

Parenting and Family Support Centre

NEWSLETTER • JUNE 2025

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

Supporting parents in the face of adversity

Dr Carys Chainey, is leading early career researchers from the **ARC Life Course Centre** to build a collaborative research program. The initiative aims to generate meaningful insights to inform research, policy, and practice, ultimately supporting families to break intergenerational cycles of adversity and disadvantage.

The program's first project is a scoping review exploring how confident parents feel in managing their children's behaviour when experiencing multiple forms of adversity. Drawing on nine academic and grey literature databases, the team screened over 19,000 papers, identifying ten studies that offer valuable insights into the impact of adversity on parental self-efficacy.

One key finding was the central role of parental mental health, both as a common form of adversity and as a mechanism influencing parents' confidence.

Mental health challenges were shown to compound the effects of other adversities such as separation, substance use, incarceration, and domestic violence. The review also identified factors that support or hinder parental self-efficacy at individual, family, and community levels.

This work highlights the urgent need for responsive supports for families experiencing adversity, and for further research in this space. The team is now planning future projects to better understand and advocate for effective, evidence-based solutions.

Project team: Carys Chainey, Sarah Little, Yina Choi, April Hoang, Tianyi Ma (PFSC); Elizabeth Stratton, Alyssa Milton (The University of Sydney); Renee Teal (The Kids Research Institute Australia); Steeve Marchand (The University of Melbourne)



Associate Professor Divna Haslam says there is no evidence that hitting children improves their behaviour (ABC Radio Brisbane: Kenji Sato)

Associate Professor Divna Haslam is leading a push by more than 100 child protection experts to make smacking children a crime in Queensland. The Queensland Law Reform Commission (QLRC) is currently reviewing criminal defences, including one that allows parents to use “reasonable” force to control a child. The experts told the QLRC review that “domestic discipline” contravened the United Nations Convention on the Rights of the Child, and was “out of step with current societal beliefs”. The academics who signed the submission include Emeritus Professor Matthew Sanders, founder of the Triple P positive parenting program, Emeritus Professor Michael Sawyer from the University of Adelaide,

who led the first Australian child and adolescent survey of mental health, and Professor Vicki Anderson, the group leader of brain research at the Murdoch Children’s Research Institute. The PFSC was a signatory to this combined submission and submitted their own report that was led by Dr Carys Chainey.

ABC News state political reporter, Jack McKay reported the Queensland premier says government shouldn’t tell parents how to discipline, including smacking. Associate Professor Divna Haslam was interviewed by ABC Radio and asked about the potential changes to the law and how corporal punishment impacts kids.



National Association of Women in Operations (NAWO)

Professor Alina Morawska was one of four Women’s Health experts who shared their insights and expertise with NAWO members in the April Brisbane event. This important event helped provide information on advocacy and support available to women in the workforce. NAWO’s vision is to see gender diversity valued and balanced at every level of operations.



Channel 7 News interviews Professor Matthew Sanders

Channel 7 interviewed Professor Matthew Sanders at the PFSC to mark the 500,000 registration milestone reached for the national rollout of the Triple P Online System.

Every parent and carer in Australia currently has free access to Triple P’s online programs.





Are our boys safe online? How to protect your teen from dangerous digital influences

The UQ Contact Magazine interviewed Professor Alina Morawska and Professor Jolanda Jetten to explain the warning signs and what to do when you see them and what are the best ways to protect children and teenagers from harm. Debate around the dangers kids face online is at an all-time high thanks to TV series *Adolescence* and 'manosphere' influencers.

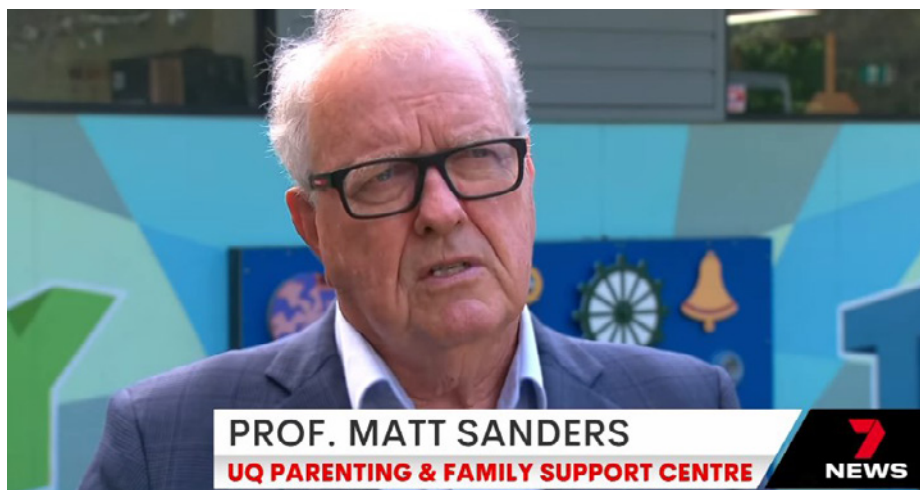
Farewell Dr April Hoang

Dr Hoang leaves the PFSC to take on a new opportunity with the Commonwealth Department of Education. We wish April all the best in her new role and her continued collaboration with the PFSC in an honorary position.



