



# Camp Out with Kids Medium-term Evaluation

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## Report prepared by

James Webb

Performance and Evaluation Consultant

Amadeus Performance Systems

T: 0412 605 381

Report prepared for



## Uplifting Australia

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# INTRODUCTION

## PROGRAM DESCRIPTION AND HISTORY

Uplifting Australia is a not for profit charity that was founded in May 2011 to improve the emotional wellbeing and resilience of children and families across Australia.

CampOut with Kids is a program designed for boys or girls aged 6 to 12 years and a parent or mentor. Together they attend and camp at their school overnight, participating in activities that both aid bonding and understanding while also providing parenting strategies for the parents. CampOut with Kids aims to provide the strategies and experience to create the best possible home environment for supporting the child's emotional and developmental needs.

## RBA PLANNING & EVALUATION FRAMEWORK

The Results Based Accountability (RBA) model for CampOut with Kids sets out the cause-effect relationship between intended outcomes and the achievements required in order to reach them. It is used for planning and evaluation. Outcomes are defined for 3 stages: **IMMEDIATE** (*Following CampOut*) - **INTERMEDIATE** (*6-12 months*) - **LONGER TERM** (*1-3 years*). The framework is described in Appendix 1.

This report deals with the **INTERMEDIATE** (*6-12 months*) Evaluation.

## PREVIOUS IMMEDIATE RESULTS (SUMMARY)

In June 2014 the results of the **IMMEDIATE** (*Following CampOut*) Evaluation were published. In Summary:

- Most parents increased their knowledge of their child's development needs and increased their skills in supporting their child's development;
- Most parents experienced strong emotional connection with their child during CampOut; and
- Most parents indicated that it was a priority to support their child's development using the 8 Parenting Strategies.

## EXECUTIVE SUMMARY

Uplifting Australia continues to achieve outstanding results for its **CampOut with Kids** program. The Program is meeting all of its medium-term Results Based Accountability program outcomes as below.

### Changes or benefits to **children** as a result of CampOut

**The majority of parents credit CampOut with generating gains for their children**

Parents attributed the greatest benefits to **communication** and **emotional connection**, with 71% and 62% of responses respectively saying that they had noticed positive changes which they attribute to the Program.

**Children's sustained interest in the Program** is evidenced in the fact that 90% continued to talk about it to their parents subsequent to the event.

*"Some stories told make him wonder why he can't do the same thing on his own now. He agrees that the times have changed a lot."*

### Parent actions: Application of the **8 Parenting Strategies**

**The Parenting Strategies were extensively used by all families**

The aggregate level of usage of all 8 Strategies was 96%, with 5 of the Strategies used by 100% of families. Overall 62% of families used the 8 Strategies either "Frequently" or "Often", with the range extending up to 71% for some strategies. The most frequently used were:

Strategy 1. **One-on-one time with your child/children**

Strategy 3. **Acknowledge your child's qualities and not just their outcomes**

Strategy 5. **Support your child/children to solve own problems**

**In 97% of cases the Parenting Strategies were useful**

Overall 97% of responses indicated that the strategies were useful with 85% classing them as "Very useful" or "Useful".

Based on these scores the 4 most useful were:

Strategy 1. **One-on-one time with your child/children**

Strategy 3. **Acknowledge your child's qualities and not just their outcomes**

Strategy 2. **Share life stories and have meaningful conversations**

Strategy 6. **Connect privileges with responsibility**

*"I thought it was fantastic, the people were excellent, there were difficult kids and family situations that were dealt with very well by the facilitators. If parents adopted the strategies more they would be doing better."*

**All users of the Parenting Strategies eBook regarded it as useful**

As a follow-up to CampOut, parents were sent an email attaching the "8 Parenting Strategies eBook". Of those who recalled receiving it slightly more than half read it but for every primary reader there was an average of a further 1.4 readers per family.

