

129 parenting programs included in the rapid evidence assessment (2002 – 2017) of parenting programs evaluated in Australia.

Programs identified in the 2017 update are indicated in orange.

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
WELL SUPPORTED				
1-2-3 Magic	Child behaviour Parent-child relationship	Child aged 2-12 years with behavioural concerns	To manage and reduce undesirable behaviour in children aged 2-12 years	Australian evidence suggests that the following mode of delivery is Well Supported : Group face-to face - two three-hour sessions for groups of parents in a community setting The evidence suggests that the following mode is Supported : Self-directed four hour DVD
Couple CARE for Parents (CCP)	Basic child care Family relationships Parent-child relationship	Women in committed relationships in their 20 th – 35 th week of their first pregnancy. Singleton pregnancy	To promote positive couple adjustment to parenthood	One session for groups of parents based at a university psychology clinic, plus five home-based sessions for individual parents
Stepping Stones Triple P	Child behaviour Child development Parent-child relationship	Children with a disability and behaviour problems, typically aged between 2 and 12 years	To treat specific problems of children with a disability, aiming to improve social behaviour and increase language, as well as to decrease inappropriate behaviours	Australian evidence suggests that the following modes of delivery are Well Supported : Group Stepping Stones Triple P - five sessions for groups of parents, plus four sessions for individual parents Standard Triple P - ten sessions for individual

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				<p>parents</p> <p>Enhanced Triple P - 16 sessions for individual parents</p> <p>The evidence suggests that the following mode is Supported:</p> <p>Primary Care Stepping Stones Triple P – found 15 – 30 minute sessions delivered by a primary care physician</p>

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Triple P	Child behaviour Parent-child relationship Family relationships Child development	Children with behavioural concerns, typically aged between 2 and 12 years	<p>Aims vary slightly according to program level</p> <p>In general, the aim is to increase parents' competence and confidence, to reduce disruptive child behaviour problems and help practitioners to deal more effectively with requests for assistance with behaviour management</p>	<p>Australian evidence suggests that the following modes of delivery are Well Supported:</p> <p>Standard Triple P - eight to ten sessions for individual parents</p> <p>Self-directed Triple P – ten home-based sessions for individual families</p> <p>Enhanced Triple P – twelve sessions for individual parents or eight group sessions plus four telephone sessions</p> <p>The evidence suggests that the following modalities are Supported:</p> <p>Telephone Assisted Triple P – ten telephone-based sessions with individual parents</p> <p>Primary Care Triple P (provided by primary care professionals) – 3-4 sessions for individual parents in a primary care setting</p> <p>The evidence suggests that the following modalities are Emerging:</p> <p>Group Triple P – four sessions with groups of parents and four telephone sessions with individual parents or eight sessions with groups of families. Also available is Enhanced Group Triple P which includes an additional two group sessions</p> <p>Group Triple P all day format – one 8-hour session with groups of parents and four telephone sessions with individual parents</p>

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SUPPORTED				
1-2-3 Magic and Emotion Coaching	Child behaviour Parent-child relationship	Parents of children aged 2 – 12 years with concerns about their behaviour.	To help parents effectively manage child behaviour	Two 3-hour sessions for groups of parents
Dealing with Disobedience	Child behaviour Parent-child relationship Family relationships	Parents of children aged 3 – 6 years with concerns about their behaviour.	To support parents' ability to deal appropriately with child disobedience	One two-hour session for groups of parents
Family Transitions Triple P	Child behaviour Parent-child relationship Family relationships	Parents with children aged 2 – 14 years who are recently separated and have concerns about child behaviour or coparental conflict	To teach positive parenting to newly separated or divorced parents and reduce conflict and improve parents' communication	12 2-hours group sessions
Gifted and Talented Triple P	Parent-child relationship Child behaviour Family relationships	Gifted children aged up to 10 years, with behavioural concerns	To improve parenting styles, child behavioural and emotional problems and family adjustment	Five sessions for groups of parents and three telephone sessions for individual parents
Grandparent Triple P	Child behaviour Family relationships	Grandparents who provide at least 12 hours of care for children per week and have concerns about child functioning or they are in clinical range for depression,	To improve grandparents' use of positive parenting strategies, to improve relationship between family members and to reduce unhelpful emotions in grandparents	Six 120 minute group sessions and three 20 – 30 minute telephone calls

