



What is

# PARENT TO PARENT?



One in five children in the U.S. has a special health care need.<sup>1</sup> Raising a child with a disability or chronic illness is a journey filled with challenges.<sup>2,3</sup> The Parent to Parent program offers support for your family's journey.

## What is Parent to Parent?

Research- and evidence-based<sup>4</sup>, Parent to Parent (P2P) programs connect parents of children and adults with developmental or physical disabilities with experienced, trained parents who can support them in their journey.<sup>5</sup> Parents are carefully matched in one-to-one relationships to receive unique support that cannot come from any other source.<sup>6</sup>

## How does it benefit your family?

- ✓ Increased confidence<sup>7</sup> and well-being<sup>8</sup>
- ✓ Increased problem-solving capacity<sup>9</sup> and adaptive coping<sup>10</sup>
- ✓ Increased self-esteem<sup>11</sup> and acceptance of the family's situation<sup>9</sup>
- ✓ Reduced stress, anxiety, and depression<sup>12</sup>
- ✓ Empowerment in caring for the child<sup>13</sup>

## What do parents and pediatricians say?



*"Support from another parent who understood what we were going through as a family was so helpful. There was a different type of understanding than what I had with professionals."*

The American Academy of Pediatrics cites *"providing and/or ensuring formal and informal support (e.g. peer-to-peer support) for the child and family during each phase of the child's life,"* as a core principle for patient- and family-centered care.<sup>14</sup>



This information is provided by Family Voices of Alabama and the Family-to-Family Health Information Center.

To learn more: [www.familyvoicesal.org](http://www.familyvoicesal.org) • 877-771-FVOA (3862)

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## Resources

- <sup>1</sup> <https://www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html>
- <sup>2</sup> <https://pubmed.ncbi.nlm.nih.gov/1483889/>
- <sup>3</sup> <https://pubmed.ncbi.nlm.nih.gov/10931070/>
- <sup>4</sup> <https://doi.org/10.1177/105381519702100108>
- <sup>5</sup> <https://pubmed.ncbi.nlm.nih.gov/25240381/>
- <sup>6</sup> <https://pubmed.ncbi.nlm.nih.gov/9220808/>
- <sup>7</sup> <https://pubmed.ncbi.nlm.nih.gov/18034178/>
- <sup>8</sup> <https://pubmed.ncbi.nlm.nih.gov/9585636/>
- <sup>9</sup> <https://journals.sagepub.com/doi/10.1177/105381519902200305>
- <sup>10</sup> <https://pubmed.ncbi.nlm.nih.gov/21520682/>
- <sup>11</sup> <https://pubmed.ncbi.nlm.nih.gov/7676072/>
- <sup>12</sup> <https://pubmed.ncbi.nlm.nih.gov/17979202/>
- <sup>13</sup> <https://www.sciencedirect.com/science/article/abs/pii/S1355184119300365>
- <sup>14</sup> <https://publications.aap.org/pediatrics/article/129/2/394/32655/Patient-and-Family-Centered-Care-and-the>

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