



Lifetrack

Putting Hope Within Reach

Dare to Do the Digital Dance: 21st Century Tools for Responsive Parenting Education

Minnesota Rural Education Association Conference

November 2015

Beth Quist, M.S., Certified Family Life Educator

Introductions

- Name
- Where you work
- What is your favorite dance?

**What are you seeking
to learn and/or
what are your expectations
for this session?**

The T-Mobile Dance!

On a Continuum...

Comfort Level with Technology



“I Need Dance Lessons!”

*“Ready for Dancing
with the Stars!”*

Dare to Do the Digital Dance

Objectives

- **Brief overview of the iParent**
- **Parent resources (webinars, podcasts, videos and social media)**
- **Strategies for outreach, education and support**



Engaging the iParent

Come in We Are Social!

Engaging the iParent: Who's Online?

- 80% men, 76% women online (>18 years)
- 80% White, Non-Hispanic
- 71% Black, Non-Hispanic
- 68% Hispanic (English and Spanish-speaking)

- 94% are 18-29 years
- 87% are 30- 49 years
- 74% are 50-64 years

PEW Research Center (August 2011)

Engaging the iParent: Who's Online?

- People of color are significantly more likely to use social media (70% v. 60%)
- People of color outpace whites in mobile Internet technology (70% v. 50%)
- Nearly 50% of African American Internet users go to a social networking sites daily (1/3 of Caucasian)

Source: PEW Research Center (September 2010)

Let's Talk About Lower-Income Populations (Less than \$30,000 household income)

- 1/3 of people making <\$20k per year are not online at all. Non-users are heavily dominated by older adults.
- 1/3 go online, but don't have broadband at home.

Source: PewResearch Center, 2013

Let's Talk About Lower-Income Populations (Less than \$30,000 household income)

- 32% accessed the internet for free from somewhere other than home in the last 12 months.
- 81% say it is “very important” for the library to provide free access to the internet & computers.
- 35% have used the internet or a computer at a library in the last 12 months.

Source: PewResearch Center, 2013

Cell Phone Internet Use

- Nearly 2/3 of cell phone owners use their cell phone to go online
- 1/3 of these cell internet users *mostly use their phone* to access the internet, as opposed to other devices like a desktop, laptop or tablet computer.

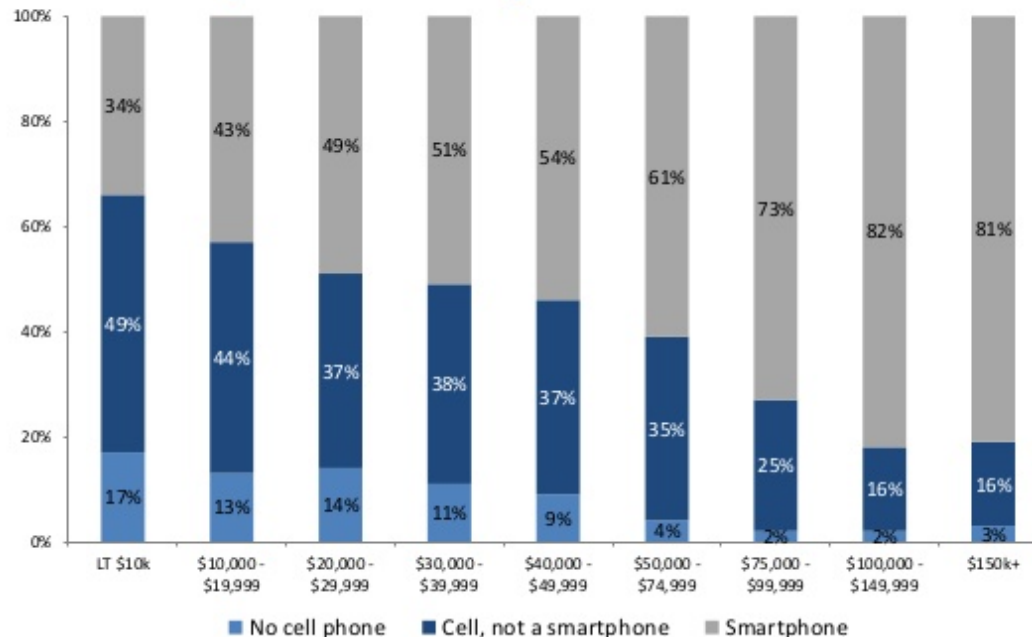
What are Cell Phone Owners Doing?

- 81% send or receive text messages
- 60% access the internet
- 52% send or receive email
- 50% download apps
- 49% get directions, recommendations, etc.
- 48% listen to music
- 21% participate in a video call or chat
- 8% “check in” or share location

Source: PewResearch, 2013.

