

Music and Parental Wellbeing

RESEARCH NETWORK

Event 1 Summary | 21 March 2024

0600 GMT | 1430 GMT

Welcome and introduction to the Network from Rosie Perkins

This event posed a question:
What musical practices can support parents in a wide range of contexts?

Network team: Rosie Perkins, Katie-Rose Sanfilippo, Debi Graham, and Michael Durrant

165
network
members and
counting

Members in Africa, Asia, Australasia, Europe, and North and South America

Funded by the Arts and Humanities Research Council (UK) and hosted by Royal College of Music London, and City, University of London

Video presentations from Namvula Rennie and Claire Flower leading us into breakout groups

Breakout Groups 1 with two tasks:
Who are we, where in the world are we, and what is our interest, research, or practice in this field? (creative mapping exercise to follow!)
What values do we think should be front and centre in our work with parents?

Our shared values

(summarised from group jamboards and feedback)

Forging social connections

Valuing lived experience

Inclusive and diverse

Adaptable in the moment

Transparency of practice

Shedding light on mechanisms

Cultural awareness and sensitivity

Respectful

Creating agency

Music for all but accepting its limitations

Confidence-building

Sustainable

Skillful

Music: all genres, all forms

Listening first

Safety for all

Playful, fun, and kind

Parents as experts



Namvula Rennie



Claire Flower



Mark Ettenberger



Charulatha Mani

Video presentations from Mark Ettenberger and Charulatha Mani leading us into breakout groups



Breakout Groups 2 with two tasks:
What are our hopes for the future of this field?
What aims should the Network work towards, in the short- and longer-term?

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Policy

Advocacy

**Broadening the evidence base
("how" music works)**

Large-scale research projects

Making music research accessible

**Knowledge exchange – especially
between disciplines/cultures**

How to scale-up

Learning from each other

Signposting to opportunities

Collecting and showcasing stories

**Sharing content of music, songs and
lyrics**

**Sensitive to parental perceptions
of mental health**

Network events in person and hybrid

Include children where possible

Sharing practice

Collaboration

Sustainability of the Network

Creating a sense of belonging

How best to reach parents

Broadening our perspectives



Invitations to members

Resources submission

We invite members to complete this form including who they are, where they are, and their interest, research, and/or practice in this field. You can also share any resources, eg. videos, papers, urls, practice examples, to name a few! Please share **HERE**.

Agenda and policy papers: Call for co-authors

We invite members to express their interest in becoming co-authors for a Network agenda paper (our values, aims, and agenda), and a policy briefing paper. Please sign-up **HERE**.



Announcing the launch of
the Network's website:

www.musicandparentalwellbeing.org

Please visit!

STOP PRESS: SAVE THE DATES!!

Event 2: 5 November 2024 | online

Event 3: 22-23 July 2025 | Hybrid Symposium

**Live at the Royal College of Music London
and online**