

Benefits of PEP:

- ✓ Increased understanding of your child's bleeding disorder
- ✓ Chance to develop the skills needed to more effectively parent your children.
- ✓ Improved ability to respond to your child's bleeding episodes
- ✓ Better communication between you and your treatment staff.

PEP is designed to affirm positive existing behaviours with a focus on the unique problems faced by children with a bleeding disorder. PEP values differences in culture and recognises individual family structures. Each family is different and this programme provides something for everyone.



Interested in PEP?

Contact the Haemophilia Foundation of New Zealand Inc. for details of when the next PEP programme will be running.



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**PARENTS
EMPOWERING
PARENTS**

**A Programme for
Parents of Children with
Bleeding Disorders**



Brought to you by:



Raising a child with a genetic bleeding disorder is a challenge that impacts the entire family.

PEP – or Parents Empowering Parents – has helped many families learn new parenting skills, helping them to better handle the daily challenges of raising a child with a bleeding disorder.

What is PEP?

PEP is a programme designed to promote effective parenting skills to parents of children with bleeding disorders.

Why is PEP so valuable to parents?

The PEP programme promotes positive parenting with a focus on the unique problems faced by parents of children with bleeding disorders.

PEP is an chance to learn and support each other through shared experiences.

What are the goals of PEP?

- Increase understanding of bleeding disorders
- Increase parenting skills
- Promote family functioning, working together to bring out a child's potential
- Improve the relationship between parent, child and treatment staff
- Have fun together

What are some of the topics PEP covers ?

- The impact of bleeding disorders on child development
- Understanding and dealing with feelings
- Compassionate discipline
- Building self-esteem and confidence
- Parenting styles
- Parent/family communication



How does the course work?

The training team includes:

- trained parents who have children with bleeding disorders,
- a HFNZ Outreach Worker, and
- a Haemophilia Nurse,.

This team approach combines the strengths of peer support with professional expertise.

The programme takes place over a 2 1/2 day weekend, from Friday evening to Sunday afternoon.

Transportation, such as flights and transfers, accommodation and meals are all included.

