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C4P News

Helping Parents Create Quality Home Environments **Research Update: Effects of Home Clutter on Parenting**

Training Opportunity

October 28-31, 2014, *Infant Massage Certification Training* will be held in Knoxville, TN. Attendees will gain practical experience while learning the techniques and benefits of infant massage. To register or if you have further questions, please email Linda Storm at linda.storm@infantmassageusa.org

C4P Trivia

According to the National Soap and Detergent Association, getting rid of clutter would eliminate what percentage of housework in the average home?

- A. 35% B. 27%
C. 40% D. 46%

The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift!

Thornock, C. M., Nelson, L. J., Robinson, C. C., & Hart, C. H. (2013). The direct and indirect effects of home clutter on parenting. *Family Relations*, 62, 783-794. doi: 10.1111/fare.12035

The purpose of this study was to examine aspects of the home environment as predictors of maternal parenting. Child emotionality, maternal stress and tendency towards authoritarian parenting were examined in relation to cluttered home environments.

Key Findings:

- Clutter serves as a source of negative stimulation for children, which can increase child emotionality, leading to mother tenseness and, in turn, less effective mothering.
- Home clutter also directly predicted authoritarian (less effective) mothering.

The study suggests that cluttered homes contribute to environments “wherein children become more emotional and parenting becomes more maladaptive” (p. 789). Overall, according to the findings in this study, physical settings have a great deal of input into everyday ease or stress.

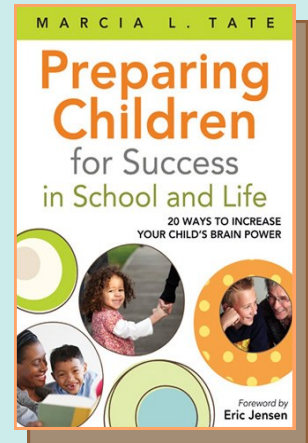
Featured Resource: HOME Inventory

The Home Observation for Measurement of the Environment (HOME) inventory is an assessment of quality and quantity of stimulation and support for children in their home. Different versions include the assessments of environment on children birth to three, three to six and six to ten. The higher the score on the inventory list, the more stimulating an environment is. For more information about the assessment and how to purchase the materials, visit the website: <http://fhdri.clas.asu.edu/home/index.html>.

Featured Book:

Preparing Children for Success in School and Life: 20 Ways to Increase Your Child's Brain Power by Marcia Tate is a comprehensive guide that provides examples to make home life more interactive and developmentally enriching for children. With each example and suggestion, Dr. Tate provides information and research that helps:

- Create a calm and intellectual home environment
- Promote physical contact and verbal communication
- Encourage play that fosters creativity and imagination
- Strengthen auditory, tactile, kinesthetic and visual learning



Featured Videos:



HGTV has created a series of videos on “How to Reduce Clutter to Reduce Stress.” Hosted by Sabrina Soto, an accredited designer and licensed real estate agent, these four videos provide easy and inexpensive ways to organize different areas of your home.

To view, visit <http://www.hgtv.com> and search for “how to reduce clutter to reduce stress.”

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Questions or comments? E-mail us at center4parenting@utk.edu or call 865-974-3922