



Parent to Parent Best Practices

Parent to Parent programs connect parents of children and adults with developmental or physical disabilities, called "Referred Parents," with experienced, trained parents, known as "Support Parents," who volunteer to support them in their journey.

Parent to Parent (P2P) services are offered at no cost to families.

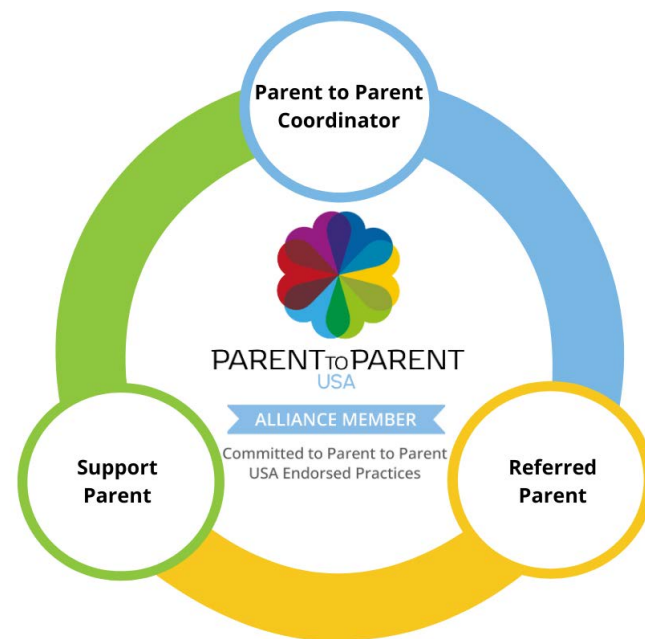
Evidence-Based Practices^{>1}

- ✓ **Training:** Ensure volunteer Support Parents undergo thorough training.
- ✓ **Match criteria:** Make matches as close as possible including but not limited to priorities, diagnosis, age, culture, geographic factors, etc.
- ✓ **Responsiveness:** Make matches within 24-48 hours.
- ✓ **Availability:** Support Parent makes at least four contacts in the first 8 weeks.
- ✓ **Follow-up:** Follow up with both Referred and Support parents to ensure satisfaction or re-match.
- ✓ **Evaluation:** Involve Referred and Support parents in program evaluation processes.

Best Practices Endorsed by Parent to Parent USA^{>2}

- ✓ Coordinators are parents of children or adults with developmental or physical disabilities.
- ✓ Training is conducted by the same person responsible for matching.
- ✓ Referred parent is informed if the match takes longer than 48 hours.

> References 1-2: See them at www.p2pusa.org/references/



Support Parent Training Components

- ✓ **Program orientation:** describes role and responsibilities, including best practices and confidentiality.
- ✓ **Communication skills:** emphasizes active listening and leadership development.
- ✓ **Role-play:** incorporates sharing family stories and simulation activities.
- ✓ **Adaptation:** covers stages of adaptation, emotions, and fostering positive perceptions.
- ✓ **Cultural competence:** addresses cultural diversity and encourages self-reflection.
- ✓ **Boundaries:** includes setting and maintaining limits and identifying when self-care is needed.

> To learn more go to www.p2pusa.org