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
		anxiety, stress		
Group Lifestyle Triple P	Safety and physical wellbeing Child behaviour	Overweight or obese children	To reduce children's risk of chronic weight problems by increasing parents' skills and confidence in managing children's weight-related behaviour	Nine sessions for groups of parents at a psychology clinic and primary school, plus three telephone sessions
Hassle-free Mealtimes Triple P	Child behaviour Parent-child relationship	Parents of children aged 1.5 – 6 years with concerns about child feeding	To improve child mealtime behaviour	Four 2-hour groups sessions, followed by three individual telephone calls, and an additional group session. Total program duration is eight weeks
Hassle-free Shopping (brief parent group discussion based on Triple P)	Child behaviour Parent-child relationship	Children showing behaviour problems during shopping trips	To prevent behaviour problems during shopping trips and in other settings	One session for groups of parents
Hendrie & Golley (2011)	Safety and physical wellbeing	Healthy children (4-13 years of age) who are regular-fat dairy consumers	To improve dietary intakes and health outcomes of changing dairy foods consumed by children from regular to reduced fat varieties	Three clinic-based sessions for groups of parents
Indigenous Group Triple P	Parent-child relationship Child behaviour Child development	Indigenous families where the primary caregiver had concerns about their child's behaviour or their own parenting skills	To promote positive, caring relationships between parents and their children and to help parents develop effective management strategies for dealing with a variety of common behaviour problems	Six sessions for groups of parents and two home-based sessions for individual parents

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			and developmental issues	
Intensive Lifestyle Education, plus Triple P	Child behaviour Parent-child relationship Safety and physical wellbeing	Overweight 6-9 year old prepubertal children	To promote parental competence to manage their child's behaviour	Group Triple P (four group sessions for parents at a hospital, plus four individual telephone sessions), plus seven hospital-based sessions for groups of parents
Khan, O'Meara, Stevermuer & Henry (2004)	Safety and physical wellbeing	Children with asthma	To improve the skills of parents to recognise and avoid triggers, to use written asthma action plans and medication at the time of crisis, and to seek help appropriately	One telephone session with individual parents
Kennedy, Rapee, & Edwards (2009)	Child behaviour	Children with behavioural inhibition and parents with anxiety	To teach parents to reduce their child's anxiety using strategies such as graded exposure, contingency management, parent training and parent anxiety management	Eight sessions for groups of parents, plus one telephone session for individual parents
Morawska, Haslam, Milne and Sanders (2011) - brief parent group discussion based on Triple P	Child behaviour Parent-child relationship Family relationships	Parents concerned by their child's disobedience	To increase parents' skills in promoting social, emotional, behaviour competence in children; reduce parents' use of coercive and punitive methods of discipline; improve communication about parenting; reduce parental stress	One session for groups of parents and one telephone call to individual parents

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NOURISH	Safety and physical wellbeing	First time mothers with healthy term infants	To reduce childhood obesity risk	Twelve sessions with groups of parents at child health centres
Parent-child interaction therapy (PCIT)	Child behaviour Parent-child relationship	Preschool children with disruptive behaviours	To improve child-parent relationships and provide parents with skills to manage disruptive behaviour	Up to 12 sessions with individual parents in clinics
Parenting Preschools Programme	Child behaviour Child development Parent-child relationship	Preschool children	To improve child prereading skills and parent behaviour management skills	Combination of sessions for groups of children at preschools and schools, as well as group sessions for parents at preschools and schools and individual parent sessions conducted at preschools and via telephone
Parents Under Pressure	Parent-child relationship Family relationships Safety and physical wellbeing Child behaviour	Parents on methadone maintenance or involved in criminal justice system	Targets multiple domains of family functioning including the psychological functioning of individuals in the family, parent-child relationships and social contextual factors	Ten home-based sessions for individual families
Preschoolers with Autism (previously known as Parent Education and Behavior Management)	Child behaviour	Children with autism	To improve the mental health and adjustment of parents with preschool children recently diagnoses with autistic disorder	Ten sessions for groups of families and ten sessions for individual families

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(PEBM))				
PRAISE parenting program (also called DIET) as part of Hunter Illawarra Kids Challenge Using Parent Support (HIKCUPS) study	Safety and physical wellbeing	Overweight or obese children	To improve dietary intakes and food behaviour of overweight and obese children	Ten community-based sessions with groups of parents, plus three telephone sessions with individual parents
Rapee, Kennedy, Ingram, Edwards, & Sweeney (2005); Rapee, Kennedy, Ingram, Edwards & Sweeney (2010)	Child behaviour	Children with a high number of withdrawn/inhibited behaviours aged 36-62 months	To prevent the development of anxiety in preschool children	Six sessions for groups of parents
Resilient families intervention	Child behaviour Parent-child relationship Family relationships	Year 7 students	To improve parental mental health and family functioning and prevent adolescent substance abuse	Combination of groups sessions for children and one session for groups of children, plus eight sessions for groups of parents
Teen Triple P	Child behaviour	Children aged 12-13 years from	Addresses issues that might	Australian evidence indicates that this mode of

