



# Enhancing Parental Confidence and Self-Efficacy Through a Parent Empowerment Program



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## DCE SITE DESCRIPTION

- **KidAbilities** is a private pediatric clinic providing occupational therapy (OT) services in Santa Monica, California.
- **Services:** Individual OT intervention, groups, summer intensives, and on-going parent support.
- **Mission Statement:** “We aim to provide best practices to achieve the highest level of success for each child and their family.” (KidAbilities, n.d.)

## SUMMARY OF NEEDS ASSESSMENT

1. Outreach and marketing to enhance family engagement and services.
2. Develop educational modules for new employees.
3. Program development for parents with toddlers.

## LITERATURE REVIEW

### Common Themes

- Family-centered care (FCC) is commonly recognized as best practice in pediatric occupational therapy. However, parents and providers have reported many services are not truly family-centered (Gafni-Lachter & Ben-Sasson, 2022).
- Parents who report having higher confidence in their parenting role facilitate positive parenting experiences with their children, which promotes developmental and health outcomes (Vance et al., 2020).
- Mothers reported how occupational therapy sessions are primarily focused on children’s development and felt their contributions were not acknowledged by therapists (Harris et al., 2022).

## LEARNING OBJECTIVES

1. Develop curriculum for parent empowerment program.
2. Implement and evaluate a 4-week parent empowerment program.
3. Demonstrate advanced clinical practice skills in an outpatient pediatric clinic.

## PROJECT DESCRIPTION AND IMPLEMENTATION

### Purpose

To support and empower parents of children with developmental needs by providing educational tools and resources that promote their children’s growth, while also increasing parent confidence and self-efficacy.

