The Sinvouyo Caring Families Programme
– PLH for Young Children 2-9

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Research, policy and clinical practice working together
Project Phases

- Phase 1: Intervention Development (2012)

- Phase 2: Feasibility Pilot Randomised Controlled Trial (2013)

- Phase 3: Larger Randomised Controlled Trial (2014-2015)

- Phase 4: Dissemination and Scale-Up (2015 and beyond)

Phase 1: Programme development based on what works and what is being done

Need to balance evidence w/ local cultural, economic realities!
Building a Rondavel of Support

- Praise and Rewards
- Talking about Feelings
- Building Language Skills
- Special Time with Your Child

DEALING WITH DIFFICULT BEHAVIOUR
HOUSEHOLD RULES
GIVING CLEAR INSTRUCTIONS

SUNSHINE OF POSITIVE ATTENTION

Can I watch some T.V. after dinner? When you clear the table, then you can watch 30 minutes of T.V. I really appreciate you helping clean up after dinner, Thabo.

Generations
Phase 2: Pilot Feasibility RCT Trial: Khayelitsha, Cape Town
Results: Programme feasibility

- Attendance/Retention: Mean = 9 sessions (75%)
  - Programme support boosts attendance
  - Barriers:
    - Employment => need to offer weekend sessions!
    - Childcare cost and logistics
    - Resistance from family
- Participant satisfaction
  - High rates of weekly and overall satisfaction
  - Positive feedback on content and approach
  - Sinovuyo buddies

Results: Programme feasibility

- Cultural acceptability
  - Nonviolent discipline approaches acceptable
  - Challenges with “New” parenting concepts
  - Cultural framework
    - Rondavel of support model
    - Children’s songs, stories, and structure of day
Recommendations for future

- Lunch helped!
- Weekend sessions for employed parents
- Target men’s groups and utilize male facilitators
- Additional materials and support increase participation and engagement
- Cultural specific programme content supports behavioural change model
- Some evidence-based behavioural principles may require additional sessions and time
- What about child care?

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