**All respondents regarded the eBook as being of some use with 78% finding it to be "Very useful" or "Useful".**

### Changes or benefits to **parenting** as a result of CampOut

**Parenting benefitted from CampOut**

Across the 4 parenting benefits listed an aggregate of 80% of responses attributed the gained benefit to the CampOut experience. The most highly ranked was:

**The CampOut experience has supported you with your parenting** (90% "Yes")

## METHODOLOGY

The evaluation was designed to be conducted by telephone. Given the time of 6 to 12 months after the CampOut event it was deemed that telephone interviewing would maximise the response rate.

The Questionnaire was constructed in accordance with the intermediate Outcomes in the RBA and is included as Appendix 2. The question structures were of the the following 3 types.

Parameter	Variables
Absolute change or benefit:	Yes / No
Frequency:	Frequently / Often / Occasionally / Never
Usefulness:	Very useful / Useful / Fairly useful / Not useful

The evaluation sample was determined by randomly selecting 100 prospects from parent participants who had attended CampOut 6 to 12 months prior. Prospects were to be contacted until 20 valid interviews had been completed.

Telephone interviewing was to be done by Uplifting Australia who would also tally and tabulate the raw data.

## RESULTS & DISCUSSION

### RESPONSES

#### Response Rate

The final number of valid interviews was 21. Most of the participants were evaluated over the phone (n=18), and three opted to complete the survey online. Of those prospects contacted, only one declined to participate in the evaluation.

#### Family size

In order to gain a profile of the mix of households, respondents were asked to nominate how many people were in their immediate family (i.e. parents and children). The results are displayed in Table 1.

**Table 1. Number of people in immediate family (parents and children)**

Family size	Responses (n)	(%)
2	1	5%
3	3	15%
4	7	35%
5	5	25%
6	0	0%
7	3	15%
8+	1	5%
Other (please specify)	0	0%
<b>Total Responses</b>	<b>20</b>	<b>100%</b>

The total number respondents was 20 as the question was unintentionally omitted in one. The number of family members per respondent household ranged from 2 to 8 or greater, with 60% of households having 4 to 5 members. The mean family size was 4.7 members.

## RESULTS BY QUESTION

NOTE: Percentages are rounded and so totals may not always add up to 100%.

### Changes or benefits to children as a result of CampOut

The 4 sub-sets of Question 4 enquired about parent-perceived changes to a child's communication, emotional connection, emotional wellbeing and resilience, which they could attribute to attending CampOut with Kids. While fluctuations in children's emotions and behaviours will occur independently of interventions, parents were asked specifically to apply their judgement as to what changes might have been a result of attendance at CampOut. The results are shown in Table 2.

**Table 2. Changes or benefits for children as a result of CampOut**

<b>Overall, as a result of attending CampOut with Kids, did you notice any positive changes or benefits in your child/children, such as:</b>	<b>Yes</b>	<b>No</b>	<b>Total responses</b>
Q4(a). Positive changes or benefits in your child/children's <b>communication</b> with you	15 71%	6 29%	<b>21</b>
Q4(b). Positive changes or benefits in your child/children's <b>emotional connection</b> with you?	13 62%	8 38%	<b>21</b>
Q4(c). Positive changes or benefits in your child/children's <b>emotional wellbeing</b> (e.g. How well he/she/they seem to be now managing their thoughts, feelings, and behaviours, including their relationships with others?)	11 52%	10 48%	<b>21</b>
Q4(d). Positive changes or benefits in your child/children's <b>resilience</b> (e.g. How well he/she/they seem to be now able to bounce back from challenges?)	11 52%	10 48%	<b>21</b>
<b>Total all questions</b>	<b>50</b> 60%	<b>34</b> 40%	<b>84</b> 100%

Parents attributed the greatest benefits to *communication* and *emotional connection*, with 71% and 62% of responses respectively saying that they had noticed positive changes which they attribute to the Program. With respect to the child's *emotional wellbeing* and their *resilience* slightly over half the parents reported improvement. Overall the majority of parents attributed gains for their children as a result of CampOut.

