


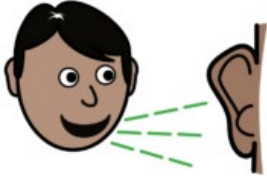








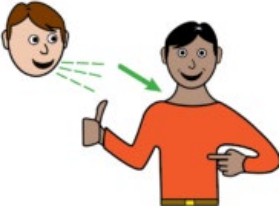




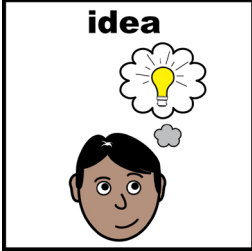




# What parents find stressful

	<p>Parents of children with a learning disability can find it hard to get help for their child.</p>
<p><b>stress</b></p> 	<p>Parents can feel stressed. They might feel, sad, worried or angry.</p>
<p><b>Power Threat Meaning Framework</b></p> 	<p>This research looked at what makes parents stressed.</p> <p>We used the Power Threat Meaning Framework (<b>PTMF</b>).</p>
	<p>Seven parents talked to us. They told us about what has happened to them.</p>
<p><b>no help</b></p> 	<p>Parents said getting help for their children was hard.</p> <p>Parents said that some professionals did not help.</p>
<p><b>friendly staff</b></p> 	<p>Some professionals did help.</p>

<p><b>keep safe</b></p> 	<p>Parents said that other people treated their child differently. Other people treated parents differently.</p> <p>Parents said they found it hard to keep their child safe.</p>
<p><b>worried</b></p> 	<p>Parents sometimes felt worried.</p>
<p><b>talk to keyworker</b></p> 	<p>Parents spent a lot of time telling professionals and teachers what help they needed.</p>
<p><b>support from family friends</b></p> 	<p>Friends and family helped.</p>
<p><b>caring</b></p> 	<p>Having their child helped them be kinder.</p>
<p><b>what do you think</b></p> 	<p>Parents told us what they thought about the PTMF.</p>

	<p>The PTMF helped them understand why they felt stressed.</p>
	<p>The PTMF helped parents to see they are doing the best they can.</p>
	<p>Having someone to talk to helped parents see things differently.</p>
	<p>This helped them to work with services to get better help for their children.</p>
	<p>Parents said they liked the PTMF and thought it should be used with more parents of children with learning disabilities.</p>
	<p>Parents shared ideas about how the PTMF could be used</p>

<p><b>how</b></p> 	<p>Parents thought services that help people with learning disabilities should use the PTMF.</p> <p>But parents were not sure how likely this was to happen.</p>
<p><b>share information</b></p> 	<p>We have given some ideas for how services can use the PTMF with families.</p>