

Parenting and Family Support Centre

NEWSLETTER • SEPTEMBER 2026

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

Project spotlight

Right to share or duty of care? Management and disclosure of children's informational privacy in digital spaces

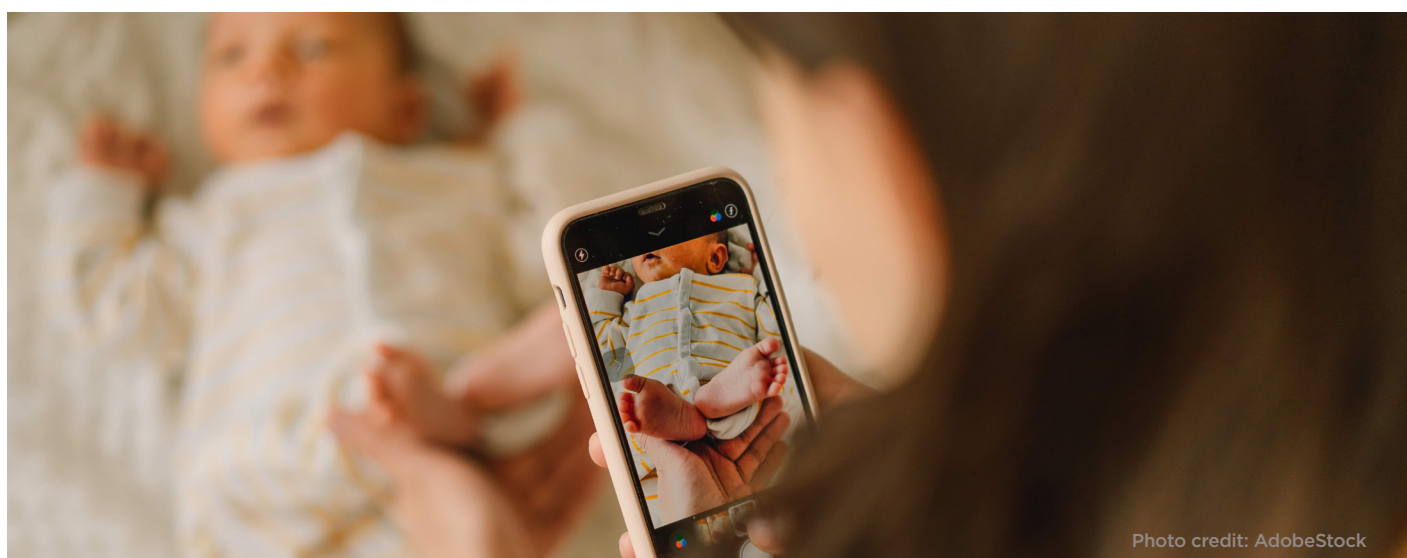


Photo credit: AdobeStock

As digital technologies become increasingly embedded in everyday social interactions, a growing body of research is examining how parents use social media and other online platforms to share information about their children. This practice, known as 'sharenting', is reported by parents to be a rewarding activity that leads to experiences of positive emotions and social connection. On the other hand, scholars have been highlighting ethical and safety concerns associated with the disclosure of children's data online. Camila Franco, a PhD candidate at the Parenting and Family Support Centre, is conducting research that investigates the predictors of

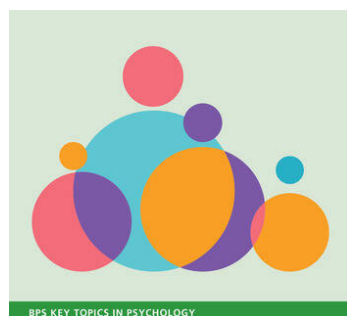
sharenting behaviour. Her doctoral work aims to generate knowledge that will inform the development of interventions that promote safer habits.

The first study of this project was a scoping review that mapped important insights into best sharenting practices for children's emotional safety, and highlighted the importance of parents performing risk assessments on behalf of their children. The project's next stages will explore how parents disclose information about their children in digital spaces, including how they adopt risk-mitigation strategies and the extent to which their practices

align with children's preferences. The knowledge produced by this investigation will assist with identifying habits among parents in Australia that may require attention when considering children's safety and wellbeing.

