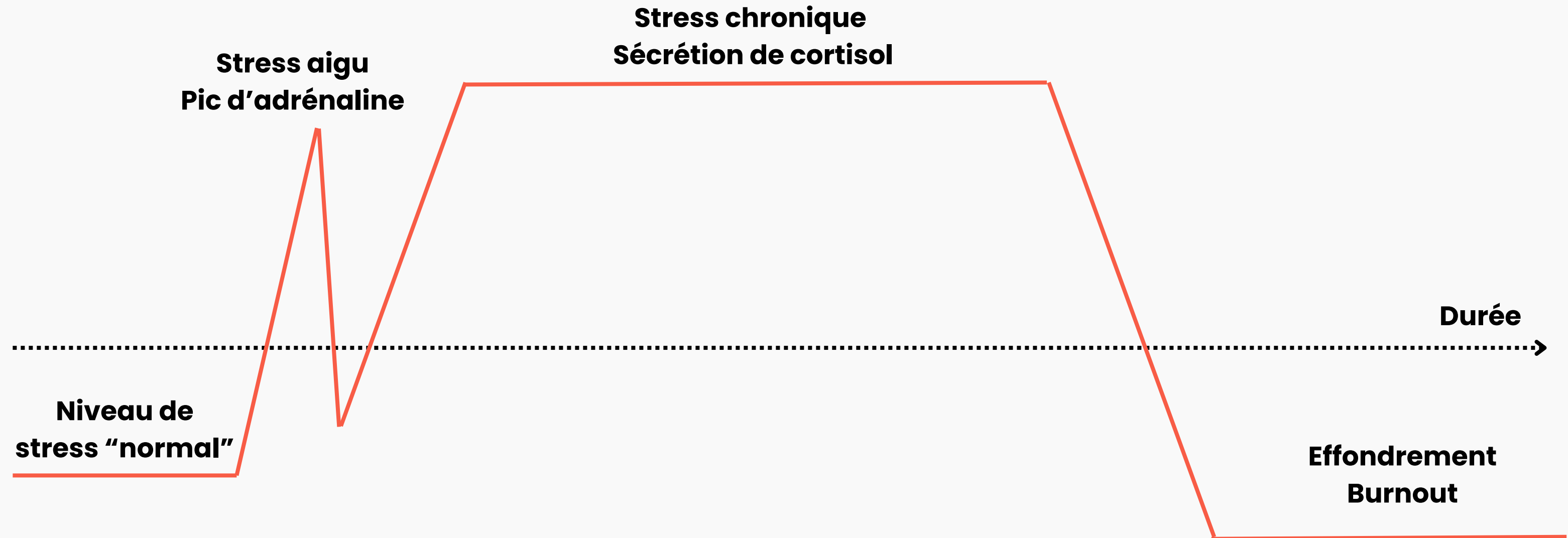


Et si on prenait (aussi) soin des parents en orthophonie ?



Le Burnout Parental



Le Burnout Parental

L'épuisement

Cet épuisement peut se manifester au niveau émotionnel (sentiment de ne plus en pouvoir), cognitif (impression de ne plus arriver à réfléchir correctement) et/ou physique (fatigue). Il ne s'agit pas d'une simple fatigue qui disparaît après quelques bonnes nuits de sommeil.

La distanciation émotionnelle

Le parent a l'impression d'agir comme un robot. Sa relation avec son/ses enfant(s) se résume à faire le strict minimum (assurer les repas, les soins d'hygiène, les trajets,...) mais n'a plus l'énergie de s'investir émotionnellement dans cette relation.

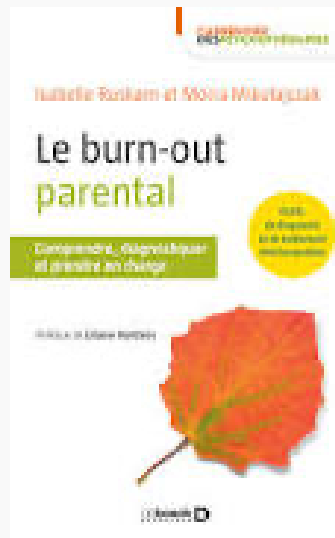
4 symptômes cardinaux

La perte de plaisir dans le rôle de parent

Le parent a l'impression que ce rôle lui demande "trop" et il ne parvient plus à trouver du plaisir dans sa parentalité.

