



I-CEPS

International Congress
on Evidence-based
Parenting Support

I-CEPS 2023 FINAL REPORT

Prepared by

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Convenor, International Congress on Evidence-based Parenting Support 2023

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*Promoting well-being and health globally
through effective parenting support*

Background

The Inaugural International Congress on Evidence-based Parenting Support (I-CEPS) was held June 6-9, 2023. It was hosted as an entirely virtual event by the Parenting and Family Research Alliance (PAFRA) using the EventsAir platform. This report summarises the outcomes achieved by the Congress, describes the program participants, and comments on the overall success of the event.

Our vision

The Inaugural International Congress on Evidence-based Parenting Support (I-CEPS) was intended to be a ground-breaking global initiative to advance research, policy, and practice in the field of parenting and family intervention. The event aimed to bring the evidence-based parenting support community together, inspire innovation and collective action, and empower parents and families around the world to benefit the next generation. The digital event was held over three days across four time zones, with a further two days devoted to Master Classes.

The Congress had an overarching message that good parenting is the “clean water” of children’s mental health, resilience, and wellbeing and the single most important potentially changeable protective factor influencing human development, with life-long effects. I-CEPS aimed to inspire global collective action to improve access for all parents to high-quality, evidence-based, and culturally appropriate parenting support, to benefit children and young people everywhere.

Who attended I-CEPS?

The overarching aim of I-CEPS was achieved as it brought together 790 researchers, program developers, policy makers, disseminators and service providers involved in delivering evidence-based parenting support to families. Participants came from 62 countries from around the world. Over 100 individual evidence-based parenting programs were featured across a variety of program formats including keynote and invited addresses, symposia, master classes, workshops, individual paper sessions and posters. Figure 1 shows the geographical spread of participants and Figure 2 shows the specific countries who were represented.

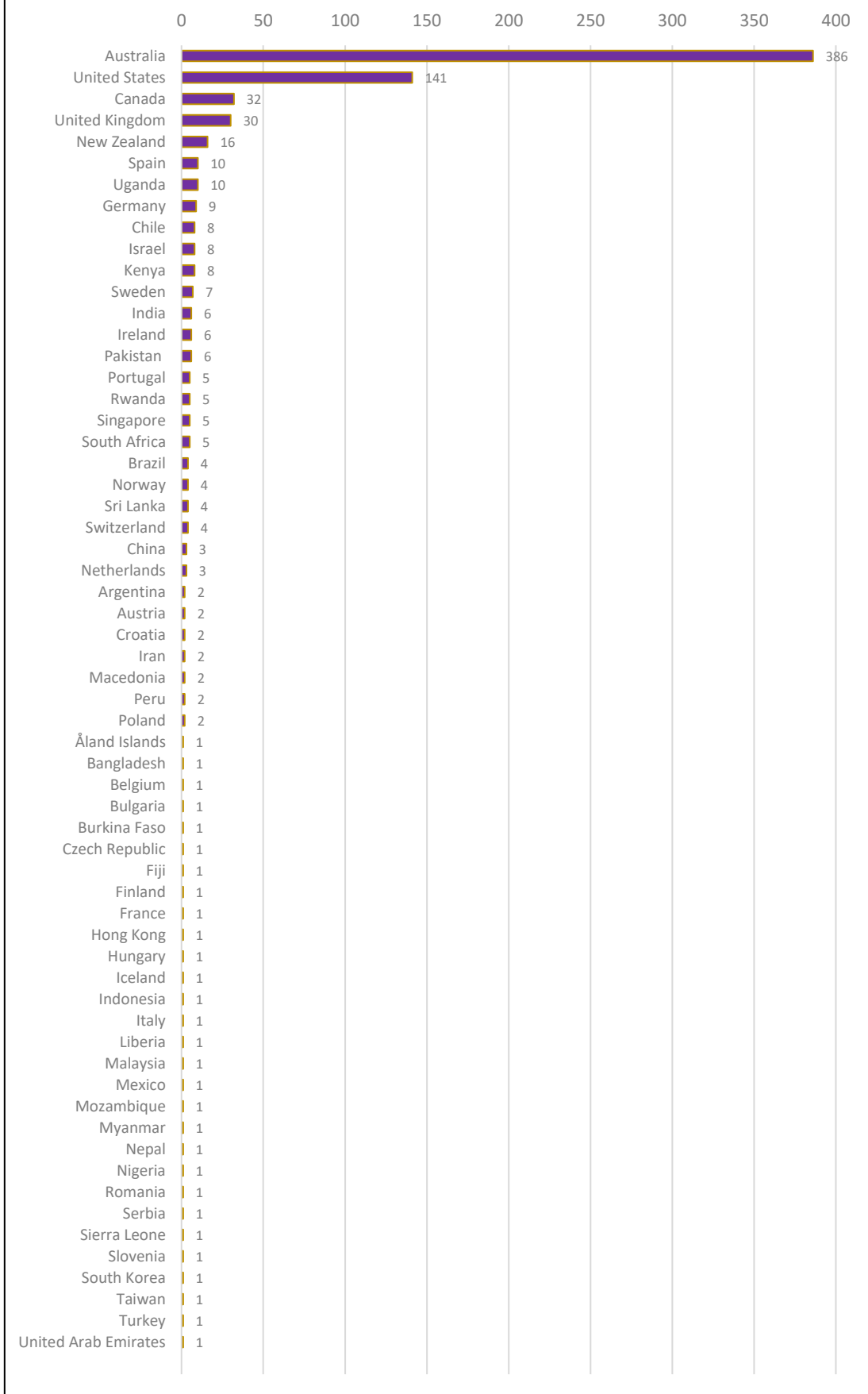
Figure 1 Countries represented at I-CEPS