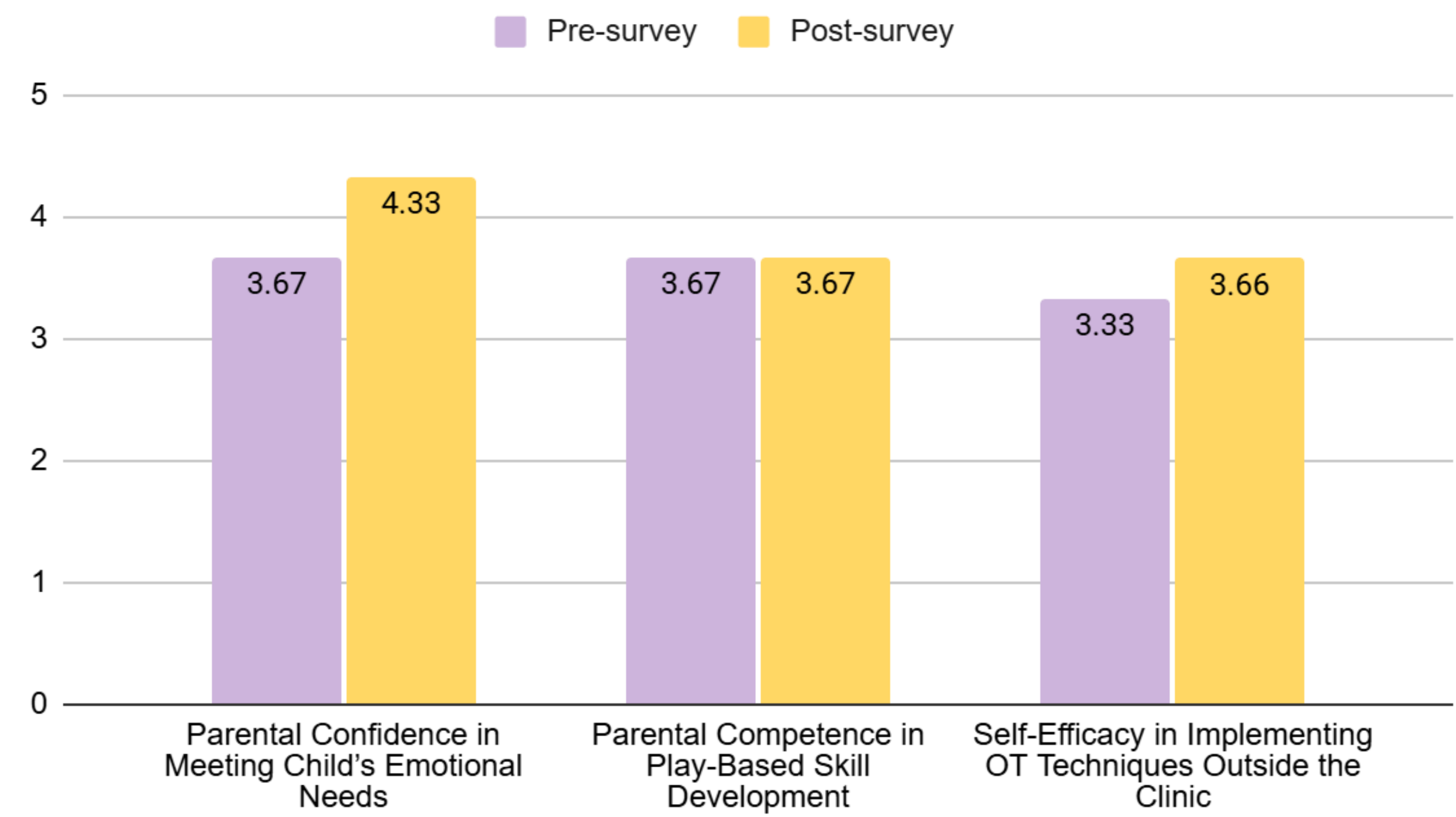
### Program Structure

- Three families participated in weekly parent empowerment program (PEP).
- **Frequency:** 1x/week for 4 weeks.
  - **Duration:** 30 minutes.
- Topics were tailored to each family, focusing on the child's specific developmental needs.

