

## How will my confidentiality be protected?

After analysis is finalised, your responses will be anonymous and your information will be kept confidential.

Your answers will be used for research purposes. All responses you provide will be reported anonymously, so no one outside of the researchers will know you participated. Information from the study will be placed securely in password protected computer storage. Results may be presented to the wider community in the form of a journal article or presentation.

Your saliva swab samples, if you chose to provide them, will be securely stored onsite at Edith Cowan University and only research team members will have access to them. After analysis is finalised, biological samples will be destroyed in accordance with university procedures.

## Consent

By consenting to participate in this study, you accept that the information you provide will be used for research and reporting purposes, for this study and for potential future studies related to this topic. This may include linkage with hospital record data subject to the approval of this research request by a relevant ethics committee. For ORIGINS participants, the ORIGINS Project will also be given a copy of the data collected by this study.

## Investigators

### Coordinating Principal Investigators:

A/Prof Therese O'Sullivan, Ms Amanda Richardson\*

### Additional Investigators:

Ms Kathryn Webb\*, Dr Johnny Lo, Prof Evalotte Morelius, Ms Karen Dales-Anderson, Dr Elena Jansen, Dr Marc Sim, Dr Claire Pulker, Dr Lucy Butcher, Prof Desiree Silva.

\*conducting this project as part of their PhD studies at Edith Cowan University

## Contact details

If you have any questions, require any further information about the study, or would like to request a copy of the results of the study on completion, contact:

**Kathryn Webb** 08 6304 2228 [parenting@ecu.edu.au](mailto:parenting@ecu.edu.au)

## Complaints

The ethical aspects of this study have been approved by;

- Ramsay Health Care WA | SA Human Research Ethics Committee (RHC WA | SA HREC). **(08) 9400-9404**
- Child and Adolescent Health Service Human Research Ethics Committee (CAHS HREC). [CAHS.ethics@health.wa.gov.au](mailto:CAHS.ethics@health.wa.gov.au)

If you have any reservations about any ethical aspect of your participation, please contact one of the above. Any complaint you make will be investigated by an independent party and treated in confidence.

THE  
ORIGINS  
PROJECT



TELETHON  
KIDS  
INSTITUTE  
Discover. Prevent. Cure.

Joondalup  
Health Campus  
Part of Ramsay Health Care



HAPPY PARENTING  
PROGRAM

Happy kids through connected parenting

PARTICIPANT INFORMATION BROCHURE







## The joys & challenges of parenting

Early parenting can be a joyful but also difficult period, both physically and mentally, as parents adapt to their new role. Parents can often feel stressed. Higher levels of parental stress have been known to negatively impact child behaviour and the quality of the parent-child relationship.

## What is the Happy Parenting Program?

This project aims to investigate new ways to provide support to parents with young children from an early age. This will inform how we can better help parents establish a good relationship with their child from infancy and improve aspects such as parenting confidence, stress and long-term outcomes.

## Who can take part?

- Parents (or primary carers) of babies aged around 4-6 months **OR** toddlers aged 12 to 18 months.
- Parents with a good understanding of spoken and written English and aged 18 years or older.
- Parents willing and able to attend two sets of parenting classes with their baby.
- Parents with access to the Internet and a device to engage in online content.

Please read this information carefully. You are welcome to ask us questions about anything that you do not understand or want to know more about. Before deciding whether to take part, you might want to talk about it with a relative or friend.

## What will I be asked to do?

If you meet the criteria and agree to participate, we will ask you to **attend two sets of parent-child parenting sessions if your child is joining us as a baby, or just the second set of sessions if they are joining us as a toddler.**

## Parenting sessions

- These sessions will run for around 1 hour, once per week for 8 consecutive weeks.
- The infant sessions will be when your baby is around 4-6 months old, and the toddler set will be when your baby is around 12-18 months old.
- We are investigating two different types of parenting sessions; one type is education-focused (in person or online) and the other type is play-focused and based outdoors. If you chose to participate, you will be randomly assigned into one type of parenting session. You will be randomly assigned by a computer program, like flipping a coin.
- The sessions will be held at locations both north and south of the river, or online.

- At least one parent to attend sessions with their child.
- Tertiary-educated early childhood specialists will facilitate the sessions.
- All sessions in this program will be free of charge.
- Sessions will run during school term and school hours. Unfortunately, we are not able to cater for older siblings during the classes, so you will need to arrange alternative care if you are in this situation.

## Assessments & samples

Prior to being randomly allocated to a type of parenting session (either educational or play-based), you will be asked to complete a brief demographic questionnaire online (5 mins).

Before and after each set of parenting sessions, we will ask you to complete the following assessments:

- Online questionnaires to provide information on your thoughts about parenting, mealtimes and a child development screening tool (~30 mins).
- You will be asked to call our study phone line and leave a voice recording talking about your child, so we can learn more about your relationship (~5 mins).
- Optional: Four saliva swabs from you and your child to post back to us in a prepaid envelope, to assess stress levels by measuring the amount of cortisol (a stress hormone) you and your child are producing, how it changes during the day and how closely the child's hormones mirror the parents'. We ask that these four samples are taken in the morning and evening of two consecutive days. We have found this assessment to be well tolerated by infants, however if you feel it is causing any distress you do not need to complete it.
- For toddlers only: A 3 day food record completed via mobile phone application (or hard copy if preferred)

At the conclusion of each set of parenting sessions, we will also ask you to complete an additional 2-minute online questionnaire asking for feedback. An optional short focus group at the final session will provide the chance to give more detailed feedback if you wish.

You will also be given the option to complete a developmental survey when your child is 3 and 5 years old.

For families also participating in The ORIGINS Project, data in the ORIGINS Databank, such as assessments on growth, development and behaviours, will be accessed by the research team for the purposes of this project.

## Participation in this study is voluntary

It is completely fine if you decide you do not wish to participate in the study. If you decide to participate and then change your mind, you are free to withdraw from the study at any time and this will not impact on your relationship with the ORIGINS Project or any care providers. If you feel that you would like to withdraw at any time please contact us.

## What are the possible benefits & risks of taking part?

By participating in this research you are helping the researchers to find a better way to support parents of young children. In addition, you may find some benefit from the increased social connection and support provided by the parenting sessions. There is no foreseen risk to participating in this research although it will take up some of your time to complete the assessment. There is no payment for participating in this study.

## What happens when this research study is complete?

We will advise you of the outcomes via email. We also intend to publish our results in research journals and present them at research conferences locally, nationally and internationally. Your name or any other identifying information will not be included in any of the publications or presentations.



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