Nurturing Programme with Islamic Values
Final report

Key Findings

- A total of 148 parents have attended or are currently attending the Islamic Values Nurturing Programme. This report relates to 51 parents attending at three locations in Birmingham and two sites in London.

- 88% of parents who attended the programme reported positive change on the Protective Factors Scale, and total average scores showed a 24% increase by the end of the programme.

- The biggest changes parents reported were staying calm when setting limits, seeking professional help if concerned about their children, and spending time listening to their children.

- From participants' end of programme feedback, the Islamic Values content of the programme and general helpfulness of the course were the most highly rated elements of the programme.

- More than half the participants indicated that they would be much less likely to have attended a parenting programme which did not incorporate Islamic Values. This suggests that they would have been hard to reach with a mainstream programme.

- The programme has been highly acceptable to participants. All participants who responded said that they would recommend the course to other Muslim parents.

- Feedback from one group in Birmingham identified the value of learning from the programme for coping with family life and the helpfulness of the UKIM volunteer facilitators as key factors in their positive experience of the course.

Projected Reach of Programme

- A further 97 parents have subsequently completed or are currently attending the programme in Manchester, Rotherham, Rochdale, Leeds, Keighley, Walsall, Slough, East London and Birmingham.

- This is anticipated to bring the total number of children reached to 474+ by June 2016.
Recommendations

The sustainability of this programme is dependent on the continued commitment of UKIM volunteers. It would therefore seem essential to offer ongoing support, and supervision to them, and also to consult with them on their ongoing development needs as group leaders. Consultation could be through group discussions, interviews or questionnaires or any combination of those, and further development could include workshops or refresher days.

In areas where a number of UKIM volunteers are operating they might consider forming support groups to work together and provide peer support. This may require some initial support to enable this to become established.

The role of the Islamic programme lead has been essential in the training of all the volunteers and in providing ongoing support with the roll-out of this programme, supporting recruitment of participants, offering supervision and guidance and promoting data collection. It is suggested that this role is continued in order to maximise the full potential of the investment of time and resources so far. Future groups are already being planned for September 2016.

Given that many of these parents would have been unlikely to attend a mainstream parenting programme it seems crucial that the programme continues to be rolled out, and that ongoing resources and funding are identified to enable it to do so.

With further rollout there will be the possibility of encouraging a wider evaluation of the programme and it is suggested that this includes use of group feedback forms, a standardised measure such as the SDQ, follow up with parents post programme to understand enduring changes and more in-depth analysis with both parents and UKIM volunteers.
Introduction

The Islamic Values Nurturing Programme is a 10-week parent group which considers the links between parenting and Islamic values, bringing together Islamic religious teaching with the Nurturing Programme. The programme specifically considers how positive parenting strategies relate to Islamic values. Mirroring the Family Links Nurturing Programme, the Islamic Values Nurturing Programme has the following aims:

- Promotes emotional literacy and emotional health.
- Enhances self-esteem, self-awareness and empathy in parents.
- Develops communication and relationship skills.
- Provides effective strategies to encourage co-operative, responsible behaviour and manage challenging behaviour in children.
- Provides the reassurance that the Nurturing Programme complements Islam.

For the purposes of this project the Islamic Values Nurturing Programme has been delivered by UK Islamic Mission volunteers, who have been trained on a five day Family Links course to facilitate parent groups in their local mosques. Central to the delivery of this project has been the employment of an Islamic Programme Lead whose role has been key in developing and delivering the training, and in supervising and motivating the UKIM volunteers. This has included supporting recruitment processes and rollout of the programme. Further support has been provided through site visits to mosques during the delivery of the programme. The relationship of the Islamic Programme Lead has also been essential in establishing a link between the UK Islamic Mission and Family Links, which enables improved understanding of the community, culture and religion within which this specialised programme has been delivered. An earlier process evaluation elaborates further on the development of the programme and the role of the programme lead (Scourfield and Nasiruddin 2015).

Training UKIM Volunteers to Undertake Evaluation

All newly trained UKIM volunteers received training in data collection to support the evaluation of the project, at the same time as undertaking training in both content and delivery of the Islamic Values Nurturing Programme. This involved an interactive session explaining the purposes of the evaluation of the project, an introduction to evaluation including confidentiality and the voluntary nature of the evaluation process for participants, as well as the opportunity to gain familiarity with the evaluation booklets, before administering the booklets in real group situations.