Specialised parenting support program rolling out for free, nationwide

Professor Matthew Sanders was interviewed by 7 News on the release in March of Triple P's newest program designed for parents of children with a disability. Families of children with disability facing long wait times for diagnosis and support can now access **Stepping Stones Triple P Online** – a free, evidence-based parenting program funded by the Australian Government.



Dr Carys Chainey on maternity leave

The PFSC hosted a morning tea for Dr Carys Chainey to celebrate the upcoming birth of her baby.



PFSC multicultural lunch

PFSC staff and students gathered together to share lunch and stories about diversity. We compared how similar foods are eaten in different countries but are prepared differently to create their own special tastes.



International Congress on Evidence-based Parenting Support (Online: June 4-7, 2025)

The successful I-CEPS 2025 Congress was delivered online in June with great support from PFSC researchers and the global parenting community.

Further details can be found [here](#)

Presentations from PFSC researchers included:

Keynotes Speaker

Emeritus Professor Mathew Sanders – Evidence based parenting support for all families: the challenge, progress and future directions.

Invited Speaker

Professor Alina Morawska – Screen use childhood and adolescence: the role of parenting and parent intervention

Congress Presentations

Anjana Rajagopal – “Have open conversations!”: Using co-design to develop a family-based healthy screen use intervention for adolescents

Ari Pratiwi – Exploring Father Involvement: Insights from Indonesia, China, and Australia

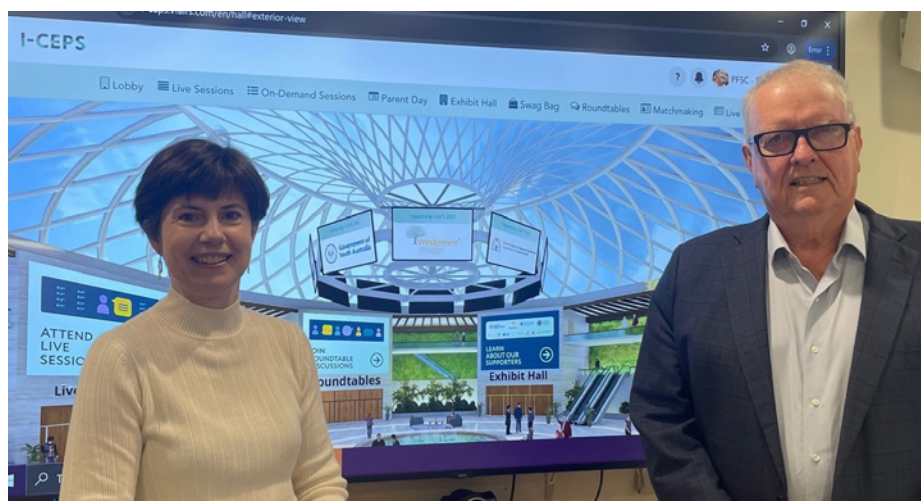
Ayu Paramcwari – RCT: the Effects of Stepping Stones Triple P vs Stepping Stones plus Enhanced Triple P on Parenting and Family Adjustment

Dr Carys Chainey – Adolescent Resilience and the Intergenerational Cycle of Adversity: The Role of Parenting

Dr Carys Chainey – Supporting Parents and Teenagers: Evidence and Innovation in Universal and Trauma-Informed Parenting Programs

Dr Carys Chainey – Ending Corporal Punishment Globally: Understanding the Multifaceted Problems and Solutions

Dr Carys Chainey – Enhancing Reach and Implementation through Action Circles



Professor Chris Boyle, Dr Julie Hodges, Tianyi Ma, Emeritus Professor Matthew Sanders – How a school-based, low-intensity, evidence-based parenting program can enhance the well-being of children and families and the home-school partnership: Findings from a cluster randomised trial in Australian primary schools.

Ms Eva Meester-Buma, Professor Alina Morawska, Dr April Hoang, Dr Grace Kirby, Dr Michelle Tucker – Universal access to Triple P Online System (TPOS) of parenting support programs through the Australian Parenting Education and Support Program (PESP): Strategies and evaluation outcomes to date.

Associate Professor Karen Turner, Arvind Ponnappalli, Assistant Professor Cari McIluff, Ms Maureen Ouma, Emeritus Professor Matthew Sanders, Ms Tarita Fisher, Ms Maria Taheri, Prof Anke Hoeffler, Associate Professor Divna Haslam, Ms Amy Bland, Dr John Acharibasam – Supporting parenting and family wellbeing in culturally diverse communities across the globe.

Dr Karyn Healy, Dr Hannah Thomas, Dr Julie Hodges, Alex Johnstone – The role of parenting and family interventions in providing support and reducing risks for children and teenagers who are bullied by peers.