Overall, it is anticipated that this project will provide practical insights to promote mindful parental management of children's data in digital spaces. In addition, it will contribute to theoretical perspectives that help explain the social media dilemmas faced by parents when balancing the benefits of social media practices with children's safety and wellbeing.

Key Topics in Parenting and Family Psychology



KEY TOPICS IN PARENTING AND FAMILY PSYCHOLOGY

ALINA MORAWSKA AND AMY MITCHELL



Key Topics in Parenting and Family Psychology, by Professor Alina Morawska and Associate Professor Amy Mitchell, is published as part of the British Psychological Society's 'Key Topics' series, in association with Routledge.

Professor Alina Morawska was interviewed by *The Psychologist* on the themes included in the book. The article "Unboxing childhood: Parenting in the context of gender stereotypes" explores the complexities of gendered environments. Ultimately, the aim is not to create an environment where sex and gender do not exist, but one that offers choices and options that are responsive to children's individual needs and preferences and their developmental stage. For older children, it's about providing opportunities to understand gender stereotypes and how these can be navigated.

Congratulation graduates!

The 2026 July UQ graduation ceremony was well attended by PFSC graduands and staff. Dr Tianyi Ma, Dr Ayu Paramewari and Dr Ari Pratiwi were awarded their PhDs at the ceremony. Dr Olifa Asmara also graduated but was not in attendance. Proud supervisors, Emeritus Professor Matthew Sanders, Professor Karen Turner and Dr Cassandra Tellegen, were in attendance along with PFSC Centre Coordinator, Roxanne Jemison.

Dr Olifa Asmara was supervised by Professor Alina Morawska, Dr April Hoang and Dr Yulina Eva Riary, "Exploring and enhancing parent and child self-regulation in Indonesia: Assessment development and evaluation of the Triple P Seminars". Dr Tianyi Ma was supervised by Emeritus Professor Matthew Sanders, Dr Cassandra Tellegen and Professor Karen Turner, "Parents as partners in children's education: Evaluating the role of parental-self-regulation in effective home-school partnership". Dr Ayu Paramewari was supervised by Dr Cassandra Tellegen, Dr April Hoang and Professor Alina Morawska, "The impact of parent mental health symptoms on parenting and family adjustment in families with complex needs". Dr Ari Pratiwi was supervised by Professor Alina Morawska and Associate Professor Divna Haslam, "Father involvement and its determinant among Indonesian fathers".



Dr Ayu Paramewari, Roxanne Jemison, Dr April Hoang, Dr Cassandra Tellegen, Dr Tianyi Ma, Emeritus Professor Matthew Sanders, Professor Karen Turner, Dr Ari Pratiwi, Dr James Kirby

Metro North Research Group

Professor Alina Morawska was an invited panel discussant at the 2026 Metro North Health Research Summit. The mental health session heard from experts in child, youth and adolescent mental health, across psychology, neuroscience, psychiatry and parenting and family disciplines, on how social media and technology influence mental health and the development of young people across their life course.



Professor Alina Morawska, Associate Professor Kylie Burke, Professor Jennie Hudson, Professor Selena Bartlett, Professor James Scott

IPB Indonesian University



Professor Alina Morawska presented a talk, "Gendered parenting: What do we know"

at the International Summer Course, themed, "Empowering future gender justice and child protection in agromaritime 5.0 transformation". The course was hosted by IPB University's Center for Gender and Child Studies (CGCS) and FISEMA, the international program explored gender equity, child protection, and family resilience in the digital agromaritime era.

Cherbourg Hospital

Professor Karen Turner and Dr Mila Hayixibayi visited the Women's and Children's Unit at the Cherbourg Hospital (Darling Downs Aboriginal and Torres Strait Islander Health) and met with PFSC PhD Candidate and Senior Psychologist Arvind Ponnappalli and Local Indigenous Health Worker Caragh McCullough, to discuss one of the team's projects focusing on parent wellbeing in First Nations communities. The visit provided a valuable opportunity to discuss and culturally validate recent findings, gain community perspectives, and strengthen relationships with the Cherbourg community, supporting ongoing collaboration and meaningful engagement.



