22qMinded

Care4Parents

When parents are okay, children are okay

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Why Focus on Parents?

1. More and more scientific knowledge on 22q
2. More professional support for children

→ *But* parents are the ones holding everything together

If parents aren’t okay,
children aren’t okay.

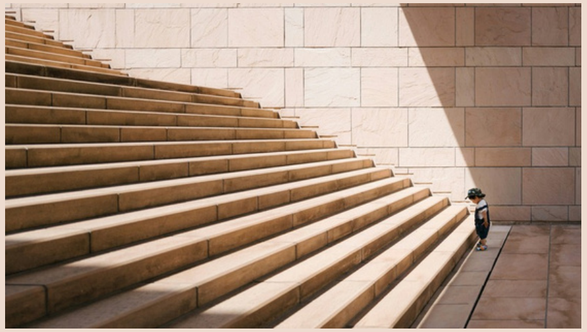
The Challenge

Parenting a child with 22q can
be a beautiful adventure...

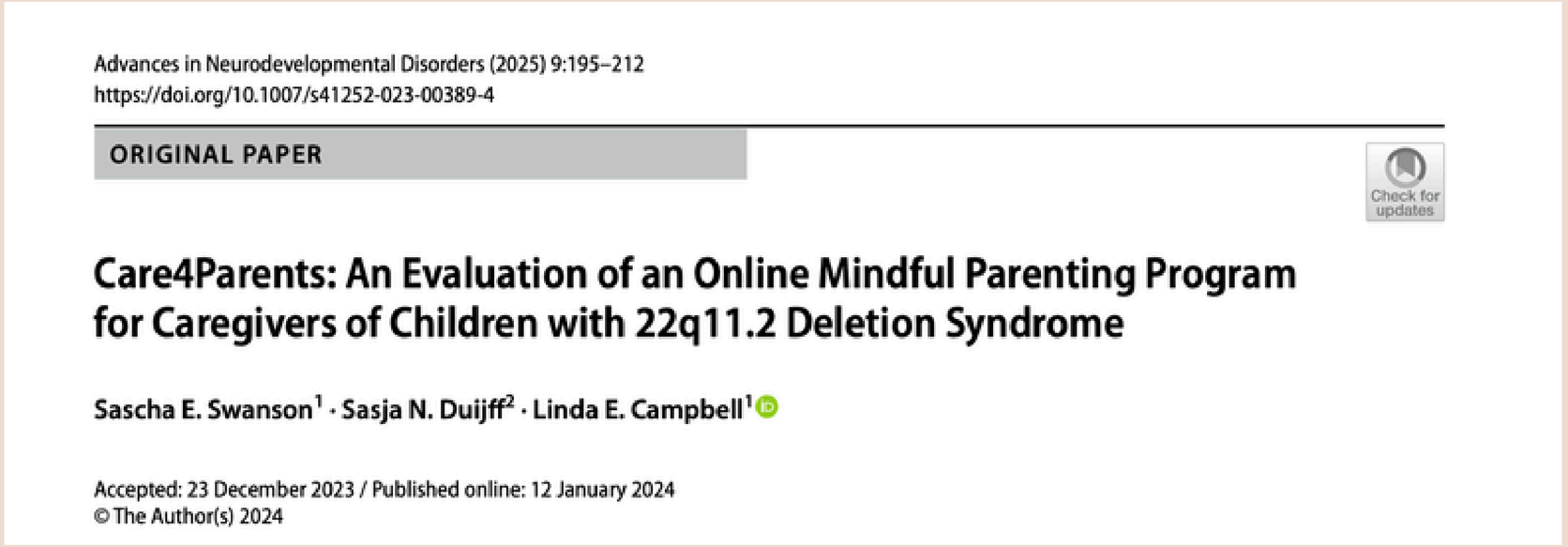
...and sometimes, a marathon run in flip-flops.

Care4Parents: What It Is

- Evidence-based 8-week online mindfulness-based, psychoeducational parenting program
- For parents of a child with 22q of all ages
- Small groups (max 16 parents)
- Themes include:
  - 🌡️ Stress
  - 💬 Family Communication
  - 💗 Self-compassion
  - ⚖️ Energy-management
  - ❤️‍🩹 Living loss
-



Care4Parents: What we learned



Advances in Neurodevelopmental Disorders (2025) 9:195–212
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ORIGINAL PAPER

Check for updates

Care4Parents: An Evaluation of an Online Mindful Parenting Program for Caregivers of Children with 22q11.2 Deletion Syndrome

Sascha E. Swanson[1] · Sasja N. Duijff[2] · Linda E. Campbell[1]

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- Parents loved the peer support, but wanted more connection opportunities
- Some parents needed more flexible scheduling (day/evening; weekly/fortnightly options)
- Short practices fit better into busy lives than longer meditations
- Need to include examples relevant for children of all ages
- Clearer introduction that the programme focuses on parents' inner experience, not “parenting techniques”
- Encourage broader participation, especially fathers and partners
- Future research: larger study + quantitative outcomes

What Parents Say

"I choose my battles differently."

"I finally have space to breathe."

"I have stopped reacting to *everything*."

"I liked meeting the other parents... the break-out rooms and different topics every week."

"I loved feeling part of a community."

42 parents trained this year —

Thanks to the Dutch MindMore Foundation, the Dutch Family Foundation Steun 22Q11 & 22q Foundation Australia and New Zealand.

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Join Us in 2026!

Because when parents are okay, children are okay.

- Next Care4Parents starts February 2026.
- Join us online from anywhere