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Good  
parenting  
ideas based  
on science,  
research &  
experience



# Struggling to cope? Worried about your parenting?

Join our research into a new parenting group for parents of children, aged 2-11, who experience strong emotions and struggle to trust in relationships.

- Learn discipline strategies that work
  - Improve communication
- Meet other parents who share your experience
  - Enjoy family life more

For more information, sign up here:

[https://kclbs.eu.qualtrics.com/jfe/form/SV\\_3luWeTjmKHZaKYC](https://kclbs.eu.qualtrics.com/jfe/form/SV_3luWeTjmKHZaKYC)



# Feeling overwhelmed? Trying to manage the stresses of parenting?



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## Are you a parent who find's it tough to manage strong emotions? Are you worried about your child's behaviour?

Would you be interested in participating in research on a new parenting group?

We are looking for parents of children, **aged 2-11**, who are worried about their child's behaviour to take part in research on a **new parenting group**. Being a Parent- Enjoying Family Life is for parents who may be experiencing **strong emotions** which spillover into their parenting, who may **struggle to trust** in relationships/friendships or may have experienced challenging childhoods or invalidating relationships with their own parents.



We want to test whether BaP-EFL helps parents better than the original EPEC-BaP groups. BaP-EFL and EPEC-BaP are both ran **by parents, for parents**.



If you are interested and eligible for the study, you will receive either BaP-EFL or original EPEC-BaP **parenting groups**. The groups last between **9-10 weeks** for **2 hours** and cover topics such as **managing stress, discipline strategies and communication skills**. A creche will be provided if needed.

Parents will also be asked to complete online questionnaires and an at home interview before, after and 6 months after attending the group. You will receive **up to £85** for your participation in these questions

To find our more and register your interest, please follow this link: [https://kclbs.eu.qualtrics.com/jfe/form/SV\\_3luWeTjmKHZaKYC](https://kclbs.eu.qualtrics.com/jfe/form/SV_3luWeTjmKHZaKYC)

Or scan the QR code with the camera on your smart phone. A researcher will contact you via email or phone to give you more details on the study. Alternatively, please contact Ellie Baker (PhD student) at [ellie.baker@kcl.ac.uk](mailto:ellie.baker@kcl.ac.uk) for further information.