



## I-CEPS 2025 Parent Day Program

As at 12/04/25 – times subject to change. The Parent Day will be streamed live across the Australian time zone and available on-demand for two weeks.

TIME	TITLE	PRESENTER/S	DESCRIPTION
10:25AM (AEST)	Social media and online safety: What every parent needs to know	<ul style="list-style-type: none"> <li>• Professor Michael Dezuanni (Digital Media Research Team, Queensland University of Technology)</li> <li>• Dr Riley Scott (School of Psychology Lecturer, University of Southern Queensland)</li> <li>• Dr Bianca Klettke (Researcher, Deakin University)</li> <li>• Dr Krista Fisher (Young Men's Health Research Fellow, Movember Institute)</li> </ul>	Get the latest insights on keeping your children safe in the digital world.
11:40AM (AEST)	Life skills for thriving: The risks worth taking with your kids	<ul style="list-style-type: none"> <li>• Professor Sophie Havighurst (Tuning in to Kids Program author, University of Melbourne)</li> </ul>	Learn how to encourage your children to take healthy risks that promote growth and independence, while providing the right support—without falling into the trap of helicopter parenting.
12PM AEST	Supporting your child with friendships and peer relationships	<ul style="list-style-type: none"> <li>• Dr Karyn Healy (Psychologist, The University of Queensland)</li> </ul>	Practical strategies to support your child in building friendships and navigating peer relationship problems like conflict and bullying – from early childhood to teenage years.
12:20PM (AEST)	Parent voices: reflections on parenting challenges		

1:00PM (AEST)	Room 1: Parenting without smacking: Effective tools	<ul style="list-style-type: none"> <li>Associate Professor Divna Haslam (Psychologist, The University of Queensland)</li> </ul>	Learn why smacking is out and about the alternative strategies that are actually more effective.
1:00PM (AEST)	Room 2: Talking about tough topics: A guide for parents	<ul style="list-style-type: none"> <li>Professor Julie Dunsmore (Social Development Lab, University of Houston)</li> </ul>	Learn how to discuss difficult subjects, from school shootings to sexting, with children of all ages in a thoughtful and supportive manner.
1:20PM (AEST)	Room 2: Understanding vaping: What parents need to know	<ul style="list-style-type: none"> <li>Professor Becky Freeman (School of Public Health, University of Sydney)</li> </ul>	An informative session about vaping, its risks, and how to have open conversations with your child.
1:20PM (AEST)	Room 1: Parent well-being: Overcoming guilt and finding balance	<ul style="list-style-type: none"> <li>Dr Catherine Wade (Researcher, Parenting Research Centre)</li> <li>Derek McCormack (Director, Raising Children Network)</li> </ul>	Discover practical strategies to manage stress, improve sleep, and balance life's demands—so you can support your family without losing yourself.
1:40PM (AEST)	Room 1: NDIS updates: What parents need to know	<ul style="list-style-type: none"> <li>Rebecca Falkingham (CEO, National Disability Insurance Agency)</li> </ul>	Stay informed with the latest updates on National Disability Insurance Scheme (NDIS) services and how they can support your family.
1:40PM (AEST)	Room 2: Choosing evidence-based programs: Why it matters and how to spot credible options	<ul style="list-style-type: none"> <li>Associate Professor Liz Westrupp (Deputy Associate Head of School of Psychology, Deakin University)</li> </ul>	Learn why participating in evidence-based parenting programs is important and discover practical tips to assess whether a program is backed by credible research, so you can make informed choices for your family.
2:00PM (AEST)	Room 1: Bedtime made easier: Helping	<ul style="list-style-type: none"> <li>Dr Fallon Cook (Founder of Infant Sleep Australia, Murdoch Children's Research Institute)</li> </ul>	Learn evidence-based strategies to create smoother bedtime routines, manage resistance to sleep, and

	kids overcome sleep struggles	<ul style="list-style-type: none"> <li>• Dr Laura Conway (Paediatric Sleep Practitioner, Infant Sleep Australia)</li> </ul>	address common challenges, like nightmares.
2:00PM (AEST)	Room 2: Climate distress: Supporting your child through uncertain times	<ul style="list-style-type: none"> <li>• Professor Ann Sanson (Paediatrics Professor, University of Melbourne)</li> </ul>	Explore ways to help your child cope with climate-related worries and take meaningful action.
2:30PM (AEST)	Parenting through crisis: Nurturing resilience in the face of adversity, disaster, and violence.	<ul style="list-style-type: none"> <li>• Professor Matthew Sanders (Triple P Program author, The University of Queensland)</li> </ul>	Practical strategies for supporting children through natural disasters, conflict, and deprivation—fostering resilience, security, and emotional strength from early childhood to adolescence.
2:50PM (AEST)	Disability and neurodivergence: Navigating support and advocacy	<ul style="list-style-type: none"> <li>• Professor Bruce Tonge (Psychiatrist, Monash University)</li> <li>• Jodie Watney (Psychologist, Griffith University)</li> <li>• Monique Mitchelson (Psychologist, Redlands Psychologists)</li> <li>• Associate Professor Daryl Efron (Paediatrician, The Children’s Private Medical Group Melbourne)</li> </ul>	Learn practical strategies for seeking diagnoses, accessing support, and advocating for you and/or your child's needs in the context of disability and neurodivergence. Gain insights into creating a supportive environment that fosters growth and well-being.
3:50PM (AEST)	Empowered parenting: Key takeaways for action and advocacy.	<p>Chair:</p> <ul style="list-style-type: none"> <li>• Associate Professor Liz Westrupp (Deputy Associate Head of School of Psychology, Deakin University)</li> </ul> <p>Panel members:</p> <ul style="list-style-type: none"> <li>• Derek McCormack (Director, Raising Children Network)</li> <li>• Professor Matthew Sanders (Triple P Program author, The University of Queensland)</li> </ul>	Wrap up Parent Day with an inspiring and interactive session designed to leave you feeling empowered and equipped with practical insights. Our panel of experts will each share three key take-home messages—offering guidance, strategies, and actionable steps to help you advocate for high-quality, evidence-based parenting support.

- Professor Sophie Havighurst (Tuning in to Kids Program author, University of Melbourne)
- Associate Professor Divna Haslam (Psychologist, The University of Queensland)