



**Are you a parent or primary caregiver of a 2- or 3-year-old toddler?**

**Do you feel that you experience difficulties in your relationship with your toddler?**

**Are you interested in improving your relationship with your toddler by making music together?**

We are interested in exploring how a music-based intervention supports the quality of parent- and caregiver-toddler relationships and toddler and parent/caregiver mental health. The 10-session intervention will be completed with a provisional psychologist. Interested participants will complete two questionnaires to determine eligibility. No prior musical experience is required to participate in this research.

You (parent or caregiver) are eligible to participate in this research if:

- You believe you have some difficulties with attachment with your 2 or 3-year-old toddler
- You have **no** neurodevelopmental disorders, current suicide ideation and/or severe mental health issues
- Your child has **no** diagnosed mental health issues (including attachment disorder), neurodevelopmental disorders (e.g., autism, Fragile X Syndrome) or global developmental delay
- Yourself and/or your child are **not** currently experiencing significant risks to your personal safety, such as domestic violence and/or abuse
- You are fluent in the English language

For more information or if you are interested in participating in this research, please contact Ms Lalitha Newman by email at [lalitha.newman@monash.edu](mailto:lalitha.newman@monash.edu) or by phone on 0439 503 640.

