

Supporting early parenting: What do parents want?



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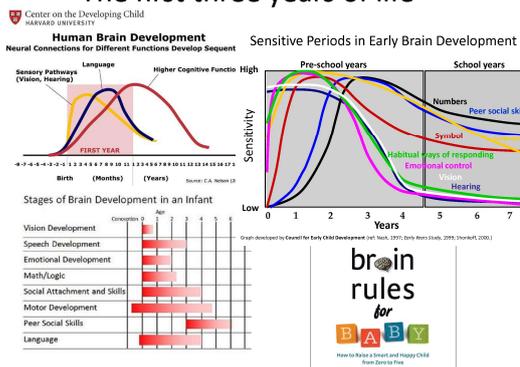


The Transition to Parenthood

- Universal
- Rewarding
- Challenging
- Changing



The first three years of life



I wish we had even a clue as to what we're doing.

someecards



Baby Triple P as a solution?

Parents like Baby Triple P, practitioners want it, theory supports it, it fills a gap, but RCT evidence...

So we went back to parents...

- 123 parents of 0-24 months olds
- >95% White
- >98% married
- >80% employed
- >70% university educated



Satisfaction with support

- generally satisfied with the extent of support:
 - formal ($M=3.89, SD=1.01$)
 - informal ($M=3.94, SD=1.05$)
- rated as average to good:
 - quality of parenting support ($M=3.70, SD=1.18$)
 - information available to them ($M=3.85, SD=1.09$)

Which topics?

- low to moderate levels of interest in most of the topics
- self-care topics were ranked highest
- also high: topics related to behaviour management and limit setting



Parents were asked

- *What, if anything, did you find difficult?*
- *What, if anything, was easier than you had anticipated?*
- *What do you think about the amount and quality of the information and advice you received?*
- *What do you think about the amount and quality of the support you received?*
- *If you knew then what you know now, what (if anything) would you have liked to do or be done differently?*

....difficult?

- Breastfeeding
 - Fatigue
 - Day to day care (settling, sleep routines, feeding)
 - Expectations
 - Role transition
 - Balancing work/family/self-care
 - Communicating with partner
 - Quality and quantity of information and support
- I attended some parenting courses at the childhood centre, but they weren't very informative. I already knew all the information, but no further info was given.*

...easy?

- Breastfeeding
- Adjustment/transition
- Day-to-day care and routines
- Lack of sleep

Changing a nappy was the only thing that has been easier than I anticipated. Everything else has been more difficult.

...amount and quality of information and advice?

- Accessibility
- Lack of information
- Contradictory information
- Mix of satisfaction and dissatisfaction

Reading through and answering the questions in this survey was actually the first time I had heard of any information for most of the things mentioned. E.g. sleep pattern, fussing babies. The fact that there is this kind of information out there should be made more aware to expectant parents.

...amount and quality of support received?

- Mix of satisfaction and dissatisfaction

It has been good, but sometimes a bit confusing when you get multiple advise on same issue and everyone you ask gives you a different answer.

... what would you do differently?

- No changes
- Less pressure
- Approaches to sleep
- Less work
- Better and earlier preparation
- More and earlier support and information

Just been more prepared for getting home with a baby rather than focusing so much on the birth. Saved for a nanny or a third pair of hands.

Conclusions

- Topics missing? – no evidence
- Keep focus on basic skills & self-care and relationships
- Needed from pregnancy
- Maybe more modularised; more depth?

