

Are you a parent/carer of a child with additional developmental needs (at least 18 months and under 6 years)?

This might mean your child has a learning disability or global developmental delay. It might also be your child has developmental delays but does not yet have a diagnosis.

Then you might like to take part in a study:

**Early Positive Approaches to Support (E-PAtS):
A Cluster Randomised Controlled Trial**

E-PAtS is an 8-session programme for families that is designed and run by families and professionals working together.

It covers:

- How to access support services
- Support for parent/carer wellbeing
- Supporting sleep for children
- Supporting communication and everyday skills for children
- Positive ways to support behaviours that challenge

We want to find out if E-PAtS helps to support wellbeing of parents/carers of children with additional developmental needs. This is a randomised study, which means families will be selected by chance (like tossing a coin) to either receive E-PAtS now or receive E-PAtS in 12 months' time.

All participants taking part will be asked to complete questionnaires on 3 occasions over 12 months. Participants cannot be paid for taking part in the study, but each can receive up to £60 worth of vouchers for completing questionnaires.



To find out more