

Parenting and Family Support Centre

NEWSLETTER • MARCH 2024

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

Graduations

Saturday 9th December 2023 was graduation day for two of our PFSC PhD students, Dr Grace Kirby and Dr Jeff Adina. Grace was supervised by Dr Julie Hodges and Professor Matt Sanders, and Jeff was supervised by Associate Professor Alina Morawska, Dr Amy Mitchell and Dr Divna Haslam.

L-R Associate Professor Karen Turner, Professor Matthew Sanders, Dr Amy Mitchell, Dr Jeff Adina, Dr Divna Haslam and Dr Grace Kirby.



Cherbourg positive parenting collaboration

The Dar'in Djanum (Strong Together) Project has been running in Cherbourg community since June 2019. This collaboration between the Parenting and Family Support Centre, Cherbourg Regional Aboriginal and Islander Community Controlled Health Services, Cherbourg Aboriginal Shire Council and the Cherbourg Community Health Service, DDHHS, Queensland Health aimed to explore determinants of parent and family wellbeing, better understand parents' service access preferences and increase community controlled agencies' capacity, and develop sustainable resources to support parents, caregivers of young children through evidence-based parenting programs. One of the outcomes of the project is a series of public service radio announcements about parent and caregiver wellbeing aired on Cherbourg Us Mob radio. The announcements recently won a First Nations Media award (see announcement below from South Burnett News, November 27, 2023).



L-R (back row) Arlene Langton, Arvind Ponnappalli, Tara Priestley, Michell Forster, (front row) Karen Turner, Michael Monk, Aunty Jeanette Brown

Us Mob wins media award

Cherbourg Radio, better known as 'Us Mob', has won an award at the prestigious First Nations Media Awards held in Canberra last week.

The station picked up the trophy for 'Best Promo or Station ID' award for its 'D'arin Djanum - Parenting Tips for Mob' segments which came out of the Triple P parenting program.

The award presentation acknowledged the work done by station co-coordinator Michael Monk, broadcaster/content creator Arlene Langton, and broadcasters Kimberley Barrett, Tara Priestly and the late Harold Chapman.

"We know this really was a 'whole of community' project that involved much research and consultation

with parents and Elders, educators and mentors to ensure that the messages are culturally appropriate for our mob," a station spokesperson said on Friday.

"This has become a wonderful resource for mob here in Cherbourg and is being shared and implemented in other First Nations communities."

"To everyone involved (you know who your are), this award recognises each and every one of you."



A screencap from the awards night acknowledging Cherbourg Radio's success.



Participant community members in Papua New Guinea

Project spotlight

PFSC PhD candidate **Nicole Penman**'s research has focused on women's entrepreneurial development (WED) in Papua New Guinea. In collaboration with the Kokoda Track Foundation, an Australian aid organisation which aims to advance education, health, livelihoods, and leadership in PNG, Nicole's projects evaluated an existing WED program training women in solar entrepreneurship skills and provided SolarBuddy funded handheld solar lights for the women to sell. The study indicated a need for greater community consultation and more in-depth training programs that involve the whole family to enhance women's support and entrepreneurial empowerment. This led to the development of the Pawa Givim Meri (Giving Women Power) Program. The training program was designed using a participatory action research aiming to empower women through building their capacity to earn an autonomous income whilst navigating difficult gender dynamics.

The training program was evaluated alongside a women's sanitation project, where women learn how to sew and sell re-usable sanitary packs for girls and women. Acceptability and relevance of the training program were highly rated and there were significant positive short-term impacts found for women's business skills but not for family teamwork. This research has provided direction for future refinements in training (such as family-based approaches), assessment measures and ongoing supports for women following WED programs.



Nicole Penman

Release of the Every Family 2 population trial

The findings from a large scale quasi-experimental population trial of the Triple P System has been completed and submitted for publication. The study was funded by the ARC Centre of Excellence for Children and Families over the Life Course. It compared the effects of the Triple P system and Care as Usual

on rates of child maltreatment in 64 socially disadvantaged communities in Queensland and New South Wales. The findings demonstrated that after 2 years of intervention, communities that received the Triple P System had significantly lower rates of child maltreatment substantiations and notifications.

Recent publications

Cobham, V.E., Radtke, S.R., Hawkins, I., Jordan, M., Ali, N.R., Ollendick, T.H and Sanders, M.R. (2024). Piloting a one-day parent-only intervention in the treatment of youth with anxiety disorders: Child and family-level outcomes. *Child Adolesc Psychiatry Ment Health* **18**, 8 (2024).

doi.org/10.1186/s13034-023-00702-y

Gonzalez, C., Morawska, A., Haslam, D., and Higgins, D.J. (2024). Psychometric properties of the Parenting Belief Scale in a multi-country sample of parents from high-income countries. *Child Abuse and Neglect*, **147**:106565.

doi.org/10.1016/j.chiabu.2023.106565

Hoang, A., Sanders, M.R., Turner, K.M.T., Morawska, A., Cobham, V., Chainey, C., and Simmons, E. (2024). Connecting families, schools and communities: A systems-contextual approach to sustainable futures for children. *Sustainable Development*, 1-13.

doi.org/10.1002/sd.2911

Khan, A., Thomas, G., Karatela, S., Morawska, A., & Werner-Seidler, A. (2024). Intense and problematic social media use and sleep difficulties of adolescents in 40 countries. *Journal of Adolescence* (Accepted 13/3/24).

