

***The Effectiveness Of 'Positive Discipline in Everyday Parenting'  
in a Disaster-Affected Region and an Urban Centre of Japan***

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**Objective:** *Positive Discipline in Everyday Parenting* (PDEP) aims to reduce parents' approval of physical and emotional punishment of children through increasing their knowledge of typical child development. It is a core component of Save the Children Japan's child protection initiative. PDEP has been operating in two locations: the disaster-affected Sendai region, which continues to recover from a 2011 earthquake, tsunami and nuclear meltdown; and Greater Tokyo. This paper compares the effectiveness of PDEP in these two contexts.

**Method:** PDEP was delivered to 82 mothers living in the disaster-affected region and 59 mothers living in Greater Tokyo who were not directly affected by the disaster. All of the mothers completed standardized pre- and post-program questionnaires. The Attitudes towards Physical Punishment Scale (APP;  $\alpha = .82$ ) and the Attitudes towards Non-physical Punishment Scale (ANPP;  $\alpha = .78$ ) measure approval of physical and non-physical punishment, respectively. The Perceived Developmental Norms Scale (PDN;  $\alpha = .72$ ) measures perceptions of typical child behavior as intentional misbehavior. The Perceived Program Impact Scale (PPI;  $\alpha = .83$ ) measures parents' perceptions of the impact of PDEP on their parenting.

**Results:** Over the 8-week program, scores on the APP, ANP and PDN scales decreased significantly among mothers living in both contexts ( $p < .001$  for all). The decrease was greater among mothers living in the disaster-affected region on all of these three subscales ( $p < .05$  for all). Nearly all Japanese mothers (97.2%) believed that PDEP would have a positive impact on their parenting; those from the disaster-affected region believed that it would have a greater impact on their parenting compared to those from the urban centre ( $p < .05$ ).

**Conclusion:** These findings suggest that PDEP is effective in both a disaster-affected region and a large urban centre, and that its impact might be even greater in the disaster-affected region.