

## Appendix 7. Summary of evidence of the effectiveness of each program identified in the REA

FSP evaluations highlighted in orange

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Well Supported</b>					
<b>Stepping Stones Triple P</b>	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 exists for several modes of delivery to this population with these outcomes:  Group Stepping Stones Triple P - five sessions for groups of parents, plus four sessions for individual parents  Standard Triple P - ten sessions for individual parents  Enhanced Triple P - 16 sessions for individual parents	Not specifically, but general Triple P was Well Supported
<b>Triple P</b>	Child Behaviour Parent-child relationship Family relationships Child development	Children with behavioural concerns, typically aged between 2 and 12 years	Aims vary slightly according to program level  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	Australian evidence suggests that the following modes of delivery are <b>Well Supported</b> :  Standard Triple P - eight to ten sessions for individual parents  Self-directed Triple P – ten home-based sessions for individual families  Enhanced Triple P – twelve sessions for individual parents or eight group sessions plus four telephone sessions  The evidence suggests that the following modalities are <b>Supported</b> :  Telephone Assisted Triple P – ten telephone-based sessions with individual parents	Yes - Well Supported

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Supported</b>					
<b>Triple P (continued)</b>				<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 <b>Emerging</b>:</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>	
<b>Couple CARE for Parents (CCP)</b>	Basic child care Family relationships	Women in committed relationships in their 20 <sup>th</sup> – 35 <sup>th</sup> 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	No
<b>Gifted and Talented Triple P</b>	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	Not specifically, but general Triple P was Well Supported
<b>Group Lifestyle Triple P</b>	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	Not specifically, but general Triple P was Well Supported

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Hassle-free Shopping (brief parent group discussion based on Triple P)</b>	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	No
<b>Supported</b>					
<b>Hendrie &amp; Golley (2011)</b>	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	No
<b>Indigenous Group Triple P</b>	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 and developmental issues	Six sessions for groups of parents and two home-based sessions for individual parents	Not specifically, but general Triple P was Well Supported
<b>Intensive Lifestyle Education, plus Triple P</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Khan, O'Meara, Stevermuer &amp; Henry (2004)</b>	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	No
<b>Supported</b>					
<b>Kennedy, Rapee, &amp; Edwards (2009)</b>	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	No
<b>Morawska, Haslam, Milne and Sanders (2011) - brief parent group discussion based on Triple P</b>	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	No
<b>NOURISH</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Parent-child interaction therapy (PCIT)</b>	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	Yes - Well Supported
<b>Supported</b>					
<b>Parenting Preschools Programme</b>	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	No
<b>Parents Under Pressure</b>	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	No
<b>Parent Education and Behavior Management (PEBM)</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>PRAISE parenting program (also called DIET) as part of Hunter Illawarra Kids Challenge Using Parent Support (HIKCUPS) study</b>	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	No
<b>Supported</b>					
<b>Rapee, Kennedy, Ingram, Edwards, &amp; Sweeney (2005); Rapee, Kennedy, Ingram, Edwards &amp; Sweeney (2010)</b>	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	No
<b>Resilient families intervention</b>	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	No
<b>Teen Triple P</b>	Child behaviour Parent-child relationship Family relationships Child development	Children aged 12-13 years from a high school serving a low socio-economic area	Addresses issues that might 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	Australian evidence indicates that this mode of delivery is <b>Supported</b> : 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 <b>Promising</b> at this stage: Self-directed Teen Triple P Standard – ten sessions for individual	Not specifically, but general Triple P was Well Supported

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			depression; and marital conflict	parents Self-directed Teen Triple P Enhanced – ten sessions for individual parents, plus ten telephone sessions	
<b>Tuning in to Kids: Emotionally Intelligent Parenting</b>	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	No
<b>Supported</b>					
<b>Universal Triple P</b>	Child behaviour Parent-child relationship	Any parent and child	To reduce or prevent child behaviour problems	This modality was found to be <b>Supported</b> 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.	Yes - Well Supported
<b>Universal Triple P (continued)</b>				Evidence for this approach is <b>Promising</b> at this stage.	
<b>Van Bergen, Salmon, Dadds, &amp; Allen (2009)</b>	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	No
<b>Workplace Triple P</b>	Family relationships	Working parents with children ranging in age from 1-16 years	Targets difficult areas for working parents and involves	Four sessions for groups of parents and four individual telephone	Not specifically, but general Triple P was