The Congress aimed to be inclusive and to attract multidisciplinary participants from around the globe. This aspiration was largely achieved with registrants from diverse disciplinary backgrounds attending from every continent. There was particularly strong representation from English speaking countries where much of the world’s parenting

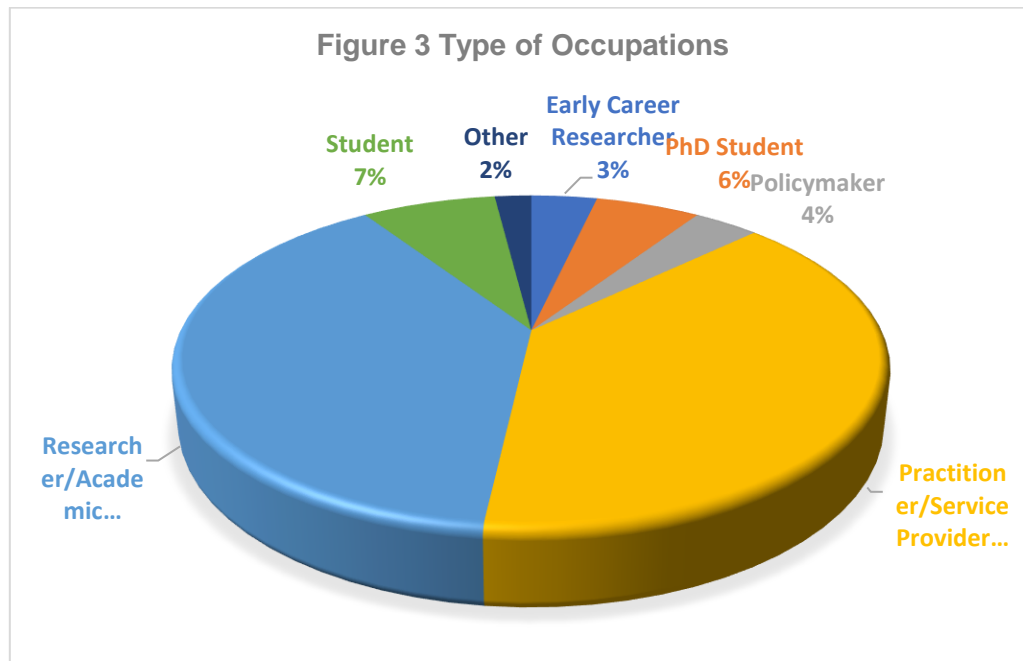
research has been conducted (Australia, United States, Canada, United Kingdom and New Zealand). However, participants also came from a variety of European, Asian, Middle Eastern, African and Central and South American and Pacific Island countries.

