

# Small changes, big differences.



The Triple P Parenting System:  
simple in practice, clinically proven.



*for every parent*

# Highly practical, immediately 'doable'

The Triple P parenting system is founded on more than 25 years of clinical research at The University of Queensland's Parenting and Family Support Centre. It offers evidence-based principles and advice that are effective for many parents.

Triple P is highly useable. It packages a complex body of parenting knowledge into simply expressed, compact parcels of information that almost all parents can comprehend and employ with rapid and encouraging results. The system involves easy-to-follow routines that typically require parents to make small changes that make big differences to children, while enhancing their own wellbeing. Much of the system's effectiveness lies in the fact that, while scientifically based, Triple P strategies are easily understood.

Part of Triple P's appeal is that it is highly practical and immediately doable – narrowing down to very specific issues that are real in most parents' lives; for example, bedtime problems, meal times, bullying, tantrums, shopping, homework, night terrors, separation and a long list of other common family concerns. It is also specific to different age groups and developmental milestones – for example, independent eating, toilet training, transition to school, friendships, homework and study patterns, peer pressure, managing emotions, and dating.

The system offers widely varied streams of parent access and degrees of intervention, arranged to quickly and effectively satisfy the most pressing needs of individual families. 'Minimum effective intervention' helps achieve broadest impact in the shortest time at the least cost to the individual, provider and community. Plus, the range of choices actively encourages parents to access the system.

Triple P's principles work across all cultures, as evidenced in its application by governments and health/caring professionals in nations as diverse as USA, UK, Canada, Germany, Switzerland, Netherlands, Belgium, Hong Kong, Singapore, Australia, New Zealand, Iran and Japan.

# For every parent

The three Ps in 'Triple P' stand for 'Positive Parenting Program'.

While the system is very effective in reducing behaviour problems, more than half of its 17 strategies are focused on developing positive relationships, attitudes, skills and conduct. Even when focused on specific behaviours, Triple P teaches parents broader principles that may be applied positively in most parenting situations. Its aim is prevention of problems in the family, school and community, and creation of family environments that encourage children to realise their potential.

Triple P helps parents understand the way their families work and use the things they already think, feel, say and do in new ways that nurture relationships, parenting skills and confidence, and support their own emotional wellbeing.

Triple P helps parents:

- Create a stable, supportive, harmonious family environment.
- Teach their children the skills they need to get along with others.
- Deal positively, consistently and decisively with problem behaviour should it arise.
- Encourage behaviour that they like.
- Develop realistic expectations of their children and themselves.
- Take care of themselves as parents.

# Triple P in practice

Triple P delivery is structured around the concept of 'minimum sufficient intervention'. Parents are encouraged to be as self-reliant as is practical in their circumstances.

However, many parents find some professional support is useful and in some cases it's vital.

Triple P has developed practitioner training and resources covering a number of levels of intervention, for helping professionals including community nurses, health visitors, family doctors, paediatricians, teachers, social workers, psychologists, psychiatrists, childcare providers, police officers, marriage counsellors and telephone helpline staff.

The five levels of intervention are described overleaf.

## Universal Triple P

**Mass Media Dissemination:** The media can reach more segments of the community at any one time than other forms of outreach. Triple P media initiatives have included production of television series, newspaper columns, radio and television community service spots, and creation of a high profile in news and current affairs.

## Selected Triple P

**Information and support:** This level provides community seminars and/or brief consultation and provision of self-help resources through maternal and child health services, health visiting services, family doctors, childcare centres, kindergartens, pre-schools, schools and other community agencies. Information focuses on positive skills development, particularly behaviour issues or an approaching developmental milestone.

## Primary Care Triple P

- Age 0-12
- Teenagers (13-16 years)

**Early detection and brief behavioural counselling:** This level deals with identified or emerging behaviour problems and entails four 15-minute consultations with an accredited Triple P practitioner. It involves advice on managing specific behaviour, access to tip sheets and video resources, and might also include skills training (e.g. behavioural rehearsal). Primary Care Triple P is for management of mild to moderate behavioural or developmental issues.

## Standard, Group and Self-directed Triple P

- Age 0-12
- Teenagers (13-16 years)

Teaching of skills applied to a broad range of child behaviours in home and community settings: This level provides information and instruction covering child development, the causes of child behaviour problems, promoting children's development and positive family relationships, and ways to manage behavioural difficulties. Standard Triple P involves 10 one-on-one sessions with an accredited Triple P practitioner, appropriate where a child has multiple, moderate to severe behaviour problems.

Group Triple P is an 8-session program for parents, useful as broad positive parenting education and also as an early intervention strategy for parents of children with current behaviour problems.

Self-Directed Triple P is a 10-week program based on a self-help workbook, often supported by weekly telephone consultations. This is useful to families where access to clinical services is limited (e.g., in rural or remote areas) and also for busy working parents.

## Enhanced Triple P

Individually tailored for families with complex problems:

This level is for families who experience continued difficulties after completing Standard or Group Triple P, or might have complicating issues such as parental adjustment and partner support problems. It extends the focus of intervention as required to include skills training in the actual home environment, mood management and stress coping skills for parents, partner support and communications skills.

## Specialist

Triple P's core program is progressively being adapted for maximum effectiveness in specific areas of application.

