

CHILD CONFERENCE SINGAPORE 2025

Through a Mother's Lens: Exploring Maternal Knowledge and Skill Acquisition in the In-Person Sessions of the Naungan Kasih Positive Parenting Intervention in Malaysia

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Abstract

In Malaysia, there are significant worries about inadequate parenting practices and the mistreatment of children, especially in low to middle-income areas where parents often do not have access to helpful resources. Many mothers encounter difficulties in promoting positive child development, resulting in detrimental outcomes for children. The Naungan Kasih Positive Parenting Intervention was designed to address these gaps by equipping mothers with essential parenting skills and support. This pilot study investigates the experiences of 74 mothers who participated in the program across Selangor and Putrajaya, Malaysia. A qualitative descriptive approach was employed, collecting data one month post-intervention through three focus group discussions (FGDs) and nine in-depth interviews, targeting mothers with varied programme attendance levels. This approach enabled an understanding of how mothers incorporated program content into their parenting practices and perceptions of child development.

The findings reveal that Naungan Kasih significantly impacted participating mothers, enhancing their confidence in parenting and decision-making. Mothers expressed gratitude for the knowledge and skills gained, noting that they felt more empowered and dedicated to their roles. The program's supportive environment encouraged mothers to share experiences, challenges, and successes, fostering group learning and a sense of community. Many reported improvements in parent-child interactions and positive changes in their children's behavior, demonstrating the program's practical impact on family dynamics. Additionally, the study identified potential barriers to the program's success, such as resource allocation and program duration, which are crucial for future implementation. The age-based weekly interventions were particularly effective, allowing mothers to engage with content relevant to their child's developmental stage and share insights within the group.

In conclusion, the Naungan Kasih Positive Parenting Programme shows significant potential in empowering mothers, fostering positive family relationships, and promoting healthier parenting practices. While the program's in-person approach and content delivery were well-received, considerations regarding program duration and resource availability should be addressed for broader scalability and long-term sustainability. This study offers valuable insights into the program's effectiveness from a maternal perspective, highlighting its role in strengthening family dynamics.



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Knowledge and Skill Acquisition in the In-Person
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Intervention in Malaysia**

Speaker: Farah Zeehan Mohd Nadzri, Universiti Putra Malaysia



Introduction

Background



- **Parenting** is widely acknowledged as one of the most critical aspects in shaping and molding children's developmental outcomes.
- To ensure the best outcomes for their children, parents must be equipped with the necessary parenting knowledge and skills.
- **Positive parenting interventions** have gained increasing attention worldwide as an effective strategy for to reduce violence against children and improving child wellbeing.
- Past research has demonstrated that parenting programs can be impactful in promoting parent and children's well-being (Backhaus, Gardner et al., 2023; Jeong et al, 2021; Shenderovich et al. 2019; Marcus et al, 2019)

Problem



- Limited parenting knowledge and support contributing to child mistreatment and developmental issues
- Barriers to positive child development
- Need for structured interventions for better parenting outcomes

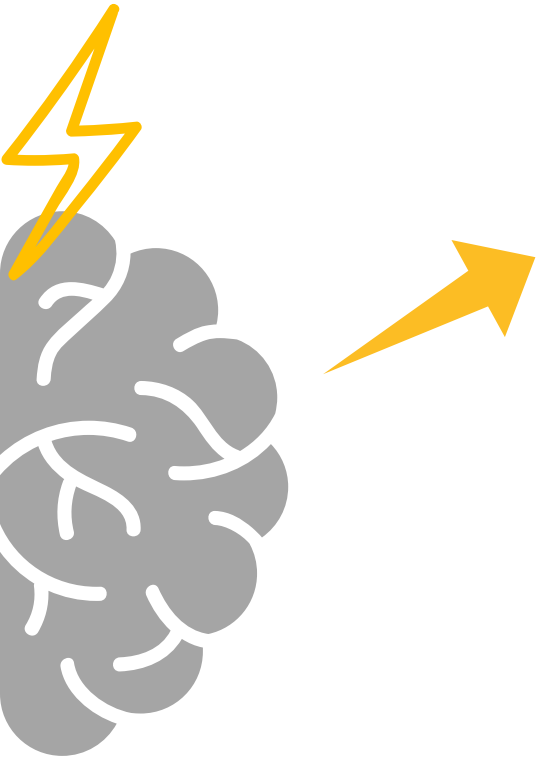
Positive parenting intervention



- **Naungan Kasih, meaning “Protection through Love,”** is a five-session, group-based parenting program was developed to address the cultural and contextual factors influencing parenting practices.
- Grounded in **evidence-based frameworks**, this intervention provides structured **in-person sessions** designed to **strengthen parental knowledge, enhance parenting skills, and support parents in applying positive disciplinary approaches.**



- Although Naungan Kasih is open to all caregivers, the majority of participants to date have been mothers, offering a unique opportunity to explore maternal perspectives on knowledge-building and skill acquisition during face-to-face program sessions.



