

Pilot of an online forum for parents of children with disabilities to “chat and release”

Presenter: Miho Maehiro (Musashino University, Tokyo, Japan)

Co-researcher: Mikako Yazawa, Mutsuko Yoshinaga, Yuko Yamamoto

世界の幸せをカタチにする。

Creating Peace & Happiness for the World



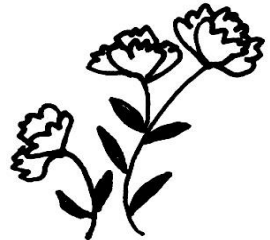
Introduction



- This research was funded by the *Musashino University Creating Happiness Incubation*.
- It was carried out by a team of four professionals from **social work, psychology, early childhood education and care, and nursing**.
- Since 2018, a 'parenting forum' for parents (especially mothers) of children with disabilities has been held on the university campus on a trial basis.
- The difficulties of parenting in Japan and the finding that mothers with disabled children need opportunities to chat with peers and be liberated are reported at the 2019 OMEP Kyoto conference.

A place to talk about “nurture x happiness”

- In this social situation where **connections between people seem to be weakening**, people need to have time to talk about themselves with someone
- For mothers (women) involved in child-rearing **to overcome difficulties and isolation** in various aspects of their lives
- A website and online salon(forum) for meeting on the screen in between household chores and works
- For keeping them **connected with their peer**
- For planting seeds of child-rearing support activities in various regions



The online forum "Yururi Yururi"



A place to freely chat about everyday experiences, thoughts, and questions centered on pregnancy, childbirth, and parenting.



yrryrr@musashino-u.ac.jp

<http://sodateru-shiawase.sun.bindcloud.jp/>

Schedule FY2021 and participants

[Total of 6 sessions, Total 16 participants]

- | | |
|--|----------------|
| 1. June 30 (Wed) 19:30-21:30 | 2 participants |
| 2. July 17 (Sat) 9:30-11:30 | cancelled |
| 3. July 28 (Wed) 19:30-21:30 | cancelled |
| 4. August 25 (Wed.) 19:30-21:30 | 6 participants |
| 5. September 10 (Fri.) 9:30 - 11:30 a.m. | 4 participants |
| 6. September 29 (Wed.) 11:30-13:30 | 1 participant |
| 7. October 13 (Wed.) 11:30-13:30 | 1 participant |
| 8. October 29 (Fri.) 9:30-11:30 | 4 participants |

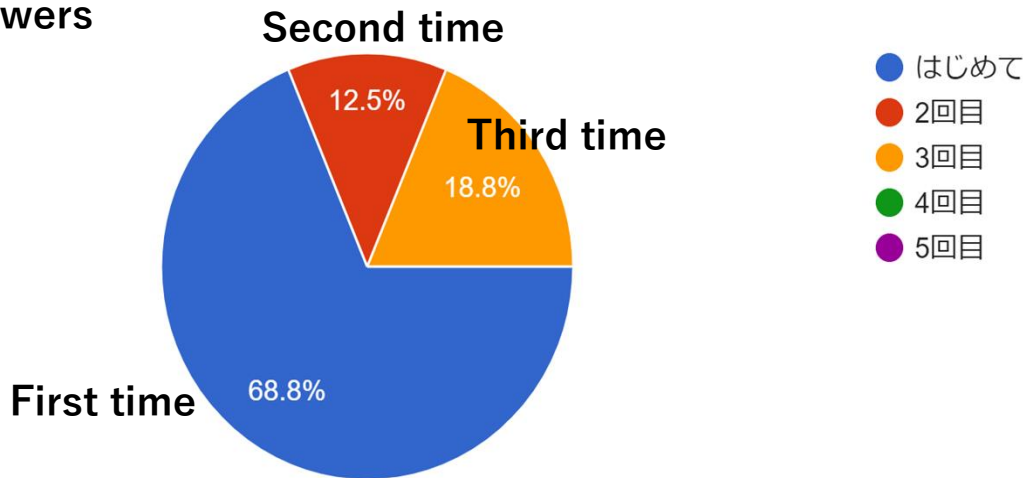
***All participants were mothers raising children with disabilities or undetermined infants.**

From a survey of participants How many time have you participated?

参加回数を教えてください

16 件の回答

16 answers



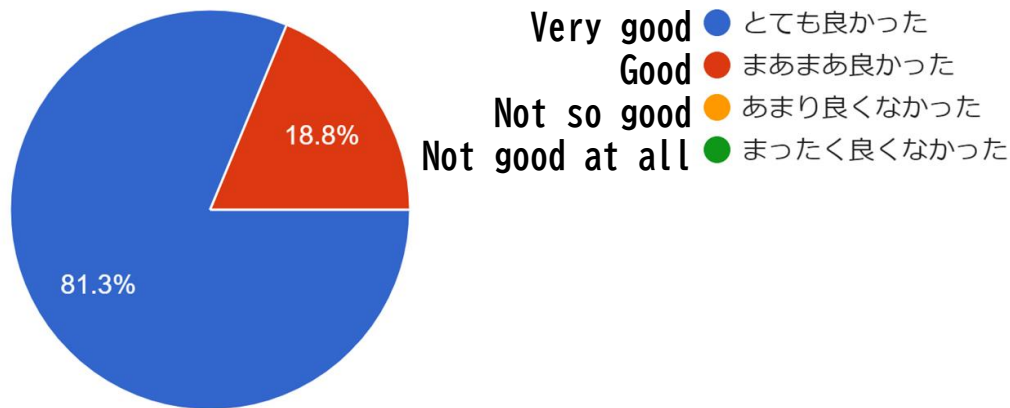
From a survey of participants

How was the hospitality of Yururi Yurari?

