

# Parents' experiences with the PlayfulBrain programme: A pilot study

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## Background

- Young children with cerebral palsy (CP) or traumatic brain injury (TBI), are at higher risk for problems in the development of executive functioning (EF);<sup>1, 2, 3</sup>
- Interventions targeting EFs offered in early childhood work better and have broader effects than offered in later childhood.<sup>4,5</sup> Currently, interventions targeting EFs in young children are not typically available in clinical practice;
- Recently, the book PlayfulBrain was published.



## PlayfulBrain (SpeelsBrein)

PlayfulBrain consists of:

- Psychoeducation on neurocognitive development;
- Games targeting these aspects through parent-child play.

This pilot study aimed to investigate:

- Whether parents will play using the book;
- Parents' experiences with the PlayfulBrain programme.

## Method

### Sample

In this study 11 children with CP (9) and TBI (2) were included between 2.0 and 4.0 years old ( $M = 33.6$  months;  $SD = 8.8$ ). Sampling took place in three Dutch rehabilitation centers and one hospital.

### Measures

Measure 1:

Parent: Play questionnaire, SDQ, BRIEF-P, background information  
Child: EF test battery<sup>6,7,8</sup>



PlayfulBrain programme:

1. Psycho-education (video)
2. Play session (physical)

In one week after the programme: Parents made a video of playing a PlayfulBrain game with their child

6 weeks



2x/week: Play diary

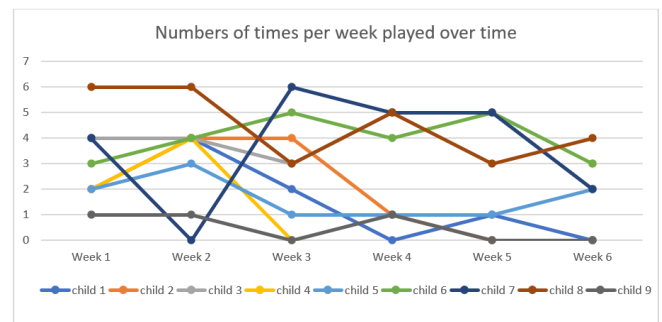
Measure 2:

Parent: Semi-structured interview + play questionnaire, SDQ

In one week after measure 2: Parents made a video of playing the same PlayfulBrain game with their child

## Results

- All parents played PlayfulBrain games with their child during the six-week period;



- All parents were positive about the programme, but found it challenging to incorporate the dedicated play in daily life;
- Some adjustments, such as an additional play session, will make the programme more suitable for implementation by parents and professionals.

## Conclusion

- The studied PlayfulBrain programme leads to parents playing games targeting EF development with their child;
- Further research should examine whether the PlayfulBrain programme has positive effects for the participating parents and/or children.