

SPARKLE trial

Supporting Parents and Kids through
Lockdown Experiences

KING'S
College
LONDON

Are you feeling overwhelmed as a parent?

Do you struggle to get your child to listen to you?

Do you want to help your child become more self-confident?

If your answer is **'YES'** to any of these questions, this study may be for you!

What is the study about?

The study will test whether using a **NEW** parenting support app called Parent Positive can improve children's behaviour and confidence and have a positive effect on parents' wellbeing.

What will I need to do?

- You will be asked to complete the Oxford University Co-SPACE project study survey on their website ➔ cospaceoxford.org
- Half of parents will be given access to our parenting support app immediately, half after about 2 months
- All parents will complete online questionnaires about themselves and their child once a month.

Who's eligible to take part?

- Parents who have a child aged 4-10
- Parents who have access to a smartphone with operating system OS 8-9 or higher for Android, or iOS 12-13 or higher for Apple.

The app will be **FREE** and you will receive **2 X £5 e-shopping vouchers** as a thank you for taking part!


To find out more and take part now, sign up here ➔ cospaceoxford.com/survey

Taking part is confidential and the school will not know who took part.

 www.kcl.ac.uk/sparkle

 [@SparkleTrialatKCL](https://www.instagram.com/SparkleTrialatKCL)

 [@sparkletrial](https://www.facebook.com/sparkletrial)

 [075 6301 1015](tel:07563011015)

Co-SPACE study



Economic
and Social
Research Council