

Being a Parent Enjoying Family Life Study

I am pleased to confirm the timings of the next round of groups:

- The next round of groups start w/c 2nd May 2022.
- **Being a Parent-Enjoying Family Life** will be held on **Tuesdays** from 10am-12pm **online** or 12:30-2:30pm in person at Rye Oak Children's Centre, SE15 3PD
- **Being a Parent** groups will be held on **Wednesdays** from 10-11:30am **online** or 10am-12pm in person at Hitherfield children's centre, SW16 2JQ

Reminder of aims of project:

Being a Parent-Enjoying Family Life is a new project which aims to improve support for parents and caregivers of children aged 2-11 years who:

- Experience significant emotional and relationship difficulties (e.g. struggle to trust others, frequently lose their temper, worry a lot and struggle to switch off, make impulsive decisions)
- are concerned about their child's behaviour
- Live in Southwark, Lambeth, Croydon or Lewisham

Parents who join the project will receive either the new Being a Parent-Enjoying Family Life or the well-established Being a Parent group, decided based on chance. They will also be asked to take part in some research appointments which they will receive a £25 voucher for each completed appointment.

Groups last 9-10 weeks for 2 hours and cover topics such as managing stress, positive parenting practices and communication. Please get in touch if you have any questions.

Updates:

So far, we have had 15 parent or caregivers choose to take part in the study, leaving **19 more spaces** till we hit our target of 34 parents signing up.

We will be closing recruitment for the study on **11th April**. Please encourage parents and caregivers to sign up here: https://kclbs.eu.qualtrics.com/jfe/form/SV_3luWeTjmKHZaKYC or contact me at ellie.baker@kcl.ac.uk

Parents can check out our new recruitment videos here:

<https://www.youtube.com/watch?v=FYUDDtAFO7o> and study website: <https://bap-efl.squarespace.com/>