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Presentation: What is the impact of an innovative combined parenting and yoga programme on everyday family life?

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To evaluate the benefits of a combined parenting and yoga programme on family wellbeing, parental self-efficacy and children's development. Many different parenting programmes have been evaluated as effective for parents with children aged from birth to five years (Axford et al., 2015; Barlow et al., 2016). The benefits of yoga are thought to be both emotional and physical however, there are few studies evaluating its efficacy (Lawlor, 2017) and even less looking at the effects of yoga with children and parents. Drawing on developmental psychology and attachment theory, this study is evaluating the benefits of a bespoke parenting education and yoga programme for parents and children aged 2-3 years of age. This study is an impact evaluative case study (Higgins, 2017) and utilises mixed methods. Quantitative methods include pre and post questionnaires of parental self-efficacy, issues with family life and a weekly checklist of children's development. Qualitative methods comprise a pre and post semi-structured interview with parents. Informed written consent was sought from parents and ongoing assent from children was monitored. Confidentiality and anonymity was guaranteed alongside the right to withdraw. This is an innovative programme combining parenting education with yoga sessions for parent and child. Initial interviews identify the attractiveness of the holistic approach of the combined programme and accords with current thinking on the benefits of mindful activities. This innovative programme aims to support both parents' and children's development thereby contributing to greater family wellbeing. The programme has the potential to be rolled out to a wider audience.

Keywords: parenting, yoga, evaluation, family life, wellbeing