This study aimed to evaluate the Naungan Kasih parenting program targeting caregivers in Malaysia, with aim of empower mothers with parenting knowledge, skills, and support



Methodology

Research Methodology



Study Design and Participants

- Mixed method feasibility study
- Involved 74 mothers
- Participants were recruited from two communities in Selangor and Putrajaya

Qualitative Data Collection

- Employed focus group discussions and individual interviews
- Explored:
 - Mothers' perceptions of Naungan Kasih session content
 - Implementation fidelity of the program
 - Overall satisfaction with the intervention

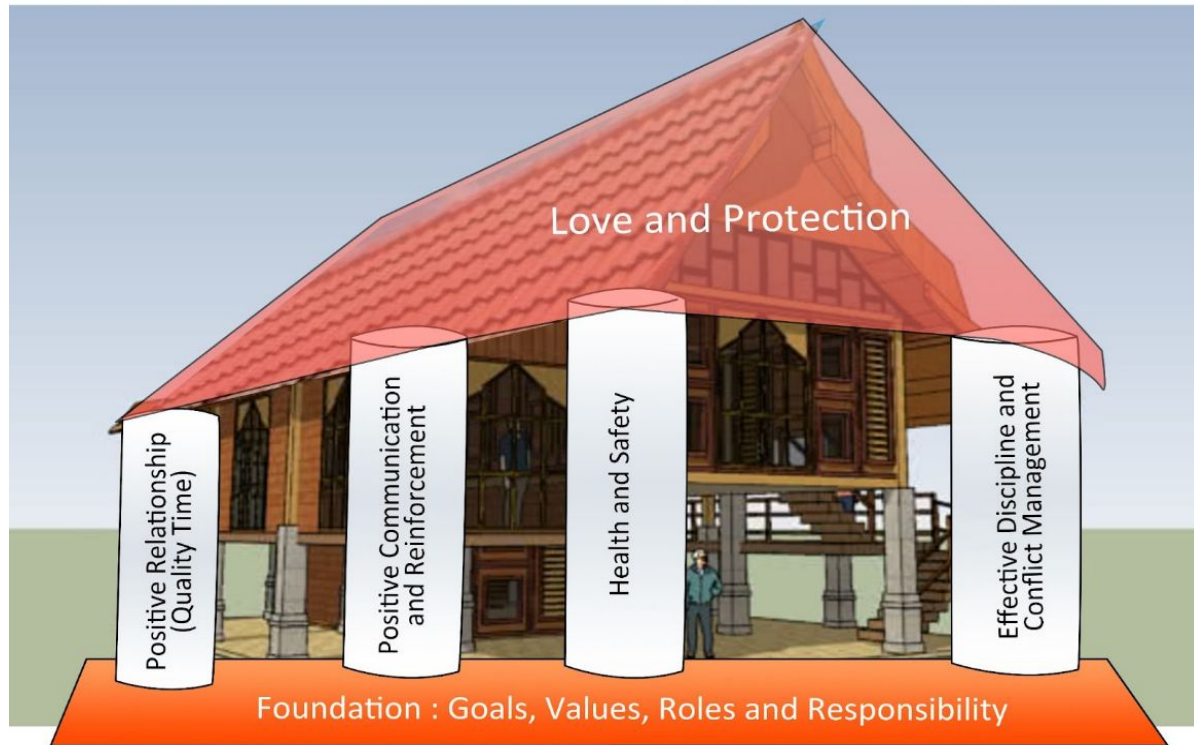


The Naungan Kasih Positive Parenting Intervention

Program Overview:

- Designed to address parenting gaps
- Focuses on positive parenting skills, child development knowledge, and support networks
- Delivered through in-person sessions
- Target Group: Mothers from low- to middle-income families in Selangor and Putrajaya