In addition UKIM volunteers assisted the development of the Protective Factors Scale in particular around language and cultural issues, and have had an opportunity to practice translating the evaluation forms into community languages, in case they were required to assist with translation during administration.
Objective of current report

The objectives of this project report are to identify outcomes and feedback from parents who have attended the 10 week Islamic Values Nurturing Programme facilitated by UKIM volunteers. The key question addressed is whether the programme had an impact on parenting behaviour, in particular whether parents increased their use of protective factors following their attendance on the programme. In addition the data collected and analysed provides an opportunity to understand parental satisfaction with this course, and whether parents would recommend it to others. Another key aim of the project has been to encourage and reach parents who would not normally attend a parenting programme, this is also addressed in the report.

Evaluation methods

The methods of data collection are an adaptation of the methods which Family Links usually employs to collect monitoring and evaluation data with parent groups - adapted in order to ease administration by newly trained volunteers, and to meet the specific requirements of this project. Collecting and analysing data in this way should enable insight into the impact of the Islamic Values Nurturing Programme and the views of parents on this programme.

The data collected for the Protective Factors Scale and Parent End of programme feedback were quantitative and were analysed for descriptive statistics, and also for comparisons of the pre- and post-course scores. There were 51 valid data sets for the Protective Factors Scale and the End of Programme feedback forms which were all contained in one booklet along with some basic demographic information.

Additional open text responses were received from a further nine participants all from one group in Birmingham. Thematic analysis was undertaken on the data that were collected from the open feedback responses.

It is to be noted that participants on the programme used the same booklets, provided centrally by Family Links, for both pre and post responses in order to aid administration for UKIM volunteers with very mixed or no prior experience of data collection. This is a departure from normal practice for self-report questionnaires at Family Links, but ensured that pre and post programme data could easily be matched to the same participant at two time points.

Recruitment of participants

Between November 2015 and February 2016 data were provided from five venues at which the Islamic Values Nurturing Programme was delivered. The venues were located in Birmingham (three groups) and London (two groups). Recruitment of participants was largely through mosques. The ideal group size is 8 to 12 parents - more than this makes it hard for group leaders to meet everyone’s needs and fewer makes it difficult to sustain group dynamics. Registration forms have not been made available for this report, but the figures below suggest that groups have been running fairly full, and that retention has
been largely successful. It is not clear if groups which completed with 12 started with the recommended number of participants or were over-subscribed.

The number of evaluation booklets completed at each group is indicated below. The average attendance and completion at each group is ten participants.

<table>
<thead>
<tr>
<th>Location of group</th>
<th>Number of booklets completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birmingham 1</td>
<td>8</td>
</tr>
<tr>
<td>Birmingham 2</td>
<td>11</td>
</tr>
<tr>
<td>Birmingham 3</td>
<td>8</td>
</tr>
<tr>
<td>London 1</td>
<td>12</td>
</tr>
<tr>
<td>London 2</td>
<td>12</td>
</tr>
</tbody>
</table>

Although there is evidence that the programme is also effective for men in single sex groups (Scourfield and Nasiruddin 2015) all groups taking part in this project were single sex (women only).

**Procedure**

At the beginning of the first session of the Islamic Values Nurturing Programme, UKIM volunteers gave all parents in attendance a booklet containing demographic and self-evaluation forms. All parents were encouraged to complete the booklets but it was made clear that this was a voluntary task, and that responses were confidential and that not taking part would not compromise their place on the programme. Again, at the last session, UKIM volunteers provided the same booklets to the same participants to collect responses and final comments at the end of the programme.

**Development of the Protective Factors Evaluation Tools**

In order to capture any changes in levels of “protective factors” it required the development of a specific set of questionnaire items that would represent those factors. Using practitioner based research into “good enough” parenting (Kellett and Apps 2009) allowed a focus on behaviours that it has been agreed correspond with “good” or “good enough” parenting and the frequency with which those behaviours are practised by parents.

Factors identified by researchers were defined as:

- Meeting children’s health and developmental needs
- Putting children’s needs first
- Providing routine and consistent care
• Acknowledging problems and engaging with support services

Based on the findings of this research it was possible to operationalise a measure of protective parenting specific to this project and programme. The Protective Factors tool includes questions about the frequency with which parents undertake nurturing parenting practices, as well as changes in attitude and behaviour that are considered important in terms of evidencing improved parent-child relationships associated with protective parenting in this context. This tool was piloted at the initial UKIM volunteer training, where a number of changes in wording were suggested which were taken on board, before it was rolled out with the programme.

