

Bright Tomorrows Parenting App Research Study

Are you a parent or caregiver of a child aged 0-5 years? We need your help!



Would you like to enhance your parenting skills while contributing to important research?

The Bright Tomorrows team at The Kids Research Institute Australia is currently recruiting 50 parents and/or caregivers of children aged 0-5 years to participate in a 6-week study of new content on the Bright Tomorrows Parenting App.

Who can participate?

- Parents or carers (over 18 years) with a child aged 0-5 years;
- Those currently living in Western Australia

Note: Children with specific medical conditions are not eligible
(please read the eligibility requirements in the QR link below)

Why participate?

- Strengthen your parent-child interactions.
- Support your child's health, wellbeing and learning.
- Help refine a free app that empowers parents and carers across Australia.

Are you ready to join?

If you would like to get involved in this important research, please go to the link or QR code below to check eligibility and requirements.



<https://redcap.link/t0r72lx9>

What's involved?

- Complete a pre-and-post intervention survey.
- Use the Bright Tomorrows app for 6 weeks.
- 5-10 minutes per day, 3 times a week.
- Receive a \$50 Coles gift card upon completion.

If you have any questions or would like to learn more, please contact
bright.tomorrows@thekids.org.au