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
	Parent-child relationship	and having difficulties balancing family and work commitments	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	sessions	Well Supported
<b>Supported</b>					
<b>1-2-3 Magic</b>	Child behaviour Parent-child relationship	Child aged 2-12 years with behavioural concerns	To target , manage and reduce undesirable behaviour in children aged 2-12 years	Two-three sessions for groups of parents in a community setting	Yes - Supported
<b>Promising</b>					
<b>ABCD Parenting Young Adolescents Program</b>	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	No
<b>AusParenting in Schools Transition to Primary</b>	Child development Child behaviour	Children about to start school	To enhance parents' knowledge and confidence in their ability to help their child	Four sessions for groups of parents at school	No



Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
School Parent Program			make a smooth transition and manage any difficulties that may arise at this time		
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	No
<b>Promising</b>					
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	No
Grillo, Ng, Gassner, Marshman, Dunn, Hudson & Ng (2006)	Safety and physical wellbeing	Children with atopic eczema	To educate parents and paediatric patients about atopic eczema (AE)	Two hospital-based sessions	No
Group Triple P	Family relationships	Families with Japanese parents	Targets coercive family	Five sessions for groups of families, plus three telephone sessions	Not specifically, but

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>(Japanese population)</b>	Child behaviour Parent-child relationship Child development	living in Australia whose children were aged 2-10 years	interactions known to contribute to the development and maintenance of children's disruptive behaviour problems.	for individual families	general Triple P was Well Supported
<b>Promising</b>					
<b>Having a Baby</b>	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	No
<b>Home Interaction Program For Parents and Youngsters (HIPPY)</b>	Family relationships Parent-child relationship	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	Home-based sessions for individual parents plus sessions for groups of parents	No
<b>Home Interaction Program For Parents and Youngsters (HIPPY) (continued)</b>	Child development Child behaviour		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		

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Home Learning Program (HLP)</b>	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	No
<b>Promising</b>					
<b>The Miller Early Childhood Sustained Home-Visiting (MECSH) Programme</b>	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	No
<b>Mother &amp; Baby Program (M&amp;B)</b>	Family relationships	New mothers	To improve the psychological health outcomes of postnatal women	Nine hospital-based sessions for groups of parents	No
<b>Parenting Adolescents: A Creative Experience</b>	Safety and physical wellbeing	Eighth grade students	To reduce adolescent risk factors implicated in youth	Seven school or community-based sessions with groups of parents	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
(PACE)	Child behaviour		suicide		
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	Yes - Promising
<b>Promising</b>					
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	Not specifically, but general Triple P was Well Supported
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	No
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	Seven hospital-based sessions for groups of parents, plus mails outs to the home	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			found helpful when parenthood has been stressful' 4) to normalise any feelings of stress, isolation or lack of confidence that may be experienced postpartum		
<b>Promising</b>					
<b>Queen Elizabeth Centre's Day Stay Program</b>	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	No
<b>Quinlivan, Box, Evans (2003)</b>	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	No
<b>Reach for Resilience</b>	Child behaviour	Preschool children	To prevent anxiety and other mental health problems in children	Six sessions for groups of parents held at preschools	No
<b>Rapee, Abbott &amp; Lyneham (2006)</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Salmon, Dadds, Allen &amp; Hawes (2009)</b>	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	No
<b>Promising</b>					
<b>Shelton, LeGros, Norton, Stanton-Cook, Morgan &amp; Masterman (2007)</b>	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 circumference in children	Four sessions for groups of parents in a community centre	No
<b>Signposts</b>	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	No
<b>Sofronoff &amp; Farbotko (2002); Sofronoff, Leslie &amp; Brown (2004)</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Tuned in Parenting</b>	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	No
<b>Your Defiant Child</b>	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	No
<b>Emerging</b>					
<b>The African Migrant Parenting Program</b>	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 new cultural, social and educational environments	Eight sessions for individual parents in a community setting and three home-based sessions for individual parents	No
<b>The Australian Supported Learning Program – Me and My Community (ASLP)</b>	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	No
<b>Beatty, Cross &amp; Shaw (2008)</b>	Parent-child relationship	Parents of preadolescent children	To increase parent-child communication regarding alcohol, tobacco and other	Five rounds for individual parents in the home	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			drug (ATOD) use		
<b>The BEST Plus Program</b>	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	No
<b>Emerging</b>					
<b>The BEST Plus Program</b>	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	No
<b>Better Beginnings</b>	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.	No
<b>The Boomerangs Aboriginal Circle of Security Parenting Camp Program</b>	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	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	No



Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			parent's strengths, to reflect on trauma		
<b>Bringing Up Great Kids Program</b>	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	No
<b>Emerging</b>					
<b>Building Blocks</b>	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	No
<b>Child Therapy Plus Parent/Teacher Training</b>	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	No
<b>Community Bubs Program</b>	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	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	Twelve months of support for families at the individual level in the home, as well as group and community-based support	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
		child protection was possible.	parents/caregivers		
<b>Elias, Hay, Homel &amp; Freiberg (2006)</b>	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	No
<b>Emerging</b>					
<b>The Essential Parenting Program</b>	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	No
<b>Families and Schools Together Galiwin'ku (FAST Galiwin'ku)</b>	Family relationships Child behaviour Child development Safety and physical wellbeing Parent-child	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 children experience from daily situations	Eight sessions for groups of families in a school setting	Not specifically but general FAST is Well Supported

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
	relationship				
<b>Family Literacy Program</b>	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	No
<b>Emerging</b>					
<b>Food Cent\$</b>	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	No
<b>Fun not Fuss with Food</b>	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	No
<b>Gibbs, Waters, Robinson, Young &amp; Hutchinson (2012)</b>	Safety and physical wellbeing	Parents attending a maternal child health centre	To influence parent poison safety awareness and behaviours	One session for groups of parents at a Maternal and Child Health Centre	No
<b>The Gordoncare Parenting Orders Program</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>Emerging</b>					
<b>Great Kids Program</b>	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	No
<b>Homeless and Parenting Program Initiative (HAPPI)</b>	Basic child care Safety and physical	Families with children aged 0-12 years who are homeless or at risk of homelessness, with an	To increase the wellbeing of families and children who are homeless or at risk of	Unclear	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
	wellbeing Parent-child relationship Child development Child behaviour Family relationships	emphasis on Indigenous families	homelessness		
<b>Emerging</b>					
<b>Hauck, Hall, Dhaliwell, Bennet &amp; Wells (2011)</b>	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	No
<b>Hawes &amp; Dadds (2005); Hawes &amp; Dadds (2007)</b>	Child behaviour	Boys aged 4-8 years with conduct problems	To improve child behaviour	Nine clinic-based sessions with parents	No
<b>Hey Dad!</b>	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	No
<b>Horn of Africa Parent Support Group</b>	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	Two-hour weekly sessions plus a camp for groups of families. Based at a community centre	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			parental confidence to access disability services		
<b>It Takes Two to Talk</b>	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	No
<b>Emerging</b>					
<b>Karitane Residential Family Care Unit</b>	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	No
<b>Kids in Focus</b>	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	No
<b>Let's Start: Exploring Together</b>	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	No
<b>Marshall &amp; Swan (2010)</b>	Parent-child relationship	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
	Child development				
<b>Masada Private Hospital's Mother Baby Unit (MPHMBU)</b>	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	No
<b>Emerging</b>					
<b>Mental Health Positive Parenting Program</b>	Child behaviour Child development Parent-child relationship Family relationships	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	No
<b>Mildon (2008)</b>	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	No
<b>Mildon, Wade &amp; Matthews (2008)</b>	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	12 home-based sessions with individual families	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			aimed at promoting the contextual fit of the intervention with these families		
<b>Emerging</b>					
<b>Ngaripiriga'ajirri</b>	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	No
<b>Once Upon A Circus</b>	Parent-child relationship Family relationship	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, communication and perseverance in order to build strong, resilient communities	Twenty community and school-based sessions	No
<b>P5 – Participatory Program Promoting Pleasurable Parenting</b>	Child behaviour Parent-children relationship	Any parents	To improve parenting self-efficacy and confidence in relation to child behaviour	Eight sessions for groups of parents in community child health centres	No



Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
			management		
<b>Parenting Eating and Activity for Child Health (PEACH) with Parent Skills Training</b>	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	No
<b>Emerging</b>					
<b>Perceptive Parenting Program</b>	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	No
<b>Plutzer &amp; Spencer (2008)</b>	Safety and physical wellbeing	Women in 5 <sup>th</sup> to 7 <sup>th</sup> month of pregnancy	To reduce severe early childhood caries	Written information for individual parents and one telephone-based session for individual parents	No
<b>Relatewell</b>	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	No
<b>Sawyer &amp; Glazner (2004)</b>	Child development	Infants with cystic fibrosis	To provide assessment and education to parents of children diagnosed with cystic	Five day residential hospital-based program for groups of families	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
	Family relationships		fibrosis (CF)		
<b>Emerging</b>					
<b>Skilled Parenting Program</b>	Child behaviour Parent-child relationship	Primary school-age children with Oppositional Defiant Disorder (ODD) and comorbid disorders (Attention Deficit Hyperactivity Disorder) and affective disorder	To deliver parent management training (PMT) as a treatment for primary school-age children with Oppositional Defiant Disorder (ODD) and comorbid disorders (Attention Deficit Hyperactivity Disorder and affective disorders) in a public- health-oriented community-based setting	Eight sessions for groups of parents in a community mental health clinic	No
<b>Sing &amp; Grow</b>	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	No
<b>Starting points</b>	Not indicated	Children aged 0 – 4 years	To increase parenting confidence	Groups of parents	No
<b>Symon, Marley, Martin &amp; Norman (2005)</b>	Child behaviour	Parents with newborns	To improve sleep performance in newborn	One hospital-based sessions with individual parents	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
	Basic child care		infants		
<b>The Time 2B Healthy Program</b>	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	No
<b>Emerging</b>					
<b>Together Parenting Program</b>	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 emotional and behavioural problems	To teach parents to reinforce prosocial behaviour instead of reinforcing aggressive or coercive behaviour and how to reduce problem behaviour	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 or community setting	No
<b>Tooth Smart Programme</b>	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	No
<b>Tresillian Family Care Centre Program</b>	Child behaviour Basic child care	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.	No
<b>Tweedle Child and Family Health Service</b>	Basic child care Family relationships	Mothers admitted to Tweedle program for postnatal assistance	To make parenting enjoyable, to increase confidence and develop safe, effective child	Groups of parents and individual parents in residential clinic	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>residential program</b>	Child behaviour Parent-child relationship		rearing practices		
<b>Emerging</b>					
<b>Queen Elizabeth Centre's Residential Program</b>	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	No
<b>Weiskop, Richdale &amp; Matthews (2005)</b>	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	No
<b>What Were We Thinking! (WWWWT)</b>	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	No

Parenting Program or authors *	Outcomes	Target population **	Program aim	Program details	In clearinghouses analysis?
<b>No Effect</b>					
<b>Bartu, Ludlow &amp; Doherty (2006)</b>	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	No
<b>Toddlers without Tears</b>	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	No
<b>Wake, Tobin, Girolametto, Ukoumunne, Gold, Levickis, Sheehan, Goldfeld, &amp; Reilly (2011)</b>	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	No
<b>Wakefield, Banham, McCaul, Martin, Ruffin, Badcock and Roberts (2002)</b>	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	No

- \* Authors' names are provided where there is no indication of program name.
- \*\* All programs are aimed at parents. 'Target population' provides a description of the group of children/parents that each program was designed for.