



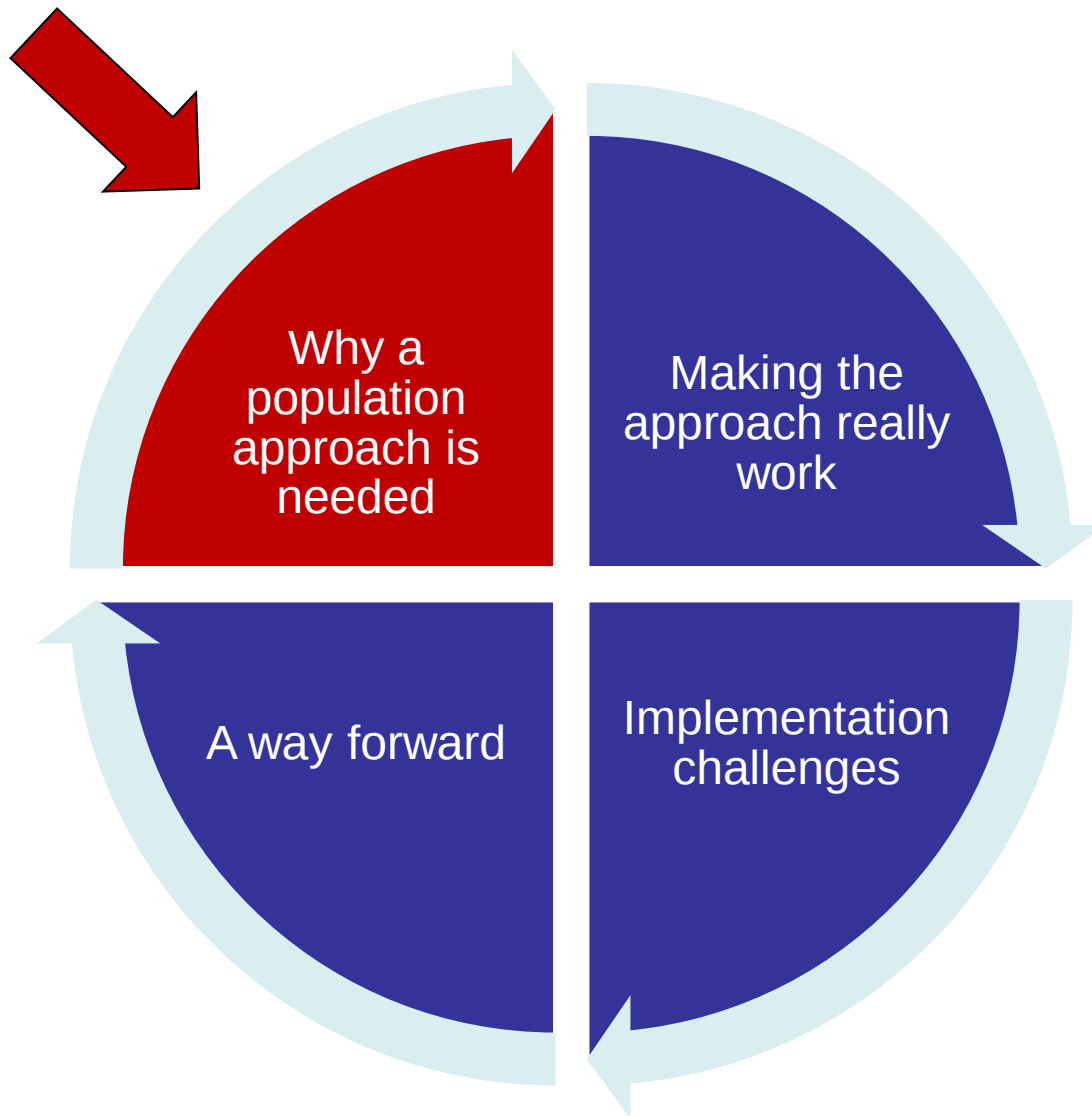
Triple P - Positive Parenting Program®



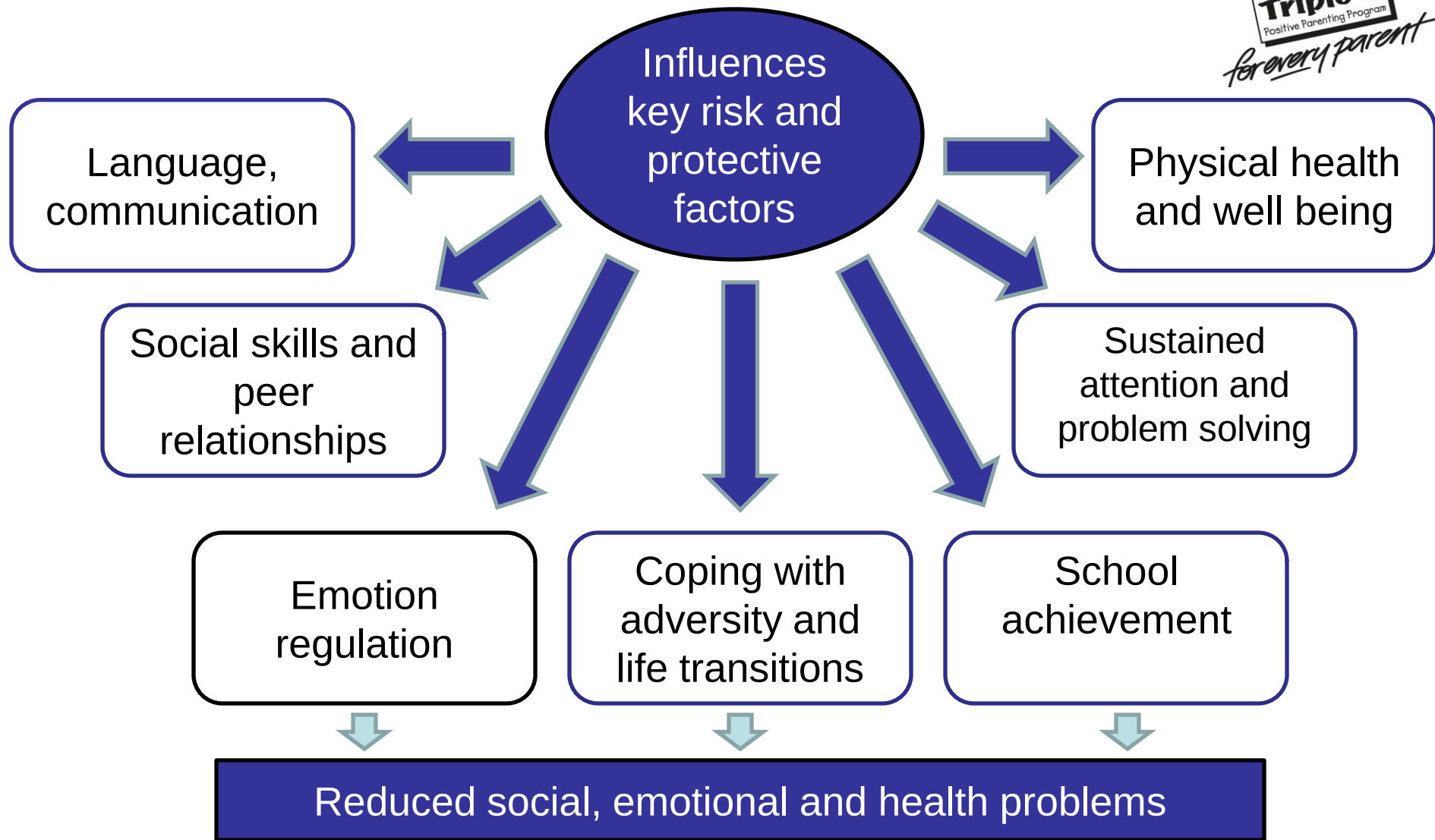
Making a public health approach to parenting support really work

Matthew R Sanders, PhD
Professor of Clinical Psychology and Director
Parenting and Family Support Centre
The University of Queensland

At a Glance



Parental influence is pervasive



There have always been concerns about how parents raise their children



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Parents must control their kids... I used to get a slap

Says Shaun Bailey, youth worker



London's burning ... blaze started by Tottenham thugs

By NICK FRANCIS, in Tottenham
Published: 22 Aug 2011

Add a comment (20)

ON the streets of Tottenham today there is calm. People smile at each other, the cafes and shops are bustling.

RELATED STORIES

Six steps to gang survival
A NEW report exposed the hopelessness of life for the youths who get sucked into gangs

Whv it's hard to resist the mob



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Riots show kids need focus like Citizen Service

Says Pixie Lott

Published: 17 Aug 2011

Add a comment (7)

PIXIE LOTT is backing David Cameron's calls for 16-year-olds to do National Citizen Service – to encourage our teens.

