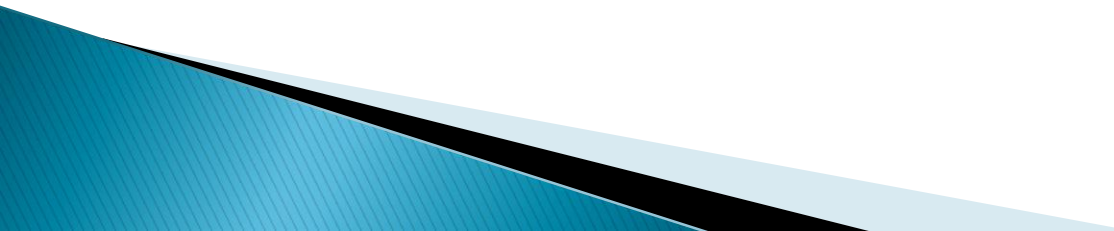


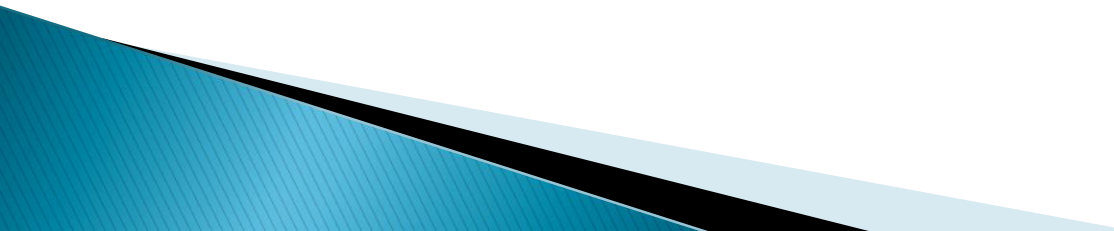
Enhancing Father Engagement in Triple P

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Question

- ▶ What is your experience in engaging fathers in parenting programmes?
 - What worked well?
 - What were the challenges?
 - ▶ What would you like to learn from this workshop?
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Overview

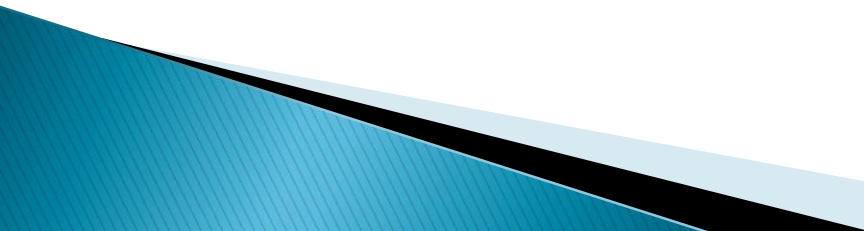
- ▶ Challenges to engaging fathers
 - ▶ Using consumer input to identify programme preferences and barriers to engagement
 - ▶ Tailor content or process to engage fathers in behavioural family interventions
 - ▶ Engaging different father groups
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Background

- ▶ Importance of fathers to children's development
- ▶ Benefits of parenting programmes to parents and children
- ▶ Potential impact is diminished because of low father participation
- ▶ Accruing evidence of positive child outcomes when fathers are involved in BFI



Potential barriers to father participation

- ▶ Problem recognition (Phares et al., 2010)
 - ▶ Relevance and appeal of programme content and delivery mode (Lee & Hunsley, 2006; Fabiano, 2007)
 - ▶ Beliefs about the utility of parenting programmes (Phares et al., 2010)
 - ▶ Practical issues (scheduling, child care)
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Father preferences re delivery mode

Frank, Keown, Dittman & Sanders (under review)

Using father preference data to increase father engagement in Behavioural Family Interventions

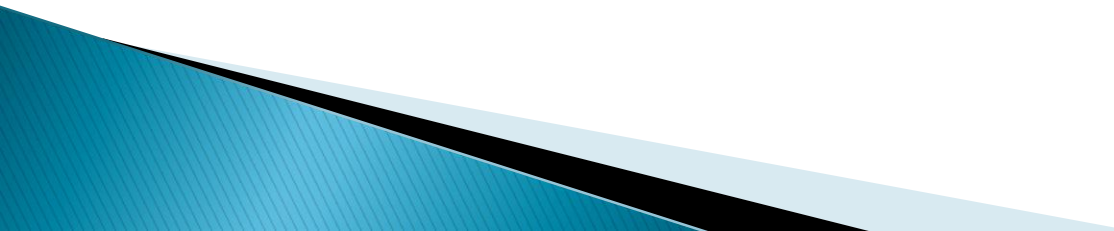
Online Survey ($N = 147$)

