The University Of Queensland
AUSTRALIA
CREATE CHANGE

Parenting and Family Support Centre

NEWSLETTER • JUNE 2026

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

Project spotlight

New edition of Triple P for First Nations Families



Authors Carol Markie-Dadds, Professor Karen Turner and Emeritus Professor Matthew Sanders with Professor Alina Morawska at the launch event.

June saw a double celebration – to launch the Triple P International Reconciliation Action Plan and the new edition of Triple P for First Nations Families. The new resources draw on TPI's RAP artwork by Elaine Chambers-Hegarty, which depicts the parents and carers, skilled practitioners and community connections that support children.



Photo credit: Triple P International Pty Ltd

At the launch event, **Professor Karen Turner** detailed the 30-year history of working with First Nations Elders, professionals and parents to refine delivery of Triple P in each community setting and to ensure tailored resources resonate with families' cultural values, histories, and lived experiences.

This tailoring of Triple P focussed firstly on cultural relevance, with materials designed to reflect diverse First Nations families and settings in everyday community life. It also takes a holistic view of wellbeing, and encompasses 'parenting' as a collective, including extended family, kinship and community networks involved in raising children.

The program acknowledges the impacts of historical and intergenerational trauma and the enduring effects on families, parenting confidence, and on the professional workforce. As a result, Triple P for First Nations Families is trauma-informed, strengths-based, and sensitive to the realities many families face, while still focusing on practical, evidence-based parenting strategies.

Finally, the process has prioritised workforce development through partnerships with organisations like the Queensland Aboriginal and Torres Strait Islander Child Protection Peak from 2010 and Marninwarntikura Women's Resource Centre in Fitzroy Crossing in the Kimberley from 2016, and ongoing collaboration with the Cherbourg community.

QLD Schools of Excellence magazine

Professor Alina Morawska provided practical tips and advice to help parents manage or reduce their teens' excessive screen use for the Courier Mail's, QLD Schools of Excellence magazine (May edition), article on, "Parents urged to act on teen screen time". Alina said, "open communication about expectations and rules was a practical first step to limiting screen use."



Photo credit: Adobe stock

How much scrolling is too much?

Professor Alina Morawska provided expert advice in the UQ, HMBS news article on **"How much scrolling is too much?"** Professor Morawska stressed the importance of starting conversations early to help guide teens toward responsible, balanced use before they gain full access at 16 years of age.

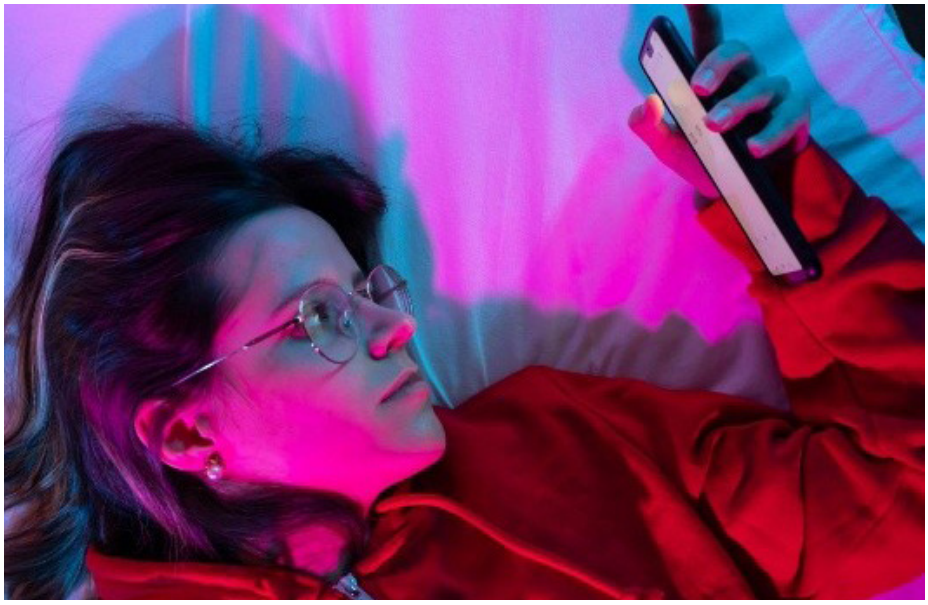


Photo credit: Adobe stock

Worried kids, big feelings:

How supportive parenting can ease NAPLAN anxiety

Emeritus Professor Matthew Sanders was interviewed by Cat Feeney on 612 ABC Brisbane afternoons about managing children's anxiety over NAPLAN testing in schools. He shared some tips on how families can manage this stressful period by seeing it as an opportunity to help children confront something that's a little difficult and a little challenging, but that they can still persist.



Taryn, Cat Feeney, Emeritus Professor Matt Sanders

Concerns and implications of AI deepfakes



Dr Carolina González Urrutia was interviewed by Sarah Howells of the Sunshine Coast Mornings radio program to talk about how parents can discuss concerns and implications of AI deepfakes and recommendations to manage and support their children.