The 20-year-old singer will be a judge for October BBC Radio 1 Teen Awards, which will honour inspirational youths.

Here Pixie, from Essex, tells why it is so important to remember and support all the nation's good young people.

THE riots in Britain last week were just awful.

I couldn't believe how quickly the violence spread.

It was crazy. Young people were rioting in the streets and causing chaos.

Then everyone seemed to jump on the bandwagon and started looting for free stuff.

They were grabbing bottles of water — I mean, why would you do that? I just didn't understand what they were trying to achieve.

I really do hope what goes around comes around and that

Bad Parenting



Parents are often blamed

The Courier Mail Time to make the parents accountable

SURVEYS show that parents' biggest fear for their children is bullying. And who could blame them? The school playground should be a relatively safe haven from the outside world, but now chronic violence has taken hold.

Parents under fire Principals want fines for truancy 'neglect'

Paul Weston

Frustrated state school principals want the Government to prosecute and fine the parents of children who regularly miss classes.

Principals say the present system of sending out warning letters is not halting what they believe is a form of neglect.

Queensland Association of State School Principals president Paul Hart told *The Sunday Mail*: "We believe prosecutions should happen. We don't want to make the kid the victim in all of this."

The New South Wales Government in April introduced tougher anti-truancy laws.

More than 250 people are prosecuted in NSW each year over school non-attendance and parents found guilty can face jail or a \$10,000 fine.

Queensland schools have begun a new roll-marking system and the department has given schools guidelines on how to address chronic absenteeism.

Education Queensland says it does not have "central figures" on absenteeism.

Mr Hart believes there are serial offenders and their families are not being held accountable.

"Missing school is a huge impact on their education. I think it's a form of neglect that children are not allowed to have access to education," he said.

Education Minister Rod Welford has admitted the state had a truancy problem but he did not regard prosecuting parents as the solution.

He believes "expending resources on an expensive prosecution" would not result in

higher levels of student attendance.

A spokesman for Education Queensland said schools worked with families and consulted with police and other agencies where truancy became a problem.

Queensland Council of Parents and Citizens Associations vice-president Charlie Alder said parents should not expect Education Queensland to take responsibility for their children attending school.

What do you think? Have your say at thesundaymail.com.au

Negligent parents to face prison

EXCLUSIVE

Darrell Giles
POLITICAL EDITOR

PARENTS who abandon their children while they gamble, go to the pub, shop or even work face three years in jail under a controversial new law set to go before State Parliament this month.

The law will apply to parents of children aged 11 years and under.

Police will decide what is an "unreasonable amount of time" that children have been left unattended — whether it be at home, in a hotel room, a car or on the street — before charging parents.

A draft of the amendment to the Criminal Code will be considered by Cabinet on April 14 after Premier Anna Bligh returns from her trade mission to China, Japan and India.

HOME ALONE

CHILD Safety officers deal with about 4000 cases of neglect involving children in Queensland every year.

CHILDREN have been left at the beach, public swimming pools, internet gaming parlours and shopping centres as cheap babysitting venues.

RECENT cases have included siblings aged nine and 10 left at home north of Brisbane unsupervised for a

week while their mother went on holiday.

CHRISTMAS is the worst time for parents abandoning children.

A 10-year-old was left in charge of children aged 2, 4, and 8 at a swimming complex from 9am to 5pm. Their father sent a taxi to bring them home.

KIDS Helpline receives about 100 calls a year from children who have been left home alone.

who are not doing the right thing."

The Premier said the new law would give police the discretion to decide what was an unreasonable period of time and whether provision had been made for the child's care

gamble, work, shop or conduct other activities," Mr Shine said. The new laws could not come soon enough for police frustrated with only being able to warn parents.

Queensland Police Union president Cameron Pope said

THE AUSTRALIAN
THE HEART OF THE NATION

Parents need to help treat disturbed teens

Stephen Lunn, social affairs writer | The Australian | March 30, 2010 12:00AM

PARENTS are too often left out of the picture in the treatment of troubled teens when they are needed most, a new study finds.

Old-school thinking that parents are irrelevant to the lives of teens or that mental health must change to a new understanding that treating children with depression and psychiatric disorders should include their family, the study shows.

