



# Parenting & Family Support Centre

NEWSLETTER • AUGUST 2023

Our work focuses on the development and evaluation of evidence-based parenting and family interventions.

## New PFSC Director

Associate Professor Alina Morawska commenced as the PFSC Director on 1 February 2023. She is passionate about creating a world where children can thrive and feels honoured to be leading the Centre and supporting future generations of parents and children.

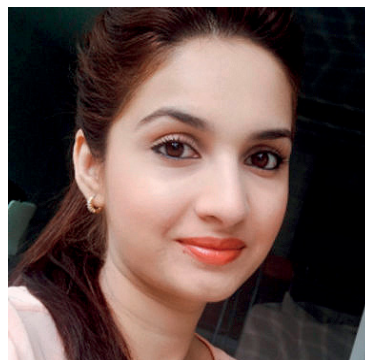
*“The family environment affects every aspect of a child’s development and good parenting is essential for positive mental health, wellbeing and resilience.”*

Associate Professor Morawska



## Congrats, graduates!

Congratulations to Dr Amina Khalid who has been awarded her PhD. Her work with caregivers in Pakistani orphanages was very positively evaluated by her thesis reviewers and it was a wonderful contribution to the literature in this neglected area. Doing the research work remotely via Zoom due to COVID was an added challenge which Dr Khalid managed with aplomb.



## Recent publications

Arthur, S., Mitchell, A., & Morawska, A. (2023). Parent-reported barriers to establishing a healthy diet with young children. *Child: Care, Health & Development*, 49: 669-678. [doi.org/10.1111/cch.13081](https://doi.org/10.1111/cch.13081)

Gonzalez, C., Morawska, A., & Haslam, D. (2023). The role of health behaviour theories in parents’ initial engagement with parenting interventions. *Journal of Consulting and Clinical Psychology* (Accepted 9/3/2023).

Havinghurst, S.S., Mathews, B., Doyle, F.L., Haslam, D. M., Andriessen, K., Cubillo, C., Dawe, S., Hawes, D. J., Leung, C., Mazzucchelli, T. G., Morawska, A., Whittle, S., Chainey, C., & Higgins, D. J. (2023). Corporal punishment of children in Australia: The evidence-based case for legislative reform. *Australian and New Zealand Journal of Public Health*, 100044. [doi.org/10.1016/j.anzjph.2023.100044](https://doi.org/10.1016/j.anzjph.2023.100044)

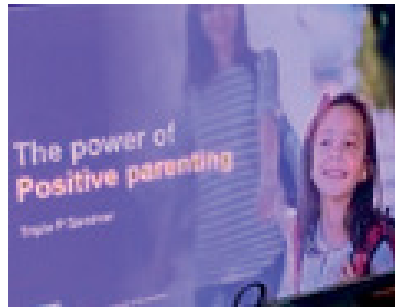
Khalid, A., Morawska, A., & Turner, K.M.T. (2023). Caregiver’s perspectives on the impact of the Group Triple P-Positive Parenting Program in Pakistani Orphanages. *Child & Family Social Work*, 1-12. [doi.org/10.1111/cfs.13052](https://doi.org/10.1111/cfs.13052)

Kimball, H., Cobham, V.E., Sanders, M., & Douglas, T. (2023). Procedural anxiety among children and adolescents with cystic fibrosis and their parents. *Pediatric*



## Research project spotlight

The new Thriving Kids and Parents Schools Project with a “Power of Positive Parenting” seminar for parents from schools in Queensland and Victoria was launched in June. Some great questions from parents were asked and hopefully answered.



## International Congress on Evidence-based Parenting Support (I-CEPS)

The Inaugural International Congress on Evidence-based Parenting Support (I-CEPS) was held June 6-9, 2023. It was hosted as an entirely virtual event by the Parenting and Family Research Alliance (PAFRA). The Congress had an overarching message that good parenting is the “clean water” of children’s mental health, resilience, and wellbeing and the single most important potentially changeable protective factor influencing human development, with life-long effects. I-CEPS aimed to inspire global collective action to improve access for all parents to high-quality, evidence-based, and culturally appropriate parenting support, to benefit children and young people everywhere.

CEPS brought together 790 researchers, program developers, policy makers, disseminators and service providers involved in delivering evidence-based parenting support to families from 62 countries.



## International visitors

The Parenting & Family Support Centre (PFSC) have been recently welcoming back International visitors. It was great

to host Iwona Omelańczuk from the Maria Grzegorzewska University in Poland.



L-R Prof. Matthew Sanders, Dr Iwona Omelańczuk and A/Prof. Alina Morawska.

Ma, T., Tellegen, C.L., McWilliam, J., & Sanders, M.R. (2023). Predicting the sustained implementation of an evidence-based parenting program: A structural equation modelling approach. *Administration and Policy in Mental Health and Mental Health Services Research*, 50: 114–127. [doi.org/10.1007/s10488-022-01226-x](https://doi.org/10.1007/s10488-022-01226-x)

Ma, T., Tellegen, C.L., & Sanders, M.R. (2023). Predictors of program advocacy behaviours in an evidence-based parenting program: A structural equation modelling approach. *American Journal of Community Psychology*, 71: 211223. [doi.org/10.1002/ajcp.12623](https://doi.org/10.1002/ajcp.12623)

Morawska, A., Etel, E., & Mitchell, A. (2023). Relationships between parenting and illness factors and child behaviour difficulties in children with asthma and/or eczema. *Journal of Child Health Care*, (Accepted 12/1/23).

Morawska, A., Herd, M., & Jackson, C. (2023). Triple P for Baby: Parenting support across the perinatal period. *International Journal of Birth and Parent Education*, 10(2), 31-37.

Morawska, A., Mitchell, A.E., & Tooth, L.R. (2023). Managing screen use in the under-fives: Recommendations for parenting intervention development. *Clinical Child and Family Psychology Review* (Accepted 25/4/2023).

Sanders, M.R., Hoang, N-P, T., Gerrish, R.J., Ralph, A., & McWilliam, J. (2023). The Change of Practitioner’s Self-Efficacy in Triple P Professional Training: Moderating Role of Practitioner Characteristics, Country, and Delivery Mode. *Journal of Child and Family Studies*. [doi.org/10.1007/s10826-023-02568-2](https://doi.org/10.1007/s10826-023-02568-2)