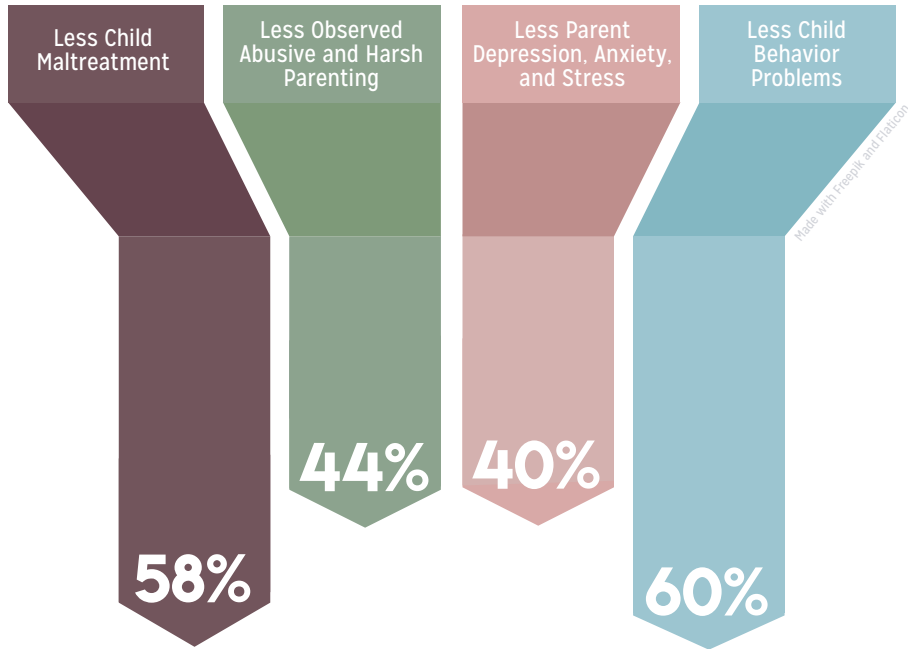


## EVIDENCE OF EFFECTIVENESS

At 3 months after the end of the programme, there were significant differences in the lives of PLH-YC participants compared to the control group of families:



# PLH-YC

## PARENTING FOR LIFELONG HEALTH FOR YOUNG CHILDREN (PLH-YC) IN THAILAND

*Promoting lifelong health and wellbeing through evidence-based parenting skills*

A total of 120 families with children aged 2-9 years from Udon Thani participated in a rigorous type of research study (called a randomised controlled trial) conducted by the University of Oxford with funding by UNICEF Thailand. The families were referred to the study by Village Health Volunteers and teachers in their communities. Data was collected from 120 parents (one per family), after which 60 were randomly allocated to participate in PLH-YC while the other 60 parents did not participate. After the programme ended, data was collected from all 120 families 1 month after the end of the programme, as well as 3 months afterwards.

The researchers found positive programme effects as summarised in the figure above. Parents also reported improved positive parenting, child monitoring, and parental confidence. Observational assessments also found improved child maturity and compliance. There were no significant changes reported in child neglect, over-reactive parenting, attitudes to punishment, or parent responsiveness.

## FEEDBACK ABOUT PLH-YC PARENTING TECHNIQUES FROM PARTICIPANTS

Great grandmother of a 4 year-old girl: "She listens well [now] and I don't really have to repeat myself. If I said you have to be home by...6:00 p.m. [due to the new Household Rule], then she has to come home like I said. I'd say it has changed for the better."

Mother of a 3 year-old boy: "I use this [Taking A Pause] most often.... When my child has a tantrum, I remain calm.... I fully control my emotions.... Before, I was about to kill him."

Grandfather of 8 year-old boy: "Praising is good because it's better than using violence with him - using violence is not right, to put it simply."



PLH-YC is a group-based, collaborative parenting programme, based on evidence from over 50 years of research\*. It is designed specifically for families with children aged 2-9 years to promote positive parenting as well as reduce risks of violent discipline in vulnerable communities.

\* Leijten, Melendez-Torres, Knerr & Gardner (2016).  
McCoy, Melendez-Torres & Gardner (2020).

## VIOLENCE AGAINST CHILDREN IN THAILAND

Violent discipline of children is widespread in Thailand. According to a 2015-2016 national survey by the Thai Government and UNICEF, 75% of children aged 1-14 years experienced physical or psychological punishment by an adult in their home. Research has shown that adolescents and

adults in Asia who have experienced violence as children are more likely to have poorer physical and mental health, more sexual partners, unplanned pregnancies, become victims of violence by an intimate partner, and think about or attempt suicide.

## PLH-YC IN THAILAND

Parenting for Lifelong Health began as a collaboration between WHO, UNICEF, and the Universities of Oxford and Bangor in the United Kingdom, and the Universities of Cape Town and Stellenbosch in South Africa. In Southeast Asia, PLH-YC has been delivered to families in the Philippines, Malaysia, and Thailand.

In Thailand, research was conducted with Thai government officials, academics, health workers, and families in Udon Thani in order to adapt the programme and ensure that it suited the Thai context. In collaboration with the Ministry of Public Health, PLH-YC has been designed to be part of local public health services at the community level.

## CORE CONTENT OF PLH-YC

Works together with parents to solve challenges in child rearing, learning through active practice in the group and at home, and frequent feedback

Encourages parents to engage in activities with their children that are appropriate for their developmental stage

Emphasises the importance of child-led play and praise to develop nurturing relationships

Promotes the need to establish clear limits, household rules, and appropriate forms of supervision

Aims to help parents learn positive and effective ways to deal with difficult child behaviour

Helps parents to look after their own mental health through self-care and stress relief

## PLH-YC THAILAND CURRICULUM OVERVIEW



## BUILDING A HOUSE OF SUPPORT

An image of a Thai home is used to demonstrate all the different skills that parents learn during the programme.

The “Sunshine of Positive Attention” symbolises the importance of children receiving as much positive attention as possible from their parents.

The walls represent positive parent-child interactions: spending time with children, talking about emotions, praising and rewarding good behaviour, helping your child follow instructions, and setting daily routines and household rules.

The roof represents positive discipline and focuses on ignoring difficult behaviours and consequences to support compliance.

When parents spend more time building positive relationships with their children, their children tend to become more compliant. Ultimately, children misbehave less and parents spend less time managing difficult child behaviours. When the walls of the house are strong, the roof is easier to maintain.

