The Nurtured Heart Approach to parenting NHA, Glaser & Esley (2006) is intended for use among families with children experiencing emotional and behavioral problems in the clinical range, but is increasingly being promoted for parents and teachers of any children. Many elements of the approach have been disseminated through the popular press and are used more widely (Barth et al., 2005). One of the key aspects of NHA, are disseminated through the popular press and are used more widely (Barth et al., 2005). One of the key approaches have strong theoretical and empirical evidence in support of the approach (Brennan, & Bravo, 2007; Dadds, Rueda, & Reynolds, 2004), some programs without a fidelity check are used more widely. The present study is a quasi-experimental pilot study. The purpose of the present study is to evaluate the effectiveness of NHA in a quasi-experimental pilot study.

**Method**

- **Participants**
  - Mid-sized Midwestern city, approximately 90% Caucasian
  - Over two years, 41 five-week courses were offered for parents
  - 303 parents attended; 326 completed pre and post questionnaires
- **Measures**
  - Parent Well-being
    - 2 scales: Parenting confidence and relational frustration from the Parenting Relationship Questionnaire (PRQ; Kamprath & Reynolds, 2006)
  - Parenting confidence: .85 (present study)
  - Relational frustration scale: .50 (present study)
  - Parent practices
    - 16 items adapted from The Parent Discipline Scales (Conduct Problems Research Group, 1990)
  - Parenting confidence: .73 (present study)
  - Positive, Negative, and Compliant behaviors from the Interpersonal Problems Scale (IPS; Brennan & Brodrick, 1999)
- **Procedure**
  - Identical three components: Parenting confidence to the different scales from the parent discipline scales and the Interpersonal Problems Scale, and establish a set of clear rules and consequences. A wealth of anecdotal evidence exists in support of the approach (Glaser & Esley, 2006), and many elements of the approach have strong theoretical and empirical evidence (Brennan, & Brodrick, in press). Yet NHA as a whole remains to be empirically evaluated.

**Results**

- **Parent Well-being**
  - Parenting confidence: .85 (present study)
  - Relational frustration scale: .50 (present study)
- **Parent practices**
  - 16 items adapted from The Parent Discipline Scales (Conduct Problems Research Group, 1990)
  - Parenting confidence: .73 (present study)
  - Positive, Negative, and Compliant behaviors from the Interpersonal Problems Scale (IPS; Brennan & Brodrick, 1999)

**Discussion**

- **Summary**
  - Program participants experienced beneficial changes in their frustration in the parenting relationship as well as in their parenting confidence.
  - Trained parents increased in providing positive attention to their child and decreased in yelling, scolding, and responding with negativity.
- **Strengths**
  - Comparison group
  - Reliable measures (PRQ, BERIS) to improve efficacy.
- **Limitations**
  - Self-report
  - Standardization
  - No fidelity checks
- **Future Directions**
  - Long-term follow-up
  - Use with average children (Differential Sensitivity?)
  - Use with special groups (e.g. autism)
- **Qualitative data**
  - Collected but not included due to space constraints

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