



Australian Fatherhood
Research Consortium

AUSTRALIAN FATHERHOOD RESEARCH SYMPOSIUM 2025

Celebrating
10
years



1 & 2 May 2025

Deakin Downtown Melbourne
Tower 2. Level 12 / 727 Collins St
& Online via Zoom

#AFRS2025

 [australian-fatherhood-research-consortium](#)

 [@ausfatherhood.bsky.social](#)

 [@ausfatherhood](#)



This symposium acknowledges the traditional Wurrundjeri owners of the land upon which it is hosted.

HAVE YOU READ THE
OFFICIAL BULLETIN OF THE
AUSTRALIAN FATHERHOOD
RESEARCH CONSORTIUM?

FATHERHOOD BULLETIN



Australian Fatherhood
Research Consortium



**SCAN TO SUBSCRIBE
TO THE
FATHERHOOD BULLETIN**

FOUNDATION SPONSOR



SILVER SPONSORS



AWARDS SPONSOR



SPONSORS

KEYNOTE SPEAKER



PROFESSOR BRENDA VOLLING

How do fathers matter
for young children's
development?

Let us count the ways!

Brenda Volling is a developmental psychologist and the Lois Wladis Hoffman Collegiate Professor of Psychology at the University of Michigan. Her research focuses on early social and emotional development with infants, toddlers

and preschoolers, parent-child interaction, and family relationships, with a special interest in fathers. She works mostly with young fathers during the perinatal period and the transition to fatherhood and studies men's mental health, father-child relationships, and coparenting. She has received funding from the National Institute of Child Health and Human Development (NICHD) for her research and was the recipient of a career development award from NICHD. Her research has been showcased on CBS Sunday Morning, the BBC, the Washington Post, New York Times, and Parents magazine. Currently, she is working on psychoeducational supports for parents undergoing the transition to parenthood and the birth of a second child, as well as programs to support fathers with young children. In recent years, she has provided fatherhood researchers with critical 'state of the field' summaries, synthesising knowledge, gaps and directions for future work.

[Fathers Are Parents, Too! Widening the Lens on Parenting for Children's Development](#)

[Advancing Research and Measurement on Fathering and Children's Development](#)
[Fathering: New Perspectives, Paradigms, and Possibilities](#)

INVITED SPEAKER

PROFESSOR ANNA TARRANT

Co-creating a father-inclusive practice and policy ecosystem: insights from young fathers and family support in the UK

Anna Tarrant is a Professor of Sociology at the University of Lincoln in the UK, a UKRI Future Leaders Fellow and Director of the Centre for Innovation in Fatherhood and Family Research. Established in 2023, the Centre aims to support and promote cutting-edge, interdisciplinary research that underpins research, training, consultancy, and evaluation in the areas of father-inclusion and family welfare. Anna is also the Chair of Trustees of the North East Young Dads and Lads, a national specialist support charity for young fathers and their families. Building from a UKRI funded Future Leaders Fellowship study called '[Following Young Fathers Further](#)', Anna currently leads an impactful qualitative longitudinal, participatory study of the parenting journeys and support needs of young fathers. Through this research she has pioneered longitudinal co-creation methods to improve support with and for young fathers and to promote and advocate for father-inclusion as part of a gender equality and social justice agenda. Key innovations from the study include the co-creation of the Grimsby Dads Collective, DigiDAD, and the Father-inclusion Hub, a living archive of 'what works' in effectively engaging with men as-fathers.



Anna's recent books include [Fathering and Poverty](#) (2021), [Men, Families and Poverty](#) (2023), [Men and Welfare](#) (2022) and [The Dynamics of Young Fatherhood](#) (2024).

INVITED SPEAKER



ASSOCIATE PROFESSOR RICHARD FLETCHER

A decade of dads: an impressionistic history

Celebrating 10 years of the Australian Fatherhood Research Symposium

A lot can happen in 10 years, not just to an individual but to a social movement. If you imagine social changes as waves moving through years, then fatherhood research from 2015 to 2025 looks to me like quite a swell. Not a tsunami, but a wave with height and shape, one you'd certainly like to catch. I'll be describing some of the splashes along the ride of fatherhood research, the ones that impressed me anyway.

Richard Fletcher is Associate Professor in the Fathers and Families Research Program at The University of Newcastle, NSW. He has been conducting programs and research with fathers and families for over 30 years and was the co-convenor of the Australian Fatherhood Research Network for 10 years. His current research includes Indigenous fathers' strengths; Father's role in families with Post Natal Depression; Father-infant attachment; eHealth and web-based support for fathers; and Fathers' role in maternal mental health and in the event of stillbirth. Richard is the Principal Investigator for SMS4Dads and SMS4Deadly Dads.

