2025

Reimagining Toddler Wellbeing through Co-designed, Culturally Grounded Parent Child Interaction Therapy Innovations

KARITANE®

Parent Child Interaction Therapy – Toddler (PCIT-T) & Parent Child Interaction Therapy (PCIT)

PCIT INTERNATIONAL
WWW.PCIT.ORG

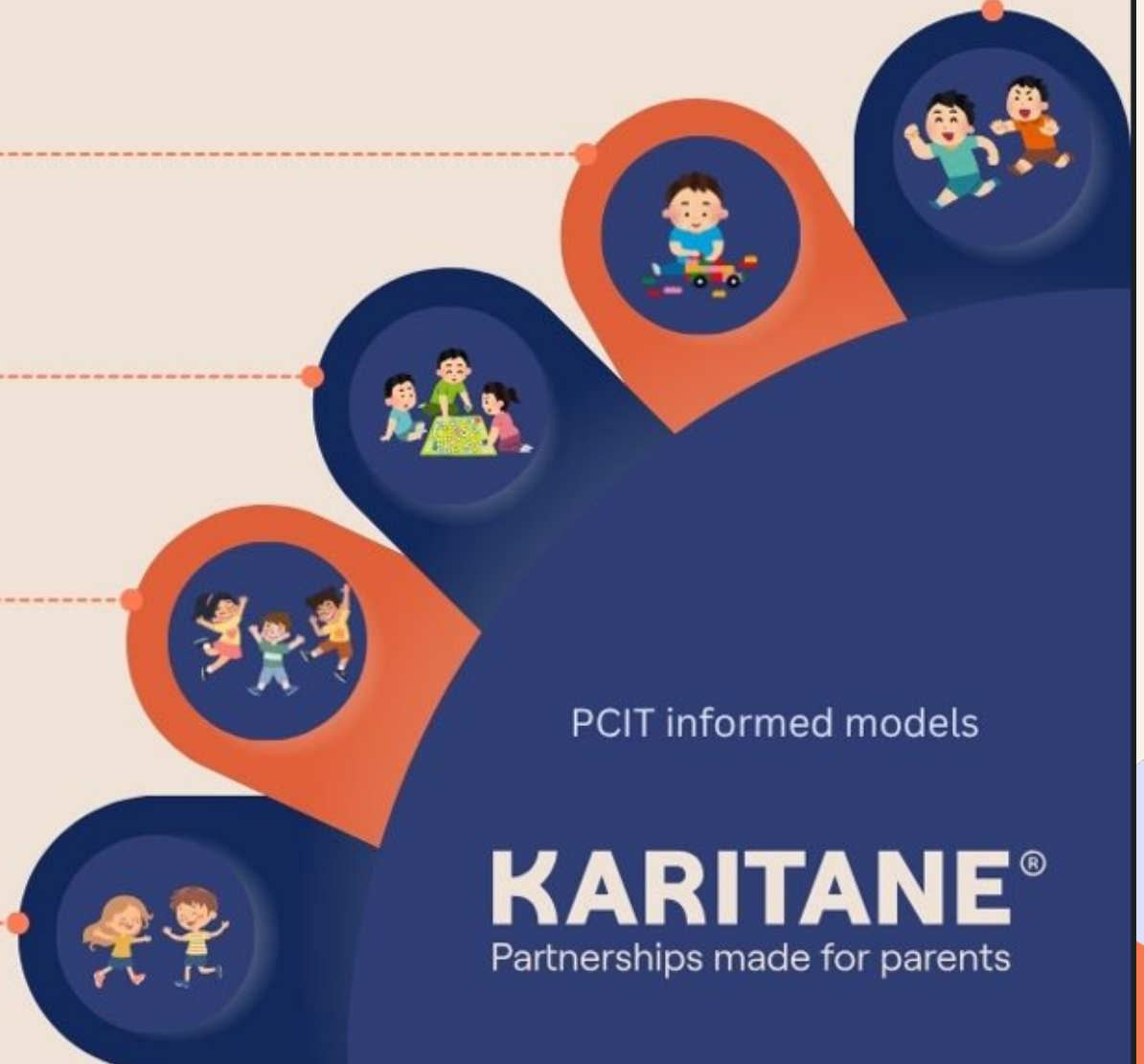


- An early intervention for children 10 months to 2 years (PCIT-T) and 2-7 years (PCIT) who struggle with frequent tantrums, aggression, defiance, or emotional regulation difficulties
- Attachment-based program that uses play to facilitate healthy interaction between parents and children
- Live coaching by therapist F2F behind a one-way mirror or via telehealth
- Continuum of support