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	Parent-child relationship Family relationships Child development	a high school serving a low socio-economic area	lead to severe adolescent antisocial behaviour. Teen Triple P targets parenting risk factors such as: harsh, coercive discipline styles; parent-teenager conflict and communication difficulties; parental monitoring of teenagers' activities; parental depression; and marital conflict	delivery is Supported : Group Teen Triple P - Four sessions for groups of parents in a community setting plus four telephone sessions for individual parents Evidence for the following modes is not Supported, only Promising at this stage: Self-directed Teen Triple P Standard – ten sessions for individual parents Self-directed Teen Triple P Enhanced – ten sessions for individual parents, plus ten telephone sessions Standard Teen Triple P – ten sessions for individual parents
Tuning in to Kids: Emotionally Intelligent Parenting	Child behaviour Parent-child relationship	Children attending preschools in lower to middle class areas	To assist parents in teaching their preschool children some basic skills in understanding and regulating emotions	Six to eight sessions at community locations with groups of parents
Universal Triple P	Child behaviour Parent-child relationship	Any parent and child	To reduce or prevent child behaviour problems	This modality was found to be Supported in a transition to school project. It involved population-based media campaigns at schools, targeting child behaviour but was not specifically for children with behavioural problems. This was delivered in conjunction with Group Triple P to a subset of the sample. A further large scale population-based study evaluated the implementation of all 5 Levels of Triple P, including Level 1 (Universal) in conjunction with the other Triple P modalities.

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				Evidence for this approach is Promising at this stage.
Van Bergen, Salmon, Dadds, & Allen (2009)	Parent-child relationship	Not indicated	To train parents in elaborative, emotion-rich reminiscing to increase children's autobiographical memory and emotion knowledge	Four session for individual mother-child dyads in a university setting
Workplace Triple P	Family relationships Parent-child relationship	Working parents with children ranging in age from 1-16 years and having difficulties balancing family and work commitments	Targets difficult areas for working parents and involves helping parents manage stress and improve coping skills, as they both relate to work and family situations as well as specific strategies for dealing with key transition times such as getting ready for work and arrival home from work	Four sessions for groups of parents and four individual telephone sessions

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PROMISING				
ABCD Parenting Young Adolescents Program	Child behaviour Parent-child relationship Child development	Custodial or non-custodial parents with regular access to their adolescent aged 10 -14 years	To provide parents with information and skills for developing and maintaining trusting, positive and accepting relationships with their young adolescents which, in turn, encourages them to test their independence within safe boundaries and make the transition to adolescence	Six sessions with groups of parents in community settings
AusParenting in Schools Transition to Primary School Parent Program	Child development Child behaviour	Children about to start school	To enhance parents' knowledge and confidence in their ability to help their child make a smooth transition and manage any difficulties that may arise at this time	Four sessions for groups of parents at school
Buckle up Safely	Safety and physical wellbeing	Community-based program in a regional setting with high proportion of Aboriginal and Torres Strait Islander families	To improve correct use of car child restraints	One two-hour centre-based session for groups of parents
Bustos, Jaaniste, Salmon & Champion (2008)	Child development	Parents of infants aged 5 – 7 months due for immunisation	To teach parents to engage in behaviours likely to result in favourable infant pain outcomes	Information sheet and contact in the home
Colmar (2014)	Child development	Children aged 4 – 5 years with language difficulties from socio	To improve the language outcomes of children with	One one-hour session for groups of parents

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		economic disadvantaged areas	language difficulties.	
Cottage Community Care Pilot Project (CCCPP)	Safety and physical wellbeing Child development Family relationships Parent-child relationship	Vulnerable parents	The CCCPP was designed to directly address factors in first-time families that are associated with child maltreatment: lack of parenting skills, little or no knowledge about child development, the isolation many new families experience due to loss or absence of extended family support, single parent status and the inability or reluctance of some new families to access available community supports and resources	Twenty-four sessions in the home for individual parents plus eight months of sessions in a community setting for groups of parents
Dads Tuning in to Kids	Child behaviour Parent-child relationship Family relationships	Fathers of children aged 3 – 6 years	To increase fathers' emotion coaching and reduce their emotion dismissing	Seven weekly 2-hour sessions at a community venue
Fathers Infant Feeding Initiative	Child development	Fathers and their partners enrolled in antenatal education	To encourage initiation and continuation of breast feeding	A two-hour father-specific education course in addition to the stand antenatal course
Grillo, Ng, Gassner, Marshman, Dunn, Hudson &	Safety and physical wellbeing	Children with atopic eczema	To educate parents and paediatric patients about atopic eczema (AE)	Two hospital-based sessions

