Facts About Parent to Parent

How it works

Research- and evidence-based peer support

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.

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

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.

Benefits of Parent to Parent

The magic in the match

✓ Increased confidence and well-being
✓ Increased problem-solving capacity and adaptive coping
✓ Increased self-esteem and acceptance of the family’s situation
✓ Reduced stress, anxiety, and depression
✓ Empowerment in caring for the child

References 1–14: See them all at www.p2pusa.org/references/

To learn more go to www.p2pusa.org

1 in 5 children in the U.S. has a special health care need.
Raising a child with a disability or chronic illness is a journey filled with challenges.

To learn more go to www.p2pusa.org