Le contraste

Le parent n'est plus celui qu'il a été. Il ne se reconnaît plus en tant que parent et en éprouve de la honte.

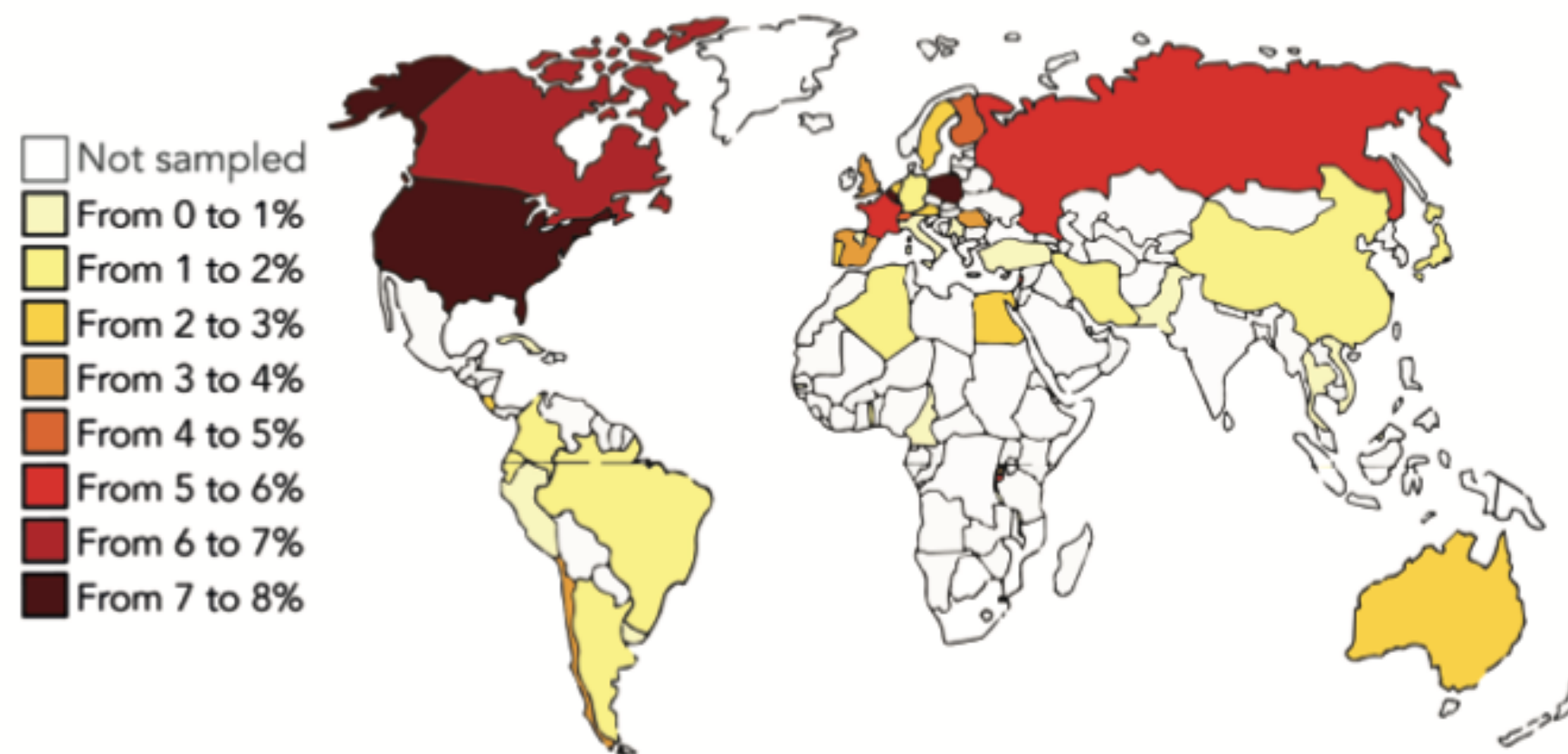


Outil diagnostique du Burnout Parental : Parental Burnout Assessment (PBA) :

<https://www.burnoutparental.com/suis-je-en-burnout>

Le Burnout Parental : Qui est touché ?

Figure 1 | Prevalence of parental burnout across countries



Roskam, I., Aguiar, J., Akgun, E. et al. Parental Burnout Around the Globe: a 42-Country Study. *Affec Sci* 2, 58–79 (2021).
<https://doi.org/10.1007/s42761-020-00028-4>



Le Burnout Parental : Qui est touché ?

