical aggression and parenting practices. *Journal of Clinical Child and Adolescent Psychology*. Vol 37(2) Apr-Jun 2008, 386-396.

Bruzzese, Jean-Marie; Unikel, Lynne; Gallagher, Richard; Evans, David; Colland, Vivian. Feasibility and impact of a school-based intervention for families of urban adolescents with asthma: Results from a randomized pilot trial. *Family Process*. Vol 47(1) Mar 2008, 95-113.

Lipman, Ellen L; Waymouth, Marjorie; Gammon, Tara; Carter, Patricia; Secord, Margaret; Leung, Olivia; Mills, Brenda; Hicks, Frances. Influence of group cohesion on maternal well-being among participants in a support/education group program for single mothers. *American Journal of Orthopsychiatry*. Vol 77(4) Oct 2007, 543-549.

Smith, Marjorie. Parental mental health: Disruptions to parenting and outcomes for children. *Child & Family Social Work*. Vol 9(1) Feb 2004, 3-11.

Talati, Ardesheer; Wickramaratne, Priya J; Pilowsky, Daniel J; Alpert, Jonathan E; Cerda, Gabriele; Garber, Judy; Hughes, Carroll W; King, Cheryl A; Malloy, Erin; Sood, A. Bela; Verdelli, Helen; Trivedi, Madhukar H; Rush, A. John; Weissman, Myrna M. Remission of maternal depression and child symptoms among single mothers: A STAR*D-child report. *Social Psychiatry and Psychiatric Epidemiology*. Vol 42(12) Dec 2007, 962-971.

Webster-Stratton, Carolyn; Reid, M. Jamila; Stoolmiller, Mike. Preventing conduct problems and improving school readiness: Evaluation of the Incredible Years teacher and child training programs in high-risk schools. *Journal of Child Psychology and Psychiatry*. Vol 49(5) May 2008, 471-488.

Webster-Stratton, Carolyn; Taylor, Ted. Nipping early risk factors in the bud: Preventing substance abuse, delinquency, and violence in adolescence through interventions targeted at young children (0 to 8 Years). *Prevention Science*. Vol 2(3) Sep 2001, 165-192.

Examinations and Grades

Grades will be based upon: Class participation (20%), a midterm examination (30%), a final examination (30%), and a final paper (20%) of 8 – 10 pages in length reviewing an area of research on parenting practices. Paper topics must be approved by the instructor, and students will be directed in their selection of at least 5 primary sources on the topic.

The examinations will include a:

Midterm Examination: Students will complete a one-hour essay examination that addresses their comprehension of the parenting practice variables and styles that have been studied and found to impact child outcome. This material will be covered in class before the date of the mid-term exam.

Final Examination: Students will complete a one-hour, short answer and multiple-choice examination based upon the material covered in class.