Preferred delivery modalities	% responding 'very useful' or 'extremely useful'
Father only group programme	46.9%
One time parenting seminar	45.6%
TV programme	43.9%
Online	40.4%
Individual programme	39.0%
Couples or group programme	37.5%
Home visit	32.0%
Weekend intensive	27.2%
Workplace access	26.5%

What type of programme features would influence fathers to participate?

Survey Item	Rank	% responding 'influential' or 'very influential'
Programme has been demonstrated to be effective	1	76.9%
Programme is held in a convenient location	2	66.7%
Trained practitioners conduct the programme	3	66.0%
Programme addresses personally relevant issues	4	65.7%
Programme is free or low cost	5	56.5%
Resources professionally produced and presented	6	55.1%

Which three topics would fathers want included in a parenting programme?

- ▶ How to manage problem behaviour
 - ▶ Techniques for raising girls
 - ▶ How to build a positive relationship with your child
 - ▶ How to increase your child's confidence
 - ▶ How to teach your child financial skills
 - ▶ Increasing your child's social skills
 - ▶ Teaching your child's practical skills
 - ▶ How to help your child do well in school
 - ▶ How to encourage your child to be independent
 - ▶ How fathers positively influence children's development
 - ▶ How to increase child's participation and enjoyment of physical activities
 - ▶ Techniques for raising boys
- 

What topics would fathers prefer to have in a programme

Survey Item	Rank	% responding 'important' or 'very important'
Fathers' positive influence on child development	1	85.5%
How to increase your child's confidence	2	81.2%
How to increase your child's social skills and promote positive peer relationships	3	80.6%
How to build a positive relationship with your child	4	79.8%
How to help your child do well at school	5	71.2%

Do fathers and mothers have similar child rearing concerns?

- ▶ Interviews with parents of 43 boys with ADHD symptoms
 - 16 topics reported
- ▶ 44% reported no challenges in common
 - Highlights potential differences in problem recognition or tolerance
- ▶ More fathers mentioned aspirational concerns
 - Encouragement of positive child behaviours
- ▶ 21% shared concerns about oppositional behaviour
 - Implications for agreement between parents about child management

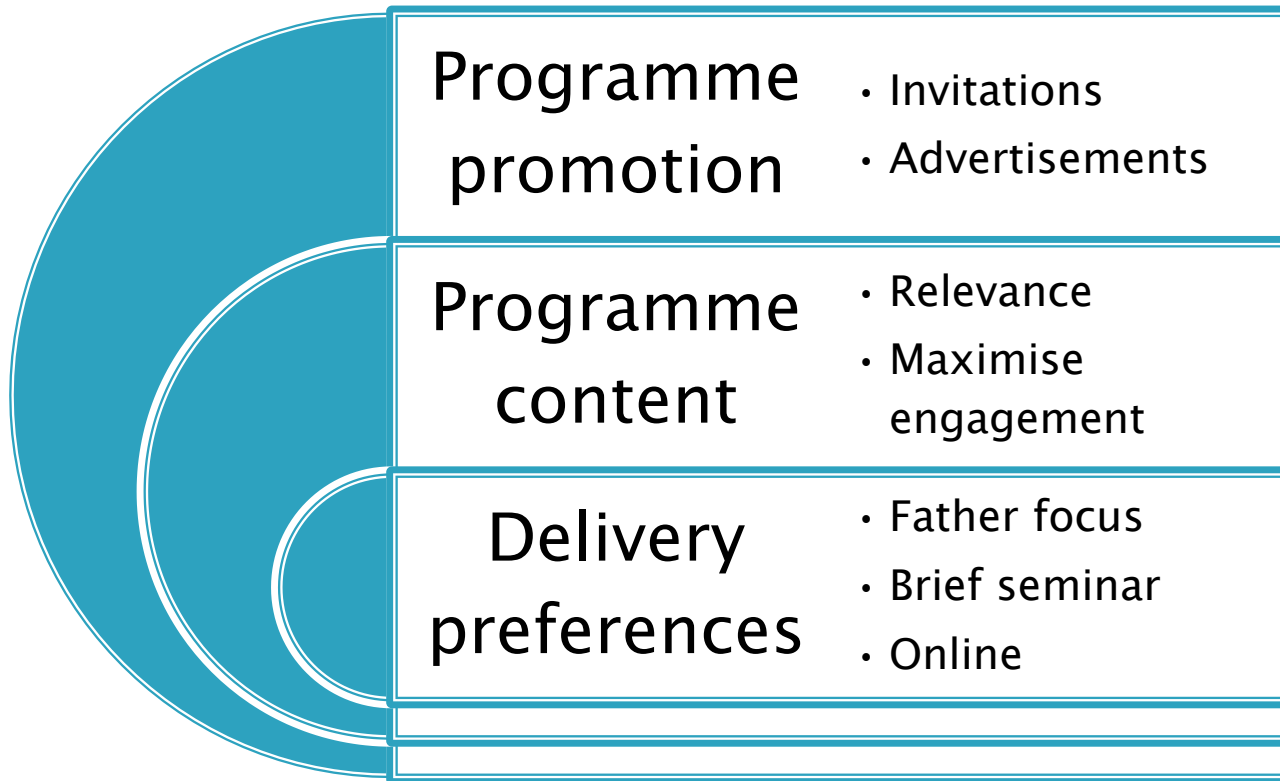
How do we engage different father groups?

