

# PARENTING RESILIENT KIDS



We are inviting parents and their primary-school aged children to take part in a new online parenting program designed to provide parents with strategies to parent with confidence and stay connected with their pre-teen child.

## WHAT IS THE RESEARCH ABOUT?

You are invited to participate in research being conducted by Monash University, led by Dr Marie Yap. The research aims to evaluate whether our new online parenting program can help empower parents and in turn build their child's resilience.

## WHAT IS INVOLVED?

You will be randomly allocated to one of two groups, to receive either:

- 1) An individually-tailored, interactive online parenting program that will give you practical strategies you can use to parent your child more confidently;

OR

- 2) An information package of 8 weekly factsheets about child development and well-being.
- We will give you a 5-minute call once a week until you have completed your allocated program.
  - We will ask both you and your child (if they agree to take part) to complete some online surveys at the beginning, and after 3 and 12 months.

In total, participation in this research will take a few hours of yours and your child's time over 12 months. To say thank you, you will be reimbursed with e-gift vouchers.

All components of the online program can be done using a computer, tablet, or smartphone.

## WHO CAN PARTICIPATE?

Parents or guardians of a child aged 8-11 who live in Australia, are fluent in English and have internet access.

## HOW DO I FIND OUT MORE?

To find out more, or to register to participate, please go to [www.parentingresilientkids.com](http://www.parentingresilientkids.com)

For further details, please contact the researchers at [med-resilientkids@monash.edu](mailto:med-resilientkids@monash.edu) or on (03) 9905 1232.



MONASH University



**PARENTING RESILIENT KIDS:**  
Preventing Depression & Anxiety