

# An evaluation of playful discipline taught in an attachment-based parenting program

ACTRN12623000581662

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**Status** RECRUITING  
**Sponsor** Southern Cross University  
**Enrollment** 50 participants

## Plain Language Summary

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Parenting young children aged 2–4 who show challenging behaviour can be stressful, and many parenting programs give vague guidance on discipline. This study examines a specific approach called 'Aware Parenting,' which uses playful strategies to address difficult behaviour rather than traditional discipline methods. The playful discipline approach focuses on building connection and using games, laughter, and play to redirect children's behaviour.

Pilot work has already shown the program can be delivered in a single online session with some promising effects. This study will build on that by looking specifically at the playful discipline component to understand what difference it makes for parents and children.

You may be eligible if you are a parent or primary caregiver living in Australia with a child aged 2 to 4 years, you are over 18, and you have not previously learned this particular parenting approach. Parents with a severe diagnosed neurodevelopmental or personality disorder that significantly affects daily life, or those currently experiencing severe depression or anxiety, would not be eligible.

## Key Eligibility Criteria

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### Inclusion (1)

- Participants will be parents or primary caregivers residing in Australia over 18 years with children aged 2-4 years old who have not learned this parenting intervention before.

### Exclusion (2)

- Severe diagnosed neurodevelopment or personality disorders in the parent or child that impacts daily life.
- On-going severe depression or anxiety diagnosis in the parent.

## Locations (1 total)

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ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12623000581662>

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