

# Determining the caregiver burden and capabilities of parents with young children using the SPARK

part IV of the SPARK series

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What is the most challenging part of  
your day?

# Outline

- Part I: SPARK60
- Part II: Caregiver burden & Capability
- PART I, II & III: study overview

# Part I: developing the SPARK60

- SPARK
  - prenatal
  - 18 months
- Next step
  - SPARK for five-year-olds: the SPARK60



# SPARK Topics

## preSPARK

- a. Period before pregnancy
- b. Experience pregnancy
- c. Health and lifestyle
- d. Preview giving birth
- e. Preview maternity period
- f. Preview on raising the child
- g. Language use
- h. Living environment
- i. Social contacts
- j. Concerns communicated by others
- k. Family issues
- l. Preview on own future
- m. Was anything forgotten?

## SPARK18

- a. Infancy review
- b. Somatic health
- c. Motor development
- d. Language, speech and cognitive development
- e. Language use of parents
- f. Emotional development
- g. Contact between child and others
- h. Child behavior
- i. Parenting approach
- j. Developmental stimulation
- k. Time spending
- l. Living environment
- m. Social contacts
- n. Day care for the child
- o. Concerns communicated by others
- p. Family issues
- q. Was anything forgotten?

## SPARK60

- a. Toddlerhood review
- b. Somatic health
- c. Motor development
- d. Language, speech and cognitive development
- e. Language use of parents
- f. Emotional development
- g. Child behavior
- h. Contact between child and others
- i. Parenting approach
- j. Developmental stimulation
- k. School/ after school care
- l. Leisure time spending
- m. Living environment
- n. Social contacts
- o. Concerns communicated by others
- p. Family issues
- q. Was anything forgotten?

# Part I: developing the SPARK60

- Fit for the aim of the contactmoment
- Bringing structure
- More informative



What do you need to meet those challenges?

# Part II: Caregiver burden & capability

- How do parent assess their own burden and capability?
- Does this concure with the assessment of the professional?
- Knowing how, will enable a better connection and a better fit with the provided care





# ing focus &

On the one hand you want to find your own way, on the other hand you have the feeling that you need to make sure that you and your family fit in

Your own upbringing defines you as a parent. Sometimes I hear myself and I sound like my mom! She would laugh her ass off if she could hear me

I feel so much pressure, everything needs to be perfect

Nobody tells you how difficult it's actually gonna be

Openness, being heard, communication, pressure.

I think it's really important that my children know that all emotions are okay to have.

My husband is such a different person than me. You need to get to know each other as parents

I got tired when I got pregnant

Your capability grows with your burden

Parents are part of a cult. They don't tell you that, and then suddenly, you're completely submerged in it!

I rest at work

# Data collection: part I, II & III

## PreSPARK

### PreSPARK

- PROM
- Life events
- Screening for depression

### Birth

- Gestational
- APGAR
- Birth weight

### Follow up 4 months after birth

- PROM
- Parental Stress Scale
- ASQ
- History-effect questionnaire
- CollaboRATE

Data collection: Rivas, GGDrU, Yunio and GGD Zeeland

## SPARK18

### SPARK18

- Life events
- Screening for depression
- Parental Stress Scale
- ASQ(SE)
- PROM

### Plus 6 months

- Parental Stress Scale
- ASQ (SE)
- PROM
- CollaboRATE
- History effect questionnaire

N = 3700

Data collection: GGD Zeeland

## SPARK60

### SPARK60

- Life events
- Screening depression
- Parental stress scale
- ASQ(SE)
- PROM

### Plus 6 maanden

- Parental Stress Scale
- ASQ (SE)
- PROM
- CollaboRATE
- History effect questionnaire

N = 4000

Data collection: GGD Zeeland

# Thank you

Any questions?

# Plenary discussion



- Is it necessary to apply early detection in the way we described to you?
- What are barriers and facilitators to apply this method in your organisation?
- What would you need to start using the SPARK?
- How applicable would this method be in your organisation?