Amongst the parents who responded "No", most gave a qualifying reason. In some cases the children were special needs cases, e.g. Autism or in counselling, while another common response was that changes in relation to a particular aspect had been already underway and so it was hard for them to know whether or not CampOut was a contributor.

As noted above, parents attributed the greatest benefits of CampOut to *communication* and *emotional connection*, with a lesser positive response the child's *emotional wellbeing* and their *resilience*. It seems important to here to firstly recognise what improvement has occurred before then analysing differences.

In the first instance all improvement is beneficial to that child and to that family. Secondly the complexity of each child's situation varied, e.g. special needs. For future evaluations it would be valuable to record and correlate socially and clinically significant variables.

In the case of the latter two measures, *emotional wellbeing* and *resilience*, they are clinically more complex than the first two. In addition the question associated with each is of commensurate complexity and the interviewer reported difficulty with respondents fully understanding the question. In future evaluations these questions could perhaps be broken into their components with each being a separate question.

As one further means to determine the ongoing significance of CampOut to each child the parent was asked “Does your child talk about CampOut?” (Q.15). Nineteen of 21 respondents (90%) answered that their child did, indicating a sustained interest in the program.

### Representative Parent Comments

*Some stories told make him wonder why he can't do the same thing on his own now. He agrees that the times have changed a lot.*

*Confidence and participation with others*

### Parent actions: Application of the 8 Parenting Strategies

Parents were introduced to the 8 Parenting Strategies during the CampOut parent education session. Subsequently all were given a printed copy to take away with them. Respondents were asked did they recall the 8 Parenting Strategies (Question 5). Of 21 respondents, 18 (86%) said that they did whilst 3 (14%) could not recall. In examining the raw data it was noted that the “No” respondents were among the first few interviews during which it was found that the question was not well understood. The approach to the question was subsequently revised.

The strategies were then listed one at a time and the respondent was asked two questions - 1) how often they were used? (Q6) and 2) how useful were they? (Q7). In each case they were asked to rate their response against a 4 point scale.

### Frequency of use of the 8 Strategies

Table 3 displays the responses to the *frequency of use* question (Q.6). The missing entry in Strategy 5 was a data entry error.

**Table 3. Frequency of using the 8 Parenting Strategies**

How often have you used this strategy?	Frequently	Often	Occasionally	Never	Total responses
1. One-on-one time with your child/children	7 33%	8 38%	6 29%	0 0%	21
2. Share life stories and have meaningful conversations	7 33%	6 29%	8 38%	0 0%	21
3. Acknowledge your child's/children's qualities and not just their outcomes	9 43%	6 29%	6 29%	0 0%	21
4. Teach your child/children skills of reflection	5 24%	4 19%	9 43%	3 14%	21
5. Support your child/children to solve own problems.	5 25%	9 45%	6 30%	0 0%	20
6. Connect privileges with responsibility	5 24%	9 43%	7 33%	0 0%	21
7. When discipline is required separating the person from the behaviour	5 24%	7 33%	8 38%	1 5%	21
8. Support your child/ children to experience their feelings	7 33%	5 24%	7 33%	2 10%	21
<b>Total all Strategies</b>	<b>50</b> 30%	<b>54</b> 32%	<b>57</b> 34%	<b>6</b> 4%	<b>167</b> 100%

Table 3 indicates that in the vast majority of cases (96%) most of the strategies were employed at some time. Overall, 62% of usage was either “Frequently” or “Often”. The 6 occasions of “never” using a strategy were from 3 respondents.

Based on combined “Frequently” and “Often” responses, the most used were as follows.

Strategy 1. *One-on-one time with your child/children* - 71%

Strategy 3. *Acknowledge your child’s/children’s qualities and not just their outcomes* - 71%

Strategy 5. *Support your child/children to solve own problems* - 70%

The occasions of non-use (4%) were as follows.

