

# Facts About Parent to Parent

## How it works

### Research- and evidence-based peer support<sup>1</sup>

Parent to Parent programs connect parents of children and adults with developmental or physical disabilities with experienced, trained parents who can support them in their journey<sup>2</sup>.

Parents are carefully matched in one-to-one relationships to receive a unique form of support that cannot come from any other source<sup>3</sup>.



**1 in 5** children in the U.S. has a special health care need<sup>4</sup>  
Raising a child with a disability or chronic illness is a journey filled with challenges<sup>5-6</sup>



What parents tell us:

*“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.”*

“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” is one of the AAP’s core principles of patient- and family-centered care<sup>7</sup>.



## Benefits of Parent to Parent

### The magic in the match

- ✓ Increased confidence<sup>8</sup> and well-being<sup>9</sup>
- ✓ Increased problem-solving capacity<sup>10</sup> and adaptive coping<sup>11</sup>
- ✓ Increased self-esteem<sup>12</sup> and acceptance of the family’s situation<sup>10</sup>
- ✓ Reduced stress, anxiety, and depression<sup>13</sup>
- ✓ Empowerment in caring for the child<sup>14</sup>

› References 1–14: See them all at [www.p2pusa.org/references/](http://www.p2pusa.org/references/)



PARENT<sub>TO</sub>PARENT  
USA

› To learn more go to [www.p2pusa.org](http://www.p2pusa.org)