

# Group training improves parenting skills, child behavior

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(HealthDay)—Group training delivered to parents of toddlers in pediatric office settings improves parenting skills and reduces child disruptive behaviors, according to research published online Nov. 4 in *JAMA Pediatrics*.

Ellen C. Perrin, M.D., of the Tufts Medical Center in Boston, and colleagues randomly assigned 150 parents of toddlers to either a parent-training group or a waiting-list group to assess the feasibility and effectiveness of delivering group training in [parenting practices](#) within the [pediatric primary care](#) setting. An additional 123 parents were also assigned to receive the [group training](#).

The researchers found that, compared with the waiting-list group, both intervention groups had improvements in [parenting skills](#) and reductions in disruptive child behaviors, as reflected by changes in self-reports and structured videotape observations recorded before, immediately after, and at 12 months after the training.

"This study supports the benefits of offering parent-training interventions in primary care settings," the authors write. "It demonstrates the feasibility of training pediatric staff (in particular nurses, nurse practitioners, and social workers) to co-lead parenting groups and the efficacy of parent training delivered in diverse pediatric settings."

**More information:** [Abstract](#)

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