2026 Conference of the International Society for the Study of Behavioural Development (ISSBD)



Professor Alina Morawska, Associate Professor Mele Taumoepeau, Dr Florian Bednarski, Professor Melanie Zimmer-Gembeck

The ISSBD 2026, held in Incheon, South Korea was attended by a team of PFSC researchers.

Professor Alina Morawska, presented "Challenges and facilitators to healthy screen use practices: What parents and young people say" at the ISSBD-AHDA Joint Symposium entitled "Growing up in a dynamic environment: Australasian perspectives on digital, cultural, and early interactional processes".

Dr Tianyi Ma also presented a talk, "How daily family routines shape children's self-control: A three-level meta-analysis".



Liyang Yang, Dr Carolina Gonzalez, Professor Alina Morawska, Dr Tianyi Ma

PFSC colleagues **Professor Alina Morawska**, **Dr Tianyi Ma**, **Dr Carolina Gonzalez** and Liyang Yang presented a symposium titled, "New horizons in parenting research: Evidence syntheses of novel constructs, topics, and contexts".

Dr Carolina Gonzalez also presented two posters, "Suicide acceptability among older adults in Uruguay" and "Predictive factors of anxiety about aging in Uruguayan university students".

First Nations Gathering workshop

In August, **Professor Karen Turner** attended a two-day First Nations Gathering workshop hosted by the ARC Centre for Excellence for Children and Families over the Life Course (Life Course Centre) First Nations Research Portfolio. The event brought together Elders, knowledge holders, community members and researchers from across Australia to develop shared directions for future research with First Nation communities.



15th Anniversary of Triple P in Chile

Emeritus Professor Matthew Sanders travelled to Chile to celebrate the 15th Anniversary of Triple P in Chile. He presented a seminar to an enthusiastic 110 in-person and 120 online practitioners. The purpose was to strengthen the community of professionals currently delivering Triple P and discuss implementation questions emerging from day-to-day work with families. The session also included the first delivery in Chile of Triple P's new seminar on *Helping Children Develop Healthy Screen Time*

Habits, allowing practitioners to observe the seminar directly from Matt and become familiar with a new resource addressing an increasingly relevant concern for families.

While in Chile, Matt met with the Mayor of Santiago and Undersecretary of the Department of Children and gave a keynote presentation at the Catholic University of Chile, Santiago, Family Medicine program.



Practitioners' session in Santiago, Chile

ISPCAN Congress 2026



Professor Alina Morawska presented at the Melbourne symposium, “Independent evaluation of the online parenting support offered through the Parenting and Education Support Program (PESP)”. Alina was joined by researchers Eva Meester and Daniel Bielinski from Triple P International.

NAIDOC week celebrations



PFSC PhD Candidate Arvind Ponnappalli hosted a stall at the NAIDOC week celebrations for Cherbourg parents and community members. It was a wonderful celebration with traditional music and dance, and community coming together and having fun. Arvind presented his research on First Nations parent wellbeing along with gifts from the Triple P – Positive Parenting Program and the School of Psychology.

Brisbane Mental Health Research Conference 2026



PFSC staff, students and visiting scholars attended the Brisbane Mental Health Research Conference 2026 at Griffith University. Yihan Jiang presented a talk titled “Toward a three-tier model of parental self-regulation: A scoping review of existing definitions and operationalisations” and Dr Mila Hayixibayi presented “A social systems model of problematic internet use amongst adolescents living in China: Associations with family and school environment, anxiety and depressed mood”.