Strategy 4. *Teach your child/children skills of reflection* - 3 respondents

Strategy 8. *Supporting your child/ children to experience their feelings* -2 respondents

Strategy 7. *When discipline is required separating the person from the behaviour* - 1 respondent

The use of Strategy 4 - *Teach your child/children skills of reflection* - was low in usage, with the “Frequently” and “Often” responses totalling only 43% of respondents. The interviewer reported that this question - the concept of reflection - was more difficult than the others to implement. Whether this contributed to the low score can’t be ascertained but the question may need better clarification for future evaluations.

### Usefulness of the 8 Strategies

Table 4, below, displays responses to the *usefulness* question (Q.7). One of the on-line respondents failed to notice Q7 and so skipped it, leaving the total respondents total as 20. The additional missing entry in Strategy 5 was a data entry error.

Overall, 97% of responses indicated that the strategies were useful with 85% classing them as “Very useful” or “Useful”. If the 5 non-users (see Table footnote) are discounted then overall usefulness is 100%, with 90% classing them as “Very useful” or “Useful”.

**Table 4. Usefulness of the 8 Parenting Strategies**

How useful has this strategy been?	Very useful	Useful	Fairly Useful	Not useful or Not Used <sup>1</sup>	Total responses
1. One-on-one time with your child/children	15 75%	5 25%	0 0%	0 0%	20
2. Share life stories and have meaningful conversations	10 50%	9 45%	1 5%	0 0%	20
3. Acknowledge your child’s/children’s qualities and not just their outcomes	10 50%	10 50%	0 0%	0 0%	20
4. Teach your child/children skills of reflection	4 20%	11 55%	3 15%	2 10%	20
5. Support your child/children to solve own problems.	8 42%	9 47%	2 11%	0 0%	19
6. Connect privileges with responsibility	8 40%	11 55%	1 5%	0 0%	20
7. When discipline is required separating the person from the behaviour	8 40%	8 40%	3 15%	1 5%	20
8. Support your child/ children to experience their feelings	5 25%	9 45%	4 20%	2 10%	20
<b>Total all Strategies</b>	<b>68</b> 43%	<b>72</b> 45%	<b>14</b> 9%	<b>5</b> 3%	<b>159</b> 100%

<sup>1</sup> The five entries are accounted for by respondents who reported not having used the particular strategies.

In Table 5, below, the 8 Strategies are arranged in reported rank of usefulness, using the Table 4 data, discounted for the non-user responses.

**Table 5. Usefulness of the 8 Parenting Strategies - Ranked**

How useful has this strategy been?	Very useful or Useful	Total all responses
1. One-on-one time with your child/children	20 100%	20
3. Acknowledge your child's/children's qualities and not just their outcomes	20 100%	20
2. Share life stories and have meaningful conversations	19 95%	20
6. Connect privileges with responsibility	19 95%	20
5. Support your child/children to solve own problems.	17 89%	19
7. When discipline is required separating the person from the behaviour	16 84%	19
4. Teach your child/children skills of reflection	15 83%	18
8. Support your child/ children to experience their feelings	14 78%	18
<b>Total all Strategies</b>	<b>140</b> <b>85%</b>	<b>154</b> <b>100%</b>

Whereas the difference in number of responses from highest to lowest is 6 (Table 5), the difference between adjacent strategies is only 1. Nominally, the top 2 could be regarded as more useful than the bottom 2, but those in the middle are not really distinguishable.

In addition to rating each of the 8 Strategies one at a time, respondents were then asked to nominate what they considered to be their three most useful strategies of the eight (Question 8). They were not asked to rank them and their responses were simply noted in order they were given. Apart from the positions of Strategy 1 and Strategy 8 the results showed no correlation with Table 5. On reflection it is considered that the interview process for Question 8 - in which the respondents did not have a list of the strategies before them - was not sufficiently robust and that the data should be rejected.