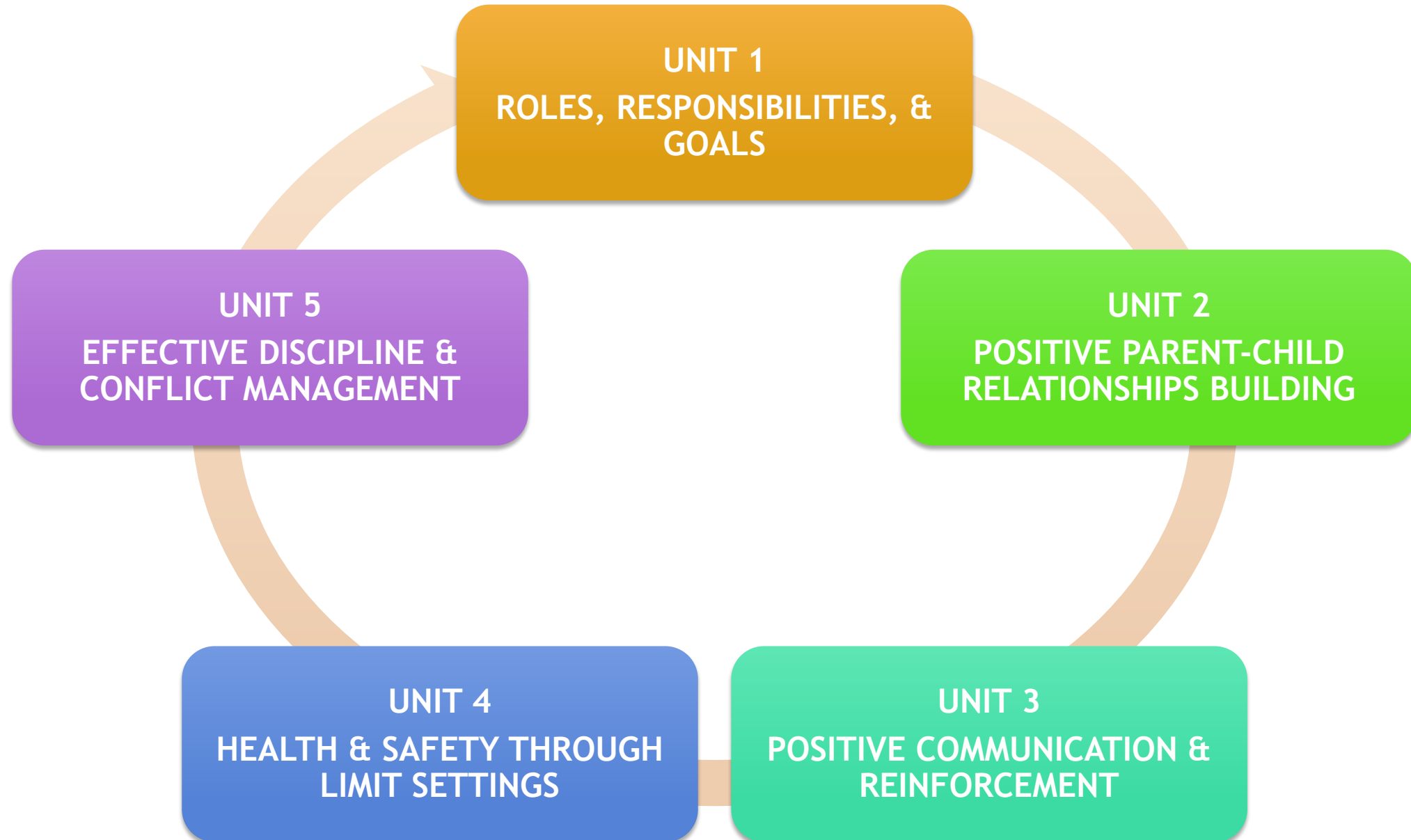
Naungan Kasih Positive Parenting Programme



Building a House of Support under a
Roof of Love and Protection

- **Group-based** family strengthening initiative designed **to support families with children** from birth to 18 years old.
- Its primary goal is to **promote child well-being by equipping parents with skills** to foster positive relationships with their children and reduce the risk of violence within homes and communities.

CORE PROGRAMME UNITS



Intervention delivery



- In-person sessions were conducted weekly over six weeks (5 weekly sessions plus 1 community celebration)
- Delivered by trained LPPKN facilitators
- Utilized interactive group discussions, role-plays, and home practice assignments to reinforce parenting strategies





Findings

Program acceptance



- Perceived benefit of the program especially in improving relationship with their children
- Benefit of small group delivery
- Parents shared that they enjoyed attending the program as a chance to take a break, socialize, and learn new things.

"I'm excited, we do [it] in small groups. Not as usual program..In small groups, facilitators can give more attention to each participant.... We can understand the content better. When we ask questions, there will be people who respond" (27 years old mother)

"Since I'm not working, going to this program on Saturdays feels like a day out for me—a chance to meet friends, learn, and have my own time." (47 years old mother)

Impact on Mothers



Knowledge and Skill Acquisition:

- Enhanced confidence in parenting and decision-making
- Most mothers reported becoming more aware of the negative consequences of physical and emotional punishment
- Attributing greater confidence in childcare to techniques such as “Taking a Pause” to manage anger and “When you do this, then you can do that” to set clear expectations.
- Mothers also reported fewer child behavior problems and a stronger sense of personal efficacy in managing challenging situations.

Impact on Mothers



Shifts in Family Dynamics:

- Many participants described feeling less stressed and reacting more calmly.
- Mothers observed that communication within the family improved markedly, even among adolescents not directly attending the sessions.
- Some reported “spill-over” benefits, with their husbands gradually adopting a more positive approach after learning secondhand from them.
- However, qualitative results also suggest that the lack of male involvement may also have increased some inter-parental conflict over different parenting practices.

Impact on Mothers



Barriers:

- While scheduling was an obstacle for some working mothers, most found that weekly sessions—rather than large, one-off workshops—helped them retain new skills through ongoing practice.
- Mothers highlighted the need for extra guidance in addressing sensitive issues such as adolescent sexuality, online safety, and support for children with disabilities.
- They also recommended integrating inter-parental relationship components to address marital conflict and align parenting strategies.



Translational Value/Impact:



Translational Value/Impact

- This work demonstrates the potential of the Naungan Kasih Positive Parenting Intervention to empower mothers, strengthen family dynamics, and improve child outcomes.
- Addressing barriers will be crucial for future scalability and long-term success.



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