

Parents of children with a disability under twice as much stress

20 March 2013

Queensland parents of children with a disability endure twice as much stress and worry as parents of typically developing children, according to the *My Say* survey.

The University of Queensland (UQ), The University of Sydney and Monash University survey found 70 percent of Queensland parents of children with disabilities reported feeling stressed and worried.

This compares to just 32 percent of parents of typically developing children who reported feeling stressed and worried in a 2011 International Parenting Survey.

The *My Say* survey is part of a pioneering project called Stepping Stones Triple P (SSTP), which aims to improve the health and wellbeing of children with disabilities across three states by providing free parenting support and free professional training.

A project of this scale – involving an estimated 30,000 parents of children with disabilities in Queensland, Victoria and New South Wales – has never been done before.

UQ’s lead researcher on the project and Triple P founder Professor Matt Sanders said it was no surprise parents of children with special needs were in distress.

“ Children with disabilities have three to four times more emotional and behavioural problems than typically developing children, so it can be a very hard and lonely road for the people who love them and care for them,” he said.

“ The *My Say* survey results confirm what most health professionals already know – many parents of children with a disability are struggling to cope.”

Over the next three years, parents of children with special needs in Queensland, Victoria and New South Wales will be offered free parenting support through Triple P’s Stepping Stones program to improve their confidence, resilience and competence.

Professionals such as allied health therapists, teachers, nurses and community workers in these three states can also apply for free Stepping Stones training and resources.

Queensland is the first state to benefit from the SSTP project, with free training available from May this year and free parenting support from June.

Other *My Say* survey results indicate only 58 percent of parents of children with a disability reported feeling satisfied with their lives compared to 83 percent of parents of typically developing children, and 32 percent of parents of children with a disability felt emotionally distressed compared to nine percent of other parents.

Media: Rachel Stewart, Communications Coordinator 0408 130 767 or rachel@triplep.net

Share link:

<http://tinyurl.com/lnh99a9>



Subscribe to the UQ News weekly newsletter



RECENT HEADLINES

[UQ addresses UN in New York.](#)
UN in New York
8 September 2014

UQ experts for National Stroke
Week, 8 – 14 September 8

September 2014



UQ students win
HealthFusion
Team Challenge

8 September 2014

UQ strengthens ties with India 5

September 2014

[More headlines](#)

Viewpoints: should Australia lift its ban on
e-cigarettes?

27 August 2014

Prabowo fights on, but Indonesian court
ruling ends legal challenge

27 August 2014

Coalition's environmental one-stop shop is
falling apart

28 August 2014

We need to talk about the sexual abuse of
scientists

8 September 2014

Ghosts of 2003: US, Australia and allies
face tough choices in Iraq

9 September 2014

[Read more](#) UQ articles on The Conversation

[Home](#) › [Parents of children with a disability under twice as much stress](#)



Brisbane St Lucia, QLD 4072
+61 7 3365 1111

[Other Campuses: UQ Ipswich,
UQ Gatton, UQ Herston](#)

[Maps and Directions](#)

© 2014 The University of Queensland

A MEMBER OF



GROUP OF EIGHT

[Privacy & Terms of use](#) | [Feedback](#)

Authorised by: Director, Office of Marketing
and Communications
ABN: 63 942 912 684
CRICOS Provider No: 00025B

QUICK LINKS

- [For Media](#)
- [Emergency Contact](#)

SOCIAL MEDIA

NEED HELP?

[UQ ANSWERS](#)

EMERGENCY

[3365 3333](#)

EXPLORE

- [Giving to UQ](#)
- [Faculties & Divisions](#)
- [UQ Jobs](#)
- [UQ Contacts](#)
- [Services & Facilities](#)
- [Login](#)