

The Visible Difference Parenting Toolkit: Evaluation Summary

What is The Visible Difference Parenting Toolkit?


The Visible Difference Parenting Toolkit is a self-guided e-book developed by researchers at the Centre for Appearance Research with input from parents with lived experience and clinicians. It aims to improve the wellbeing of parents and carers of children with visible differences.


To determine the impact of using the toolkit, an evaluation was carried out, which consisted of online surveys and interviews with parents and carers. A big thank you to everyone who took part in the research, the charities who shared the study, and those who were involved in the development of the toolkit.



What was the impact of The Visible Difference Parenting Toolkit?

We surveyed **173 parents and carers** after they used the toolkit. They experienced:

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- **Increased** confidence in their parenting skills
 - **Increased** self-compassion
 - **Increased** ability to adapt to difficult situations, thoughts, and emotions, in a way that was consistent with their values and goals

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- **Decreased** anxiety
 - **Decreased** depression
 - **Decreased** parenting stress

We also spoke to **9 parents** to get more detail about their experiences of using the toolkit. They said:

“It’s highlighting the importance of actually taking care of yourself first”

“It’s already made a huge impact to my wellbeing and how I’ve dealt with things, and how I’ll probably deal with things in the future”

“I haven’t seen anything else really... This was the only thing that I’d come across that specifically answered questions from a parent/carers point of view”

“I just felt so empowered by it. I felt it was giving us a lot of tools”

What do the findings mean?

The Visible Difference Parenting Toolkit appears to be effective at promoting psychological wellbeing of parents and carers of children with visible differences.

How can parents and carers access The Visible Difference Parenting Toolkit ?

The Visible Difference Parenting Toolkit can be accessed and downloaded for free from The Visible Difference Support Hub:
www.VisibleDifferenceSupportHub.com/the-visible-difference-parenting-toolkit/

If you have any questions about The Visible Difference Parenting Toolkit, please contact Maia Thornton at Maia.Thornton@uwe.ac.uk