











Parents need better access to evidence-based parenting supports

For parents and carers to be effective change agents in their children’s lives, they need support. They should be able to find that support in community services they are familiar with such as childcare centres, schools, healthcare settings. Years of research demonstrates that evidence-based parenting supports are effective and need to be accessible to all parents via multiple pathways offered by trained practitioners. We need policies that build worker capacity and system infrastructure that enable the implementation of evidence-based parenting supports.

Benefits of evidence-based parenting supports

For parents and carers	For children and adolescents
 improved wellbeing and mental health	 improved wellbeing and mental health
 positive relationships with child	 better physical health, diet, exercise
 enhanced skills, knowledge and confidence	 improved skills and competencies
 realistic expectations of self and child	 better academic attainment

How to enable access for parents and carers

<p>Accessible</p> <p>Offer services in a broad range of community settings: healthcare, childcare, schools</p>	<p>Start low, aim high</p> <p>Offer low intensity support to all parents, and increase intensity where needed</p>	<p>Promote</p> <p>Share positive parenting messages, programs and services on mainstream and social media</p>
<p>Multi-modal</p> <p>Offer services in a range of delivery modes - in-person, telehealth, online</p>	<p>Adapt</p> <p>Tailor for Indigenous parents, culturally and linguistically diverse, LGBTIQ+, fathers, parents of children with developmental disabilities, rural and remote</p>	<p>Resources</p> <p>Build capacity and infrastructure through workforce tertiary level training, research and research funding</p>