### The 8 Parenting Strategies eBook

As a follow-up to CampOut, parents were sent an email attaching the "8 Parenting Strategies eBook". In this section of the survey respondents were asked four questions in relation to the eBook (Q9 - Q12).

Responses to the 8 Parenting Strategies eBook are shown in Table 6. where it can be seen that 17 parents (81%) recalled receiving it while 56% of this 17 actually read it. Upon questioning those four respondents who did not recall receiving the e-mail it seemed that it was a matter of an incorrect or changed e-mail address.

**Table 6. Responses to the 8 Parenting Strategies eBook**

8 Parenting Strategies eBook...	Yes	No	Total responses
Q9. Do You recall receiving it?	17 81%	4 19%	21
Q10. [If yes] Did you read the "8 Parenting Strategies" eBook?	10 <sup>1</sup> 56%	8 44%	18

<sup>1</sup> One respondent did not read the eBook but had the workshop original attached to his fridge.

Of the 17 families where the respondent recalled having received the eBook, the question was asked, “How many other people (your family/friends) read the eBook?” (Q11). In 10 cases between 1 and 3 others also read it. Table 7 shows that the number of additional readers ranged from 1 to 3, adding up to 13 extra readers or the equivalent of an average of a further 1.4 readers per family.

**Table 7. Additional readership of the 8 Parenting Strategies eBook**

Number of additional readers per household	Responses (n)	(%)	Composite additional readership
1	8	80%	8
2	1	10%	2
3	1	10%	3
<b>Total Responses</b>	<b>10</b>	<b>100%</b>	<b>13</b>

The 9 respondents who had read the 8 Parenting Strategies eBook were asked to rate its usefulness as an adjunct to implementing the strategies (Q12). Table 8 shows that all respondents regarded the eBook as being of some use with 78% finding it to be “Very useful” or “Useful”.

**Table 8. Usefulness of the 8 Parenting Strategies eBook amongst 9 families**

How useful has this strategy been?	Very useful	Useful	Fairly Useful	Not useful	Total responses
Q14. How useful was the “8 Parenting Strategies” eBook in supporting you to implement the Parenting Strategies in your family?	1	6	2	0	<b>9</b>
	11%	67%	22%	0%	

## Changes or benefits to Family as a result of CampOut and the 8 Parenting Strategies

Respondents were asked “Has your family changed as a result of CampOut and implementing the 8 Parenting Strategies?” (Question 13). Responses were recorded as “Yes” or “No”. Eleven of 21 responses (52%) were “Yes” and 10 (48%) were “No”.

The 10 “No” responses sit at odds with responses to Q4 (Table 2) where 15 of 21 parents attributed *at least one* benefit to their child. On reflection the question may not have been well constructed as the possible implied attributes are several.

The interviewer reported that many respondents reacted to this question as if it were a “Big Question”. It seems that “family” was not adequately defined for the purpose and so some may have excluded benefit to the child as being a positive change for the family. As well, change was not defined in terms of its positive-negative elements. The question should be redeveloped for future evaluations.

## Representative Parent Comments

*My relationship with my daughter has changed.*

*Was already doing a lot of them (strategies)*

## Changes or benefits to Parents as a result of CampOut

Question 14 explored 4 possible benefits to parents as a result of the CampOut experience. Table 9, below, displays the results.

