

Take care of yourself... while taking care of your child

Early PACT

Is your baby or toddler (up to 3yo) at risk of or diagnosed with Cerebral Palsy?

Many parents find it challenging to be told that their baby or toddler is at risk of Cerebral Palsy. Parents want support. Yet, parents also want that support to be flexible and easy to access. They don't want it to take up a lot of time!

We have listened to parents' concerns and newly developed a free online support program called Early PACT.

What is Early PACT?

Early PACT is **NOT** yet another 'how to' parenting guide and it does **NOT** take up a lot of your valuable time. Early PACT involves exploring what matters most to you as a parent and as a person, investigating pathways to a stronger relationship with your child, building a rich, rewarding life, and coping with difficulties and challenges along the way.

Early PACT is an online six-week course (approx. 30-60mins per week) with a further booster session one month later. Throughout the duration of the online course, our therapist will provide one-on-one phone support to help tailor the course strategies to suit you and your family. The content is easy to access, flexible and quick to complete. The course's focus on self-care and your relationship with your child will complement any therapy that you are accessing for your child.

*Although this is a research project, all participants will receive **Early PACT**!*

Can I participate?

You can participate in this study if you are **the parent** (including adoptive, stepparent or legal guardian) **of an infant aged 36 months or under (corrected age)**, who has been:

- Identified as at high risk of having cerebral palsy; or
- Diagnosed with cerebral palsy

You also need to have **reliable internet access** and a mobile phone.

What are parents saying about Early PACT?

"Defining my values, figuring out the meaningful life and trying to live a meaningful life... definitely changed the way I think about things."

"I think the most important thing was giving myself a bit of time.... Looking after myself."

"I have found the whole program very inclusive and very open-minded, so it suits a broad range of personalities and parenting styles."

If you would like to find out more or know someone who might be interested, please contact:

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