

2026 SA-ACAPAP CONGRESS ● ● ●

● ● ● WORKSHOP:

Parenting programmes for children's safety and mental health:
Innovations in implementation and adaptation

- **ORGANISERS:** Clowns Without Borders South Africa, University of Cape Town (Global Parenting Initiative) and Parenting for Lifelong Health
 - **TARGET AUDIENCE:** This workshop is designed for professionals and practitioners working in child and adolescent mental health i.e. psychologists, social workers, counsellors, community health workers, government and NGO programme implementers, capacity building and training organisations.
 - **FOCUS AREA:** Early Career, Intermediate and Advanced
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FACILITATORS | CHAIRS | PRESENTERS:

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|--------------------------|--------------------|
| ● Dr Nyasha Manjenguja | ● Ms Cindee Bruyns |
| ● Prof Catherine Ward | ● Ms Carly Katzev |
| ● Ms Sibongile Tsoanyane | ● Ms Anne Schley |
| ● Ms Anna Booij | ● Dr Jamie Lachman |
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● SUMMARY |

The in-person Parenting for Lifelong Health (PLH) programmes were originally developed and tested in South Africa and have since been implemented in over 20 LMICs. In South Africa, they continue to be delivered by the Department of Social Development and NGO service providers. In 2022, the Global Parenting Initiative was launched to support the adaptation and development of digital versions of these in-person programmes. As an early adopter of a hybrid delivery model, the mothers2mothers programme will serve as an additional case study for this work.

● PRORAMME LAYOUT:

08.30 – 08.45: **Welcome & Overview**

Introduction to the session and description of in-person parenting programmes

08.45 – 09.15: **The science behind in-person parenting interventions**

The evidence base, mechanisms of change, and outcomes for children's safety and mental health

09.15 – 09.45: **Live demonstration of an in-person session**

Interactive session demonstrating a core parenting skill used in Parenting for Lifelong Health (PLH) in-person programmes: Praise and Reward

09.45 – 10.15: **Adapting parenting programmes for context**

How to adapt programmes for language, delivery settings, and sensitive issues like IPV

10.15 – 10.45: **Tea Break**

10:45 – 11:10: **Live demonstration of a digital parenting programme**

Interactive demonstration of a digital parenting intervention. [Participants to please bring a device with internet and WhatsApp connection and headphones]

11:10 – 11:40: **Innovations in delivery: Digital and hybrid approaches**

The science of adapting PLH programmes to digital and hybrid formats and early findings; Case study of the mothers2mothers programme

11:40 – 12:20: **Capacity building and organisational readiness**

What's needed to deliver and scale programmes, including training, supervision, and costing

12:20 – 12:30: **Wrap-up and next steps**

Key takeaways, closing reflections, and invitation to post-workshop Q&A



**Global
Parenting
Initiative**



PARENTING
FOR LIFELONG HEALTH