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Ng (2006)				
Group Triple P (Japanese population)	Family relationships Child behaviour Parent-child relationship Child development	Families with Japanese parents living in Australia whose children were aged 2-10 years	Targets coercive family interactions known to contribute to the development and maintenance of children's disruptive behaviour problems.	Five sessions for groups of families, plus three telephone sessions for individual families
Having a Baby	Basic child care Child development Family relationships	Pregnant women	To increase confidence and competence of women with a new baby in the early weeks and therefore enhance parenting self-efficacy	Eight sessions to groups of parents in hospital
Home Interaction Program For Parents and Youngsters (HIPPY)	Family relationships Parent-child relationship Child development Child behaviour	Preschool children who are developmentally vulnerable due to disadvantage or social exclusion	To improve interaction between parents and their children, foster a love of learning in children , promote cognitive and social development and enhance school readiness, increase parents' confidence and skills as their child's first teacher, increase participation in kindergarten, school and community life	Home-based sessions for individual parents plus sessions for groups of parents
Home Learning Program (HLP)	Safety and physical wellbeing Child development	Parents with intellectual disability and a child under 5 years	Targeted to parents with intellectual disability to promote child health and home safety in the preschool years	Ten home-based sessions for individual parents

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The Melbourne Infant Feeding Activity and Nutrition Trial (InFANT)	Child behaviour Safety and physical wellbeing	First time mothers enrolled in free universal Maternal and Child Health Centre mothers group programs	To reduce child obesity behaviours	Six 2-hour sessions to groups of parents delivered quarterly during regular parents' group meetings
The Miller Early Childhood Sustained Home-Visiting (MECSH) Programme	Parent-child relationship Child behaviour Child development Safety and physical wellbeing	At risk mothers in SES disadvantaged areas	To improve transition to parenting, improve maternal health and wellbeing, improve child health and development, develop and promote parents aspirations for themselves and their children, improve family and social relationships and networks	16 home-based sessions for individual parents
Mother & Baby Program (M&B)	Family relationships	New mothers	To improve the psychological health outcomes of postnatal women	Nine hospital-based sessions for groups of parents
Parent-Child Mother Goose	Child development Parent-child relationship Family relationships	Mothers of children aged 1 – 46 months	To improve child social and language outcomes	Twenty two-hour, centre-based sessions with groups of parents
Parenting Adolescents: A Creative Experience (PACE)	Safety and physical wellbeing Child behaviour	Eighth grade students	To reduce adolescent risk factors implicated in youth suicide	Seven school or community-based sessions with groups of parents

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Parenting Wisely	Child behaviour	Not indicated	To increase parental sense of competence and reduce child behaviour problems	One to three clinic sessions with individual parents or with groups of parents
Pathways Triple P	Parent-child relationship Child development Child behaviour	Parents with borderline to clinically significant relationship disturbance and child emotional and behavioural problems	To promote positive parent-child relationships	Nine sessions for groups of parents
PremieStart Parent Sensitivity Training Program	Safety and physical wellbeing Child development	Parents of premature infants (<30 weeks gestation)	To reduce parent's stressful experiences	Nine sessions for individual parents in NICU and one session for individual parents at home
Preparation for Parenthood, with additional postpartum session	Family relationships	First-time parents	To 1) increase the couple's understanding of each other's concerns, especially postpartum concerns; 2) to enable the couples to identify helpful and unhelpful behaviours if either found new parenthood stressful; 3) to provide participants with strategies other couples have found helpful when parenthood has been stressful' 4) to normalise any feelings of stress, isolation or lack of confidence that may be experienced postpartum	Seven hospital-based sessions for groups of parents, plus mails outs to the home

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Queen Elizabeth Centre's Day Stay Program	Family relationships Child behaviour	Mothers experiencing difficulties managing their infants or toddlers	To improve infant and toddler care and reduce parental distress	One session for individual parent-child dyads and groups of parent-child dyads at an early parenting centre
Quinlivan, Box, Evans (2003)	Child development Safety and physical wellbeing Basic child care Family relationships	Teenage mothers	To reduce the frequency of adverse neonatal outcomes and increase knowledge of contraception, breastfeeding and vaccination schedules in teenage mothers younger than 18 years	Five home-based session for individual parents
Reach for Resilience	Child behaviour	Preschool children	To prevent anxiety and other mental health problems in children	Six sessions for groups of parents held at preschools
Rapee, Abbott & Lyneham (2006)	Child behaviour	Children with anxiety disorder	To reduce anxiety in children by using parent-delivered bibliotherapy	Home-based program running for a total of 3 months
Salmon, Dadds, Allen & Hawes (2009)	Parent-child relationship Child behaviour	Children exhibiting oppositional behaviour	To provide parent management training (PMT) and elaborative, emotion-rich reminiscing (ER) to parents of children with oppositional behaviours	Six sessions with individual parent-child dyads
Shelton, LeGros, Norton, Stanton-Cook, Morgan & Masterman (2007)	Child development Parent-child relationship	Overweight or obese children	To reduce body mass index (BMI), caloric consumption, reduce time engaged with sedentary electronic media, increase time in physical activity and decrease waist	Four sessions for groups of parents in a community centre