UQ Psychology research industry night

Professor Alina Morawska was invited to present at the UQ Psychology Student Association annual research industry night. After the presentations the students were encouraged to network and ask questions of the presenters on a future in research.



Triple P New Zealand 2026

Triple P International welcomed the opportunity to host a bi-partisan event at NZ parliament with an expert panel discussion on growing healthy, resilient children in the digital age. Co-sponsored by National MP Catherine Wedd and Labour MP Jan Tinetti, guest panellists included the Children's Commissioner Dr Claire Achmad, Ngāti Hine Health Trust CEO Tamati Shepherd-Wipiiti, Associate Professor Child Adolescent Mental Health Paediatrician and Psychiatrist, Auckland University Dr Hiran Thabrew, and Dr Jenna McWilliam, Executive Director, Triple P International and Honorary Research Fellow, School of Psychology, The University of Queensland. **Emeritus Professor Matthew Sanders** attended to provide further expertise.



Emeritus Professor Matthew Sanders in discussion with attendees



Labor MP Jan Tinetti, National MP Catherine Wedd, Emeritus Professor Matthew Sanders, Triple P Managing Director Des McWilliam, Country Manager TPNZ Jackie Riach, Kaitohutohu TPNZ Ngāroimata Reid, TPNZ Training Co-ordinator Lucy Rowe, Triple P International Executive Director Dr Jenna McWilliam

National Families Week:

Wellbeing 'work outs' for stronger families

For National Families Week in May, **Emeritus Professor Matthew Sanders**, noted it is a time to pause and reflect on how families are feeling and behaving, and on the importance of equipping parents and carers with the tools to build strong connections and help their children thrive. The 2026 theme, 'Every Family, Everywhere', acknowledges the diversity of family life in Australia and the different challenges families face.



Photo credit: Adobe stock

Parents Network, Queensland Independent Schools

At the recent Mastering Parent Engagement program, **Emeritus Professor Matthew Sanders** presented findings from the POST trial with teachers of the new online version of the Family-School Connect Program (teachers version). He also presented information on the rollout of the National Parenting Pulse Survey that considers understanding the current parenting experiences, challenges, and need for support in Australia.



Farewell lunch for 2026 Summer Research Scholarship students at the PFSC

We had a farewell lunch for Scarlett Blyth and Jocelyn Cheung, who completed the Summer Research program under the supervision of **Dr Carolina Gonzalez**. Scarlett and Jocelyn worked on research projects related to the prevention of child maltreatment and family violence and parents' promotion of their children's pro-environmental attitudes and behaviours. They also collaborated in the screening and data extraction process of a systematic review on the assessment of mental health needs of children with intellectual disabilities.



Dr Carolina Gonzalez, Scarlet Blyth, Jocelyn Cheung, Afra Tasdelen, Herliana Djogo, Dr Nitchawan Jongrakthanakij, Roxanne Jemison

PFSC International lunch

PFSC staff and students came together in April for a shared lunch to celebrate our cultural diversity and learn more about each other.



Baby shower for Ramya

The PFSC enjoyed a celebratory afternoon tea with PhD student Ramya who is going on maternity leave. We wish Ramya all the best.



Awards news



Congratulations to **Dr Tianyi Ma** who has been successful with promotion to Academic Level B, which is an excellent achievement and a testament to the amazing work that he is doing.

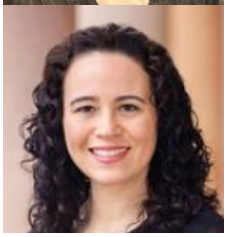
PFSC seminar series



PFSC visiting scholar, Liying Yang presented the March seminar, "From Discipline to Maltreatment: A Continuum of Parent–Child Conflict Tactics and Intervention".



PFSC visiting scholar, Afra Selcen Taşdelen presented the April seminar, "Parental Experiences and Challenges in Raising Twice Exceptional Children with ADHD: A Qualitative Study."



Dr Sandra Buchler, the Mary Lee Family Dynamics Fellow at the ARC Centre of Excellence for Children and Families over the Life Course presented the May seminar, "Who Cares? Trends in the Division of Care Among Separated Parents".

Recent publications

Asmara, O., Morawska, A., Hoang, A., & Riany, Y. E. (2026). A randomized controlled trial of the Triple P seminar series to promote parent and child self-regulation in Indonesia. *Journal of Applied Developmental Psychology, 104*, 101941. https://doi.org/10.1016/j.appdev.2026.101941

He, G. H., Hayixibayi, A., Liu, F., Hou, X. Y., Strodl, E., & Chen, W. Q. (2026). Conflictual relationships, school connectedness and anxiety amongst adolescents in China: the moderating effect of gender and school grade. *Psychology, Health & Medicine*, 1–17. https://doi.org/10.1080/13548506.2026.2680607

Hidajat, T., Hodges, J., Ma, T., Allen, K-A., Morawska, A., Boyle, C., & Sanders, M. R. (2026). Exploring school staff perspectives on the impact of brief, school-based parenting seminars: Implications for the home-school partnership. *School Mental Health*. https://doi.org/10.1007/s12310-026-09875-1