Lee, Y., Keown, L.J., and Sanders, M.R. (2023). Korean parents of a child with developmental disabilities: a survey of child behaviour, parenting and family relationships, and parenting program preferences. *International Journal of Developmental Disabilities*, 1-10.

doi.org/10.1080/20473869.2023.2252707

Ma, T., Tellegen, C.L., and Sanders, M.R. (2024). The role of parenting self-efficacy on teacher-child relationship and parent-teacher communication: Evidence from an Australian national longitudinal study. *Journal of School Psychology*.

doi.org/10.1016/j.jsp.2024.101296

Ma, T., Tellegen, C.L., McWilliam, J., and 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

Ma, T., Tellegen, C.L., and Sanders, M.R. (2023). Predictors of champion behaviors in an evidence-based parenting program: A structural equation modelling approach. *American Journal of Community Psychology*, **71**: 211223.

Professor Matthew Sanders APS presentation

Professor Sanders presented a three-hour webinar on February 5th to the Australian Psychological Society Membership on "Using Online Parenting Programs as an Aid to Psychological Intervention for Children and Adolescents". The webinar was designed to support the Parenting Education and Support Program funded by the Australian Government, Department of Health and Aged Care. This program has provided a suite of evidence-based online parenting support programs free to all parents and carers in Australia with children under 12 years of age.



Professor Matthew Sanders

International Congress on evidence-based parenting support (June 3-6, 2025)

Professor Sanders was appointed as the Convenor for the 2nd I-CEPS to be held in June 2025. I-CEPS is a global digital congress that attracted participants from 62 countries at the inaugural event in 2023. The primary mission of the Congress is to increase global access for families to high quality, evidence based, and culturally informed parenting support. The congress aims to bring together researchers, policy makers, practitioners and consumers, with a strong focus on using evidence to promote policy and social impact. An exciting addition to the second congress program is the inclusion of a "parent day" that is specifically designed to address contemporary concerns of parents.

International visiting scholar

Marina Heinen, a psychologist, researcher, and PhD student from Brazil visited the PFSC in February 2024. Marina presented her work on parenting research in the south of Brazil at the PFSC Seminar Series.



L-R Associate Professor Alina Morawska and Marina Heinen



L-R Olifa Asmara, Marina Heinen (front), Carys Chainey, Alina Morawska, Roxanne Jemison, Karen Turner, Ayu Namira Paramewari and Jeff Adina

Moller, N., Tellegen, C.L., Ma, T. and Sanders, M.R. (2024). Facilitators and barriers of implementation of evidence-based parenting support in educational settings. *School Mental Health*. doi.org/10.1007/s12310-023-09629-3

Morawska, A., Etel, E., and 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*, doi.org/10.1177/13674935231155964

Morawska, A., Herd, M., and 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., and Jackson, C. (2023). Supporting parents' adjustment during the transition to parenthood. *Australian Journal of Child and Family Health Nursing (Accepted 29/11/23)*.

Morawska, A., Mitchell, A.E., and Tooth, L.R. (2023). Managing screen use in the under-fives: Recommendations for parenting intervention development. *Clinical Child and Family Psychology Review*, 26, 943-956. doi.org/10.1007/s10567-023-00435-6

Rynne, S.B., Dittman, C.K., Wheeler, K.W., Mallett, C.J., and Sanders, M.R. (2023). Experiences of Aboriginal parents in the context of junior rugby league. *Leisure Studies*, 42(5), 751-768. doi.org/10.1080/02614367.2022.2143875

Sanders, M. R. (2023). The Triple P System of evidence-based parenting support: Past, present, and future directions. *Clinical Child and Family Psychology Review*, 26(4), 880-903.

Wei, Y., Keown, L.J., Franke, N., and Sanders, M.R. (2023). The effectiveness of Group Triple P for Chinese immigrant parents of school age children living in New Zealand. *Behaviour Change*, 40(1): 51-66. doi.org/10.1017/bec.2022.1

Wei, Y., Keown, L.J., Franke, N., and Sanders, M.R. (2023). Parenting practices and parenting program preferences of Chinese immigrant parents in New Zealand. *Journal of Child and Family Studies*, doi.org/10.1007/s10826-023-02730-w