

Parents-to-Parent Training: A New Method to Train People Based on Client-Centered and Knowledge Translation Approaches.

Paper presented at The First International & 4th National Congress on Health Education & Promotion, 16-19 May, Iran, Tabriz.

Rassafiani, M., **Pourmohamadreza-Tajrishi, M.** (2011).

Abstract:

Introduction: Parents often have major roles in training their children with disabilities such as Down syndrome and cerebral palsy. Having children with special needs will encounter these parents with many problems in their caring, management, social, and educational activities. The purpose of parents-to-parents training is to transfer these positive experiences of parents to each other. It helps parents to identify, organize and present their experiences to other parents in their own language through workshops, pamphlets, video clips etc. This research aims to apply the idea of parent-to-parent training to a group of parents having children with Down syndrome and examine the usefulness of this for other parents.

Materials and Methods: 12 parents (11 female and one male) from Iranian Society of Down syndrome participated in this research. Parents developed a group in order to discuss and prioritise the problems that encountered as well as their solution to these problems when their children were in preschool age. This group was aimed to present their experience to other parents in a panel hold in the First Seminar on training of families with Down syndrome in Tehran in 2010. In first phase, parents attended four sessions and discussed their experience in group. Two researchers facilitated the discussion, took note and help parents to organize their experiences. Parents identified and prioritise a list of ten themes and decided to present only the first four important of this list. In the second phase of the study they practiced their experiences and presented the results of the group discussion in a two hours panel in the Seminar. In the final phase, the level of parents' satisfaction was assessed through a questionnaire.

Results: This study demonstrated that parents, in total, were highly satisfied. They also stated that subjects presented by other parents were very useful for themselves.

Discussion and conclusion: This approach helps parents to share their experiences and therefore provide supports for vulnerable parents. It also helps therapists to understand parents' needs and priorities.