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			circumference in children	
Signposts	Child behaviour	Children with an intellectual disability	To help parents manage difficult behaviour of their child with an intellectual disability	Groups, telephone, individual or self-directed options with six fortnightly sessions. Some better evidence for group option
Sofronoff & Farbotko (2002); Sofronoff, Leslie & Brown (2004)	Parent-child relationship Child behaviour	Children with Asperger's syndrome	To improve parental self-efficacy in the management of problem behaviours associated with Asperger's syndrome using Parent Management Training	One session for groups of parents at a university or six sessions for individual parents
Tuned in Parenting	Parent-child relationship Basic child care	Mothers seeking treatment for their child's sleeping, crying or feeding	To improve parent-infant/child relationships especially where the child exhibits functional regulatory disturbances	Nine sessions for groups of parents
Your Defiant Child	Child behaviour	Children aged 2-12 years with disruptive behaviour, attention-deficit hyperactivity and learning difficulties	To improve child behavioural problems	Self-help book plus option to call primary care provider. Followed up with weekly or fortnightly calls for 12 weeks
EMERGING				
The African Migrant Parenting Program	Child development Parent-child relationship Child behaviour Family relationships	African migrant and refugee parents living in Melbourne	To enhance both effective parenting and relationship skills, in order to help parents to raise their children confidently and understand their children's needs throughout various developmental stages in the	Eight sessions for individual parents in a community setting and three home-based sessions for individual parents

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			new cultural, social and educational environments	
The Australian Supported Learning Program – Me and My Community (ASLP)	Family relationships	Mothers with learning difficulties	Designed to strengthen the social relationships and improve the psychological wellbeing of mothers with learning difficulties	8 - 10 community-based groups sessions with parents, plus 12 home-based sessions with individual parents
Beatty, Cross & Shaw (2008)	Parent-child relationship	Parents of preadolescent children	To increase parent-child communication regarding alcohol, tobacco and other drug (ATOD) use	Five rounds for individual parents in the home
Berry, Jeon, Foster & Fraser (2016)	Child development Safety and physical wellbeing Basic child care Parent-child relationship	Parents of infants attending an early parenting centre	To improve parenting skills and parent self-efficacy	Residential program
The BEST Plus Program	Child behaviour	Families in which one child displays problematic behaviour including abusing alcohol and using drugs, such as cannabis, amphetamines and ecstasy	To reduce adolescent problem behaviours	Four sessions with groups of parents and four sessions with groups of families

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Better Beginnings	Child development Parent-child relationship	Parents with children aged 6-8 weeks	To provide positive language and literacy influences for young children through encouraging parents to read to their new-born baby	One community health clinical session to individual parents and library-based sessions for groups of parents and children.
The Boomerangs Aboriginal Circle of Security Parenting Camp Program	Parent-child relationship Child development	Indigenous parents	To teach parents attachment theory, to improve parents' skills in identifying parent/child interactions, to enhance parent sensitivity, to explore parents strengths and under developed capacities in the parent, to build on parent's strengths, to reflect on trauma	Two sessions with individual parent-child dyads at a mental health service. Plus 20 sessions including two camps at a Aboriginal Women's Centre an a local camp site
Bringing Up Great Kids Program	Parent-child relationship Child development	Parents of Nixon Street Primary School children	To increase parenting skills, examine how parents communicate with their children and generational influences on parenting	Five sessions with groups of parents
Building Blocks	Child development Family relationships Child behaviour	Children aged between 2.5-3.5 years with Autistic Disorder, Asperger's Disorder or Pervasive Developmental Delay-NOS	To build capacity to meet the immediate needs of the child and the family and in better understanding autism	Twenty home-based sessions for individual parent-child dyads or forty centre-based sessions for groups of parent-child dyads
Child Therapy Plus Parent/Teacher Training	Child behaviour Child development	Children with severe difficulty going to school and emotional problems	To improve school attendance, emotional distress and self-efficacy and overall child functioning	Eight sessions for individual children, plus eight sessions for individual parents and teachers

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Community Bubs Program	Family relationships Safety and physical wellbeing Child development	Families living in high need public housing estates with infants aged 0-4 months, who had been identified by health or welfare professionals as having significant risk issues and for whom without intensive support, notification to child protection was possible.	The model of intensive outreach aimed to facilitate the strengthening of the individual, family and community resources, in order for the at-risk infant to thrive and develop safely in the care of his/her parents/caregivers	Twelve months of support for families at the individual level in the home, as well as group and community-based support
Elias, Hay, Homel & Freiberg (2006)	Child development	Children who linguistically performed at the two lowest Preschool Language Assessment Instrument (PLAI) levels	To increase children's language and emergent literacy development, and increase parental involvement in their preschoolers' education	Total duration of 6 months in a school setting
The Essential Parenting Program	Child behaviour Parent-child relationship	Preschool children	The program teaches parents ways of emotion coaching their children, which included skills in labelling emotions, viewing emotions as a time for intimacy and teaching, empathising and validating their children's emotions and problem solving around emotional events	Six sessions for groups of parents at preschool settings
Families and Schools Together Galiwin'ku (FAST Galiwin'ku)	Family relationships Child behaviour Child development Safety and physical	Young Indigenous parents and their immediate family/biological children	To strengthen family functioning, prevent the target child from experiencing school failure, prevent substance abuse by the child and family, reduce stress that parents and	Eight sessions for groups of families in a school setting

