The Dunedin Study followed a cohort of 1,037 children from birth (born 1972-1973). After almost 40 years, the study found the level of a child's self-control (first measured at age 3) predicted their health, wealth and criminality at age 32. Children who had low self-control showed higher rates at age 38 of:

- Metabolic abnormalities (e.g. obesity, blood pressure, cholesterol).
- Periodontal disease, stroke and neurovascular disease.
- Dependence on tobacco, alcohol, cannabis and other illegal substances.
- Criminal convictions.

They also earned less money, were less orientated towards saving and had accrued fewer assets than the high self-control participants. Self-regulation in young children has also been linked to school readiness and academic achievement. The Dunedin Study also found when a child's self-control improved with age, they tended to have better adult outcomes.

From 1995 to 1997 Kaiser Permanente San Diego, a Health Maintenance Organization, along with the US Centers for Disease Control and Prevention (CDC), conducted the initial phase of The Adverse Childhood Experiences (ACE) Study.

The ACE categories studied:
- Abuse (emotional, physical, sexual).
- Neglect (emotional, physical).
- Household dysfunction (mother treated violently, parental separation or divorce, household substance abuse, household mental illness, incarcerated household member).

Of the 9,500 participants, more than half reported experiencing at least one category and a quarter reported more than two categories. The results found a graded relationship between the number of categories experienced and adult health risk behaviors and diseases (including: alcoholism, drug abuse, depression, suicide attempt, smoking, sexually transmitted disease, obesity, heart disease, cancer, lung disease and liver disease).

A person with four or more Adverse Childhood Experiences is:

- 12x MORE LIKELY TO ATTEMPT SUICIDE
- 10x MORE LIKELY TO USE INTRAVENOUS DRUGS
- 7x MORE LIKELY TO EXPERIENCE ALCOHOLISM
- 5x MORE LIKELY TO EXPERIENCE DEPRESSION
- 3x MORE LIKELY TO SMOKE

Positive intervention within the first 1,000 days can be imperative in enhancing physical, developmental, and mental health outcomes for children.

Triple P gives parents clear strategies to respond to their child’s needs and remain calm, promoting attachment as children learn and meet developmental milestones. Triple P encourages parents to create a nurturing environment, allowing children to grow in a safe, stable and loving home.

WHY INTRODUCE A PARENTING SUPPORT STRATEGY?
It is anticipated that the introduction of a parenting support strategy will result in the following benefits.

Anticipated benefits for children:
- Increased pro-social behavior and emotional wellbeing.
- Less likely to be victims of child abuse and neglect.
- Higher levels of school readiness (i.e. social, emotional and language competence).
- Fewer will follow a developmental trajectory to poor adolescent outcomes such as health risk behaviors, substance abuse and juvenile offending.

Anticipated benefits for parents:
- More confidence, skill, and knowledge about raising children.
- More positive interactions with their children.
- Improved depression, stress or anxiety levels.
- Improvements in couple conflict over parenting issues (two-parent families).
- Improved work and family balance.

Anticipated benefits for communities:
- Less stigma associated with seeking parenting support.
- Common language for and increased access to parenting support.
- Reductions in child out-of-home placements.
- Reductions in hospital-treated maltreatment injuries.
- Curtailed rates of child maltreatment cases.
- Improvements in psychosocial adjustment of children across the community.

Harsh and coercive parenting increases the risk of child maltreatment and the development of serious social, emotional and behavioral problems in childhood and later in life. Inconsistent parenting increases the risk of children developing conduct problems, depression and anxiety. It also increases the risk of engaging in juvenile crime and in dangerous behaviors such as drug and alcohol abuse and risky sexual behavior. Director of the US Crimes against Children Research Center, Professor David Finkelhor, suggests that one of the most important hypotheses prompted by ACE research is that prevention of childhood adversities may have substantial population level health benefits.

The CDC identified that parent training programs, such as Triple P, can prevent adversity and help children reach their potential.

The first 1,000 days, between conception and age two, are crucial for a child’s development. During this time a child’s brain is developing and growing rapidly, making it at its most vulnerable to external influences and experiences.