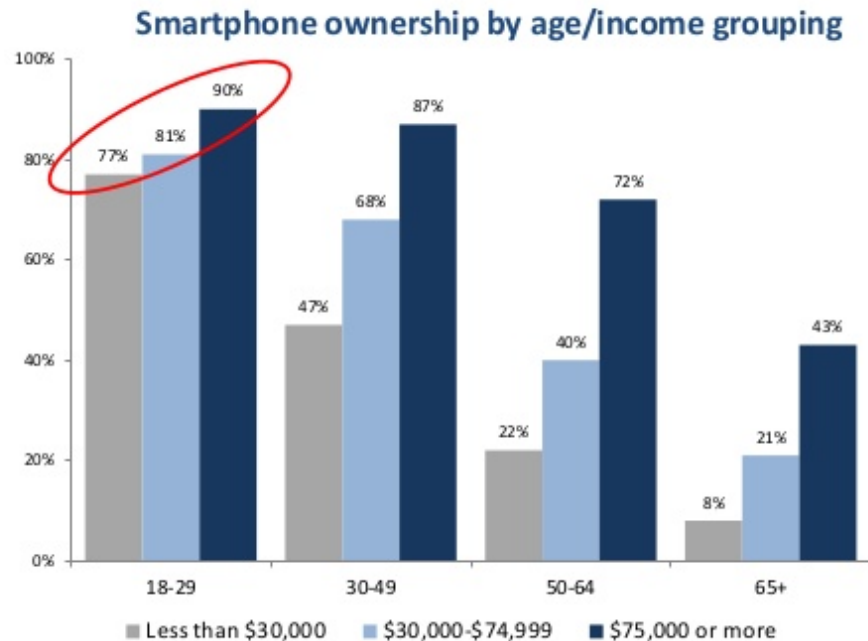
But Mobile Devices Are Also Playing a Big Role

Smartphone or non-smart phone?
Depends on your income...



Smartphone Ownership by Age/ Income

...but especially your age



Engaging the 21st Century Parent (iParent): Who's Online?

- Parents are more apt to use social media than non-parents for almost everything
- Staggering 462% increase in social media among mothers between 2006-2009
- Moms consider the Internet to be their “essential” media
- Moms spend more than 2.5 hours online daily

Source: NM Incite, a Nielsen/McKinsey Company (September 2011)

Early Learning Counts Results Project in Partnership with MDE

Where do you find information when you have parenting concerns? (could check more than one)

- 79% Internet
- 28% Parenting Class
- 52% Family/Friend
- 39% Other

Early Learning Counts Results Project in Partnership with MDE

Have you ever attended ECFE?

- 54% yes
- 46% no

Where are you located?

- 24% Twin Cities
- 76% Other

Early Learning Counts Results Project in Partnership with MDE

What prevents you from participating in ECFE?

- The times offered for the classes/seminars conflict with my work schedule.
- It doesn't fit into my schedule. I work during the day and I want to be at home with my children and family in the evenings.
- My mom brings my son to an ECFE class while I'm at work. Evenings are pretty hectic to try to do ECFE courses at night.
- It seems that all the moms that go get to stay home with their children... and makes the moms feel bad that have to work for a living.

On a Continuum...

Use of Technology in Parenting Education



“What’s a ‘Dance Card’?”

“My Dance Card is full!”

Engaging Parents

The Web is what you make of it

Staying Connected with iParents



Parent Resources and Tools

- [Help Me Grow](#)
- [Tufts Guide](#)
- [Mom Enough](#)TM
- [Zero to Three](#)
- [Parent Further](#)

Parent Resources and Tools

- [LifeBalance Solutions](#) (Solutions for Parents)
- [Early Learning Counts Webinars](#)
- Early Learning Digest
- Getting Ready for Kindergarten Activity Calendars

Online Parent Education (ECFE)

- [Minneapolis Public Schools](#)
- [Rochester Public Schools - PAIR](#)

What do you think?

How are you using technology?
How can technology/social media
be used for *outreach*?



What do you think?

What are the barriers you experience to using technology for *parenting education*?



What do you think?

Are there ways in which ongoing communication, *support* and networking can be provided through Internet tools?



Online Community of Practice Example

- [Minnesota Coalition for Targeted Home Visiting](#)

New “Dances” for 2020...

- How will we support the iParent through parenting education?
- What would/could it look like?

Now on a Continuum...

Use of Technology in Parenting Education



“Not sure that I want to dance...”

“Ready to rock n’ roll!”

**Beth Quist, M.S., Certified Family Life Educator
Senior Director, Lifetrack**

bethq@lifetrack-mn.org

Dance with Me!