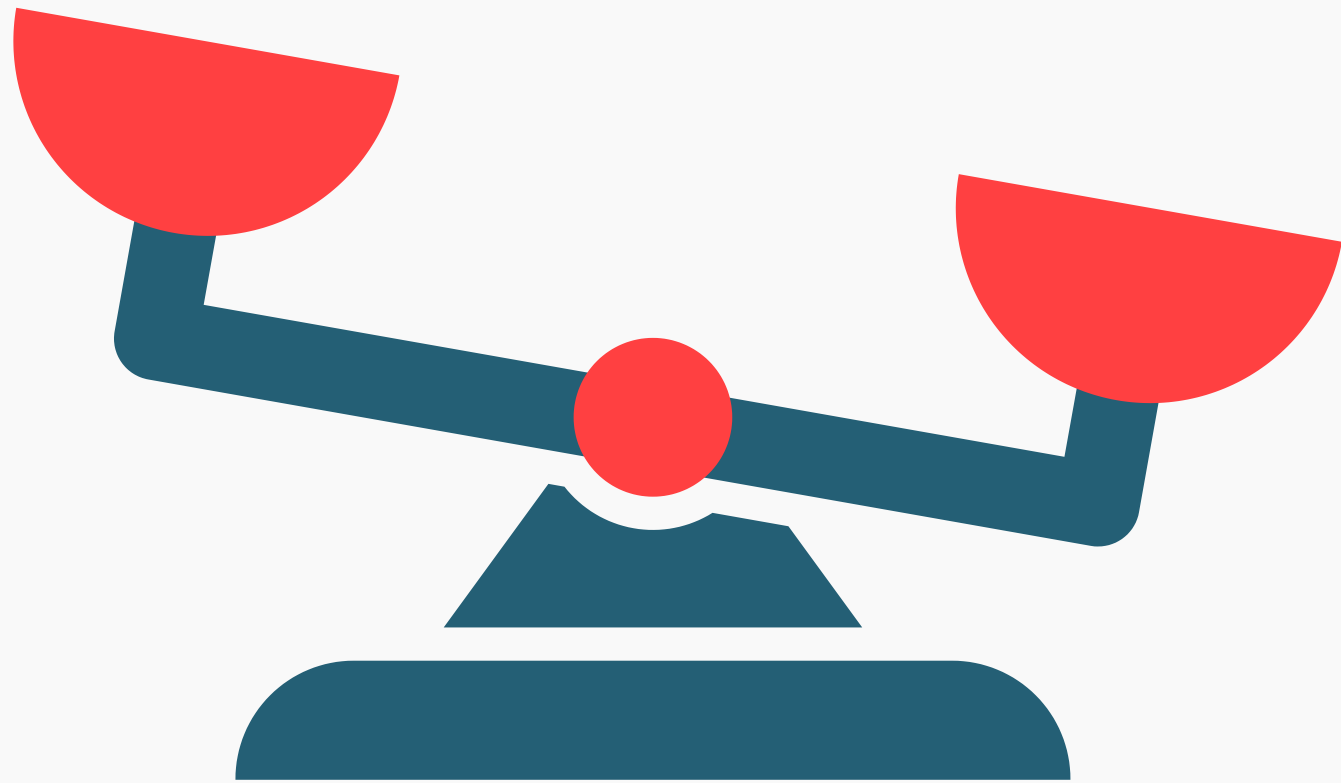
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Age (parent)	14	14	10,131	-.025	-.065	.016	47.57***
Age (child)	4	3	1,872	.043	-.007	.093	2.85
Age of the oldest child	5	8	3,981	-.014	-.120	.091	26.52***
Age of the youngest child	5	8	4,166	-.014	-.150	.122	62.02***
Agreeableness* (parent)	4	4	3,074	-.268	-.580	-.157	31.29***
Anxiety (parent)	7	2	3,115	.530	.438	.623	60.39***
Balance between risks and resources	2	1	1,065	-.455	-.719	-.191	11.55***
Blended family	2	2	3,448	-.020	-.053	.013	0.34
Conscientiousness* (parent)	3	3	2,433	-.097	-.219	.026	14.51***
Coparenting disagreement*	2	2	2,401	.258	.190	.327	3.13
Depression	15	8	12,178	.552	.487	.617	416.45***
Educational level	13	15	9,966	-.015	-.065	.035	61.73***
Emotional competence* (interpersonal)	2	2	1,219	-.176	-.334	-.018	7.44**
Emotional competence* (intrapersonal)	3	2	1,566	-.347	-.391	-.304	1.28
Emotional intelligence (trait)	2	2	2,061	-.445	-.480	-.411	0.38
Escape and suicidal ideations	2	2	3,430	.535	.512	.559	0.48
Extraversion* (parent)	2	2	2,061	-.184	-.340	-.027	8.19**
Family disorganization*	3	2	4,124	.485	.440	.529	6.78*
Gender of child	2	1	1,431	-.064	-.116	-.012	0.12
Gender of parent (male = 1, female = 2)	3	3	3,890	.073	.027	.119	3.85
Guilt	2	1	473	.440	.367	.513	0.95
Hours spent with children	8	11	6,593	.085	.001	.169	49.14***
Job burnout	7	4	7,490	.353	.314	.392	19.43**
Neighborhood	4	7	2,288	-.030	-.092	.031	6.76
Neuroticism* (parent)	6	4	5,475	.395	.348	.442	21.90***
Number of children	13	14	10,294	.081	.040	.123	45.92***
Number of men taking care of children	4	8	2,488	.000	-.039	.039	1.01
Number of women taking care of children	4	8	2,488	.021	-.027	.068	5.24