Figure 2 Number of I-CEPS attendees by Country of Origin



Representation across professional backgrounds

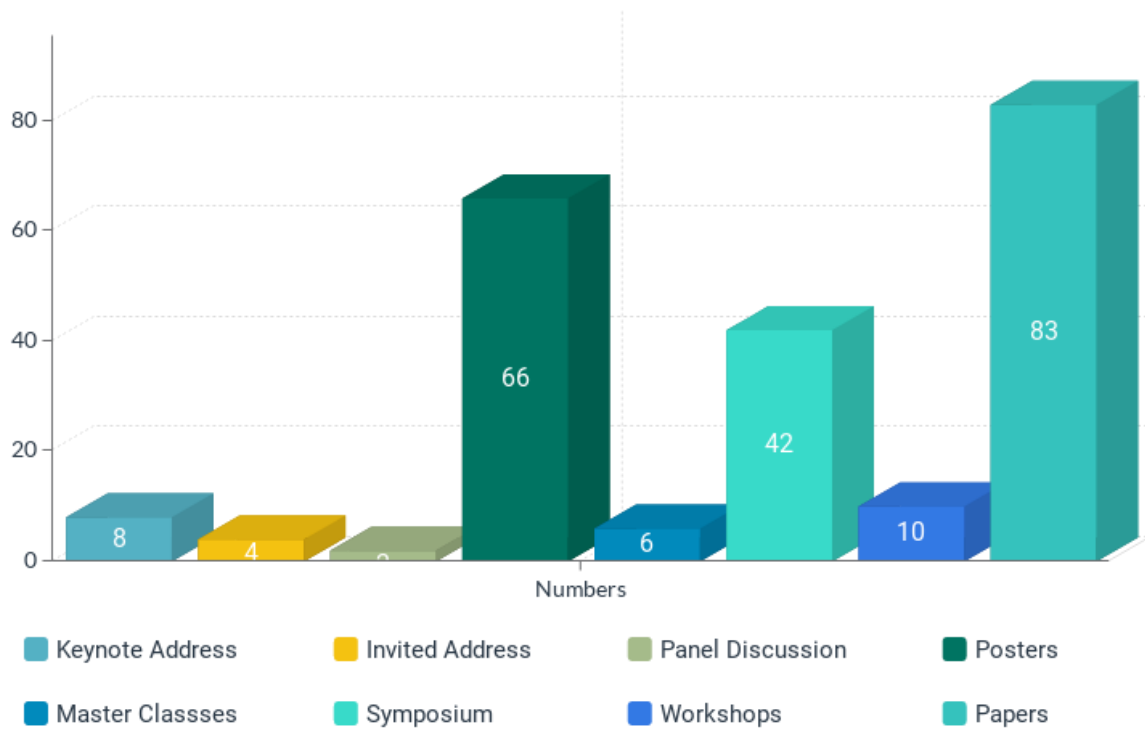
Figure 3 reports on the type of occupations of the participants. Both researchers/academics and practitioners/service providers were well represented, each accounting for 39% of registrants. Participants were from diverse disciplines including psychology, education, pediatrics, psychiatry, nursing, social work, speech pathology, and public health. In keeping with the goal of promoting and supporting the next generation of parenting researchers it was encouraging to note that there was a strong representation from early career researchers/doctoral candidates (9%) and policy makers (4%).



World leading presenters

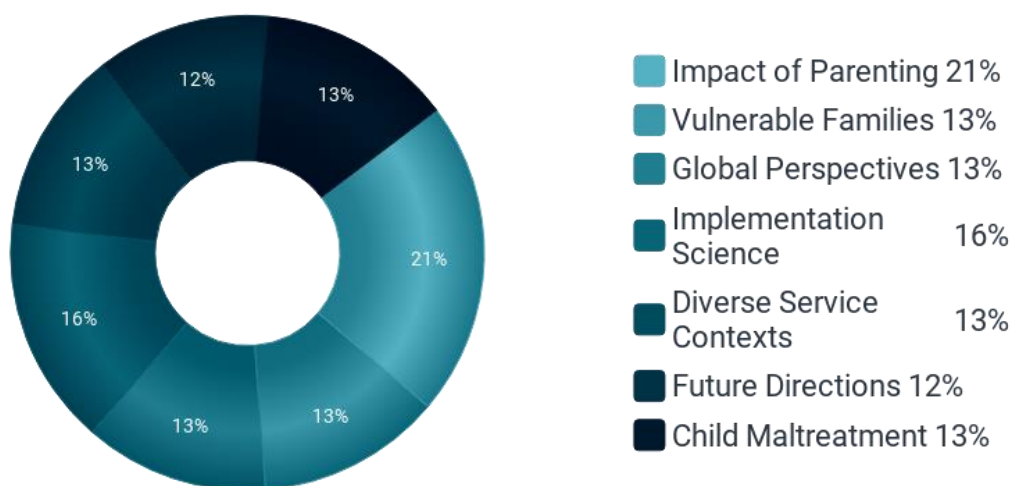
I-CEPS attracted many of the world’s leading parenting and family intervention researchers and program developers. Presenters came from 59 different countries including many from low- and middle-income countries. Some outstanding individual presentations were delivered across each day of the program across a diverse range of parenting topics/issues/age groups. All phases of development from infancy through to adolescence were represented and presentations included a mix of universal and targeted programs across the different presentation formats.

