



TRIPLE P – POSITIVE PARENTING PROGRAM

FOR EVERY PARENT

EMPOWERING PARENTS, STRENGTHENING COMMUNITIES

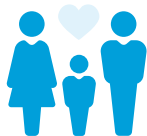
The Triple P – Positive Parenting Program® is an evidence-based system of parenting interventions unlike any other. It's designed to **build parents' skills** so they can **raise confident, healthy, happy children and teenagers, enjoy stronger family relationships, and create protective, safe environments for their families**. Triple P gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs.

For **communities**, the effects can be widespread and long-lasting: Triple P's programmes (which governments and organisations choose and deliver to suit local needs), can help prevent and treat **emotional and conduct problems**¹ and **mental health issues**^{2,3} in children and adolescents, and can help prevent **child maltreatment** and **out-of-home placements**^{4,5,6}. Triple P can also help children perform **better academically**⁷ and improve the **home learning environment**⁸.

WHAT SETS TRIPLE P APART?



MOST EXTENSIVELY RESEARCHED PARENTING PROGRAMME IN THE WORLD⁹



HELPED MORE THAN 4 MILLION CHILDREN AND FAMILIES



PROVEN ACROSS CULTURES AND SOCIO-ECONOMIC GROUPS



ONLY PROGRAMME WITH A PROVEN POPULATION-HEALTH APPROACH

ABOUT THE SYSTEM

Triple P isn't one-size-fits-all. The system has a range of interlocking interventions of increasing intensity, able to be delivered by providers in clinical and non-clinical settings. For example, providers may work in early help, public health, CAMHS, family support, primary care, mental health, social care, education, early years, or youth justice. This distinctive system aims to:

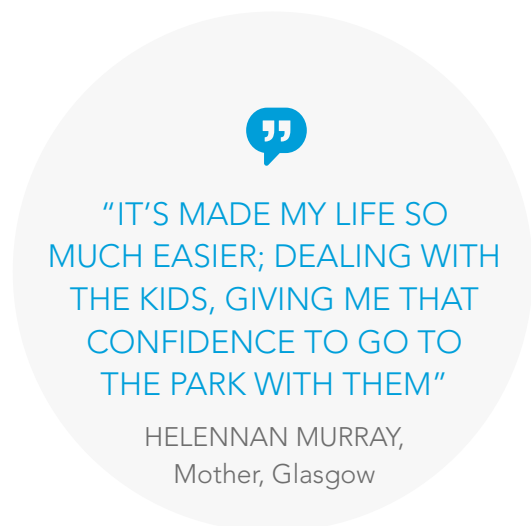
- Give parents the **right amount of help they need** (from light-touch single sessions for the majority to high-intensity courses for targeted families)
- Give parents and providers plenty of **choices about type of delivery** (1:1 sessions, in groups, or self-directed online)
- Be **accessible in the community** (training practitioners who already regularly interact with parents)
- Offer a range of interventions covering **birth to 16 years** and **children with a disability**.

WHAT'S BEING SAID ABOUT TRIPLE P?

World Health Organization (WHO), in its Violence Prevention Report¹⁰, named Triple P as one of only two programmes with strong evidence for preventing child maltreatment.

National Institute for Health and Clinical Excellence (NICE) guidelines recommend Triple P programmes to prevent child conduct disorder and treat ADHD symptoms¹¹.

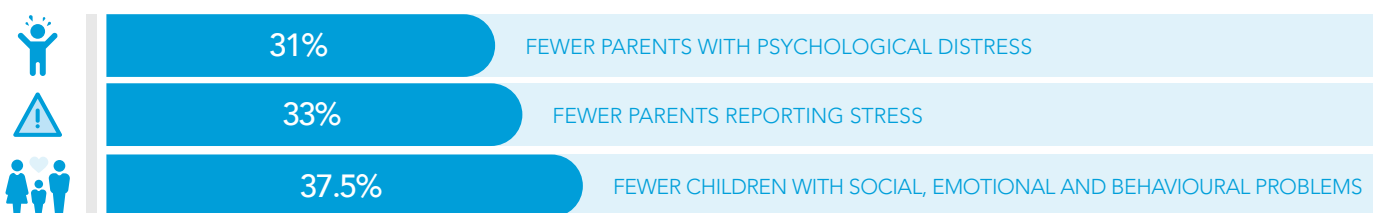
The **Early Intervention Foundation** rates Triple P programmes as cost-effective and evidence based, improving child and parent outcomes and reducing parent conflict¹², and lists it as a programme capable of preventing crime, violence and anti-social behaviour.