Dr Tianyi Ma, Dr Gabriela Garcia, Yihan Jiang, Professor Elif Cimsir, Dr Alimila Hayixibayi

School of Psychology RAP Working Party

In July, the School of Psychology RAP Working Party organised a trip for academic and professional staff and RHD students to visit Cherbourg for a Ration Shed Museum tour. The aim was for students and staff to learn about the history of the community and feel energised to contribute to the School's evolving partnership

with Cherbourg, working towards future collaboration on community priorities, research and placement opportunities. Sincere thanks to Uncle Eric Law for his generous storytelling, and to PFSC **PhD Candidate Arvind Ponnappalli** for liaising with community on our behalf.



The PFSC's Professor Karen Turner with some of the School of Psychology visitors to Cherbourg.



Emeritus Professor Matthew Sanders with the TPI staff who attended the seminar

Triple P International (TPI) staff seminar

Emeritus Professor **Matthew Sanders** was invited to present a talk to TPI staff entitled "Evidence-based parenting support for all families". The presentation focused on how population-level, evidence-based parenting support systems, exemplified by Triple P, can improve children's mental health and development by reaching and supporting families at scale.

Winter Research Scholars

Dr Carolina Gonzalez organised a lunch at the PFSC to thank Agnes and Phyllis for their incredible work as part of their Winter Research scholarship. They contributed to projects relating to Green Parenting, and also family violence and child maltreatment.



Dr Alimila Hayixibayi, Ni Putu Adelia Kesumaningsari, Agnes Sirait, Phyllis Tan, Dr Tianyi Ma and Dr Carolina Gonzalez

New PFSC PhD students



Camila Franco is a PhD Candidate in the Parenting and Family Support Centre, where her research examines the psychological factors that shape parental digital practices. Her work aims to promote safer online environments for children and support their development and wellbeing. Camila holds a Bachelor of Psychological Science (First Class Honours) and has a background in the education sector.



Ni Putu Adelia Kesumaningsari is a psychology lecturer and researcher from Indonesia who is currently pursuing doctoral studies at the PFSC. Her research explores how family environments and parenting practices shape children's development, with a focus on contemporary family contexts. She aims to develop evidence-based strategies to support healthy parenting and promote positive child development in diverse families. Adelia's current research investigates screen-time management for children in multigenerational households.

New international visitor



Dr Gabriela Pilar Garcia is a faculty member in the Department of Psychology at the Universidad de Navarra (Spain) but hails originally from Peru. Her research involves quantitative analysis of family and relational processes using longitudinal data. During her visit, she will take part in research activities at the PFSC while continuing work on her own datasets, in alignment with the Centre's research focus. Gabriela will be a visiting Academic at the PFSC for six months.



Call for submissions: I-CEPS 2027

Abstract submissions are now open for the International Congress on Evidence-Based Parenting Support (I-CEPS) 2027, an online global congress taking place 2–4 June 2027.

Hosted by the Parenting and Family Research Alliance (PAFRA), with support from the Parenting and Family Support Centre and Parenting Research Centre, I-CEPS 2027 will explore the theme “Parenting support for a changing world: Advancing evidence, equity and innovation” and bring together research, policy and practice perspectives from around the world.

Submissions are invited across a broad range of topics, including

parenting in adversity, diverse families and life stages, digital technologies, scaling parenting support, economic and social value, child mental health and education, policy and systems leadership, additional needs, and culturally inclusive parenting support.

**Abstract submissions close
27 November 2026.**

Find out more:
<https://i-ceps.pafra.org/>

Submit an abstract:
<https://i-ceps.pafra.org/submit-an-abstract>

Awards news

Congratulations to **Dr Carolina Gonzalez** who was awarded the ARC Life Course Centre Capacity Building Award. The award provided travel funds for Carolina to present her Life Course Centre-supported research at the 28th Biennial Meeting of the International Society for the Study of Behavioural Development (ISSBD), held in June 2026 in Incheon, South Korea.

Carolina was also appointed as an editorial board member for the International Journal of Child and Adolescent Resilience (IJCAR).



PFSC seminar series

PFSC PhD candidate, Camila Franco presented the August seminar, “Right to share or duty of care? Management and disclosure of children’s informational privacy in digital spaces”.