Presentation formats



Key themes

A diverse range of topics were covered across seven key theme areas.



Different programs

A wide range of different programs were presented covering different age groups and types of children and families.

Symposium	
Alliance of Parents and Teachers (APT) program	Home Instructions for Parents and Preschool Youngsters
Alternatives for Families	Mothering from the Inside and Out
ASPIRE	Parent-Child Interaction Therapy
Behavioural Parent Training	Parents under Pressure
Bring Up Great Kids Program	Parentworks-Spectrum
Child First	Play Well Triple P
Circle of Security Parenting (COSP)	Positive Discipline in Everyday Parenting
Compassion-focused therapy, ACT	SafeCare
DadPlay	Stepping Stones Triple P
ECD and nutrition intervention in the first 100 days	Sugira Muryango
Empowering Parents Empowering Communities	Text2dads
Family Foundations	The Art of Parenting in Recovery
Family Life Skills Triple P	The Family Check-Up Online
ForWhen	Triple P
GenerationPMTO	Triple P Online System
Group Triple P	Triple P, PECE
Guiding Good Choices (GGC)	Tuning in to Kids
Helping Families Programme	

Workshop	
Confident Carers Cooperative Kids Program	Third Wave
Helping Families Programme	Together Facing the Challenge
The Period of PURPLE Crying program	Tuning in Online Programs

Paper	
ACT – Parents Raising Safe Children	Parent-Child Interaction Program
Behavioral Parent Training	Parents as Protectors (PaP) module
Being a Parent (Bap) – Enjoying Family Life	Parents as Teachers
Boost for the Youngest	Raising Helpful Toddlers
CASITA	Safe, Secure and Loved: Resilient Families
Dialogic book-sharing	Sihleng'imizi Family Programme
Digital Parenting Project	Skilful Parenting
Early Home Learning Study	Smart Beginnings
Family Check-up	Social Communication and Emotional Skills Development of Children
First Steps Intera za Mbere	Sugira Muryango
GenerationPMTO parenting intervention	The Family Preservation and Reunification Response

Good Kombra na Gladly Family	The International Child Development Program (ICDP)
Growing Strong Together programme	The Parenting Assessment and Skill Development Service (PASDS)
Growing Up Together Online	The Supporting Father Involvement Intervention
Hospital to Home	Transforming Everyday Moments - Workshop
Incredible Years	Triple P
Internet-based EMPOWERYOU program	Ubuntu programme
Kids First Integrated Family Service	Working Out Dads
Multisystemic Therapy (MST)	You Are Enough

Poster	
Bringing Up Great Kids (BUGK)	Parent Management Training (PMT)
Confident Carers Cooperative Kids, CCKK	ParentChat
Fearless Triple P	Parenting and Lifelong Health (PLH)
FindWays	Parenting without Violence (PwV)
Foster Families Initiative	Perkins
FPC-IHS	Playsteps
GenerationPMTO	Positive parenting content (MBSR-P)
Group Triple P	REThink Parenting Program
Growing Minds Australia Check In (GMCI)	SafeCare
Home Parenting Education and Support Program	STANCE
Ich bin alles	Standard Triple P
Incredible Years	START
Individualized Home Programme	The Period of PURPLE Crying program
International Child Development Programme (ICDP)	The Victorian Koori Maternity Services
KKGG	Tuning in to Kids
Mellow	WHO's Caregiver Skills Training (CST)
Mindfulness-based stress reduction programme (MBSR)	Young Mothers Caregivers Program
Parent and Child Training	

