

Caring for Caregivers: A Postnatal Wellbeing Program

ACTRN12624000940572

Status	RECRUITING
Sponsor	Flinders University
Enrollment	192 participants

Plain Language Summary

The postnatal period — the months after a baby is born — can be one of the most challenging times for parents. Sleep deprivation, changing relationships, and the pressure of caring for a new baby all affect wellbeing, and yet many parents do not get structured support during this time. This study is evaluating a caregiver wellbeing program being rolled out within routine postnatal services in South Australia through the Child and Family Health Services (CaFHS).

The program adds evidence-based psychoeducation about mental health, emotional wellbeing, and coping strategies into the parenting groups parents already attend. The study will measure whether the program is practical to deliver, whether parents and staff find it acceptable, and whether it genuinely improves caregiver wellbeing compared to services that do not offer it.

Parents or caregivers who are enrolled in a CaFHS postnatal parenting group at a participating site during the study period are eligible. Staff involved in implementing or delivering the program can also take part. There are no exclusion criteria. The project is run by Flinders University.

Key Eligibility Criteria

Inclusion (2)

- Caregivers/parents of children enrolled into a CaFHS parenting group at the control or intervention sites, during the study period.
- Staff who work at the intervention site or were involved in implementation, during the trial period.

Exclusion (1)

- None

Locations (1 total)

SA, Australia