Olifa Jelita Asmara, Tianyi Ma, Dr Carys Chainey, Professor Alina Morawska, Dr April Hoang, Dr Yulina Eva Riany, Dr Cassandra L. Tellegen, Dr Julie Hodges, Professor Christopher Boyle, Emeritus Professor Matthew Sanders, Ms Tallulah Wilson – The parent-child self-regulation dynamic: Insights, impacts, and interventions.

Roundtable Presentations

Ari Pratiwi – Father involvement in parenting

Olifa Asmara, Tianyi Ma – The parent-child self-regulation dynamic

Dr Julie Hodges, Tianyi Ma – School-based parenting programs: child, family and home-school partnership outcomes

Associate Professor Karen Turner, Arvind Ponnappalli, Assistant Professor Cari McIluff, Maureen Ouma – Supporting parenting and family wellbeing in culturally diverse communities.

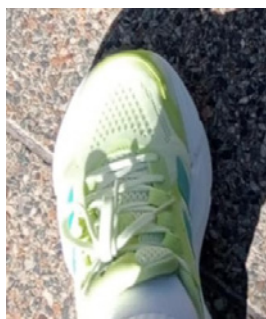
PFSC Sponsor Booth

This year the PFSC hosted a virtual Sponsor Booth and discussed the PFSC's research with those who visited the booth.

Award news

15 Minute Challenge - Winners Announced

THE PFSC put together a team and joined the UQ 15 Minute Challenge. Over a six-week period they each attempted to complete 15 minutes a day of exercise and the team scored above 90%. They also posted landscape photos from some of the places exercising took them such as walking around UQ Lakes. The Star Performer Award went to **Roxanne Jemison** and the PFSC team was represented by **Professor Alina Morawska**, **Associate Professor Karen Turner**, **Tianyi Ma**, **Dr Carys Chainey**, **Dr April Hoang**, **Roxanne Jemison** and **Stuart Gates**.



PFSC seminar series



The April seminar, "Parents as partners in children's education: Evaluating the role of parental-self-regulation in effective home-school partnership", was presented by **Tianyi Ma**.



Olifa Asmara presented the May Seminar with a presentation titled, "Empowering Parents, Supporting Children: Understanding and Promoting Self-Regulation through Parenting Intervention in Indonesia".

Alumni Updates

Felicity Brown completed her PhD at the PFSC in 2013 and now works at UNICEF as a Programme Specialist in mental health and psychosocial support, ensuring high quality programming for children and their families across child protection and health sectors. Within this role she provides technical support to regional and country offices in the development, evaluation, and roll-out of psychological interventions and implementation tools. She also co-chairs the global Child and Family thematic group within the Inter-agency Standing Committee reference group for mental health and psychosocial support in humanitarian emergencies - working to advocate and ensure that the mental health needs of children and their families in emergencies are prioritised. Before joining UNICEF, Felicity worked as Senior Researcher at War Child, leading efforts to develop an evidence-based, inter-sectoral system of care for families affected by armed conflict. Prior roles have included consultancies with World Health Organization to develop and evaluate mental health and parenting interventions, a fellowship with Harvard University focused on suicide and family support interventions amongst refugee populations, and associate editor for Conflict and Health journal.



We always take a keen interest in our alumni and would love to share your news in the newsletter. Let us know by emailing pfsc@psy.uq.edu.au and we will post the news.

Recent publications

Asmara, O. J., Morawska, A., Hoang, N. P. T., & Riany, Y. E. (2025). Development and Initial Validation of the Indonesian Child Self-Regulation Scale. *Infant and Child Development* (Accepted 23/6/25).

Asmara, O., Morawska, A., Hoang, A., & Riany, Y. E. (2025). How Far Does the Apple Fall from the Tree? A Cross-sectional Study of the Relationship Between Child and Parent Self-Regulation in Indonesia Mediated by Parenting Practices. *International Journal of Behavioral Development*, 0(0). <https://doi.org/10.1177/01650254251327364>

Hoang, A., Hepburn, S.-J., Morawska, A., & Sanders, M. R. (2025). The effect of self-reflection on the outcomes of online clinical skills training: A comparative study. *Advances in Health Sciences Education Theory Practice*. <https://doi.org/10.1007/s10459-025-10425-8>

Khalid, A., Morawska, A., & Turner, K. M. T. (2025). Effectiveness of the Triple P – Positive Parenting Program in an Orphanage Context in Lahore, Pakistan. *Journal of Child, Youth and Family Studies* 16(1), 1-24. <https://doi.org/10.18357/ijcyfs161202522340>

Pyne, B., Morawska, A. & Asmara, O. (2025). The impact of modifiable parenting factors on the screen use of children five years or younger: A systematic review. *Clinical Child and Family Psychology Review*. <https://doi.org/10.1007/s10567-025-00523-9>

Sanders, M.R., Clague, D., Zajac, T., Baxter, J., Western M., Chainey, C., Morawska, A., Tomaszewski, W., Prinz, R.J., & Burke, K. (2025). Parenting, child maltreatment, and social disadvantage: A population-based implementation and evaluation of the Triple P system of evidence-based parenting support. *Child Maltreatment*, 30(1):177-191. <https://doi.org/10.1177/107755952412599>