"There is an emerging body of evidence that suggests family therapy is a key intervention in a range of adolescent risk behaviours, including depression, anxiety and substance abuse," says the report, What Works with Adolescence, published by the federal government's Australian Family Relationships Clearing House.

Co-author Elly Robinson, a research fellow at the Australian Institute of Family Studies, said adolescent problems were often linked to family risk factors such as abuse, conflict, so it made sense to include families as part of the solution. "Traditionally, people were considered independent of their families, that peer groups were considered important. But we know now that families remain extremely important

A TOWNSVILLE mother has divided the community after forcing her young child to sit in public with a sign reading "do not trust me I will steal from you I am a thief" pinned to his shirt.

The boy, thought by witnesses to be about 10 years old, was also seen wearing Shrek ears and writing lines in what appeared to be a form of public punishment.

The boy reportedly spent almost an hour on Sunday near The Strand water park, while his family ate lunch nearby. The Townsville Bulletin was inundated with texts to the editor from witnesses to the incident.

Witness Diane Mayers was so "horrified" when she saw the young boy, she contacted Child Safety Services to intervene.

Child Safety confirmed receipt of the complaint but could not comment further.

Ms Mayers, a mum of six who has worked with the department before, said long-term affects of the public humiliation would have been much worse than physical abuse.



.... shamed

ON TEENAGERS, ADULT:

Statistics show that teen pregnancy drops off significantly after age 25.

Mary Anne Tebedo, Republican state senator from Colorado Springs
Contributed by Mary Anne Tebedo

The Sydney Morning Herald

NEWS REVIEW
SPECIAL

Parenting

A question of control

Tantrums, tears, illogical disputes - and that's just the adults. Today's parents are crying out for help, write **Brigid Delaney** and **Jordan Baker**.

OMYWHERE along the line we



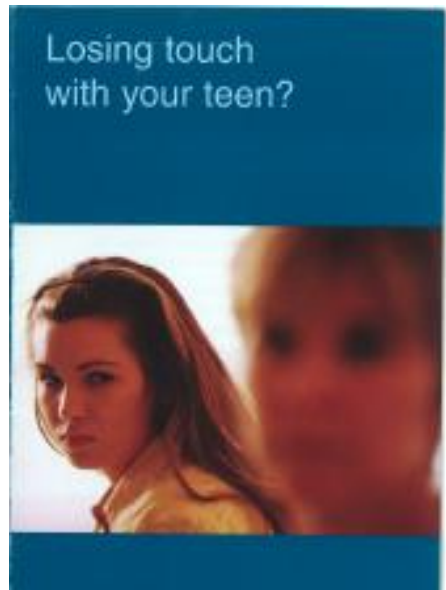
INSIDE
Experts' verdict on Supernanny



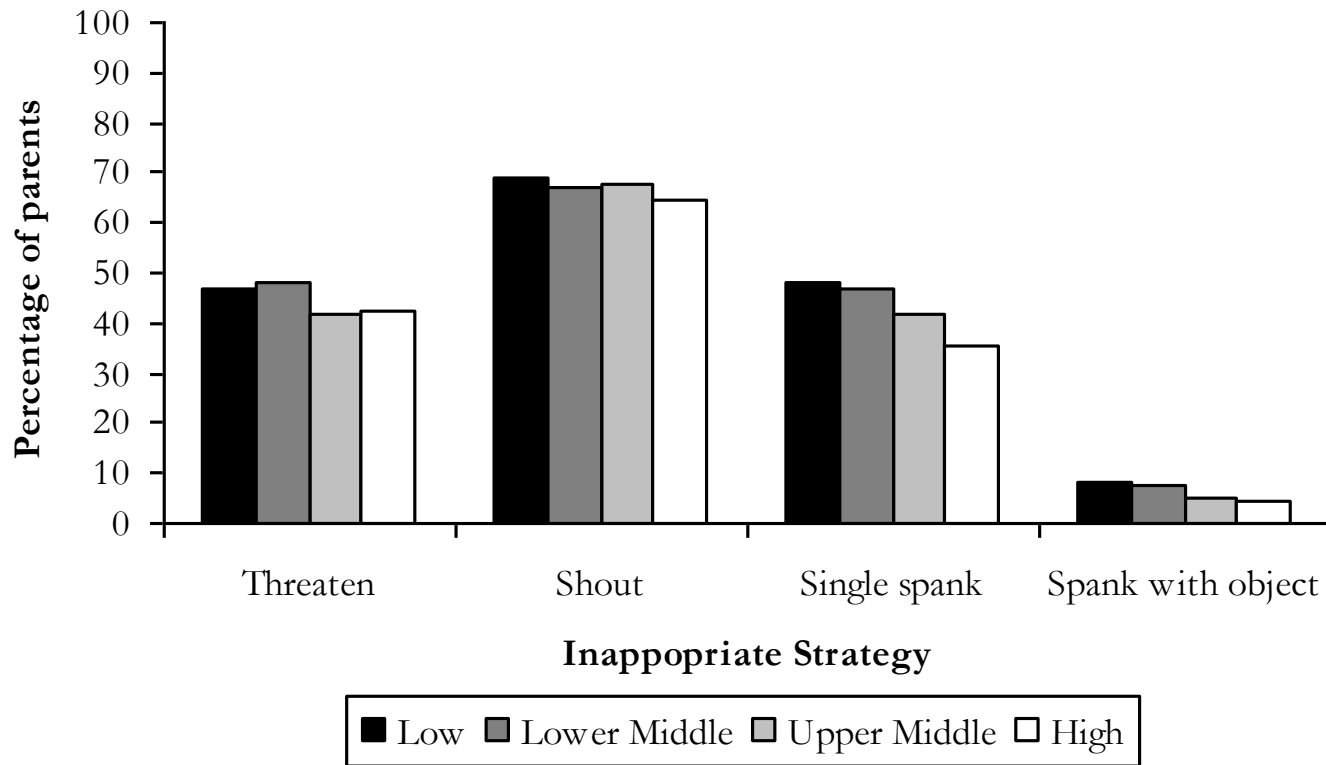
.....parents get confused , defensive and desperate



