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.1

WHAT IS 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 destigmatise asking for parenting help. Levels 2–4 provide direct support to parents at increasing levels of intensity and different formats. Level 5 addresses issues that complicate parenting (e.g. partner conflict, stress, mental health, 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).

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. See Appendix B for a summary of all courses in the Triple P system.

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. Triple P is backed by over 35 years of ongoing research carried out by more than 435 academic and research institutions around the world. Researchers from 36 countries have published more than 940 theoretical papers, clinical trials, meta analyses, and population trials.

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