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	wellbeing Parent-child relationship		children experience from daily situations	
Families Coping	Family relationships Child behaviour Child development Parent-child relationship	Families with preschoolers enrolled in inner-metro early learning centre	To teach parents communication skills to improve their coping	Five 2-hour sessions to groups of parents run over a 10-week period
Family Literacy Program	Child development Family relationships	Families living in a low socio-economic area with children considered to be at risk of literacy difficulties and school failure	To increase parental awareness of the literacy practices of their homes and communities and their awareness of young children's literacy development	Six sessions for groups of parents in a preschool settings
Food Cent\$	Safety and physical wellbeing Basic child care	Mothers with a mental illness	To increase knowledge about healthy dietary intake, food selection and preparation, and grocery expenditure	Not indicated
Fun not Fuss with Food	Child behaviour Parent-child relationship	Children with an eating or mealtime problem or at risk of developing a problem	To improve children's problem eating and mealtime behaviours	One session with groups of parents
Gibbs, Waters, Robinson, Young & Hutchinson (2012)	Safety and physical wellbeing	Parents attending a Maternal and Child Health Centre	To influence parent poison safety awareness and behaviours	One session for groups of parents at a Maternal and Child Health Centre

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The Gordoncare Parenting Orders Program	Family relationships Parent-child relationship	Families with court orders and a history of repeated returns to settle contact disputes	To provide support services to help families overcome contact problem	Six sessions for individual parents/carers and six sessions for groups of children
Great Kids Program	Parent-child relationship Family relationships Child development	Parents looking to improve their parenting	To support parents to review and change their patterns of communicating with their children which promotes more respectful interactions and encourages children's positive self identity. It aims to identify and address the sources of unhelpful and hurtful attitudes held by parents. It also works to establish a new relationship context for children and their parents through facilitating opportunities for positive exchanges	Six sessions with groups of parents
Hauck et al. (2015)	Basic child care Family relationships	Fathers of infants	To improve parent anxiety, depression, stress and parenting confidence	One one-hour group session for fathers only in the context of a parenting education program
Homeless and Parenting Program Initiative (HAPPI)	Basic child care Safety and physical wellbeing Parent-child relationship Child development	Families with children aged 0-12 years who are homeless or at risk of homelessness, with an emphasis on Indigenous families	To increase the wellbeing of families and children who are homeless or at risk of homelessness	Unclear

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	Child behaviour Family relationships			
Hauck, Hall, Dhaliwell, Bennet & Wells (2011)	Family relationships Child behaviour Basic child care	Parents of infants experiencing sleeping and settling issues	To increase maternal confidence and competence in settling and sleep techniques	One 6 hour session for individual parent-child dyads at a parenting centre
Hawes & Dadds (2005); Hawes & Dadds (2007)	Child behaviour	Boys aged 4-8 years with conduct problems	To improve child behaviour	Nine clinic-based sessions with parents
Hey Dad!	Family relationships Child development Parent-child relationship	Indigenous fathers, uncles and pops	To support Aboriginal fathers in their parenting role in order to establish better outcomes for the next generation of Aboriginal children.	Weekly program, workshops and two-day program for groups of parents
Horn of Africa Parent Support Group	Family relationships	Parents of children with disabilities from the Horn of Africa	To increase social support for families, parent's knowledge of disabilities, awareness of disability services and parental confidence to access disability services	Two-hour weekly sessions plus a camp for groups of families. Based at a community centre
It Takes Two to Talk	Parent-child relationship	Parents of preschool children with non-progressive motor disorders	To improve interactions between children who have motor disorders and their parents	Seven to eight sessions for groups of parents in a community setting, plus three home-based sessions for individual parent-child dyads

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Karitane Residential Family Care Unit	Child behaviour Family relationships Basic child care	Parents with depression and/or anxiety	To reduce maternal psychological symptomatology and infant behaviour disturbances	Five days in residential family care unit
Kids in Focus	Parent-child relationship Family relationships	Parents who are separated or divorced and attending a family relationship centre	To improve parents' perceived parent-child relationship and decrease parental acrimony	One session for groups of parents at a family relationships centre
Let's Start: Exploring Together	Child behaviour Parent-child relationship Child development	Indigenous preschool children with behavioural problems	To reduce levels of child behaviour problems	Ten sessions with groups of children and ten sessions with groups of parents and ten sessions with groups of parent-child dyads. Location may include community settings or schools
Marshall & Swan (2010)	Parent-child relationship Child development	Parents who were bringing their children to a maths clinic	To assist parents to help with their children's mathematics learning	Six sessions for groups of parents at a university
Masada Private Hospital's Mother Baby Unit (MPHMBU)	Basic child care Child behaviour	Mothers with anxiety and/or depression and unsettled infants	Training in infant care and settling strategies. Infants are assisted to develop an age-appropriate feed, play and sleep routine	Hospital-based sessions for individual parent-child dyads and groups of parent-child dyads
Mental Health Positive Parenting Program	Child behaviour Child development Parent-child	Parents with a mental illness or mental health problem that impacts parenting	To reduce child behavioural problems and dysfunctional parenting strategies	Six sessions for groups of parents plus four home-based sessions for individual parents