Openness* (parent)	2	2	2,061	-.055	-.098	-.012
Parental neglect	6	4	4,346	.498	.438	.557
Parental violence	7	4	4,450	.491	.436	.546
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Perfectionism *(socially prescribed)	2	1	2,204	.380	.344	.415
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Psychological well-being	2	1	661	-.294	-.364	-.224
Resilience	3	3	1,842	-.447	-.565	-.328
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Social support	2	3	897	-.376	-.454	-.299
Stress (global)	4	4	802	.533	.358	.708
Stress (parenting)	7	3	5,825	.503	.415	.592
Work-family conflict	2	3	796	.226	.160	.293

Mikolajczak, M., Aunola, K., Sorkkila, M., & Roskam, I. (2023). 15 Years of Parental Burnout Research : Systematic Review and Agenda. Current Directions In Psychological Science, 32(4), 276-283.
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La balance = un modèle étiologique du burnout parental



Roskam, I., & Mikolajczak, M. (2018b). *Le burn-out parental : Comprendre, diagnostiquer et prendre en charge*. De Boeck Supérieur.

- Certaines caractéristiques familiales : **faible soutien social**, insatisfaction conjugale, conflits conjugaux devant les enfants, altération de la cohésion coparentale, **désorganisation familiale**
- Certaines caractéristiques parentales : **faibles capacités de régulation émotionnelle +++**, **forte sensibilité au perfectionnisme socialement prescrit**, attachement anxieux, **faible estime de soi parentale**, **faible satisfaction parentale**, restriction de rôle, pratiques éducatives peu chaleureuses
- Certaines caractéristiques de l'enfant : maladie chronique, handicap, **troubles externalisés**

Le Burnout Parental : Qui est touché ?

