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## #155 - Two paths to adaptation of the Tuning in to Kids evidence-based parenting program. How do we bend without breaking?

### Presenting Author(s)\*

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### Objectives/aims

Tuning in to Kids (TIK) is a parenting program that aims to improve parents'/carers' emotion socialization in order to promote emotional competence in children. Parents and carers learn skills in emotion awareness and regulation, as well as ways to support children's emotional learning using emotion coaching.

While TIK has been found to be effective in improving emotionally responsive parenting, children's emotional competence and behavioural functioning, program participation tends to be dominated by mothers/women. Given the important role the coparenting relationship and fathers have for child outcomes, there is an opportunity to enhance program effectiveness by adapting TIK to suit these unique contexts. This presentation showcases two evidence-informed solutions that work to address community needs for more inclusive approaches to parenting programs.

### Methods

In context one, Dr Christina Ambrosi will discuss the development of TIK-Together. TIK-Together is an adapted version of TIK which addresses the coparenting relationship (i.e., how caregivers work together to raise their children), in addition to parents' emotion socialisation practices. TIK-Together takes a family systems approach by requiring families where there are two caregivers (parenting separately or together) to both attend sessions. The Medical Research Council framework for complex intervention development was used to guide how the program would be used in different contexts and what content modifications would be required for TIK-Together. The adaptation process involved considering unique dynamics and barriers that arise when caregivers attend sessions together, while also maintaining program integrity with the original TIK program.



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In context two, Dr Nikki Boswell will present the adaptation process applied during implementation of the Dads TIK program as part of the Movember Scaling What Works dissemination trial that aims to enhance men's (or boys) mental health. In this project, Dads TIK, a father-friendly version of the TIK parenting program, was delivered by 40 community facilitators within 32 different contexts. A proactive adaptation process, framed around the Ecological Validity Model, was used to guide program facilitators in analysing their community so that the program delivery could be planned to best 'fit' the context.

### **Main findings**

Through this presentation we will explore how evidence-informed solutions can be used to enhance parent and child outcomes by demonstrating how TIK has been 'bent' without breaking the evidence-base or compromising the program core components. By fitting the program to coparents and fathers, we have developed understanding of what works in different context to help practitioners and researchers overcome the challenges of transferring research to practice while retaining program fidelity, and promoting participant engagement and retention for real world outcomes.