

Small changes.
Big differences.

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Introduction

- Who am I
- Our organisation
- What we offer



What is Triple P?

- Flexible system of parenting and family support
- Evidence-based
- Prevention / early intervention approach
- Five intervention levels of increasing intensity
- Principle of sufficiency
- Multidisciplinary focus

Theoretical basis of Triple P

- Social learning models of parent-child interaction
- Child and family behaviour therapy research
- Developmental research on parenting in everyday contexts and social competence
- Social information processing models
- Developmental psychopathology research
- Public/population health framework

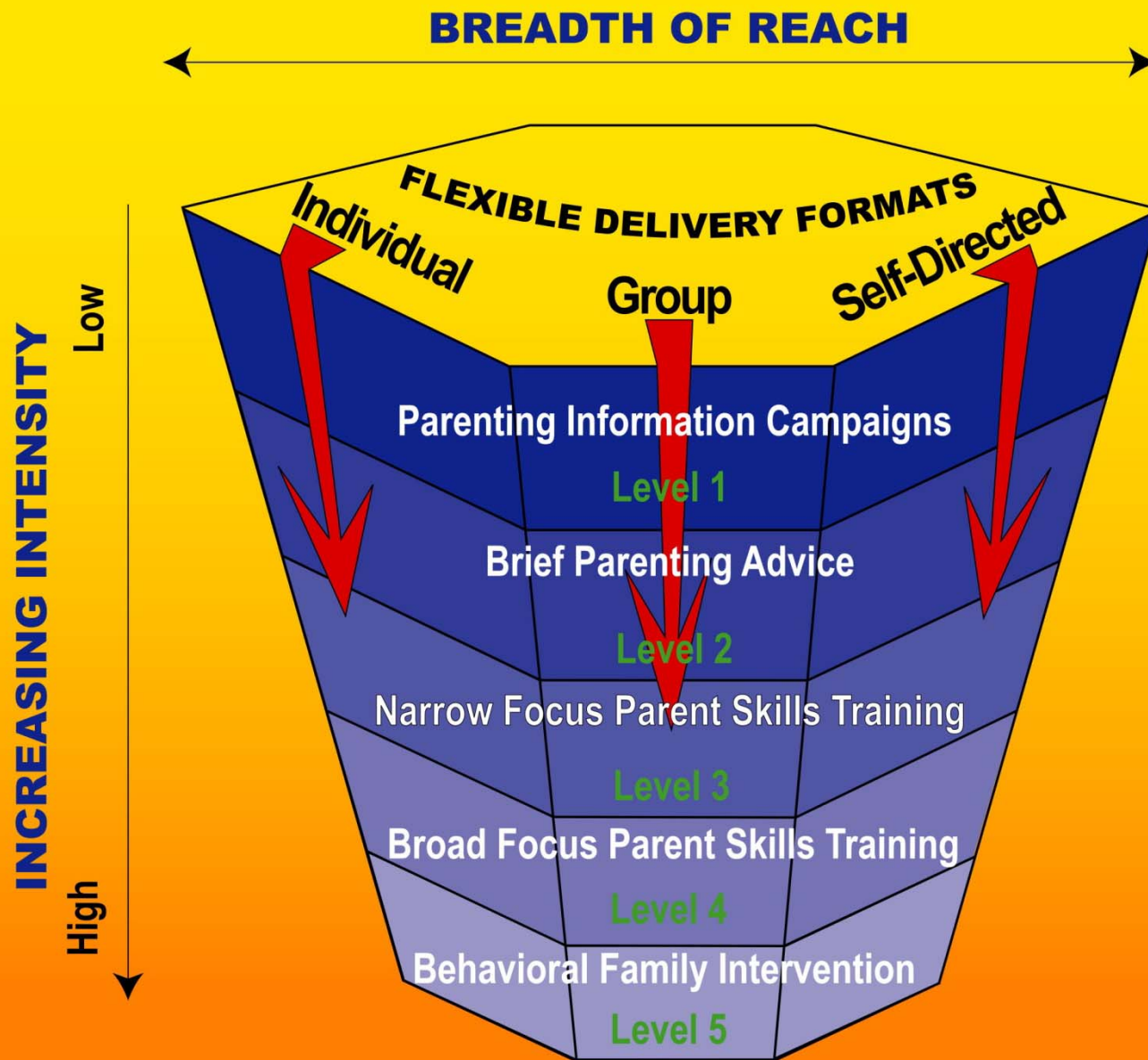
Principles of positive parenting

- Ensuring a safe, engaging environment
- Creating a positive learning environment
- Using assertive discipline
- Having realistic expectations
- Taking care of yourself as a parent

17 core parenting skills

- Promoting positive relationships
 - Brief quality time, talking to children, affection
- Encouraging desirable behaviour
 - Praise, positive attention, engaging activities
- Teaching new skills and behaviours
 - Modelling, incidental teaching, ask-say-do, behaviour charts
- Managing misbehaviour
 - Ground rules, directed discussion, planned ignoring, clear, calm instructions, logical consequences, quiet time, time-out

Multi-level model of Triple P



Level 4

broad focus parent training



Level 4: Standard Triple P

- Broad focus parent skills training
- Active skills training
- Generalisation enhancement strategies
- 10 sessions
 - Assessment and feedback
 - Causes of children's behaviour problems
 - Positive parenting strategies
 - Practice
 - Planned activities for high-risk settings
 - Maintenance

Level 4: Group Triple P

- **Groups of 10 -12 parents**
- **Active skills training in small groups**
- **8 session group program**
 - 4 x 2 hour group sessions
 - 3 x 15-30 minute telephone sessions
 - Final group / telephone session options
- **Supportive environment**
- **Normalise parenting experiences**



Level 5 intensive family intervention



Level 5: Enhanced Triple P

- Adjunct to other intervention levels
- Review and feedback
- Negotiation of additional modules tailored to family's needs
 - Practice Module
 - Coping Skills Module
 - Partner Support Module
 - Attribution retraining*
 - Anger management*
- Maintenance and closure

Level 5: Pathways Triple P

- Adjunct to other intervention levels
- Review and feedback
- Negotiation of additional modules tailored to family's needs
 - Avoiding parent traps
 - Coping with anger
 - Maintenance and closure
- Maintenance and closure

Teen Triple P

- For parents of teenagers or children making the transition to high school
- Program variants
 - Selected
 - Primary care
 - Group
 - Self-directed

What makes Triple P different?



Research evidence

- Studies conducted on each intervention level and delivery format with consistent results
- Average effect sizes large
 - .92 for improved child behaviour
 - .77 for improved parenting style
- Independent trials in many countries
- For a summary of references visit
 - www.pfsc.uq.edu.au/01_about_us/publications.html
- To download summary monograph visit
 - www.triplep.net/01_about/about.htm

Further information

- Courses
 - www.onslowanglicans.org.nz or call 970 1121
- Training and materials
 - www.triplep.net
 - email: info.nz@triplep.net.nz
- Research
 - www.pfsc.uq.edu.au
 - email: triplep@pfsc.uq.edu.au