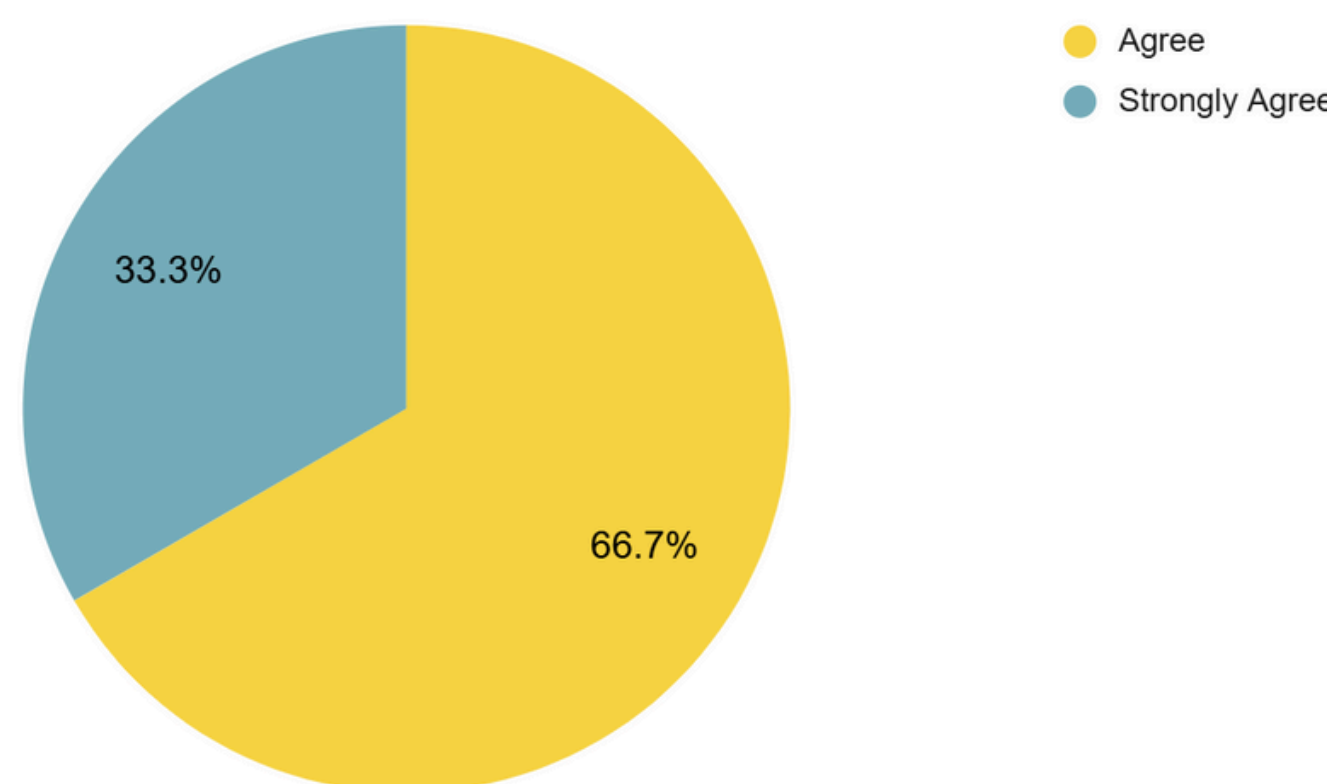
## PROJECT OUTCOMES

### Quantitative Findings

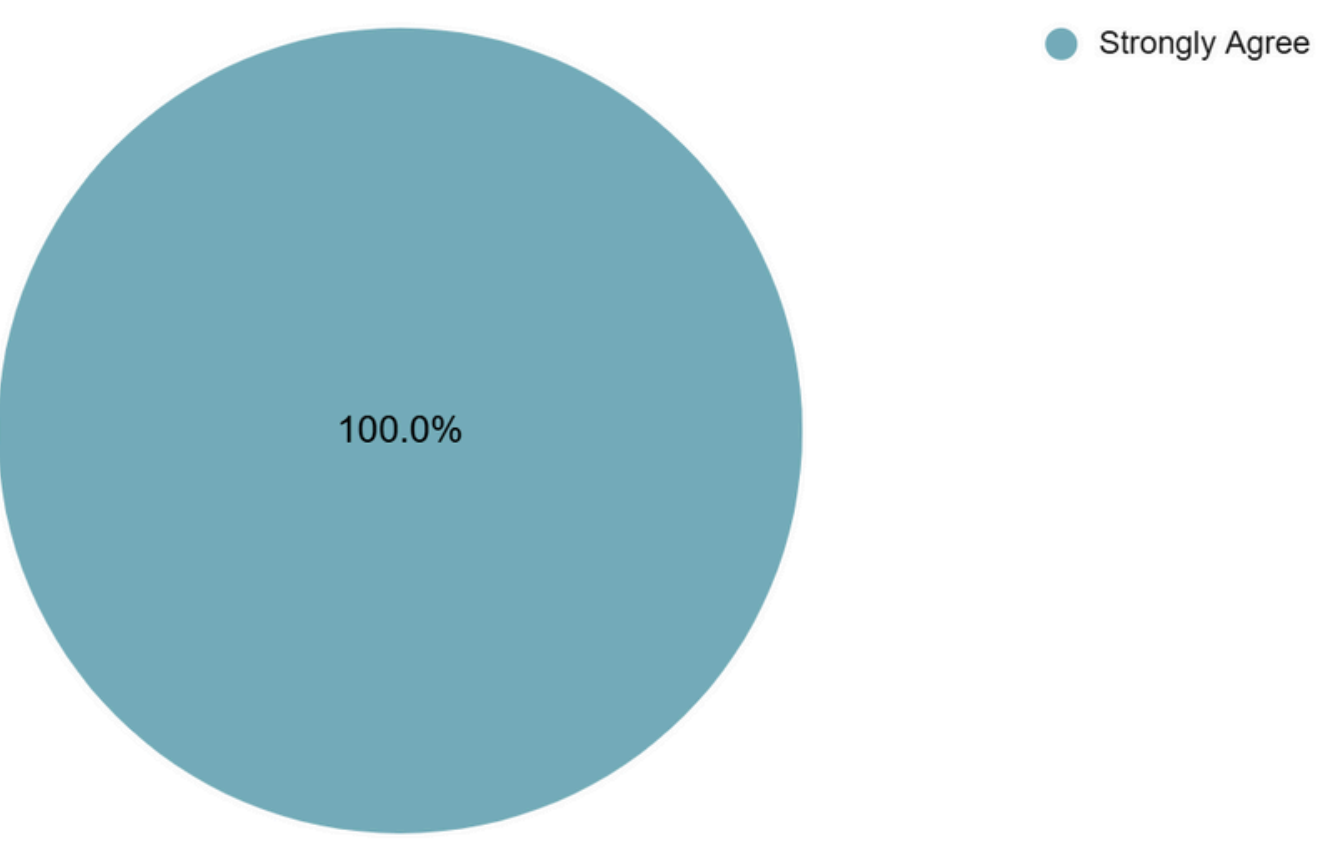
Average Pre- and Post-Program Survey Results



PEP has empowered me to try new strategies with my child.



PEP has increased my knowledge about my child's needs.



### Qualitative Findings

#### Increase understanding of sensory modulation

“The most impact has been finding new ways to address her sensory seeking needs.”

#### Increase confidence in implementing a just right challenge

“We needed more help in challenging her, and for her to be okay with that challenge. These have been helpful.”

#### Need for on-going support for parenting challenges

“I try my best, sometimes I get frustrated and feel like I am not meeting their needs.”

## DISCUSSION/IMPLICATIONS

### Discussion

- Quantitative data indicates that after four weeks of PEP sessions, participants reported increased confidence and knowledge in meeting and understanding their child’s needs.
- Qualitative findings highlight the importance of parent education and the need for ongoing support to ensure parents feel equipped to implement and sustain OT strategies across various environments.

### Implications

- Increase need of parent empowerment programs to enhance both parent and child outcomes.
- Further research is needed to examine the effectiveness of parent empowerment programs within occupational therapy settings.

## LIMITATIONS

- Small sample size.
- Impact of environmental factors.
- Organizational challenges.

## DELIVERABLE PRODUCTS



Scholarly Deliverables



References

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