Our supporters

As an inaugural event organised by recently formed organisation (PAFRA or the Parenting and Family Research Alliance) we attracted a range of sponsors who were inspired by the idea of the Congress and became our foundational backers. Their collective contributions were greatly appreciated. The support of our four platinum sponsors (the University of Queensland's Parenting and Family Support Centre, the ARC's Centre of Excellence for Children and Families over the Life Course, the Parenting Research Centre and the Kempe Foundation) provided the essential financial resources needed to make the Congress viable. They were joined by another 20 organisations who were our gold (Growing Minds Australia, Oz Child, Telethon Kids Institute, Queensland Child and Family Commission, Queensland Mental Health Commission), silver (Windermere, ARACY, Thriving Queensland Kids Partnership, Academy of Social Sciences Australia, Values

to Action, Smith Family, Karitane) and bronze supporters (The Black Dog Institute, Queensland Government, Murdoch Childrens Research Institute, South Australian Government, New South Wales Government, The University of South Carolina, and Kids First).

An environmentally friendly event

I-CEPS was designed to be an environmentally friendly event. By hosting the entire event as a virtual experience we minimised our carbon footprint. There were no long-haul flights to get to a Congress location which for many would have meant travelling to the other side of the world. All the various committees met virtually throughout the entire Congress planning process. In fact, there was not a single in person meeting of any of the 10 I-CEPS committees.

Delivering meaningful policy and social impact

The congress was designed a means to an end not an end in itself. Considerable attention was focused on producing meaningful policy and social impact. Throughout, participants were encouraged to consider starting or joining an Action Circles to promote post congress partnering and collaboration. We prepared a video and tipsheet on how to set up and successfully run an action circle. Many different groups have used these resources to start their own local action circles initiatives.

Our hosts and moderators

Our hosts Dr Norman Swan and Tegan Taylor did a terrific job helping participants navigate the platform, providing previews, highlights and introductions to the many presentations throughout the Congress. Throughout the program, keynote and invited presentations were further enhanced through the efforts of Dr Swan, and key members of our committees who helped to facilitate live Q&A between presenters and attendees. Our behind-the-scenes moderators also helped manage the discussion forums, keeping people engaged throughout the Congress, and providing support to attendees and presenters alike.

Our technical production team

The EventsAir platform did a terrific job in providing technical expertise and production support to all presenters to ensure the event ran smoothly. They worked tirelessly 24/7 for three days to stage the event across 4 different time zones. This meant that everyone could experience the full congress program at a time corresponding to their usual working day.

The Video Production Unit at The University of Queensland also did an outstanding job pulling together the many hours of video content submitted by delegates.

Creating an enduring digital video asset

I-CEPS has created an extremely invaluable digital video resource on evidence-based parenting support that can be accessed "on demand" for no extra cost by all congress delegates for the next three months. This means registrants don't need to miss anything and all content can be used to support the work of action circles or to enable you to refresh and update your knowledge on evidence-based practices in parenting at your convenience.

A financial success

The Congress was a financial success. The combination of sponsorship and registration fees ensured that the Congress covered the costs of staging the event.

Acknowledgements of the contributions of Committees

Now I-CEPS is over it's time to pause and reflect and to acknowledge the efforts of the many dedicated people who devoted countless hours over the past 2 years to make this dream a reality.

Congress convenor: [Professor Matthew Sanders](#) (The University of Queensland, Australia)

Treasurer: [Mr Warren Cann](#) (Parenting Research Centre, Melbourne, Australia)

Global Ambassadors

- [Anne Hollonds](#) (Australia's National Children's Commissioner)
- [Sophie Howe](#) (Sustainability Futures and Wellbeing Adviser and the first Future Generations Commissioner for Wales)

International steering committee

The steering Committee provides high level oversight for each other committee, guiding their choices to best reflect the overarching concept of the event.