CONFERENCE PROGRAM

DAY ONE – THURSDAY 1ST MAY 2025

- 09:15 **WELCOME TO SYMPOSIUM AND INTRODUCTION TO THE AUSTRALIAN FATHERHOOD RESEARCH CONSORTIUM & SYMPOSIUM**
Karen Wynter
- ACKNOWLEDGEMENT OF COUNTRY**
- 09:30 **KEYNOTE SPEAKER - PROFESSOR BRENDA VOLLING,**
Lois Wladis Hoffman Collegiate Professor of Psychology, University of Michigan
Introduced by Jacqui Macdonald
How do fathers matter for young children's development?
Let us count the ways!
- 10:30 **SPONSORS' INTRODUCTION**
Karen Wynter
- 10:45 **BREAK**
- 11:00 **PRESENTATION SESSION 1 - STARTING STRONG**
Chaired by Elisabeth Duursma
1. J. Macdonald: Predictors of fathers' mental health in early parenthood: A living systematic review
 2. J. Borninkhof: Insights into men's perinatal mental health
 3. M. Buckingham & S. Hodgson: Neonatal fathers' point of view: barriers and enablers for a successful early engagement
 4. A. Kothari: Reimagining perinatal care: Best practice principles for fathers, non-birthing parents and families
 5. G. Bantas & J. Withington: NICU dads in New Zealand *
 6. E. Kneebone: Supporting fathers in the NICU: Exploring the perspectives of families, healthcare providers and community organisations *
 7. M. Navyaan Siddiqui: Baby-brain, a subjective phenomenon common to fathers as well as mothers? *
- 12:10 **LUNCH**

* one slide short presentation



CONFERENCE PROGRAM

DAY ONE – THURSDAY 1ST MAY 2025

13:00 PRESENTATION SESSION 2 - PROGRAMS & SERVICES FOR FATHERS
Chaired by Rob Mills

1. W. Bryce: Engaging fathers in a parenting service: Tresillian's Circle of Security Parenting group for dads
2. A. Hofmeier: The Dad Space at The Discovery Space
3. T. Nevill: Exploring the experiences of fathers who lead school dads' groups
4. M. Aquilina: Parenting in partnership: Supporting dads through a stepped care approach
5. M. Gaynor: Fathers and smartphone technology: A qualitative study of the practicality of the My Baby Now app for fathers by fathers

14:10 PRESENTATION SESSION 3 - FATHERS' MENTAL HEALTH & WELLBEING
Chaired by Rebecca Giallo

1. J. Ericksen: Online cognitive behavioural therapy for paternal postnatal depression: DadBooster development and evaluation
2. V. Mancini: Latent profiles of masculine norm adherence in a community sample of fathers: Associations with mental health and parent-child relationship quality
3. K. Hugan: The indirect effects of fathers' emotion regulation difficulties on their response tendencies to their 5-12-year-old children via stress
4. S. Schilder: Primary health care providers and paternal perinatal psychosocial-risk assessment: practices, barriers, acceptability
5. I. Lim: Paternal childhood trauma and offspring anxiety: Early results from a longitudinal cohort study
6. C. Davenport: Exploring UK fathers' help-seeking for Paternal Postnatal Depression *

15:30 BREAK

16:00 INVITED SPEAKER - PROFESSOR ANNA TARRANT,
Professor of Sociology, University of Lincoln
Introduced by Karen Wynter
Co-creating a father-inclusive practice and policy ecosystem: insights from young fathers and family support in the UK

* one slide short presentation



CONFERENCE PROGRAM

DAY ONE – THURSDAY 1ST MAY 2025

- 16:45** **ADVOCATING AND CAMPAIGNING TO ENHANCE POLICIES AND CREATE INCLUSIVE PATHWAYS FOR FATHERS**
Mark Williams BCAh FRSA
Introduced by Karen Wynter
Exploring effective ways to advocate for change from experience in the UK
- 17:15** **OVERVIEW OF AFRC WORKING GROUPS**
Karen Wynter
- 17:30** **CLOSE & DRINKS**
Bar Nacional
Located downstairs from Deakin Downtown, directly outside Collins Square Tower 2
- 18:30** **DINNER**
BangPop
Attendees will walk as a group to BangPop restaurant from Bar Nacional (please feel free to organise your own alternative transport, if required)
35 South Wharf Promenade, South Wharf

**FIND OUT MORE ABOUT THE
AUSTRALIAN FATHERHOOD
RESEARCH CONSORTIUM**





**Our passion is
'Translating research into Practice'**

We are looking to connect with Researchers, Councils, Hospitals,
Healthcare Providers and NGOs, who would like to implement
'positive strength-based prevention programs'



**Speak to one of
the Dads Group team today
about how we can work with you
to support new families**

Hospital - Digital - Community



Supporting Families in the First 2000 Days!

