

# Toddlers Without Tears



## Description

This universally-available parenting program aims to help prevent externalising behaviour problems such as oppositional defiance, hyperactivity and aggression in the preschool child. The program has been designed to be suitable for all families in a community setting. Many of the major public health problems facing society today (crime, mental health problems, drug abuse, family breakdown) have been shown to have their antecedents in early behaviour problems.

The group parenting program was designed by paediatricians, psychologists and maternal and child health nurses. The program was piloted for suitability, relevance, and feasibility. Now, we are conducting a randomised trial in six Melbourne local government areas, to measure effectiveness in preventing preschool externalising problems.

## Methodology – Research

### Date

Start: December 2001

Finish: June 2006

### Funding

Philanthropic Organisation

William Buckland Foundation, Telstra Community Development Fund

### Publication/s

Bayer JK, Hiscock H, Wake M, Oberklaid F. (in preparation). Preventing externalising behaviour problems from early childhood: A case for universal anticipatory guidance in primary health care.

Hiscock H, Bayer JK, Wake M, Oberklaid F. (in preparation). Preventing preschool externalising behaviour problems: Methods, outcomes and process issues for a parenting anticipatory guidance program.

### Contacts/Staff involved

Jordana Bayer

03 9345 7952

jordana.bayer@mcri.edu.au

Harriet Hiscock

harriet.hiscock@rch.org.au