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	relationship Family relationships			
Mildon (2008)	Child behaviour Parent-child relationship	Parents with an intellectual disability	To deliver an enhanced assessment-based behavioural parent training (BPT) intervention to parents with an intellectual disability to reduce child problem behaviours	Home-based weekly sessions for individual parent-child dyads
Mildon, Wade & Matthews (2008)	Child behaviour Parent-child relationship	Parents with an intellectual disability	To combine the delivery of evidence-based parent education technology for parents with an intellectual disability with two strategies aimed at promoting the contextual fit of the intervention with these families	12 home-based sessions with individual families
Ngaripiriga'ajirri	Child behaviour Child development Parent-child relationship Family relationships	Indigenous school-aged children with behavioural problems	To address youth social problems, child behavioural concerns and encourage assertive non aggressive parenting	Eight sessions with groups of children and eight sessions with groups of parents and eight sessions with groups of parent-child dyads. Location may include community settings or schools
Once Upon A Circus	Parent-child relationship Family relationships	Young people between the ages of 3-25 years including newly arrived migrants, refugees, youth at risk and Indigenous communities	To promote play as a fundamental family activity and use circus, storytelling, and literacy to develop key childhood development skills such as confidence,	Twenty community and school-based sessions

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			communication and perseverance in order to build strong, resilient communities	
P5 – Participatory Program Promoting Pleasurable Parenting	Child behaviour Parent-child relationship	Any parents	To improve parenting self-efficacy and confidence in relation to child behaviour management	Eight sessions for groups of parents in community child health centres
PAT-Based Parenting Programme (Parents as Teachers)	Child behaviour Child development Safety and physical wellbeing Basic child care Parent-child relationship Family relationships	Aboriginal parents living in remote areas with children aged 18 months – 3 years	To improve the parenting skills and parent-child relationships	Three sessions a week for ten weeks delivered to groups of parents in centre- and community-based settings
Parent Skills Training Treatment (PSTT)	Child behaviour Child development	Parents of children aged 11 – 14 years with eating disorder	To involve parents in child treatment and provide parents with practical skills	Two-day group therapeutic workshop held in a clinical setting
Parenting Challenging Adolescents	Child behaviour Child development	Parents of children aged 12 – 25 years with mental health problems	To increase parent knowledge of child development and child mental health	Two two-hour sessions for groups of parents

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
Parenting Eating and Activity for Child Health (PEACH) with Parent Skills Training	Safety and physical wellbeing	Prepubertal moderately obese children	To target parents as the agents of change for implementing family lifestyle changes to reduce adiposity in children	Twelve session for groups of parents in a hospital setting, plus four telephone sessions for individual parents
Perceptive Parenting Program	Child behaviour Parent-child relationship	Primary school aged children with Oppositional Defiant Disorder	Uses a cognitive approach that targets parental perceptions, or cognitive schema, and their emotional responding to child misbehaviour	Eight sessions for groups of parents
Plutzer & Spencer (2008)	Safety and physical wellbeing	Women in 5 th to 7 th month of pregnancy	To reduce severe early childhood caries	Written information for individual parents and one telephone-based session for individual parents
Relatewell	Parent-child relationship Child behaviour Family relationships	Children with behavioural problems	To support parents to use strategies to reduce negative parent-child interactions, to promote strong, functional and well supported families and promote healthy milestone development in children	Two sessions for groups of parents
Sawyer & Glazner (2004)	Child development Family relationships	Infants with cystic fibrosis	To provide assessment and education to parents of children diagnosed with cystic fibrosis (CF)	Five day residential hospital-based program for groups of families
Skilled Parenting Program	Child behaviour Parent-child	Primary school-age children with Oppositional Defiant Disorder (ODD) and comorbid	To deliver parent management training (PMT) as a treatment for primary school-age children	Eight sessions for groups of parents in a community mental health clinic

