The Department of Psychology at Kutztown University in collaboration with Wellspring Counseling in Towson, Maryland is pleased to announce the opening of a center for the scientific study of parenting practices. The Center for Parenting Research is designed to provide vital information about the factors contributing to adaptive parenting and their association with childhood and adolescent well-being.

The center will be directed by Dr. Avidan Milevsky, Associate Professor of Developmental Psychology at the university and a psychotherapist at Wellspring Counseling. Plans for the Center include research investigations, counseling services, seminars, a speaker's bureau, a resource library, and consulting services for local and national organizations devoted to adaptive parenting.

“I am very excited about this partnership. Parenting requires hard work. So much of whom we see ourselves to be or even want to be is often worked out in the parenting of our children, rather than truly learning who they really are as human beings” noted Ken Zeigler, MSW, LCSW-C, founder and Clinical Director of Wellspring Counseling.

Here are some findings from our recent study on Jewish Orthodox mothers:

- Several consistent marital conflicts are common in Jewish Orthodox families. The top three issues reported by young mothers as being topics of conflict with their husbands were: (1) financial issues, (2) differences in approaches to parenting, and (3) in-law issues. Close to half of the mothers surveyed reported having disagreements over financial issues.

- Being satisfied with marriage and parenting are linked. Participants reporting high marital satisfaction were more likely than those with low marital satisfaction to be satisfied with being a mother.

- Friendships still matter. Young mothers with a close network of friends reported having higher marital satisfaction and scored higher on life satisfaction as well.

For more information about our studies please contact us (610) 683-4851, email us at CPR@kutztown.edu or check out our webpage.

What is CPR up to?

The Center for Parenting Research has initiated two research studies examining diverse areas of inquiry in parenting practices. Our initial study involved surveying Jewish Ultra-Orthodox young mothers from Baltimore, New York and Miami about their social network and adaptation to motherhood. The findings of this study will assist researchers and practitioners in promoting culture specific adaptive parenting within the context of healthy marriages. The second study, an in-depth interview with close to 50 teens, examined conflict in the parent-adolescent relationship. This study will increase our understanding of the variables contributing to warmth in this relationship as adolescents transition into emerging adulthood.

We have submitted several research papers based on our findings to international conferences so that educators around the world can use this information to enhance the well-being of children, adolescents, and young adults.
When trying to manage children’s behavior remember that punishment seldom works. Catch them being good and reinforce the positive behavior. 12:55 PM Mar 5th via web

To a child the world is confusing and tumultuous. What helps him feel secure is that "at least I can count on the adults in my life I trust" 2:09 PM Feb 15th via web

Unlike Vegas, what happens in childhood does not stay in childhood. 9:00 PM Jan 21st via web

In parenting, are you doing what’s best for your child or are you doing what you wished your parents did for you when you were a child? 8:15 AM Jan 11th via web

Children need to explore the world confidently. Limit the number of times you say “be careful” to your kids which inhibits their discovery. 6:11 PM Aug 26th, 2009 via web

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The heart of Wellspring's work is focused on restoring balance to the emotional, physical, and spiritual parts of our humanity. We seek to empower you with the freedom to be yourself, without judgment.

Our professional staff identifies the root causes of concern and customizes a counseling approach that utilizes your natural personal resources to successfully address your challenges. We seek to understand and interpret the issues, concerns and symptoms that may be present in your life. We believe that a customized, dynamic feedback approach, data retrieval, and effective interpretation of symptoms and triggers can help you restore balance.

Our licensed clinical staff provides diagnostic and clinical assessment to target a variety of emotional disorders and critical concerns in life. Our aim is to provide a customized, targeted, and accelerated approach that effectively identifies the root causes to many of these concerns.