

***Positive Discipline in Everyday Parenting:  
What Parents and Facilitators Tell Us About Their Experience***

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Positive Discipline in Everyday Parenting has potential for adaptation and delivery in a wide variety of contexts. The process of adaptation raises the question of how to maintain program integrity while optimizing the program's relevance to diverse and challenging settings. In this qualitative study, we aimed to identify the factors that facilitate change and should therefore be kept constant across adaptations. Focus groups were conducted using semi-structured interviews with parents who have taken PDEP and facilitators who deliver it. Parents indicated that PDEP contributed to overall changes in their parenting approach and that they learned new ways of thinking about parenting, including finding more balance and gaining self-efficacy. Key program aspects identified were: coherence and continuity among program modules; discovering new ways of thinking about parenting; the use of concrete examples to demonstrate key concepts; supportive facilitators and fellow group members; and childcare provision. Suggestions for program improvement included: additional concrete examples of concepts; longer program duration; and greater flexibility in program delivery. These findings can help guide PDEP's further development and future adaptations for diverse situations.