Established over 100 years ago, Tresillian is Australia's largest early parenting organisation with Centres in Sydney, regional NSW, the ACT, and now Tasmania with a Centre to open in Launceston later this year. Tresillian supports parents to gain confidence, through evidence-based education on baby's feeding, sleep and settling and toddler behaviour, and their own mental health. Our mission is to prioritise the holistic well-being of the whole family. Tresillian is also a leader in professional development for health professionals. Our most recent workshop focussed on 'Including Dads in the First 2000 Days'. It was an enriching day of collaboration aimed at developing innovative approaches to enhance the inclusion of fathers.

Tresillian offers a comprehensive range of parenting services:

- More complex cases are referred to our Residential facilities for a 4 nights/5 day or opt for a virtual Residential program.
- Day services consist of 2-hour face-to-face or virtual consultations with a Tresillian nurse; parenting groups, and the option for counselling for perinatal mental health issues such as postpartum depression and anxiety.

Parents can access Tresillian's services through various channels:

- Health professionals, such as GP's and child and family health nurses, can refer families by visiting the Tresillian website at <https://www.tresillian.org.au>
- Parents can also 'self-refer' by completing a short online form on the Tresillian website.
- For personalised advice from a Tresillian nurse or information on Tresillian's services, parents can contact the Tresillian Parent's Help Line on FREECALL 1300 272 736.

THE Parenthood

The Parenthood is an advocacy organisation working to make Australia the best place in the world to be a parent.

We're campaigning to support fathers.

- 1 A national strategy to support fathers to take an equal share of parenting.
- 2 Increased investment in tailored perinatal education and parenting support for fathers.
- 3 Twelve weeks of federally-funded paid parental leave for fathers.
- 4 Universal access to a high-quality and affordable early learning system for all children.
- 5 A national early childhood workforce strategy that encourages male participation.



Join us today and help us make that happen!

CONFERENCE PROGRAM

DAY TWO – FRIDAY 2ND MAY 2025

- 09:00 WELCOME & ACKNOWLEDGMENT OF COUNTRY**
Karen Wynter
- 09:10 10 YEARS OF THE AUSTRALIAN FATHERHOOD RESEARCH SYMPOSIUM**
INVITED SPEAKER: ASSOCIATE PROFESSOR RICHARD FLETCHER
University of Newcastle
Introduced by Jacqui Macdonald
A decade of dads: an impressionistic history
- 10:10 PRESENTATION SESSION 4 – FATHER INCLUSION**
Chaired by Jennifer Ericksen
- 1. T. Docking: Innovating perinatal care: Implementation science for fatherhood engagement programs**
 - 2. D. Tambunan: Health professionals' attitudes and practices toward father-inclusive practice in Indonesia**
 - 3. E. White: Fostering meaningful father engagement in postnatal care through practice, system, structural change**
 - 4. E. Duursma: 'Highlights of my life': fathers' experiences with and views on parental leave in three Australian universities ***
 - 5. A. de Groot: Do fathers' experiences with paediatric healthcare influence families' shared health literacy?**
- 11:05 BREAK**
- 11:20 LONGITUDINAL STUDIES HIGHLIGHT**
Chaired by Jacqui Macdonald
- 1. Australian Institute of Family Studies: S. Martin, C. Gasser & K. Scurrah Launch of 10 to Men Insights from Fathering**
 - 2. A. Sen: Fathers' Experiences of Interparental Conflict and Adolescent Mental Health: The Mediating Role of Parent Mental Health Difficulties and Parenting Behaviour**
 - 3. M. James: Trajectories of distress among fathers and their children's mental health in adolescence ***

