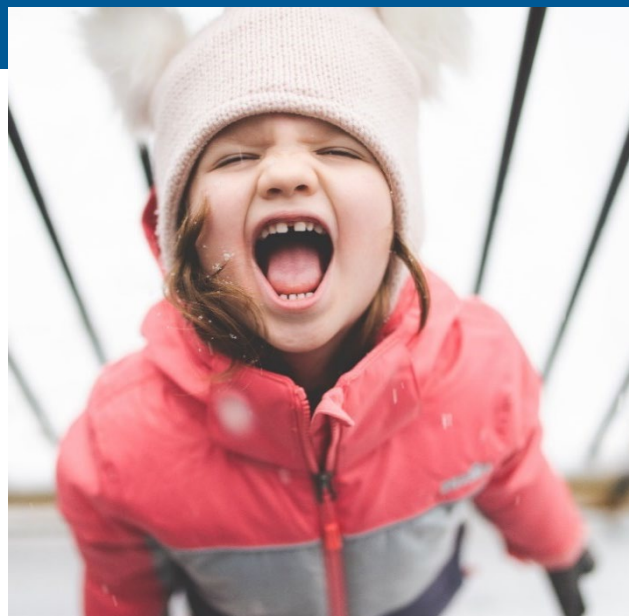


Are you looking for help to manage your child's behaviour?

Ethics committee approval number: 2023/349

 **Participate in a research study for parents and caregivers**

Online telehealth parenting program – families can participate from anywhere in NSW



Who can participate?

- Parents/caregivers (fathers, mothers, grandparents, foster and kinship carers) of children aged between 3-years and 9-years 11 months.

What is the study about?

- This study is called *Measuring Change in Parenting Programs*. It offers an evidence-based 8-10 session parenting program, delivered via telehealth, to help parents manage their child's challenging behaviours. This study examines the effectiveness of measure completion at different time points in the program.
- All families taking part in the study will receive an 8-10 session parenting program and will complete measures about their child and family before and after the program, and again after three months. In addition, families will be randomly allocated to either complete additional weekly measures before and after sessions or to not complete these measures.

What does the parenting program involve?

This evidence-based parenting program is 8-10 sessions and provides parents with evidence-based strategies to manage challenging child behaviour, promote positive parent-child interactions, and support parental teamwork.

- This research will help us find out how often to measure progress and change in parenting programs, so we can better support parents/caregivers.

How do I get involved?

- Contact the researchers at the University of Sydney to find out more about this study. Email your enquiry to scbrc@sydney.edu.au or call (02) 9114 4326.



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**For more information
contact scbrc@sydney.edu.au
or call (02) 9114 4326**