- ▶ Different father groups present unique challenges for recruitment, retention, programme content and delivery
 - Fathers in different family structures – step-fathers, grandfathers, gay fathers, sole parent fathers
 - Fathers living separately from their children
 - Incarceration
 - Employment in the armed forces, long distance employment
 - Family breakdown
 - Fathers from different cultural backgrounds
 - Fathers of children with special needs
 - Young fathers
 - Fathers with mental health difficulties

Questions

- ▶ How to increase awareness?
 - How should Triple P be framed to attract fathers?
 - What strategies are needed to attract specific father groups?

Tailor content or process to engage fathers



Fathers and Mothers, We Want You

Do you want to enhance your child's social development?

Do you want to experience the benefits of having a positive relationship with your child?

Do you have concerns about your child's behaviour?

Consumer
Input



Research



Programme
Modification

85% fathers rated fathers' positive influence on child development as a very important topic to include

Impressive evidence that fathers and mothers may have different effects on child development (Lamb & Lewis, 2010)

Inclusion of content that highlights how both parents can positively influence children's development

81% fathers said it was very important to include a topic on how to increase your child's social skills and promote positive relationships with peers

Fathers and mothers have distinct influences on the development of peer relationships (Parke et al., 2004)

Inclusion of additional parenting strategies to increase child social skills

Programme delivery and focus

An RCT of Group Triple P for Fathers and Mothers (Frank, Keown & Sanders, in progress)

- ▶ Group delivery
- ▶ Couple focus
 - Both parents set goals, homework tasks, joint phone consultations
- ▶ Delivery times and location that suit family needs



