Help us to improve an innovative online parenting support package

What is this study about?
We have developed an innovative online approach to parenting support for families of children with cerebral palsy – ‘PARENT101’. But, we need your help to ensure that PARENT101 hits the mark! The purpose of this study is to test whether PARENT101 makes a difference to families of children with cerebral palsy and to get your valuable input.

With your help, we hope to develop PARENT101 into an effective and useful online parenting support package and to make PARENT101 accessible to parents of children with cerebral palsy across the world.

What is PARENT101?
PARENT101 is grounded in a psychological therapy called Acceptance and Commitment Therapy (ACT); it is Parenting Acceptance and Commitment Therapy. PARENT101 is not yet another ‘how to’ parenting guide. Instead, it involves exploring what matters most to you as a parent and as a person, investigating ways that you can build a stronger relationship with your child, building a rich, rewarding life, and coping with difficult thoughts and feelings. The format of PARENT101 is based on online educational courses. In fact, PARENT101 uses the platform edx, the same platform used by universities across the world in developing and running massive open online courses or MOOCs. PARENT101 is a six week course with a booster session. All participants in this project will receive PARENT101.

Can I participate?
You can participate in this study if you are the parent (including adoptive, step parent or legal guardian) of a child aged from two to six years with cerebral palsy. You also need to have reliable internet access and a mobile phone in order to complete PARENT101.

Your active participation and feedback is valued! Please help us to perfect this innovative resource.

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

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