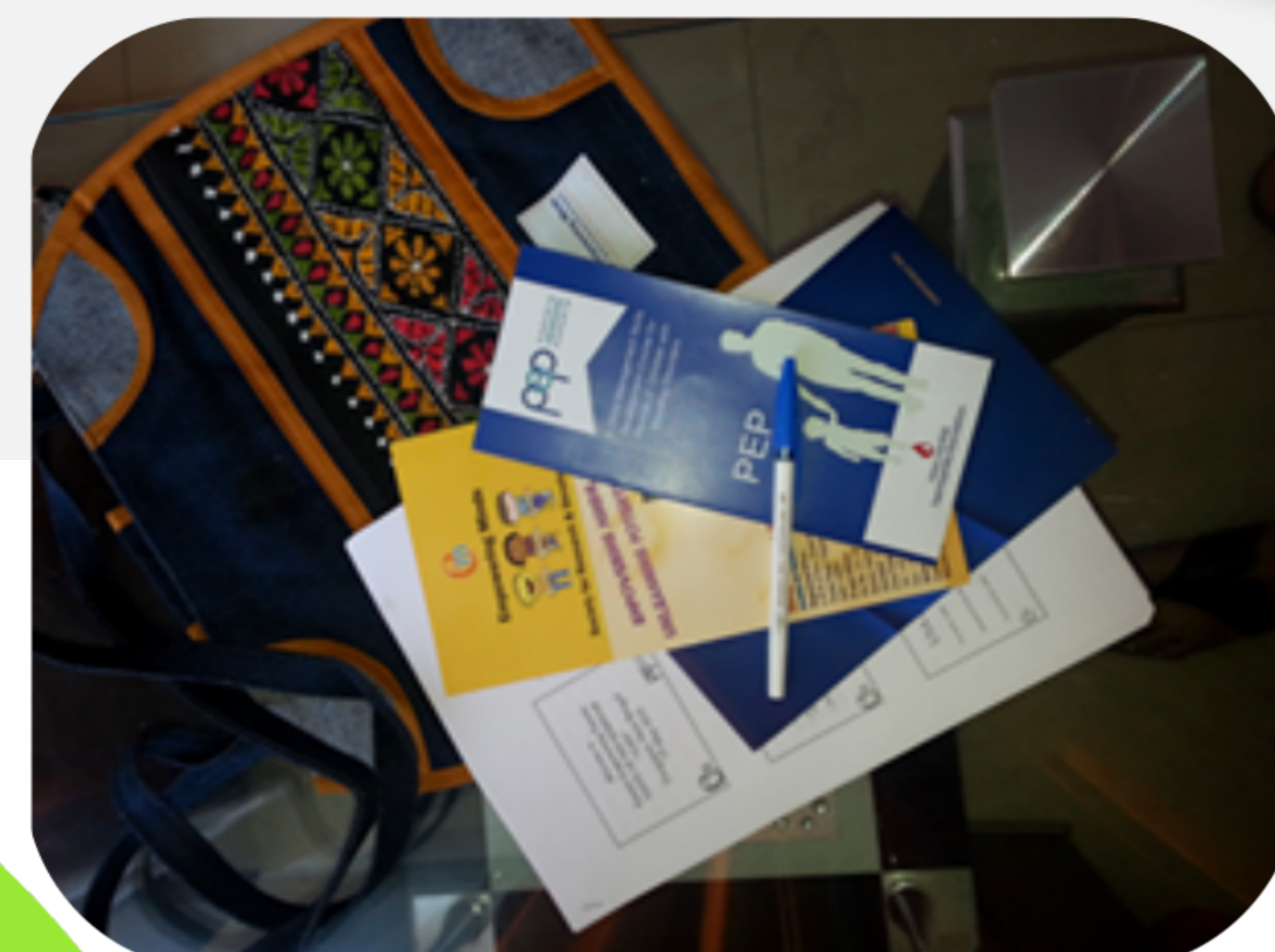


Parents Empowering Parents (PEP) Project: Evaluating its impact in providing effective parenting tools to parents of children with bleeding disorders in East and North India

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INTRODUCTION AND OBJECTIVES

Good parenting is known to be of critical importance in creating positive outcomes for children's psychological, physical, educational and social functioning. A large body of research has demonstrated that child outcomes can be significantly improved by teaching parents how to reinforce and model positive behaviours, attitudes and emotional responses. However, well validated programmes like Parent Empowering Parent – A program for parents of children with bleeding disorder gives key parenting skills to the parents from North and North East India following the US model.

