

Bright Tomorrows (Parent App) (2017-2022)

Aim

Bright Tomorrows aims to build community understanding about the potential of a baby's developing brain and to provide expert advice and evidence-based tools to support children's health, development and learning.

The Bright Tomorrows app aims to assist parents of children aged 0-5 years to support their child to develop the building blocks of these critical skills.

Methods

The app includes over 1000 tips for activities that parents can do with their child to help them learn and practice their essential life skills. These fun and interactive ideas for learning can be woven into everyday moments like bedtime, bathtime and mealtime. The app also provides parents with information and advice to improve their own life skills, so they can learn and grow alongside their child.

The Bright Tomorrows child activity ideas and parent tips (termed 'moments') are organised into five core categories of skill development:

- Attention and focus: awareness, avoiding/managing distractions, mindfulness, technology use
- Emotions and self-control: relaxation/calming, stress management, identifying emotional triggers, reflecting, impulse control, coping strategies
- Relationships and communication: listening, language, perspective-taking, working with others, conflict resolution, responding to situations appropriately, help-seeking
- Planning, organisation and routine: planning, prioritising, decision-making, family routines, household organisation, time management, finances, healthy habits
- Character strengths: problem solving, creativity, critical thinking, setting and pursuing goals, taking on challenges, persistence, growth mindset, self-compassion

Parents can also receive more comprehensive support to develop their own essential life skills and those of their child through individual coaching modules around key topic areas, such as stress management, communication and reading with your child.

Who was involved?

Investigators: Anna MacTiernan, Donna Cross, Helen Monks, Karen Forde, Kayla Newland, Rebecca Nguyen, Samantha Veurink

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