

# Need support for parenting a child with a neurodevelopmental disability or developmental delay?



## Free Parenting Support is Available from the PACT Online Study

We are looking for families of children (0-10 years old) diagnosed with any neurodevelopmental disability (including autism, ADHD, cerebral palsy, intellectual disability, FASD etc.) or developmental delay to take part in the trial of an online parenting support program PACT Online.

### What is PACT Online?

PACT Online is **free online parenting support** grounded in acceptance and commitment therapy (ACT). Being the parent of a child with additional developmental needs is more demanding. We know that you work harder, need to be more flexible, and need to advocate for your child. And, in doing all of this, you need to remember your own self-care. In previous studies, parents told us that they wanted support that was online, flexible and tailored to their needs. We listened and we developed PACT Online.

The heart of PACT Online is supporting you in being the kind of parent that **you want to be**, so that you can do **your best for your child, your family and yourself**.

### If you would like to find out more:

Please contact our Study Coordinator Dr Grace Kirby on (07) 3443 6395 or email [pactonline@uq.edu.au](mailto:pactonline@uq.edu.au) or visit us at <https://qcprc.centre.uq.edu.au/supportforparentspact>

