

ApplyEBP's 3 Practical Takeaways

From the article "*Effectiveness of paediatric occupational therapy for children with disabilities: A systematic review.*" Novak, I., & Honan, I. (2019).
Australian occupational therapy journal, 66(3), 258-273.

How Do You Achieve Positive Parent Outcomes?

Incorporate 1 or all of these 3 in your interventions!

1

Do Parent Coaching

Green light intervention! Strong+ evidence that it results in:

- ✓ Intervention carryover with equal efficacy to health professionals
- ✓ Reduced parent stress
- ✓ Improved child educational outcomes
- ✓ Improved child behavior

2

Teach Mindfulness Practices

Green light intervention! Strong+ evidence that it results in:

- ✓ Reduced parental stress
- ✓ Reduced parental depression
- ✓ Improved sleep and well-being

3

Provide Group Parent Education

Green light intervention! Strong+ evidence that it results in:

- ✓ Reduced depression, anxiety and stress (short-term, ~6 mos.)
- ✓ Reduced anger and guilt (short-term, ~6 mos.)
- ✓ Improved parent confidence (short-term, ~6 mos.)