Following the development of the “Protective Factors Scale” parents were asked to complete the scale at the beginning and end of the programme. The dimensions on the scale include four questions associated with nurturing children (showing kindness/affection, prioritising children’s needs, encouraging and listening to children), two factors about boundaries or positive discipline (without smacking), a question about attitude to domestic abuse and a question about seeking help for children. Parents selected a value between 1 and 7 on a sliding scale, therefore the maximum score either at pre or post data collection points was seven.

**Demographic data**

All attendees were women. The ethnicity of participants in the study is reported below, and show that most were Pakistani.

<table>
<thead>
<tr>
<th>Ethnicity of participants</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pakistani</td>
<td>47</td>
</tr>
<tr>
<td>Indian</td>
<td>2</td>
</tr>
<tr>
<td>White British</td>
<td>1</td>
</tr>
<tr>
<td>Unknown</td>
<td>1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>51</strong></td>
</tr>
</tbody>
</table>

In terms of number of children under 18 that the women had in their care, the range was between zero and seven. The average number of children was between three and four, and the total number of children in the care of the participants in this analysis was 165.

**Changes on Protective Factors Scale**

The Protective Factors Scale includes four questions associated with nurturing children (showing kindness/affection, prioritising children’s needs, encouraging and listening to children), two questions about boundaries or positive discipline (without smacking), a question about attitude to domestic abuse and a question about seeking help for children.
Parents selected a value between 1 and 7 on a sliding scale, therefore the maximum score either at pre or post data collection points was seven. The scale can be seen in the appendix alongside the evaluation booklet.

Of the 51 parents who completed evaluation booklets 88% increased their total score between pre-programme and post-programme data collection points. The average total score at the start of the programme was 40.4, and the end of programme average total score 50.1 which shows a difference of 9.7 (or 24% increase) over the 10 weeks of the course.

The table below shows the mean average scores for each dimension of the Protective Factors Scale before and at the end of the programme. The maximum for each score both pre and post programme was seven, and an increase in the number for positive parenting practices suggests an increase in the frequency with which the desired change was practised, (for the attitudinal questions it represented a change in attitude rather than frequency).

<table>
<thead>
<tr>
<th>Question</th>
<th>Protective Factors Scale Dimension</th>
<th>Pre-Programme</th>
<th>Post-Programme</th>
<th>Percentage change</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Showing kindness or affection to children</td>
<td>5.2</td>
<td>6.5</td>
<td>25%</td>
</tr>
<tr>
<td>2</td>
<td>Able to put children’s needs first</td>
<td>5.8</td>
<td>6.5</td>
<td>12%</td>
</tr>
<tr>
<td>3</td>
<td>Encouraging children</td>
<td>5.2</td>
<td>6.3</td>
<td>21%</td>
</tr>
<tr>
<td>4</td>
<td>Spending time listening to my children</td>
<td>4.9</td>
<td>6.3</td>
<td>29%</td>
</tr>
<tr>
<td>5</td>
<td>Staying calm when setting limits with my children</td>
<td>4.7</td>
<td>6.2</td>
<td>32%</td>
</tr>
<tr>
<td>6</td>
<td>Attitude to domestic abuse</td>
<td>5.2</td>
<td>6.5</td>
<td>25%</td>
</tr>
<tr>
<td>7</td>
<td>Confidence in setting limits for children without smacking</td>
<td>5.1</td>
<td>6.4</td>
<td>25%</td>
</tr>
<tr>
<td>8</td>
<td>Seek professional help if concerned about children</td>
<td>4.2</td>
<td>5.5</td>
<td>31%</td>
</tr>
</tbody>
</table>

| Overall percentage change | 24%               |

The table above shows that parents on the Islamic Values Nurturing Programme reported positive change across all dimensions of the Protective Factors Scale. The biggest changes were seen in the dimensions of staying calm when setting limits (32%), seeking professional help if concerned about their children (31%) and spending time listening to their children (29%).
The smallest change was seen in putting children's needs first, however this was the highest average score before the programme started (5.8 out of 7) and at the end of the programme was at joint highest (6.5 out of 7).

The chart above shows visually the difference in the average between pre (T1) and post (T2) data collection points across all self-report questions.

**Focus on Child Safeguarding and Nurturing**

Looking in more detail at these figures shows that the factors we would associate strongly with child safeguarding (improved attitude to domestic abuse/ staying calm when setting limits/ managing those limits without resorting to physical chastisement/ seeking help when appropriate from professionals) have all increased by 25% or more.

