

WHAT IS THE TRIPLE P SYSTEM?

Triple P has been shown to prevent and treat behavioral, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents. Triple P achieves this through a strength-based and self-reflective approach that builds on existing parenting skills. The flexibility and scope of the system enables it to be offered in a variety of settings with a diverse range of practitioners and populations.

Using the key principles of minimal sufficiency and self-regulation, interventions are tailored to each family's needs, with the ultimate goal of developing self-regulation in parents and children.

Building a parent's ability to self-regulate decreases parental stress and depression as well as children's vulnerability to emotional and behavioral problems.²⁰

UNDERSTANDING THE TRIPLE P SYSTEM

Triple P programs are classified through a five-level system that addresses service intensity (i.e. the level of support parents may need) and how parents access this support (e.g. one-to-one, groups, online).

Level 1 is a communications strategy that aims to raise awareness of parenting issues and destigmatize asking for parenting help. Levels 2–4 provide direct support to parents at increasing levels of intensity and in different formats, including additional childhood anxiety programs. Level 5 addresses issues that complicate parenting (e.g. partner conflict, stress, anger management, risk of child maltreatment, separation or divorce) and the issue of childhood obesity.

Triple P Online (0-12 years and 10-16 years) expands the potential reach of parenting support in communities and offers a responsive alternative for parents seeking guidance. Triple P Online can be used as:

- A referral option to meet the needs of families.
- Part of a mixed delivery strategy, where the parent completes the online program and a Triple P

provider gives additional support.

- An adjunct to Group or Group Teen Triple P delivery (e.g. for partners who can't attend in-person sessions).
- A way to provide universal support, particularly under social distancing requirements.

The Positive Early Childhood Education (PECE) Program introduces educators to equivalent strategies to those in Triple P, tailored for situations found in early learning settings. The PECE Program is designed to build a common language between educators and parents using Triple P.

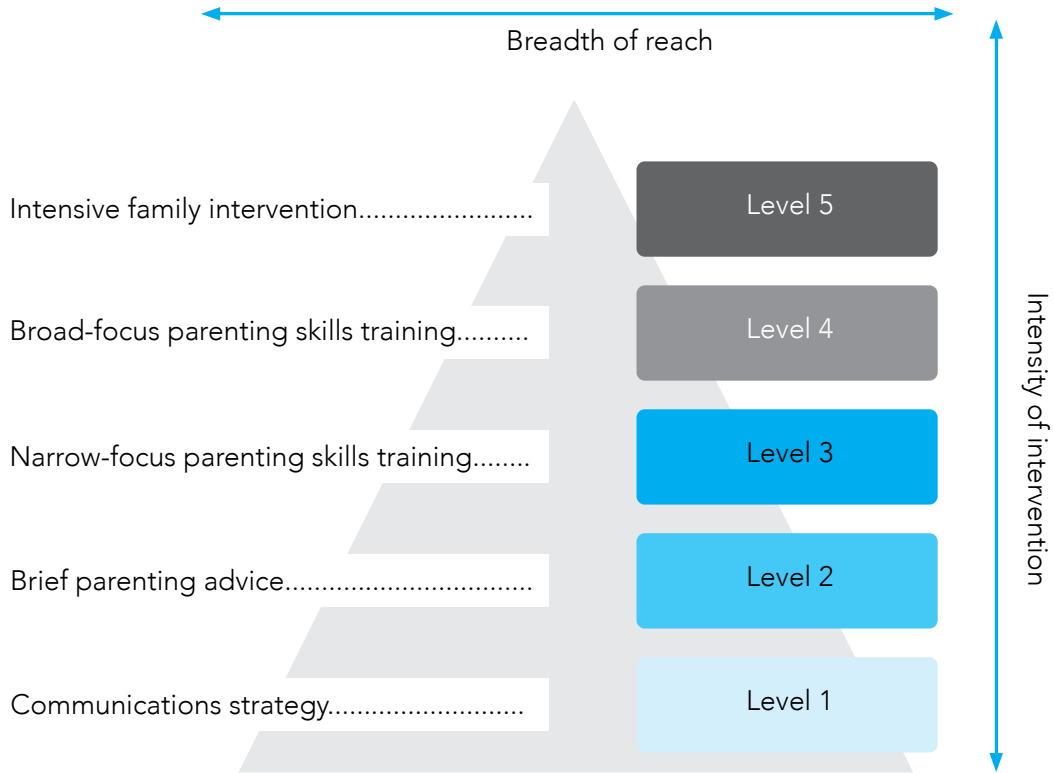
Each Triple P program is provided to parents as a separate intervention, and a population or targeted approach can be built from combinations of courses, based on community needs and initiative goals. Triple P programs can be delivered via video conference or in-person*. See Appendix B for a summary of all courses in the Triple P system.

"THE SINGLE MOST IMPORTANT THING WE CAN DO TO PREVENT SERIOUS BEHAVIORAL AND EMOTIONAL PROBLEMS AND ABUSE OF CHILDREN IS TO HELP PARENTS IN THE MOST IMPORTANT JOB IN THE WORLD: RAISING THE NEXT GENERATION."

PROFESSOR MATT SANDERS, FOUNDER,
TRIPLE P – POSITIVE PARENTING PROGRAM®

* In-person is an option when government rules, safety and insurance requirements allow.

The Triple P System



THE TRIPLE P EVIDENCE BASE

Triple P has been ranked by the United Nations as the world’s most extensively researched family skills training program.²¹ Triple P is backed by over 40 years of ongoing research carried out by more than 478 academic and research institutions around the world. Researchers from 37 countries have published more than 700 theoretical papers, clinical trials, meta analyses, and population trials.

See The University of Queensland, Parenting and Family Support Centre’s website at pfsc-evidence.psy.uq.edu.au to access studies published about Triple P. To discuss research relevant to your sector please contact your local Triple P office.

 <p>350+ EVALUATION STUDIES</p>	 <p>WORKS ACROSS DIVERSE CULTURAL, LINGUISTIC AND GEOGRAPHIC COMMUNITIES</p>	 <p>IMPROVES HEALTH AND WELLBEING FOR PARENTS AND CHILDREN</p>	 <p>IMPROVES CHILD BEHAVIOR</p>	 <p>170+ RANDOMIZED CONTROLLED TRIALS</p>
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