* one slide short presentation



CONFERENCE PROGRAM

DAY TWO – FRIDAY 2ND MAY 2025

- 12:10 PRESENTATION SESSION 5 - FATHERS & FAMILY RELATIONSHIPS**
Chaired by Levita D'Souza
- 1. M. Wilson: Men, suicidality and relationship breakdown: What do we know about fathers?**
 - 2. J. Brett: Fathers' self-compassion and child attachment quality: Testing a sequential indirect effect via emotion regulation difficulties, loneliness, and psychological distress in two paternal samples**
 - 3. M. Zen: Adolescents and sexually explicit media/pornography: Perspectives of fathers in Melbourne ***
- 13:00 LUNCH**
- 13:40 PRESENTATION SESSION 6 - MEETING THE DIVERSE NEEDS OF DADS**
Chaired by Vincent Mancini
- 1. R. Elmir: Culturally and linguistically diverse fathers support needs in the perinatal period: A scoping review**
 - 2. A. Cerfontyne: 'My Father is Not My Father': Discovering misattributed paternity in adulthood**
 - 3. O. Doreian & K. Deane: Helping young dads 'be comfortable putting their toe in': Centering lived experiences in a model of support for young fathers**
 - 4. A. Burns: Fatherhood programs in remote Australia ***
 - 5. O. Fernandes: The indirect effects of emotional labour and parental burnout on the relationship between conforming to masculine norms and father self-efficacy**
 - 6. N. Pierce: 'I miss you daddy, when are you coming back daddy?'. Men in prison are fathers too: the transformative impact of targeted support for young dads in prison**
- 15:00 BREAK**
- 15:15 ROUND TABLE DISCUSSION**
Chaired by Karen Wynter
Opened by an interview with psychiatrist, psychotherapist and fatherhood specialist Matt Roberts

* one slide short presentation



CONFERENCE PROGRAM

DAY TWO – FRIDAY 2ND MAY 2025

16:00

AWARDS PRESENTATION

Presented by Jacqui Macdonald

Best Overall Research Presentation

Best One-Slide Short Research Presentation

Best Early Career Research Presentation

Best Student Research Presentation

16:30

CLOSE

SAVE THE DATE

AUSTRALIAN FATHERHOOD RESEARCH SYMPOSIUM 2026

May 7th - 8th

Deakin Downtown Melbourne & Online via Zoom



This symposium acknowledges the traditional Wurrundjeri owners of the land upon which it is hosted.

ABOUT THE AUSTRALIAN FATHERHOOD RESEARCH CONSORTIUM

The **Australian Fatherhood Research Consortium** (AFRC) formed in 2017 with three key aims:

- (i) to advance the science of fatherhood;
- (ii) to inform practice and policy that supports men and their families; and
- (iii) to promote healthy inclusion of fathers in family life.

To guide the AFRC collaboration, four groups have been formed, specialising in different aspects of research and practice.

The **Data Analysis** group was created to enable better collaboration across studies with research data on fathers and is led by A/Prof. Jacqui Macdonald of Deakin University.

The **Intervention** group was created to bring together researchers, practitioners, and policy makers interested in contributing to the development and evaluation of intervention programs for fathers and is led by Dr. Levita D'Souza of Monash University.

The **Literature Review** group was formed to evaluate and synthesise the existing literature on fathers and is led by Dr. Karen Wynter of Monash University.

The **Science Communication** group was formed to translate the AFRC group's findings from the research domain into the public domain to raise the profile of fathers in policy and practice. It is led by David Hawkins.

X: @ausfatherhood | #AFRS2025

Linked In: [australian-fatherhood-research-consortium](https://www.linkedin.com/company/australian-fatherhood-research-consortium)

BlueSky: [@ausfatherhood.bsky.social](https://bsky.app/profile/ausfatherhood.bsky.social)



**FIND OUT MORE ABOUT THE
AUSTRALIAN FATHERHOOD
RESEARCH CONSORTIUM**

AUSTRALIAN FATHERHOOD RESEARCH SYMPOSIUM STEERING COMMITTEE



Steering Committee 2025:

Jacqui Macdonald, Deakin University
Karen Wynter, Monash University
Rebecca Giallo, Deakin University
Jennifer StGeorge, University of Newcastle
Ashlee Borgkvist, University of South Australia
Elisabeth Duursma, Western Sydney University
Jennifer Ericksen, Austin Health
Robert Mills, NSW Health
Rakime Elmir, Western Sydney University
Levita D'Souza, Monash University
Vincent Mancini, Telethon Kids Institute
Lily Lewington, Griffith University
Marlena Leslie, Deakin University
David Hawkins, Dads Matter, City of Casey

Conveners:

Jacqui Macdonald
Karen Wynter

Production team:

Marlena Leslie
Tessa Harrison
Gessica Misuraca
David Hawkins

Interns:

?????