**Table 9. Changes or benefits to the parent as a result of CampOut**

Overall, as a result of attending the CampOut with Kids, what if any positive changes or benefits have you noticed in yourself, such as:	Yes	No	Total responses
Q14(a).... Find it easier to interact with your child/children	14 67%	7 33%	21
Q14(b).... Interacting with your child/children is more productive/ beneficial/produces better results	17 81%	4 19%	21
Q14(c).... The CampOut experience has supported you with your parenting	19 90%	2 10%	21
Q14(d).... The CampOut experience has improved your relationship with your child/children	17 81%	4 19%	21
<b>Total all questions</b>	<b>67</b> 80%	<b>17</b> 20%	<b>84</b> 100%

Table 9 indicates that across the 4 parenting benefits an aggregate of 80% of responses attributed the gained benefit to the CampOut experience. The range of “Yes” responses was from 90% to 67%. The most highly ranked was the one of being overall supported with their parenting (90% “Yes”) and the lowest ranked of the four (67% “Yes”) was “Find it easier to interact with your child/children”.

### Representative Parent Comments

*Already had good interaction with [child].*

*I've noticed I want to spend more time with my children.*

*Took on things initially but didn't stick.*

*Interaction/relationship was already really good.*

*Listening more to [child], to his feelings.*

## General parent comments

At the conclusion respondents were asked if they wished to make any other comments. Ten respondents took up the offer, as below.

*I found CampOut really really good. I enjoyed going with my daughter.*

*It was enjoyable and it was an experience that we hadn't had before - we hadn't camped before. I really enjoyed the reflection.*

*I thought it was a great program we really enjoyed it, the kids got a lot out of it. I enjoyed the one-one time with my daughter because it can be really hard to get this in everyday life (lots of kids). Feedback that I would give is that there needs a follow-up to help get the strategies implemented in everyday life.*

*I think if you've grown up in a country area you tend to do a lot more with your children. We go to the beach, fishing, camping together, we go bicycle riding together. Living in a city you tend to be hamstrung. We do lots of things with our kids.*

*Camping was a good experience.*

*I'm a single mum who has really strong bond already with my child so some of the 'No's' are because the relationship was already established and I didn't notice any difference. I see huge benefit for other families*

*Get women involved as they are usually the ones who deal with this*

*We really enjoyed it, my son is keen to go again. My wife enjoyed it too when she went with our other child.*

*I thought it was fantastic, the people were excellent, there were difficult kids and family situations that were dealt with very well by the facilitators. If parents adopted the strategies more they would be doing better.*

*I thought it was excellent, really well run. I got a lot out of it. I'm a deputy principal of a high school and I can see there's a need for the community to be made more aware of the support that they can have in their parenting.*