「ゆるりゆらり」の居心地はいかがでしたか？あてはまるもの1つに○をつけて下さい。

16 件の回答

16 answers



From a survey of participants

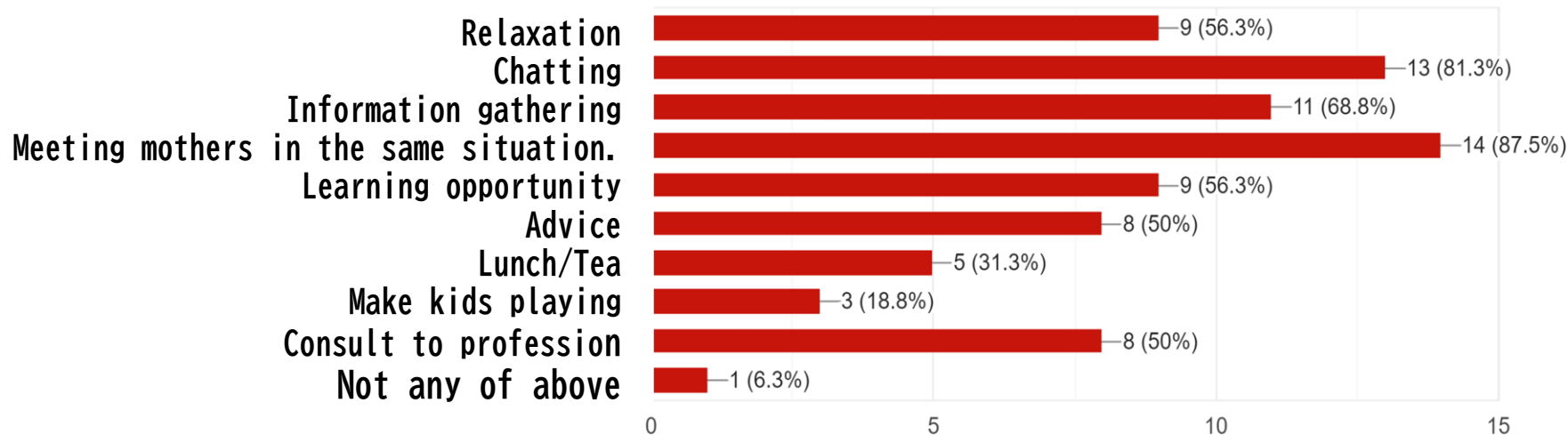
What do you expect from Yururi Yurari?

Choose all

16 answers

「ゆるりゆらり」に何を期待されますか？あてはまるもの、いくつでも選んでください。

16 件の回答



Significance and Challenges of Online Forum

1. Ease of Participation
2. Meeting Strangers
3. Thema talk vs Free talk
4. Application procedure and limitation
5. Meeting in Person & outreach



YURURI YURARI

Significance and Challenges of Online Forum

I. Ease of Participation

- Being able to participate from the comfort of their own home, as long as they can find the right time.
- The **age of the children** and the **work situation** of the participants vary.
- The **date and time** need to be devised.
- So far, it seems to be easier to participate during the **daytime** or in the **evening on weekdays**.



Significance and Challenges of Online Forum

2. Meeting Strangers



- There was a need to share information with **people who do not see each other in everyday life.**
- It is sometimes difficult to talk with people from the **same school or area.**
- Confirmation should be needed at the point of application

Significance and Challenges of Online Forum

3. Thema talk vs Free talk

- The group was basically run in a way that participants talk freely
- When the topic was different from what a participant want to talk → “I wanted to talk about ○○, but not today . . . ”
- Setting a theme for recruiting participants may needed



Significance and Challenges of Online Forum

4. Application procedure and limitation

[Application]

1. receiving a registration email
2. delivering the research consent form and login URL

[Difficulties]

- Last-minute responses are difficult
- Could give the information to someone not applied

[Number of participants]

- Smaller numbers are easier to talk to on screen
- Need to set a maximum number of participants to automatically complete the registration process



Significance and Challenges of Online Forum

5. Need for Meeting in Person & Outreach

[ONLINE]

- Difficult to form non-verbal relationships
- The sense of 'sharing a place' is not experienced
- Only one person speaking at a time
- Same time interruption is unable
- Local child rearing forums (in person) is restricted due to strict infection control measures
- Talking face to face is demanded

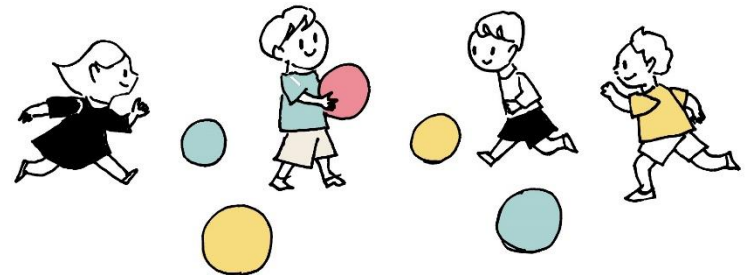


Future initiatives

- **“Chat & Release” is needed for mothers nurturing children with disabilities**
- **Providing ways and places to meet peers: Online & In-person**

[Issues]

- 1) Website operation and management
- 2) Public relations
- 3) Methods of accepting applications for participation



Σας ευχαριστώ πολύ! ありがとうございました！
Merci beaucoup! Muchas gracias! Thank you!



Your thoughts and questions are welcome.

mihomae@musashino-u.ac.jp