

# 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.

### 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](mailto:bright.tomorrows@thekids.org.au)

<https://redcap.link/t0r72lx9>



The University of Western Australia  
Human Research Ethics Committee  
(HREC) has approved this study  
(Reference number - 2025/ET000463).



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