# APPENDICES

1. RBA Planning & Evaluation Framework

3. Questionnaire

## RBA PLANNING & EVALUATION FRAMEWORK

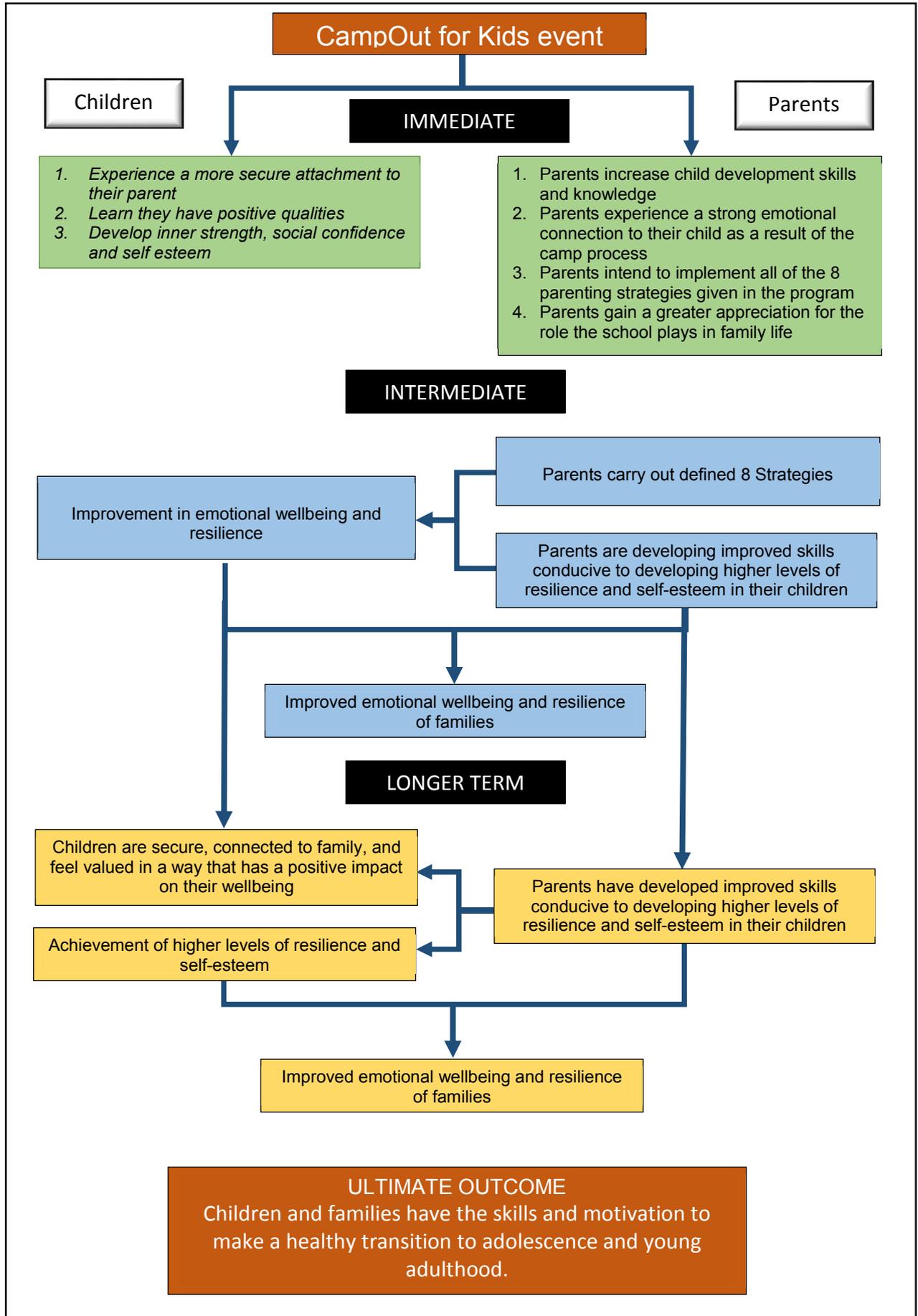
### RBA OUTCOMES

#### CampOut Cause-effect Outcomes chart

### RBA OUTCOMES

Stages	OUTCOMES	
	Children	Parents
<b>IMMEDIATE</b> <i>Following CampOut</i>	<ol style="list-style-type: none"> <li>1. Children feel a more secure attachment to their parent</li> <li>2. Children learn that they have positive qualities</li> <li>3. Children develop inner strength, social confidence, and self esteem</li> <li>4. Aware of parent-child engagement process to follow</li> <li>5. Positive expectations about the post-camp process</li> </ol>	<ol style="list-style-type: none"> <li>1. Parents increase child development skills and knowledge</li> <li>2. Parents experience a strong emotional connection to their child as a result of the camp process</li> <li>3. Parents intend to implement all of the 8 parenting strategies given in the program</li> <li>4. Parents gain a greater appreciation for the role the school plays in family life</li> </ol>
<b>INTERMEDIATE</b> <i>(6-12 months)</i>	<p>Improvement in <u>emotional wellbeing</u> and <u>resilience</u> of children</p> <hr/> <p>Improved emotional wellbeing and resilience of <u>families</u></p>	<ol style="list-style-type: none"> <li>1. Parents <u>carry out</u> defined 8 Strategies</li> <li>2. Strategies are considered to be <u>effective</u></li> <li>3. Parents are developing <u>improved skills</u> conducive to developing higher levels of resilience and self-esteem in their children</li> </ol> <hr/> <p>Improved emotional wellbeing and resilience of <u>families</u></p>
<b>LONGER TERM</b> <i>(1-3 years)</i>	<ol style="list-style-type: none"> <li>1. Children are secure, connected to family, and feel valued in a way that has a positive impact on their <u>emotional wellbeing</u></li> <li>2. Children have achieved higher levels of <u>resilience</u> and self-esteem</li> </ol>	<ol style="list-style-type: none"> <li>1. Parents have developed <u>improved skills</u> conducive to developing higher levels of resilience and self-esteem in their children</li> <li>2. Improved emotional wellbeing and resilience of <u>families</u></li> </ol>
<b>ULTIMATE</b>	<p><b>Children and families have the skills and motivation to make a healthy transition to adolescence and young adulthood.</b></p>	