- [Professor Matthew Sanders](#) (Committee Chairperson; The University of Queensland, Australia)
- [Dr Amit Baumel](#) (University of Haifa, Israel)
- [Professor Theresa Betancourt](#) (Boston College, USA)
- [Dr Shelina Bhamani](#) (Aga Khan University, Pakistan)
- [Professor Mark Dadds](#) (The University of Sydney, Australia)
- [Dr Gauri Divan](#) (Sangath, India)
- [Professor Joan Durrant](#) (University of Manitoba, Canada)
- [Dr Ngozi Enelamah](#) (University of New Hampshire, USA)
- [Dr Ilgi Ertem](#) (International Developmental Paediatrics Association, Turkey)
- [Dr Jena Hamadani](#) (icddr,b, Bangladesh)
- [Professor Sophie Havighurst](#) (University of Melbourne, Australia)
- [Professor Nina Heinrichs](#) (Universität Bremen, Germany)
- [Professor Suzanne Kerns](#) (University of Colorado, USA)
- [Professor Robert McMahon](#) (Simon Fraser University, Canada)
- [Dr Ann Miller](#) (Harvard Medical School, USA)
- [Professor Pietro Muratori](#) (IRCCS Fondazione Stella Maris, Italy)
- [Professor Alvin Lai Oon Ng](#) (Sunway University, Malaysia)
- [Professor David Olds](#) (University of Colorado, USA)
- [Professor Ronald Prinz](#) (University of South Carolina, USA)
- [Professor Marija Raleva](#) (St. Cyril and Methodius University, Macedonia)
- [Professor Anna Sarkadi](#) (Uppsala University, Sweden)
- [Professor Stephen Scott](#) (King's College London, England)
- [Professor Vincent Sezibera](#) (University of Rwanda, Rwanda)

- [Dr Hiran Thabrew](#) (University of Auckland, New Zealand)
- [Professor Carolyn Webster-Stratton](#) (University of Washington Seattle, USA)

Organising committee

The organising committee is responsible for planning the event, coordinating staff, and managing the progression of necessary tasks and assets to ensure timely execution of objectives.

- [Dr Carys Chainey](#) (Committee Co-chairperson; The University of Queensland, Australia)
- [Ms Caroline Dusabe](#) (Committee Co-chairperson; Save the Children)
- Ms Jessica Dawkins (I-CEPS General Assistant; The University of Queensland, Australia)
- [Ms Sarah Little](#) (Committee Assistant; The University of Queensland, Australia)
- [Dr Carolina Gonzalez Urrutia](#) (University of Southern Queensland, Australia)
- [Mr Tianyi Ma](#) (The University of Queensland, Australia)
- [Dr Sally Richmond](#) (Monash University, Australia)

Scientific program committee

This scientific program committee is responsible for the development of the Congress program, including the event themes, selected presenters, and presentation guidelines.

- [Professor Suzanne Kerns](#) (Committee Co-chairperson; The University of Colorado, USA)
- [Associate Professor Karen Turner](#) (Committee Co-chairperson; The University of Queensland, Australia)
- [Ms Areeba Syed](#) (Committee Assistant; Aga Khan University, Pakistan)
- [Japeth Adina](#) (The University of Queensland, Australia)
- [Assistant Professor Amit Baumei](#) (University of Haifa, Israel)
- [Assistant Professor Shelina Bhamani](#) (Aga Khan University, Pakistan)
- [Professor Patricio Cumsille](#) (Pontificia Universidad Católica de Chile, Chile)
- [Professor Heather Foran](#) (Universität Klagenfurt, Austria)
- [Professor David Hawes](#) (University of Sydney, Australia)
- [Adjunct Professor Cynthia Leung](#) (Victoria University, Australia)
- [Associate Professor Paul Oburu](#) (Maseno University, Kenya)
- [Assistant Professor Justin Parent](#) (Brown University, USA)
- [Professor Marija Raleva](#) (St. Cyril and Methodius University, Macedonia)
- [Associate Professor Raziye Salari](#) (Uppsala University, Sweden)
- [Professor Anna Sarkadi](#) (Uppsala University, Sweden)
- [Dr Anja Wittkowski](#) (University of Manchester, UK)

Policy and social impact committee

The policy and social impact committee investigates opportunities for knowledge transfer beyond the Congress. Key aspects of this role include government engagement, and the development of the Supporting Families Pledge and action circle materials.

- [Dr Chris Hatherly](#) (Committee Chairperson; Academy of the Social Sciences in Australia)
- [Dr April Hoang](#) (Committee Assistant; The University of Queensland, Australia)
- [Ms Sylvia Lin](#) (Committee Assistant; The University of Melbourne, Australia)
- Ms Juan Zhong (Committee Assistant; The University of Queensland, Australia)
- [Adjunct Professor Michael Hogan](#) (Australian Research Alliance for Children and Youth/Thriving Queensland Kids Partnership, and Paul Ramsay Foundation Fellow at Queensland University of Technology)
- [Dr Frances Doyle](#) (Western Sydney University, Australia)
- [Dr Rae Kaspiw](#) (Australian Institute of Family Studies)
- [Ms Veronica Westacott](#) (Australian Government Department of Social Services)
- [Mr Luke Twyford](#) (Queensland Family & Child Commission, Australia);

Scientific and evaluation advisory group

The scientific and evaluation advisory group will conduct research on, and evaluate congress outcomes, focusing on implementation science and maximizing the impact of the congress on practice and policy.

