

Karitane and UNSW are looking for mums & toddlers to take part in a FREE research study that aims to evaluate parenting programs for families struggling with disruptive toddler behaviour.

We invite you to take part if:

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

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



## 'Karitane My Toddler and Me' Research Study



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

**For more information:**  
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## What does it involve?

If you 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:

- ◆ **Parent-Child Interaction Therapy -Toddler:** an 8-week parenting program based around individual parent-child play sessions (twice weekly 30-45 min sessions).
- ◆ **Circle of Security-Parenting:** a popular 8-week group-based parenting program involving discussion of short video-tapes (weekly 2 hour group session).
- ◆ **Waitlist control:** Families in this group will wait for 8-weeks before starting treatment. They then will take part in the parenting program of their choice.

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 and prove this!

## What do I need to do?

- ◆ Ask your health professional (e.g., GP, Early Childhood Health Nurse) for a referral to the Karitane Toddler Clinic
- ◆ Referrals can be made via the Karitane website:  
[www.karitane.com.au/referral](http://www.karitane.com.au/referral)

## When do I start?

- ◆ We are currently recruiting families who can start the program immediately.

## Does it cost any money?

- ◆ If you participate in this study you will receive the treatment for **FREE!**



## Where do I come?

- ◆ To our state-of-the-art facilities at the Karitane Toddler Clinic located at Carramar (near Fairfield)

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