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
	relationship	disorders (Attention Deficit Hyperactivity Disorder) and affective disorder	with Oppositional Defiant Disorder (ODD) and comorbid disorders (Attention Deficit Hyperactivity Disorder and affective disorders) in a public-health-oriented community-based setting	
Sing & Grow	Parent-child relationship Child behaviour Child development	Families facing general social and economic disadvantage	To promote positive parent-child relationships and children's behavioural, communicative and social development	Eight to ten session with groups of parent-child dyads in community settings
Starting points	Not indicated	Children aged 0 – 4 years	To increase parenting confidence	Groups of parents
Symon, Marley, Martin & Norman (2005)	Child behaviour Basic child care	Parents with newborns	To improve sleep performance in newborn infants	One hospital-based sessions with individual parents
The Time 2B Healthy Program	Safety and physical wellbeing Child behaviour	Children aged between 2 and 5 years and overweight or at risk of being overweight	To make behavioural changes and promote healthy weight for overweight or at risk of overweight, preschool-aged children	Five home-based sessions for individual parents
Together Parenting Program	Child behaviour Parent-child relationship	Parents who want to enhance their relationship with their child(ren) and learn more effective parenting strategies for managing children's	To teach parents to reinforce prosocial behaviour instead of reinforcing aggressive or coercive behaviour and how to	Ten sessions for groups of parents in a school or community setting, plus two telephone sessions for individual parents. Two additional sessions for groups of parents, carers and teachers in a school

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
		emotional and behavioural problems	reduce problem behaviour	or community setting
Tooth Smart Programme	Safety and physical wellbeing	Families of young children (aged under five years) waiting for treatment under general anaesthesia for extensive caries	To stabilise existing carious lesions and prevent new caries in children	Four sessions for individual families in a hospital dental clinic
Tresillian Family Care Centre Program	Child behaviour Basic child care Family relationships	Parents of unsettled infants aged < 20 weeks	To reduce unsettled behaviour in young infants through an individualised multidisciplinary residential program	Five days and four nights at a residential stay unit. Support for individual parent-child dyads
Tuning in to Toddlers	Child behaviour Parent-child relationship	Parents of children aged 18 – 36 months	To increase parents' emotion coaching and reduce their emotion dismissing	Six two-hour weekly session with groups of parents
Tweddle Child and Family Health Service residential program	Basic child care Family relationships Child behaviour Parent-child relationship	Mothers admitted to Tweddle program for postnatal assistance	To make parenting enjoyable, to increase confidence and develop safe, effective child rearing practices	Groups of parents and individual parents in residential clinic
Understanding Autism and Understanding My Child with Autism' (UA)	Child behaviour Family relationships	Families in rural areas with children aged 2 – 6 years with Autism Spectrum Disorder	To improve parent understanding of their children and autism, to increase parent confidence in dealing with child behaviour and to improve	Six two-hour weekly sessions with groups of parents

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
program			parent emotional wellbeing	
Queen Elizabeth Centre's Residential Program	Parent-child relationship Family relationships Child behaviour Basic child care	Parents of children with sleep difficulties	To improve mother's behaviour during parent-child interaction and improve self-reported wellbeing (depression, anxiety and stress)	Five days at a residential stay centre. Support for individual parent-child dyads and groups of parent-child dyads
Weiskop, Richdale & Matthews (2005)	Child behaviour Basic child care	Children with Fragile X syndrome	To reduce sleep problems in children with fragile X syndrome (FXS)	Five sessions for individual parents in the home, a university and a clinic
What Were We Thinking! (WWWWT)	Child behaviour Family relationships Basic child care	First-time parents	To promote confident parental caretaking, optimise functioning in the intimate partner relationship, improve infant manageability and reduce common postnatal mental disorders in women	Thirteen sessions for groups of families at Maternal and Child Health Centres
Young Parents Program	Child development Basic child care	Young mothers aged 15 – 25 years	To reduce feelings of isolation and to provide information about child development, parenting and child and parent health	Four 12-week groups sessions conducted over a one-year period. Individual sessions are held as needed and outreach into school also occurs

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details
NO EFFECT				
Bartu, Ludlow & Doherty (2006)	Safety and physical wellbeing Child development	Illicit drug using mothers	To increase breastfeeding and immunisations rates and reduce drug use in illicit drug-using mothers	Eight home-based sessions for individual parents
Toddlers without Tears	Child behaviour Family relationships Parent-child relationship Child development	Mothers attending a Maternal and Child Health Centre	To prevent child behaviour problems, improve parenting and maternal mental health	One session for individual parents and two sessions for groups of parents at a Maternal and Child Health Centre
Wake, Tobin, Girolametto, Ukoumunne, Gold, Levickis, Sheehan, Goldfeld, & Reilly (2011)	Child development Child behaviour	Toddlers with slow early development of expressive vocabulary	To improve children's language development outcomes at 2 and 3 years and reduce behavioural problems	Six sessions with groups of parent-child dyads in a community centre
Wakefield, Banham, McCaul, Martin, Ruffin, Badcock and Roberts (2002)	Safety and physical wellbeing Child development	Children with asthma aged 1 – 11 years who resided with at least one parent who was a smoker	To encourage parents to impose bans on smoking in the home	Two telephone-based sessions for individual parents

*Where program names were not identified in papers, we have listed the author names. **All programs are aimed at parents. 'Target population' provides a description of the group of children/parents that each program was designed