THE EVIDENCE BASE IS ALWAYS GROWING

Triple P is backed by more than **35 years' ongoing research*** carried out by academic institutions and through real-world evaluations around the world. Researchers from more than 35 countries have published more than 900 trials, evaluation studies and meta-analyses. This includes more than **155 randomised controlled trials***.

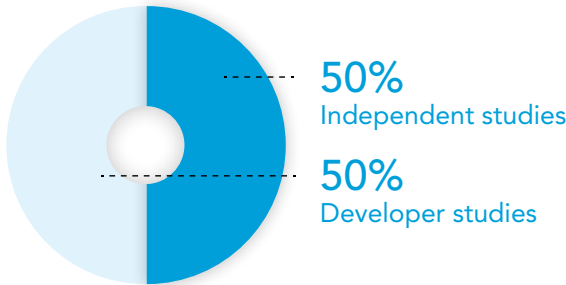
The UNESCO Child and Family Research Centre evaluation of Triple P in Ireland showed how the system delivered community-wide health benefits. Triple P counties had²:



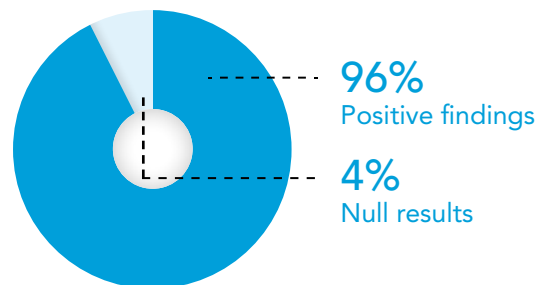
INDEPENDENT RESEARCH

Half of the research has now been conducted independently of Triple P's developers.

TOTAL EVALUATION STUDIES (288)



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*See all available papers at the Triple P evidence base: www.pfsc.uq.edu.au/research/evidence/

MAKING SURE IT WORKS

The success of Triple P within a community will also depend on the way governments, organisations and providers implement and sustain the programs they choose from the system. So, Triple P UK (TPUK) uses the Triple P Implementation Framework¹³ to support governments and organisations as they plan for, train in and deliver the programmes. TPUK helps plan a rollout and train providers so governments and organisations can deliver with flexibility and fidelity, encouraging the best outcomes, sustainability and investment returns.

“USING TRIPLE P MEANS WE’RE GETTING THE RESULTS...WE ARE ABLE TO KEEP FAMILIES TOGETHER, TO REDUCE THE TIME CHILDREN ARE KEPT IN CARE.”

DR CLAIRE HUSBANDS
Clinical Psychologist
Hillingdon Drug and Alcohol Service
Central NW London NHS Foundation Trust

HOW IT’S DELIVERED

On the largest scale, an entire local authority or CCG area, metro-mayoral combined authority or nation may choose a population-level rollout in a public-health approach. Otherwise, an organisation may train its staff in a few interventions to target specific families; or a single practitioner may train in Triple P to offer support to their patients or clients. Because of the range of programmes, Triple P interventions can be chosen to complement existing services.

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*See all the available papers at the Triple P evidence base: www.pfsc.edu.au/research/evidence/

"TRIPLE P IS A GREAT PROGRAMME. TO MY MIND, IT IS THE BEST IN THE WORLD AT ADDRESSING THE NEEDS OF THE WHOLE COMMUNITY."

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