**THE UNIVERSITY
OF QUEENSLAND**
 AUSTRALIA

Camila Franco

HDR Progress Review 1

Right to Share or Duty of Care?

**Management and Disclosure of Children’s
Informational Privacy in Digital Spaces**

Advisory Team:

Prof Alina Morawska
Parenting and Family Support Centre, School of Psychology

Dr Kana Imuta
School of Psychology



Dr Catherine Sheehan, visiting from the University of Cardiff, Wales, presented a second August seminar, “Parent-child pretend play in a sample of children referred for emerging mental health difficulties”.


**CARDIFF
UNIVERSITY**
 PRIFYSGOL
CARDIFF

Parent-Child Pretend Play in School-Referred Children

Dr Cass Sheehan, sheehancs@cardiff.ac.uk

Dr Amy L. Paine, Dr Salim Hashmi, Professor Katherine H. Shelton



Alumni updates



Dr Lauren Hodge

I completed my PhD at the Parenting and Family Support Centre in 2016, with advisors Professors Karen Turner and Matt Sanders. My research focused on positive psychology, parenting, and implementation science. I studied the factors and processes that impact whether evidence-based programs are successfully adopted, delivered with fidelity, and sustained in real-world settings. My projects centred on child protection and family support services, much of it

in partnership with Aboriginal and Torres Strait Islander communities and organisations. This work shaped how I think about context, building trust, and what helps families under strain. I was also trained to deliver several variants of Triple P, with supervised practice across group, one-on-one, and seminar formats. This still guides my work today.

After my PhD, I consulted in Geneva with the WHO's Zika Response Team, then in Melbourne as an Implementation Advisor at the Centre for Evidence and Implementation, helping community organisations evaluate and redesign their wellbeing programs to be evidence informed and build the systems needed to sustain their impact over time.

Ten years on, I'm back in the US and I've taken that research, consulting, and coaching towards more direct client work. I run a coaching business helping parents and adults in high stress situations to navigate stress, emotional regulation, and the everyday demands of raising kids or managing relationships, and I share evidence-informed content under @drlaurenhodge. I'm also back in school full-time, working toward an MA in Clinical Counselling to become a therapist.

The thread connecting all of it hasn't changed much since my PhD, I'm still most interested in translating research to practice, to improve outcomes for families and communities.

Recent publications

March, S., Hayixibayi, A., Rowe, A. K., Stevens, J. M., Zieschank, K., Donovan, C. L., Spence, S. H. (2026). 10-Years of BRAVE self-help delivery service for child and adolescent anxiety in Australia: An open effectiveness-implementation trial. *Journal of Medical Internet Research*. doi.org/10.2196/97810

Gelmini, A., Tellegen, C., & Morawska, A. (2026). Parental engagement in infant obesity preventative interventions: Maternal awareness, barriers, and facilitators identified in a cross-sectional survey. *Maternal and Child Health Journal*. pubmed.ncbi.nlm.nih.gov/42560599/

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*. doi.org/10.11124/JBIES-26-00106

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*. doi.org/10.1111/famp.70150

Morawska, A., Gates, S., Tellegen, C. L., Hepburn, S.-J., & Hoang, A. (2026). Effective training methods for evidence-based professional training and transitioning challenges to the online realm: Insights from trainers. *Journal of Technology in Behavioral Science*. link.springer.com/article/10.1007/s41347-026-00680-w

Morawska, A., & Mitchell, A. (2026). *Key Topics in parenting and family psychology*. London: Routledge. doi.org/10.4324/9781003594994

Sanders, M. R., Turner, K. M. T., & Morawska, A. (2026). The Triple P System of evidence-based parenting support: An update of innovations and future developments. In T. Del Vecchio & M. D. Terjesen (Eds.), *Handbook of behavioral parent training* (pp. 305-326). American Psychological Association.

Singh, S., Turner, K. M. T., & Ashworth, P. (2026). Exploring children's agency: Implications for environmental action in North India. *Child & Youth Services*. doi.org/10.1080/0145935X.2026.2706591

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.