THIS SYMPOSIUM IS UNDER THE AUSPICES OF:

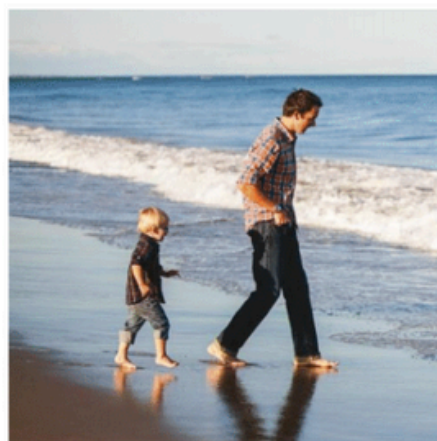
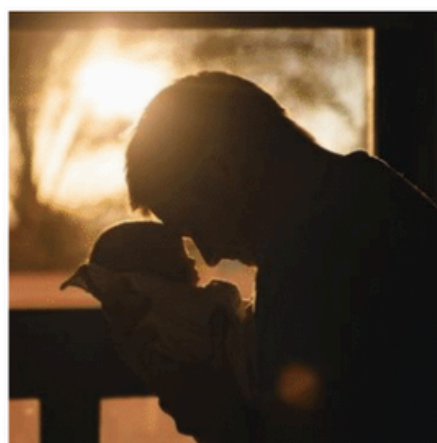
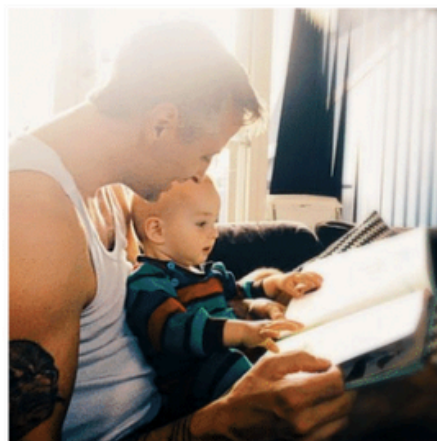


SEED Lifespan aims to promote emotional health from conception through to young adulthood, later life and into the next generation. SEED Lifespan recognises the seminal role that experiences in early emotional life have on social development, that every age and stage matters in building wellbeing, and that confidence in holding positive and painful emotion is essential to felt security across the lifecourse.

SEED Lifespan advises on the most effective approaches to promoting wellness and intervening at the earliest opportunities in troubled pathways. SEED Lifespan brings together life-course, clinical and public health research and practice to describe the major milestones in emotional life. We then engage systems for translating our research knowledge broadly to the community, organisations, and government.

SEED Lifespan's Lifecourse Sciences Theme aims to improve our understanding of the developmental origins of mental health and disorder. This area of work is guided by our population based longitudinal studies of social-emotional development, including the Men and Parenting Pathways (MAPP) Study. It supports research into the developmental origins of mental health and disorder, within and across generations.

Find out more about SEED-Lifespan at:
<https://www.deakin.edu.au/seed>



THIS SYMPOSIUM IS UNDER THE AUSPICES OF:



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

The Family Action Centre (FAC) is a research and practice centre focused on families and their communities. The Centre produces innovative, dynamic, and enduring work that aims to strengthen family and community well-being. The FAC is committed to addressing factors that affect health and wellbeing, and the social and educational paths of families, particularly for those challenged by increasingly complex vulnerabilities.

The FAC is a national leader in fatherhood and family wellbeing research, with a focus on fathers of young children and babies and supporting these fathers in their relationship with their families. The Centre's research provides evidence for policy and service system innovations that better mobilise capabilities to improve individual, family, and community outcomes.

The Centre delivers family support and outreach services, such as parenting programs, family inclusive practice programs and health evaluation initiatives. The Centre hosts a range of students from various disciplines in an inter-professional placement unit, and also provides opportunities to student volunteers to participate in our family support programs, where they liaise with human service workers in education, health, and family and community services.

Contact FAC at: family@newcastle.edu.au





Australian Fatherhood
Research Consortium

AUSTRALIAN FATHERHOOD RESEARCH **SYMPOSIUM**

THANK YOU FOR CELEBRATING

**10
YEARS**

OF THE
AUSTRALIAN
FATHERHOOD
RESEARCH
SYMPOSIUM



Scan the QR code and fill in a short feedback survey to help
make 2026 the best symposium yet.



Australian Fatherhood
Research Consortium

SAVE THE DATE

AUSTRALIAN FATHERHOOD RESEARCH SYMPOSIUM 2026

May 7th - 8th 2026

Deakin Downtown Melbourne
& Online via Zoom



australian-fatherhood-research-consortium



@ausfatherhood.bsky.social



@ausfatherhood

#AFRS2026