The remaining four factors would tend to be associated with nurturing (showing kindness/ affection, prioritising children's needs, encouraging and listening to children) which are clearly important as more general parenting skills and practices and which the programme aims to address also saw increases, with ‘listening to children’ having the biggest increase (29%).

**End of Programme Feedback**

An additional form was completed by participants at the end of the programme to collect their views on five important areas. These were; how helpful they had found the group; how important it was that the programme incorporated Islamic values; importance of holding the programme in a mosque; if the participant would have attended a non-
specialised (Islamic values) group; and finally if the participant would recommend the programme to other Muslim parents.

The chart above shows the average values (out of 7) given by participants for the first four areas of feedback. The highest average score was for the importance that participants gave to the incorporation of Islamic Values with the programme (6.84). Also scoring highly was how helpful they had found the programme (6.8). The location of the programme in a mosque seemed to be important (5.4) but was not as important as the Islamic Values content and general helpfulness.

On the likelihood of attending a parenting programme that did not incorporate Islamic Values (a mainstream group), participants gave a significantly lower average score and in fact 29 out of 51 participants gave a score of 3 or less for this. More than half of the participants identified that they were much less likely to attend a programme without Islamic values, suggesting that the programme was in fact reaching a number of parents who could be described as “hard to reach”, which is an important intention of the programme.

The final question of whether parents who had attended the programme would recommend the programme to other Muslim parents met with a very positive response with 35 “Yes” responses and the remaining 16 being missing values.

Final conclusions from the end of programme feedback are that parents have very much valued the programme, but would have been less sure about attending a mainstream programme. It would be helpful to explore these views in more depth in future work.
Comments from Parents

One group of parents in Birmingham left comments in the “speech bubble” on the back page of the evaluation booklet, where participants are asked if they have any additional comments which they can enter in their own words. Analysis of these short statements showed some themes emerging.

Participants seemed to value the opportunity to learn things that could be helpful in family life:

- I learnt many useful tips which I can apply for my family and also for myself.
- The course was really helpful and I’ve learned many things which I can use in my life.
- It’s contain very effective, really practical tips which can make our life and parenting easy

A few participants had some very positive praise for the group including the leaders (UKIM volunteers) who had facilitated the course:

- We all will miss this group; teachers were very helpful and kind.
- Thanks a lot whom help us and teach us, thank you

Others had enjoyed the course and had found it enjoyable taking part:

- Having fun to do this course, keep it up.
- Excellent course very beneficial

Finally some participants thought about how to improve the course in the future suggesting that a follow up or revision would be helpful and also the need for specialist provision:

- It was very useful, but at least 1 course should be for single mothers
- If there is any other course in the future I will love to do it again

These comments from just one group suggest that parents highly valued the learning and support they had experienced through their attendance on the course, and wide support for it to roll out further.
Examples of promotional posters developed by UKIM volunteers to recruit participants to the ongoing programme

UKIM Sisters Present

Family Links’ 10 - Week

Parenting
Course

WITH Islamic VALUES

Join us to learn about the Building Blocks of Effective Parenting, Emotional Intelligence, Relationship Skills & much more

Time 11am - 1pm
Every Sunday
From 21st Feb 2016

Limited Places Available - Register NOW
Registration Fee : £30
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ACF Women’s Centre, 462 Moseley Road
Balsall Heath, B12 9AN (Next door to Odara Spa)

Family Links will be running a 10-week Nurturing Programme incorporated with Islamic Values for parents/carers, starting on 7th February 2016. This course provides simple yet effective tools to help adults and children understand and manage feelings, improve emotional health and relationships, develop self-confidence and self-esteem.

To find out more about it, please join us at Khizar Masjid, on Sunday 31st January at 11-12.30pm. Refreshments will be provided. We look forward to meeting you!

Parenting Program

“There is no better gift from a parent to a child than the gift of good manners.”
(Tirmidi)

Come and join us for this exciting 10 - week programme

The Nurturing Programme provides simple, effective tools to help adults and children understand and manage feelings and behaviour, improve relationships at home, improve emotional and wellbeing, develop self-confidence and self-esteem; crucial ingredients for effective parenting and learning.

OPEN SESSION
24th February Wednesday

Time: 12 pm to 2pm
Venue: masjid Ibrahim And Islamic centre 721-723
barking road
£15 9EU

For further information - please contact:
Rehna
Ameen
References