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Supporting Children and Families

- PCIT- 2-7 yrs 12-20 weeks
- PCIT-T - Toddlers under 2 yrs
- My Toddler and Me 8 week group
- Understanding your Toddler - 5 week group in language
- My Toddler and Me- 4 videos in language



PCIT informed models

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Partnerships made for parents

Background




KARITANE®
Partnerships made for parents
Community Programs
Supporting parents to nurture positive relationships with their children for their best start in life.
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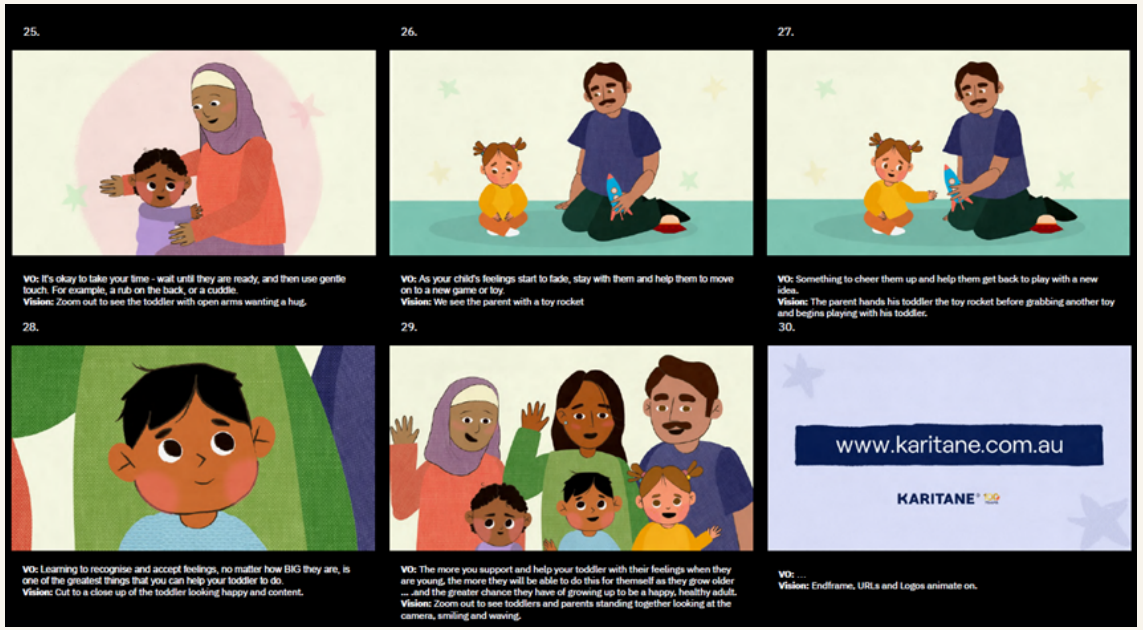
My Toddler and Me - video series

Video 1: Using Play to Connect with your Toddler

Video 2: Supporting Your Toddler's Feelings

Video 3: Supporting your Toddler to Explore Safely and Happily

Video 4: Caring For Yourself As A Parent



Randomised Control Trial & Outcomes

155 parents, recruited online

Random allocation to:
- Intervention (1 video per week for 4 weeks)
- Control (no videos)

Questionnaires:
- Baseline
- 5 weeks
- 3 months

Improvements in parenting confidence, empathy, emotional understanding, alongside reductions in hostility and caregiving helplessness.

The result was 2% statistically significant - notable given the brief intervention.

Vietnamese & Arabic Speaking Groups

Funded by Paul Ramsay Foundation



- Families with low confidence in spoken English currently have limited access to parenting support services
- Understanding Your Toddler is an evidence-informed psycho-educational group parenting program for families at risk of significant attachment or child behaviour concerns
- Manualised program – based on the principle of PCIT





Overall, high community interest, high attendance and retention of parents and extended family members

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Qualitative data – What did you enjoy about the program?

- “I have learned to create quality time with my baby and I now know how to play with my child and see my toddler’s emotions”
- “My husband and I studied this together to understand our baby better. We can now take care of our baby more effectively”
- “My child has become happier because I learned how to recognise his emotions, help him express his behaviour and I now respond to his needs in a timely manner”
- “ I am very grateful and lucky to know Karitane and join Kha and Tien (group facilitators)”. The teachers are enthusiastic and lovely and thank you to Lucy for the research and dedication”

Qualitative data – What could be improved?

- “The location is far from my home. If possible, I would like more locations”

- “The program is short and condensed. I would like more sessions to gain more experience”. (Group 1 - 5week program participant)



Thank you to everyone involved in these projects:

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