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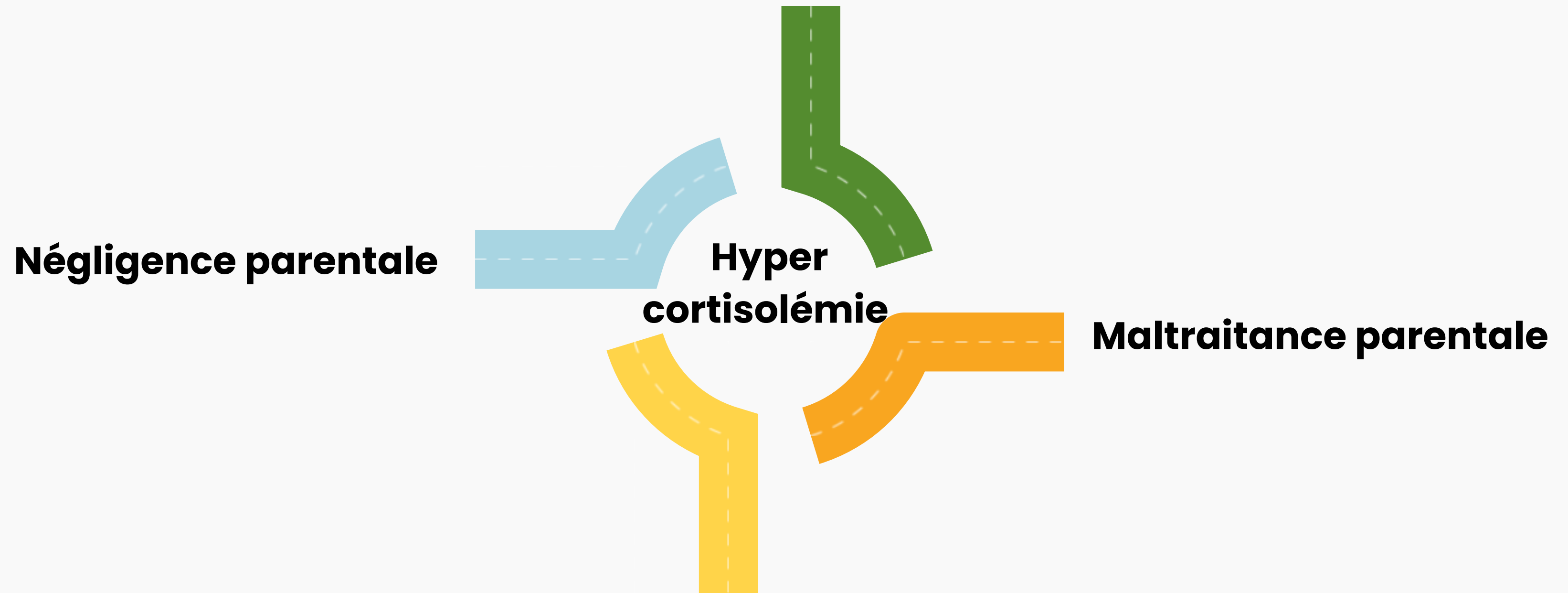
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Le Burnout Parental : quels risques ?

Problèmes de santé mentale chez le parent concerné : idées de fuite, idées suicidaires, addictions, burnout professionnel, dépression



Mikolajczak, M., Gross, J. J., Stinglhamber, F., Lindahl Norberg, A., & Roskam, I. (2020). Is parental burnout distinct from job burnout and depressive symptomatology? Clinical Psychological Science.

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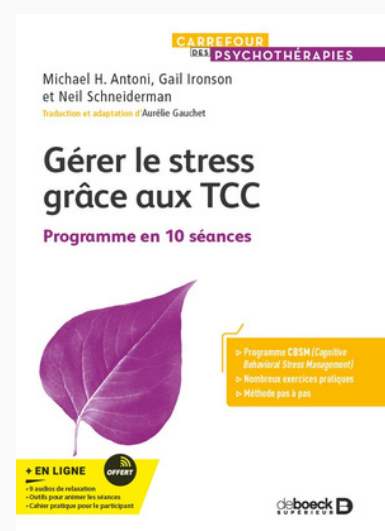
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Le burnout parental : Quels traitements ?



Groupes thérapeutiques +++ ou thérapie individuelle :

- Espace de parole
- Psycho-éducation
- Amélioration des compétences psycho-sociales (TCCE)
- Rééquilibrage de la balance stressseurs parentaux / ressources parentales



Le burnout parental : Quels traitements ?



Self-help books

Programme en ligne : <https://parentsurlefil.com>



Traitements médicamenteux (non spécifiques au BP)

Le burnout parental : quelles implications en orthophonie ?



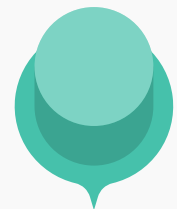
Le burnout parental peut toucher **tout parent**
Non pris en soin, il peut avoir des **conséquences graves** tant sur le parent que sur le(s) enfant(s)



Le manque d'implication ou la diminution de l'implication parentale dans les soins orthophoniques doit nous amener à **questionner le vécu parental** et à informer le parent le cas échéant sur les ressources existantes pour l'aider



L'orthophoniste peut participer au **soutien social**, facteur de protection face au burnout parental en offrant un espace de parole, de partage d'expériences, d'informations, d'idées concrètes entre parents,...



L'orthophoniste peut soutenir le **sentiment de compétence parentale** en valorisant explicitement et authentiquement ce que fait le parent pour son enfant



L'orthophoniste peut contribuer à **diminuer la pression** qui pèse actuellement sur les parents en luttant notamment contre les mythes des déterminismes parental et infantile.

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