Kirby, G., Morawska, A., Mitchell, A., McGill, J., Coman, D., & Inwood, A. (2025). Changes in child behaviour following a brief parenting intervention (Triple P) for families of children with phenylketonuria (PKU): A case series. *Behavior Modification* https://doi.org/10.1177/01454455261421147

Lee, S., Turner, K. M. T., Dittman, C. K., Specht, J., & Day, J. (2026). Evaluating the Positive Early Childhood Education (PECE) Program in Canada: A cluster randomized trial of educator practices and child behavior outcomes. *Early Childhood Education Journal.* https://doi.org/10.1007/s10643-026-02157-0

Ma, T., Masroori, N., & Morawska, A. (2026). Associations between parental self-efficacy and outcomes for children and parents: A systematic review protocol. *JBI Evidence Synthesis* (Accepted 15/5/26).

Ma, T., Tellegen, C. L., Hodges, J., Boyle, C., & Sanders, M. R. (2026). Understanding the interplay among the parental involvement, parental self-regulation, and child adjustment: A latent profiles analysis and cross-validation. *Journal of School Psychology*, 115, 101526. https://doi.org/10.1016/j.jsp.2025.101526

Ma, T., Tellegen, C. L., Hodges, J., Boyle, C., & Sanders, M. R. (2026). Part II: Can school-based delivery of an evidence-based parenting program promote the home-school partnership? Parental self-regulation as the mechanism of change. *Family Process.* (Accepted 08/04/26)

Alumni updates

Dr Karyn Healy



I studied my PhD after extensive experience as a psychologist working with schools to address bullying and conflict.

I took leave from my permanent position with the Queensland Department of Education to study, with the support of an Australian Postgraduate Scholarship. I hoped that doing a PhD through the PFSC would help develop my research skills, including in program evaluation. I could not have hoped for a better learning experience than I had, with Professor Matt Sanders as my primary supervisor.

My PhD involved: a cross-sectional study establishing a theoretical basis for how parenting was associated with children being bullied at school; and an RCT of Resilience Triple P, a family program for children who were bullied, a program I co-authored with Professor Sanders.

In the 10 years since completing my PhD, I have led the development of Teen Connect Triple P, an age-based adaptation of Resilience Triple P, and managed a pilot RCT evaluating this and another CBT program. I have co-authored a seminar about how parents can help prevent their child being bullied, trialled as part of the Thriving Kids and Schools Project. I was an invited member of the Queensland Cyberbullying Prevention Committee (2019–2020). Last year, I accepted a 6-month secondment to the Queensland Bullying Prevention and Response team. I am lead author of numerous papers about bullying and have presented at many national and international conferences, including in a symposium of international researchers at the World Anti-Bullying Forum in Norway last year. I have written 11 articles about bullying for The Conversation, with 494,000 readers, and am often asked by media to comment about school bullying.

Recent publications (continued)

Morawska, A., Adina, J., Khan, A., & Turner, K. M. T. (2026). Parental factors associated with social media use in adolescence: A systematic review. *Journal of Adolescence, 98*, 51–68. https://doi.org/10.1002/jad.70062

Morawska, A., Armstrong, R., McBryde, C., Mitchell, A. E., Etel, E., McAuliffe, T., & Johnston, L. (2026). Parent needs and preferences for support during their very prematurely born child's transition to school. *International Journal of Early Years Education, 34*(1), 59–75 https://doi.org/10.1080/09669760.2024.2367508

Morawska A., Mitchell, A. E., Etel, E., McAuliffe, T., Ma, T., Armstrong, R., McBryde, C., & Johnston, L. (2026). A systematic review of parents' experiences during their child's transition to school. *Early Childhood Education Journal, 54*, 1–12. https://doi.org/10.1007/s10643-024-01780-z

Pratiwi, A., Morawska, A., & Haslam, D. (2026). Father Involvement in Asian Families: A Systematic Literature Review. *Journal of Family Issues, 47*(3), 333-376. https://doi.org/10.1177/0192513X251370678

Rajagopal, A., Nisar, M., Morawska, A., Edwards, E., & Khan, A. (2026). Family-based interventions for managing screen use in children and adolescents: Systematic review, Meta-analysis and Intervention Component Analysis. *Journal of Psychologists and Counsellors in Schools, 36*(1),14-37. https://doi.org/10.1177/20556365261423543

Sanders, M. R., Burke, K., Haynes, M., Baxter, J., Western, M., Chainey, C., Prinz, R.J. (2026). Scaling population -based parenting interventions in socially disadvantaged communities: Challenges, opportunities, and future directions. *Journal of Child and family Studies.* https://doi.org/10.1007/s10826-026-03298-x

Thomas, G., Lau, S., Gomersall, S., Stylianou, M., Bourke, M., Duncombe, S. L., Vergeer, I., Morawska, A., Trost, S., Cairney, J., & Biddle, S. (2026). Parental Knowledge, Attitudes, and Perceived Usefulness of Australian Screen Time Guidelines for Toddlers and Preschoolers. *Health Promotion Journal of Australia, 37*(2), e70178. https://doi.org/10.1002/hpja.70178

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.