



Fast Facts: Take a Breath

- Take a Breath (TAB) is a program designed for parents of children being treated at the Royal Children's Hospital (RCH). It has been found to help parents manage stress and to cope with having a child with a chronic illness.
- It's a fully on-line, six group session group therapy program.
- You'll learn about mindfulness, values and ways to improve how you feel and cope with managing your child's condition.
- Take a Breath is completely free and voluntary and is being offered by the Colorectal and Pelvic Reconstruction Service (CPRS).
- Take a Breath is supported by world-class research from the Royal Children's Hospital, Murdoch Children's Research Institute and the Parenting Research Centre.

Take a Breath

Register your interest!

Email colorectalpsychology@rch.org.au
with your interest and/or questions



TAKEABREATH
CARING FOR YOU, CARING FOR YOUR CHILD

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Why Take a Breath from 0-18 months?

The CPRS team acknowledge the understandable emotional and mental impact that having a newly diagnosed child can have. This program is being introduced to support parents during the first 18 months of their child's colorectal diagnosis and working on ways that parents can support themselves during this time.

With TAB we explore how thoughts and feelings related to a child's condition may overwhelm at times, making it hard to think clearly and be there for the child.

We learn how to bring awareness and coping strategies to get some distance from overwhelming thoughts and feelings.

Who Can Participate?

If you're a parent or carer of a child 0-18 months old and are supported by the CPRS, you're invited to take part. It won't cost you anything to be involved.

What to Expect

The program is designed to be quick and convenient, with just six sessions run completely online.

The group is led by a CPRS psychologist who will present skills to help you manage stress, grief and all the other emotions that come with parenting and navigating your child's health challenges.

You'll be with other parents who have been supported by the CPRS and are familiar with the journey. Together, you'll have the opportunity to discuss your experiences and learn skills to better support yourself, your child, and your family.

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What Will I Need to Do?

Please contact the CPRS clinical psychologist on the email address above to register your interest or ask any questions.

If you decide to participate, you'll be invited to attend six online sessions with a small group of CPRS families. The sessions run for 90 minutes.

A clinical researcher will provide you with a questionnaire before and after the program.

There's no obligation to participate in Take a Breath.

The Science Behind Take a Breath

TAB was developed by leading psychologists and researchers at the Royal Children's Hospital, Murdoch Children's Research Institute and the Parenting Research Centre.

The Take a Breath program has gone through a number of research studies. It has been shown to be effective in helping to lower levels of traumatic stress and improve parents' capacity to manage their child's medical condition.

TAB Research Evaluation

As a part of this project, researchers at the Royal Children's Hospital and Murdoch Children's Research Institute will evaluate the Take a Breath program to see if it is helpful for families in the CPRS.

This means that if you consent to participating in Take a Breath, a questionnaire will be provided to you before and after the program.

Being a part of research is rewarding and we hope you'll choose to join in!