Objectives: The aim of the study is to measure the effectiveness of PEP in providing support to families, improving child behaviour and parenting skills, and decreasing parenting stress.



METHODS

Adaptation & Translation of the PEP Manual in Local Language.

Two Training Format

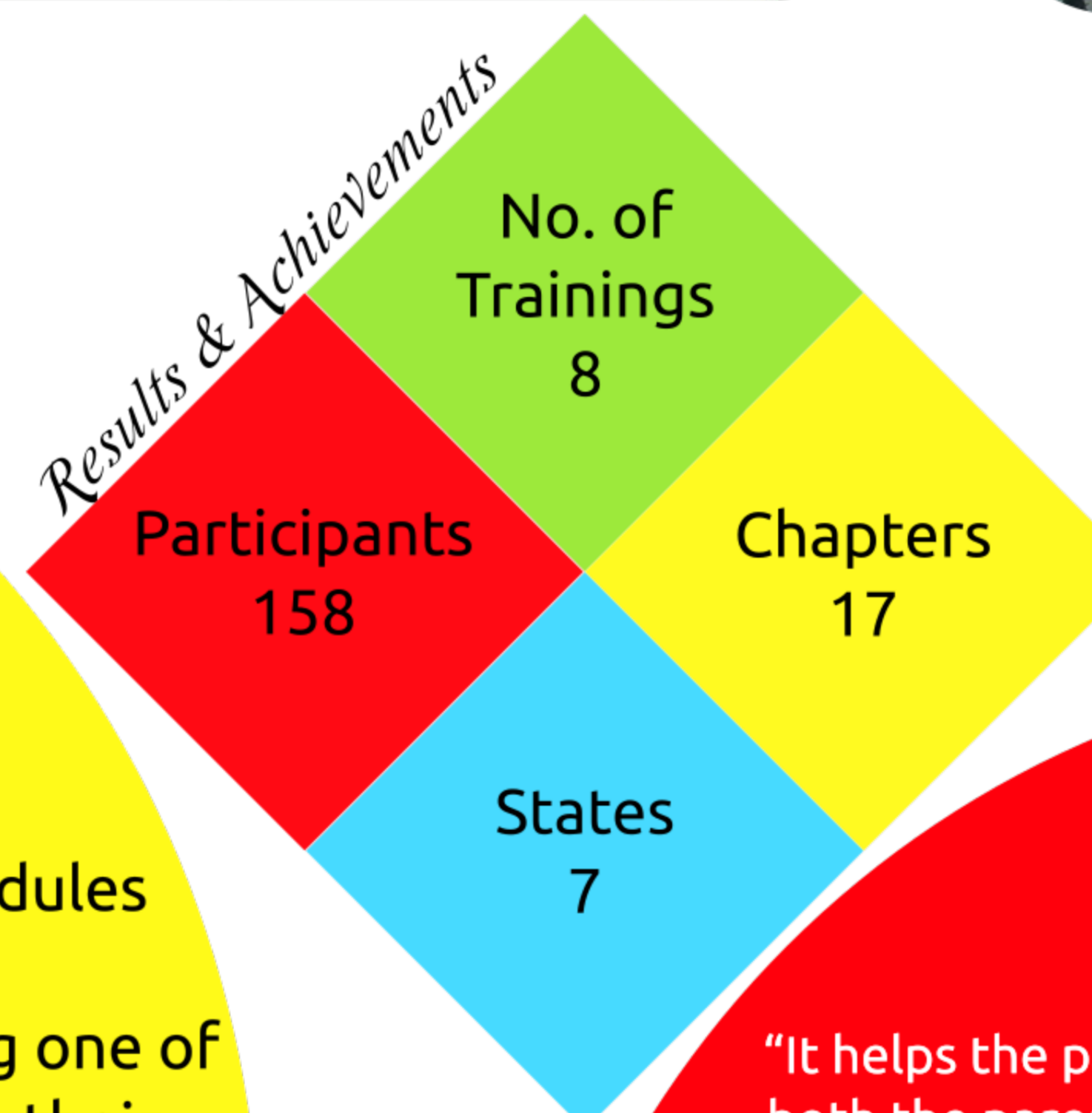
- 1) Train the Parents Educators – A 3 day program with 10 modules spread over 3 days.
- 2) Taste of PEP – A one day program with 5 sessions, comprising one of the trained parents conducting and facilitating the training in their chapter.