- Stepping Stones Triple P addresses the needs of families who have a child with a disability.
- Indigenous Triple P is designed to respect indigenous culture and address unique challenges faced by cultural minorities.
- Pathways Triple P is for parents who have anger management problems and may be in danger of harming their children.
- Workplace Triple P is formatted for delivery in the workplace, with emphasis on the stresses commonly experienced by working parents.

This suite of specialist applications is continually being expanded to address emerging areas of need.

## Cost Efficiency:

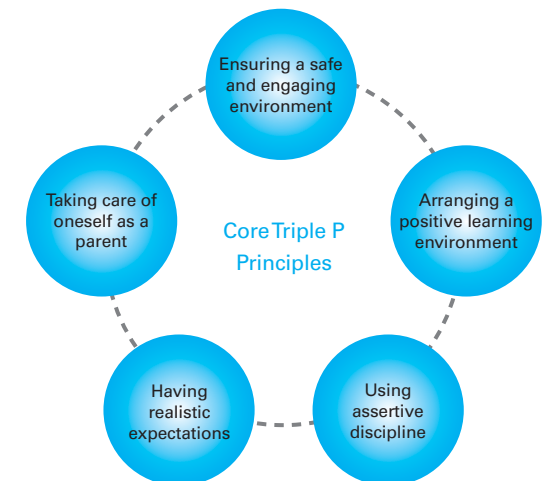
Across the entire spectrum, existing studies suggest that Triple P has the potential to prevent 26% - 48% of cases of severe conduct problems. Economic modelling by The University of Melbourne's Health Economics Group shows that only 1.5% of cases would need to be averted before the program has paid for itself. Triple P is an efficient means of reducing the costs (to communities) that are associated with conduct problems.



Triple P founder, Dr Matthew Sanders is a Professor of Clinical Psychology and Director of the Parenting and Family Support Centre at The University of Queensland. Over the past 25 years, he has gained international recognition for his research on the role of parenting in the development of childhood behaviour problems. He's the author of numerous books and scientific articles on the prevention and treatment of behavioural problems in children.

Every year, Professor Sanders addresses major conventions and symposiums throughout the world, often as keynote speaker. He is a fellow of the Australian Psychological Society and has received international recognition and awards including a Fellowship of the Academy of Experimental Criminology in the U.S.A. and the Society for Prevention Research's International Collaborative Prevention Research Award.

While Matt is the driving force behind Triple P, his vision has been shared and supported by the contributions of a large team of associates in clinical psychology. For full author profiles, access [www.triplep.net](http://www.triplep.net)



## Practitioner information

For regular updates regarding developments, training and practitioner resources, health, education, counselling and social service professionals may complete the following 'expression of interest' registration form and return by post or fax to the address which appears below or email your details to [contact@triplep.net](mailto:contact@triplep.net)

Title	Name
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Position	
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Postal address	
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Country	Postcode
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Phone (Work)	(Mobile)
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Email	
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Facsimile	
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Please tick if you wish to be sent:

- Regular updates on Triple P Provider Training Courses
- Regular updates on Triple P resources
- Triple P E-Newsletters

Please forward the completed form to:

Triple P International  
PO Box 1300  
Milton QLD 4064 AUSTRALIA  
Phone + 61 7 3236 1212  
Facsimile +61 7 3236 1211  
Email [contact@triplep.net](mailto:contact@triplep.net)

**Privacy Policy:** Your name and contact details will be used by Triple P International for the purposes of forwarding you regular information, as requested. Your name and contact details will not be sold or rented to any third party. If you no longer wish to receive regular communication from Triple P International, please email [contact@triplep.net](mailto:contact@triplep.net) or write to Triple P International, PO Box 1300, Milton QLD 4064 Australia or fax +61 7 3236 1211.





Triple P provides a wide range of self-help materials for parents and professional resources for practitioners

## Triple P snapshot

- Evidence-based parenting advice and support.
- A system of simple routines and small changes that make big differences to families.
- Easily understood and applied.
- Refined into packages tailored to different age groups, developmental milestones, and family issues.
- Encourages as much parental self-reliance as is practical.
- Typically available via tip sheets, booklets and DVDs, parent seminars and group courses, and one-on-one counseling from a wide range of Triple P accredited health, education and social service professionals, fitting a wide range of needs and social circumstances.
- Effective across cultures. Appealing to and effective for a very wide audience including indigenous populations, the disadvantaged, parents of children with a disability, and families with serious complicating factors.
- Founded on decades of research and clinical evaluation by The University of Queensland's Parenting and Family Support Centre.
- Increasingly in use by governments, community agencies and professionals throughout the world.

## Practitioners...

Health, education, counselling and social service professionals seeking information about Triple P training and accreditation can call Triple P International on + 61 7 3236 1212 or email [training@triplep.net](mailto:training@triplep.net) for details.

## Community/Corporate...

Community and corporate entities interested in accessing and/or supporting Triple P services can contact Triple P International via [www.triplep.net](http://www.triplep.net) or the Parenting and Family Support Centre, The University of Queensland, [www.pfsc.uq.edu.au](http://www.pfsc.uq.edu.au)



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Triple P International Pty Ltd  
PO Box 1300 MILTON QLD 4064  
Phone: +61 7 3236 1212  
Fax : +61 7 3236 1211  
email: [contact@triplep.net](mailto:contact@triplep.net)  
Website: [www.triplep.net](http://www.triplep.net)