Programme content

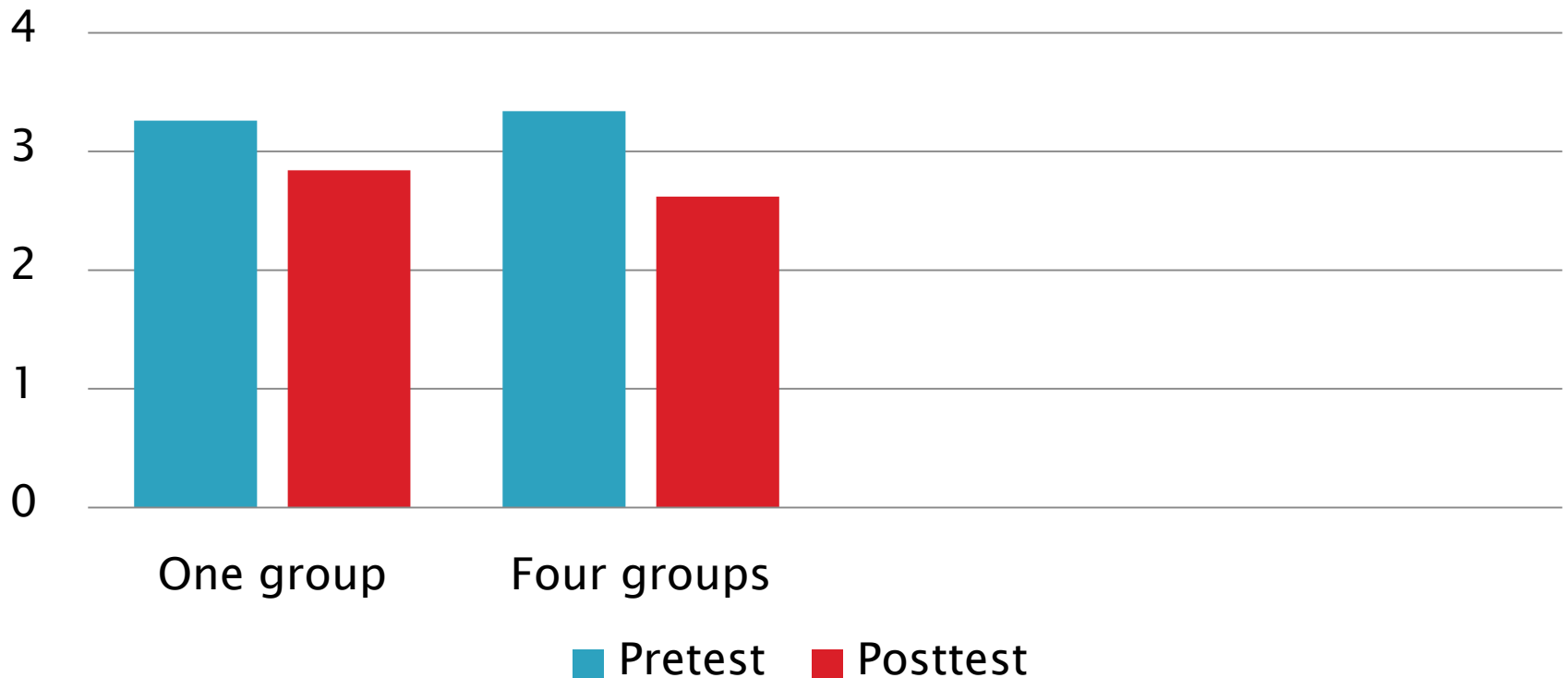
- ▶ Exemplars meet interests and needs of both parents
 - Enhancing child's social competence
 - Work/life balance
 - Showing affection
 - Ideas for spending quality time



Brief discussion groups

Palmer, Keown, Sanders, Henderson (work in progress) Brief group parenting interventions: How many group sessions are sufficient for behaviour change?

Improvements in Fathers' Parenting Style



Fathers of children at risk for conduct problems ($N = 28$)

Online Triple P Parenting Program

- ▶ Online versus workbook delivery
- ▶ Both parents invited to participate
 - 190 mothers, 145 fathers of children with elevated levels of disruptive behaviour problems
- ▶ Post intervention improvements maintained at 6-month follow-up in:
 - Paternal parenting style and confidence, parent-child relationship, parental adjustment, and child behaviour
- ▶ Online parenting programmes may be an effective way to engage and retain some fathers in BFIs

Implications

- ▶ Actively invite father participation
 - Emphasise benefits – programme effective, trained practitioners
- ▶ Acknowledge and cater for concerns and interests of both fathers and mothers
- ▶ Include positive focus on what fathers can do for their children
- ▶ Include father sensitive exemplars

Implications

- ▶ A range of delivery options are necessary to cater for different father preferences and needs
- ▶ Emerging evidence for effectiveness of online and brief parenting interventions for some fathers
- ▶ One or both parents? Check shared concerns
- ▶ Informal support – invite father participation via mothers
- ▶ Pay attention to practical issues – location, timing, cost

Concluding thoughts

- ▶ “I play more with my children after completing the course and this has helped with our relationship and has improved my children’s behaviour and mine”
- ▶ “Originally I went along to support my wife, but I have found that I learnt a lot and I am pleased that I went because I am part of the situation too”
- ▶ “I was a bit reluctant to take my kids out on my own but now I am feeling a lot more confident”