Teach - back sessions: To prepare the participants as future parent-educators so that they can effectively share the PEP knowledge with other parents in their respective chapters..

Relaxation Exercises like meditation used, where parents share and express their stories filled with lots of emotions and feelings.

Group Dinner & Outing another add-on to the program so that the parents should bond and understand one another.

The project was supported through a grant from Novo Nordisk Hemophilia Foundation.



QUOTES AND TESTIMONIALS FROM PARENTS

"It helps the parents to understand the role of parenting that both the parents are responsible in bringing up children. I am equipped now with the new knowledge of how to raise our children to be responsible, understand each other's feelings, how to raise a child esp. with bleeding disorder, to make him feel safe, secure and confident in himself. It has helped me understand my world view" ----- **Bikram Jena, Parent Trainer**, Cuttack Chapter, Orissa, HFI, Northeast Region, India

"I have got the most powerful tool – 'I'm the Parent.' I was very pleased about family golden rules, Children communication with parents. I think it's very valuable course for planning child's upbringing" ----- **Chandraprabha**, Parent Educator, Jaipur Chapter, HFI, North India

"PEP changed my world view. It is a huge relief. It has given me a new meaning in life. My attitude will surely change from now." - **Sanjay Kumar**, Parent Educator, Rohtak Chapter, HFI, North India

"I have learnt about the mistakes I have made as a parent and I will try and rectify those. I felt very nice by coming to PEP Program. It helped me change my point of view. The program is very positive. Thanks for educating me. ----- **Nazima**, Parent Trainer, Udaipur Chapter, North India

WAY FORWARD

Take the program to chapters in West and South India.

To conduct the train the trainers for 'Parent Educators' and prepare a team of trainers who will be available to impart the trainings anywhere in the country.

Workshop on Parent Empowering Parents Program organised



JAMMU: Two day workshop on Parent Empowering Parents Program (PEP) organised for parents of children - who are suffering from life long disease haemophilia from April 24 to 25th to enhance the parenting skills and help raise a child with haemophilia. The facilitators of the workshop are mental health experts from Delhi, Richa Mohan, a Clinical Psychologist and Sujata Parashar, a psychosocial worker. The program was organised with the help of Hemophilia Federation India and supported by Novo Nordisk Foundation, Switzerland.

President, Rohit Jandial and Secretary Jagdish Sharma of Hemophilia Society Jammu were present during the workshop. During the workshop, it discussed that Health Professionals and parents dealing with Hemophilia are well aware of the stress a family is under when they first hear about the diagnosis of a bleeding disorder. Often parents/families are given detailed explanations of the hows, whys, and what to do at the initial stages. However, the problems arise when the basics are either not pay nough attention or forgot and the acute issues related to the bleeding disorder have to be dealt with on a day to day basis. Therefore, it is important for the professionals and parents dealing with patients to understand the medical and psychosocial aspects related to Hemophilia. A project was conceived by Empowering Minds, a Delhi based NGO working in the mental health field with focus on bleeding and chronic disorders to help the parents, caregivers and professionals to update their knowledge in haemophilia and build skills in better coping with the disorder. (HMNS)