**CampOut Cause-effect Outcomes chart**



## QUESTIONNAIRE

### Q1 - Q3 - Respondent profile

#### CHILD EMOTIONAL WELLBEING AND RESILIENCE

**Q4. Overall, as a result of attending CampOut with Kids, did you notice any positive changes or benefits in your child/children - such as:**

Children's positive <u>changes</u> or <u>benefits</u> in your child/children's	Positive changes/ benefits?
(a) communication with you?	Yes /No
(b) emotional connection with you?	Yes /No
(c) emotional wellbeing e.g. How well he/she/they seem to be now managing their thoughts, feelings, and behaviours, including their relationships with others?	Yes /No
(d) resilience e.g. How well he/she/they seem to be now able to bounce back from challenges?	Yes /No

#### PARENT ACTIONS

**Q5. During Camp Out you were introduced to 8 Parenting Strategies. Do you recall this?**

Yes / No      Comment: \_\_\_\_\_

**Q6/Q7. I'm going to list the strategies one at a time, could you let me know how often you use them, and how useful they are?**

	STRATEGY	Q6 HOW OFTEN USED?	Q7 HOW USEFUL?
1	One-on-one time with your child/ren	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
2	Share life stories and have meaningful conversations	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
3	Acknowledge your child/ren's qualities and not just their outcomes	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
4	Teach your child/ren skills of reflection	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
5	Support your child/children to solve own problems.	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
6	Connect privileges with responsibility	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
7	When discipline is required separate the person from the behaviour	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful
8	Supporting your child/ren to experience their feelings.	Frequently / Often / Occasionally / Never	Very useful / Useful / Fairly useful / Not useful

**Q8. What were the three most useful strategies for you?** \_\_\_\_\_

**Q9. After the CampOut we emailed parents the “8 Parenting Strategies” book? Do you recall receiving it?**

Yes / No

**Q10. Did you read the “8 Parenting Strategies” book?**

Yes / No

**Q11. How many other people (your family/friends) read the eBook?**

\_\_\_\_\_

**Q12. How useful was the “8 Parenting Strategies” book support you to implement the Parenting Strategies in your family?**

Very useful / Useful / Fairly useful / Not useful

**Q13. Has your family changed as a result of CampOut and implementing the 8 Parenting Strategies?**

\_\_\_\_\_

**PARENT SKILLS**

**Q14. Overall, as a result of attending the CampOut with Kids, what if any positive changes or benefits have you noticed in yourself - such as:**

<b>Parents <u>positive changes and benefits</u> as a result of attending CampOut:</b>		
a) Find it easier to interact with your child/children?	Yes /No	
b) Interacting with your child/children is more productive/ beneficial/produces better results?	Yes /No	
c) Has the CampOut experience supported you with your parenting?	Yes /No	
d) Has CampOut improved your relationship with your child/children?	Yes /No	Notes:

**Q15. Did your child talk about CampOut afterwards?**

Yes /No

Child’s comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Q16. Do you have any other comments?**

\_\_\_\_\_

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*Thank you for your time, we really appreciate it. All the best to you and your family.*