



Attention: Parents of Toddlers!

Aggression, tantrums, whinging, disobedience and hot temper can be normal in the toddler years – but sometimes they can be ongoing, hard to manage & stressful for parents.

Karitane and UNSW are looking for mums & toddlers to take part in a FREE and exciting treatment trial evaluating two parenting programs for families struggling with disruptive toddler behaviour

We invite you to take part if:

- ✓ Your toddler is aged 14 to 24 months
- ✓ You have concerns about your child's behaviour
- ✓ You have difficulties managing his/her behaviour

What does it involve? If you decide to take part in this study, you will receive a high quality parenting-program, for FREE, delivered by an experienced clinician. You will be randomly allocated to one of the following three groups:

1. **Parent-Child Interaction Therapy - Toddler** - you will take part in an 8-week parenting program based around individual parent-child play sessions (twice weekly 30-45 min sessions)
2. **Circle of Security – Parenting** – you will take part in a popular 8-week group-based parenting program involving discussion of short video-tapes (weekly 2 hour group sessions)
3. **Waitlist control** – You will wait for 8-weeks before starting treatment and then take part in whichever of the two parenting programs you prefer.

You will receive a \$25 shopping voucher + children's gift at the completion of each research assessment!

All families will complete research assessments (questionnaires & play-based tasks) before and after the program and again 4 months later, so that we can track outcomes.

Why are we doing the research? We have used both of these programs with lots of families in the past and know that both programs are very effective. We now need to conduct this formal research project to document & prove this!

What do I need to do? You first need to be referred to the Karitane Toddler Clinic by a health professional (e.g., GP, Early Childhood Health Nurse) via the Karitane website - <https://www.karitane.com.au/referral>

When do I start? We are currently recruiting families who can start the program immediately.

Where do I come? Treatment will be delivered in our state-of-the art facilities at the Karitane Toddler Clinics, located at Carramar (near Fairfield/Villawood) or Camden (at Camden Hospital).

Does it cost any money? No, if you participate in this study you will receive the treatment for **free!**

For more information about the project and on how to register, please contact:

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