

## Promoting Healthy Families Study

With the past few years bringing unprecedented hardship to all families, especially those with young and school-aged children, there has never been a greater need to provide support. The Offord Centre for Child Studies at McMaster University has partnered with four mental health agencies across Ontario to launch a parenting and family support study called [Promoting Healthy Families](#). The overall goal is to take a closer look at two parenting programs (Triple P and Circle of Security) and to understand if, and how, families can benefit from these programs.

Both the [Positive Parenting Program](#) (Triple P) and [Circle of Security Parenting Program](#) (COSP) offer a structured way for parents and caregivers to develop practical skills to help decrease challenging behaviours and emotions in young children and help family relationships. By taking part in this study, parents and caregivers may find that they feel more positive about themselves and their caregiving skills, while providing valuable information on how we help other families in the future.

Our research team is committed to ensuring our programs are accessible to all families, with additional care to reach families who may face traditional barriers to services such as limited access to technology and wi-fi services. To ensure equal opportunity, our study will provide:

- Immediate, direct, and free-of-charge access to one of our parenting programs, led by highly qualified, trained service providers
- Access to iPad devices and internet for study visits, free of charge (upon request)
- Completely virtual service, in consideration of Covid-19 guidelines
- Compensation in gift cards upon completion of study visits
- Flexible scheduling of study visits to accommodate busy families

**Our study is actively looking for families with children aged 2-6 years to enroll in this study.**

**We want to recruit parents and caregivers in your local community and are hoping that your organization can help to spread the word about our study by sharing our information on social media/email, putting posters in your location, or any other appropriate platforms.** Please see the following pages for examples of our promotional materials.

If you are interested in learning more about the study or have any questions about our work, please email our Principal Investigator, Dr. Andrea Gonzalez, at [gonzal@mcmaster.ca](mailto:gonzal@mcmaster.ca) or call 905-510-1652.

If your organization can promote our study, please respond to this email indicating your interest. We will follow up with you shortly to discuss the next steps in promoting our study.

### Additional Resources

Promoting Healthy Families Study Website: <https://strongfamilies.ca/projects/promoting-healthy-families/>

Positive Parenting Program Website: <https://www.triplep-parenting.ca/ont-en/triple-p/>

Circle of Security Program Website: <https://www.circleofsecurityinternational.com/>



# Participate in our study on parenting programs!

Free immediate service for parents with children 2-6 years old

## About the Study

- Families will receive 1 of 3 parenting programs
- Families receive gift cards as reimbursement for study participation
- Research visits will be completed 6 and 12 months after parenting program completion

## Parenting Programs

- Provide support to parents and improve parent child relationships
- Promote healthy child development
- Manage behaviour and provide parenting tips



Parenting programs are offered through four agencies in Ontario:



Interested families can contact the research team by phone **833-511-2628** (toll free) or email **raisingstrongkids@gmail.com**

## Take one!



This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project # 13034.

(toll free) 833-511-2628  
raisingstrongkids@gmail.com  
www.raisingstrongkids.com

# Parenting is complicated. We're all still learning, so let's learn together!

Families with children between 2-6 are invited to participate in our study to access free services

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