- [Associate Professor Marie Yap](#) (Committee Chairperson; Monash University, Australia)
- [Ms Sunita Bayyavarapu](#) (Committee Assistant; Monash University, Australia)
- [Professor David Hawes](#) (University of Sydney, Australia)
- [Professor Suzanne Kerns](#) (The University of Colorado, USA)
- [Professor Winnifred Louis](#) (The University of Queensland, Australia)
- [Associate Professor Alina Morawska](#) (The University of Queensland, Australia)
- [Professor Ronald Prinz](#) (University of South Carolina, USA)
- [Associate Professor Cheri Shapiro](#) (University of South Carolina, USA)

Online Experience Committee

The online experience committee is responsible for the design and flow of the Congress experience. They work closing with the scientific program committee and digital event coordination team to improve production quality and engagement.

- [Ms Elizabeth Chester](#) (Telethon Kids Institute, Australia)
- [Ms Muskan Khetan](#) (The University of Melbourne, Australia)

- [Mr Jonathan Kruljac](#) (The Kempe Foundation, USA)
- [Mr Matthew Taylor](#) (The University of Queensland, Australia)
- [Professor Mark Dadds](#) (The University of Sydney, Australia)
- [Mr Daniel Seed](#) (The University of Queensland, Australia)
- [Dr Carys Chainey](#) (The University of Queensland, Australia)
- [Mr Matt MacDermott](#) (Life Course Centre, Australia)
- [Professor Daryl Higgins](#) (Australian Catholic University, Australia)

Community engagement and parent advisory group

The community engagement and parent advisory group communicates the priorities of parents, carers, and children to other committees, ensuring that Congress initiatives reflect the values of global communities.

- [Professor John Toumbourou](#) (Committee Chairperson; Deakin University, Australia)
- [Dr Carolina Gonzalez Urrutia](#) (Committee Assistant; University of Southern Queensland, Australia)

Publications advisory group

The publications advisory group will investigate publication opportunities presented by the Congress, including special issues around evidence-based parenting support topics.

- [Professor Nina Heinrichs](#) (Universität Bremen, Germany)
- [Associate Professor Alina Morawska](#) (The University of Queensland, Australia)

Communications and Marketing Team

The communications and marketing team coordinates promotional material and outreach efforts across each committee via email and social media.

- [Mr Warren Cann](#) (Chairperson, Parenting Research Centre, Melbourne, Australia)
- [Ms Sarah Little](#) (The University of Queensland, Australia)
- [Dr Phyllis Sakinofsky](#) (Parenting Research Centre, Melbourne, Australia)
- [Ms Maria Battaglia](#) (Australian Catholic University)
- [Ms Stephanie Childs](#) (Parenting Research Centre, Australia)
- [Mr Matt MacDermott](#) (Communications, Life Course Centre, Australia)
- [Ms Heidi Minchin](#) (Visual communications, The University of Queensland, Australia)

Finance committee

The finance committee oversees the financial aspects of the Congress including budget development, registration enquiries, and sponsorship engagement.

- [Mr Warren Cann](#) (Chairperson, Parenting Research Centre, Melbourne, Australia)
- [Professor Matthew Sanders](#) (The University of Queensland, Australia)
- [Dr Carys Chainey](#) (The University of Queensland, Australia)
- [Mr Roger Lam](#) (Parenting Research Centre, Melbourne, Australia)
- Ms Jessica Dawkins (The University of Queensland, Australia)

Digital event coordination team

The EventsAIR team communicates the capabilities of the OnAIR platform to other committees, handles platform assets, and manages technical assistance enquiries.

- Ms Hope Simona (Event coordinator; [EventsAir](#))
- Mr Jamie Pear ([EventsAir](#))
- Mr Vivek Varanasi ([EventsAir](#))
- Mr Nelson Cheng ([EventsAir](#))