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### Online parenting support: Guiding parents towards empowerment through single session email consultation

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Internet technology offers a lot of new opportunities for the dissemination of information, sharing of support and consultation of professionals. Innovating professionals from multiple disciplines have begun to exploit the new opportunities for parenting support. The studies presented in this book are meant to deepen our insights in the subject of online parenting support and investigate the feasibility to use single session email consultation to empower parents.

This publication includes:

- A systematic review of 75 studies on online parenting support
- A meta-analytic review of 12 studies on online tools to improve parenting
- A content analysis of 129 parenting questions and responses in single session email consultation
- An analysis and validation study of the newly developed Guiding the Empowerment Process model
- An evaluation study of the effects of single session email consultation on parental empowerment

The results of this research indicate that the Internet is not only a source of information, but it can also be an instrument for support and training, aiming to improve parental competencies.

Doctoral dissertation

Christa Nieuwboer, 2014

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