Slide no.6



No group has a monopoly on either coercive or positive parenting practices

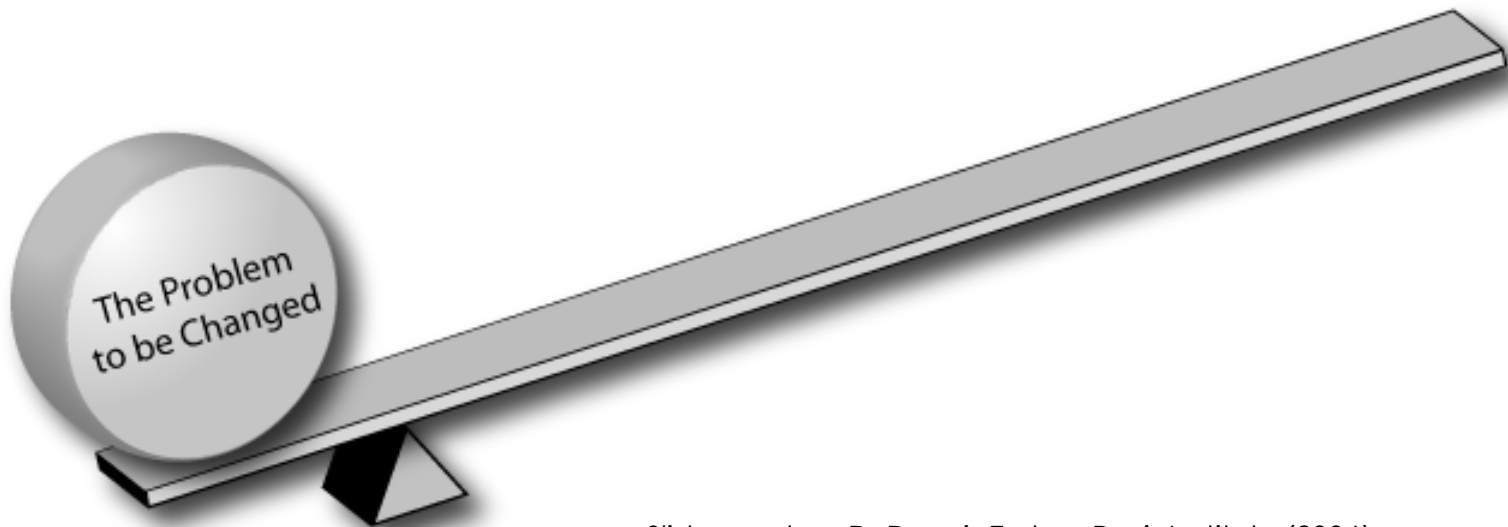


Achieving population level change

Glasgow et al (2001)



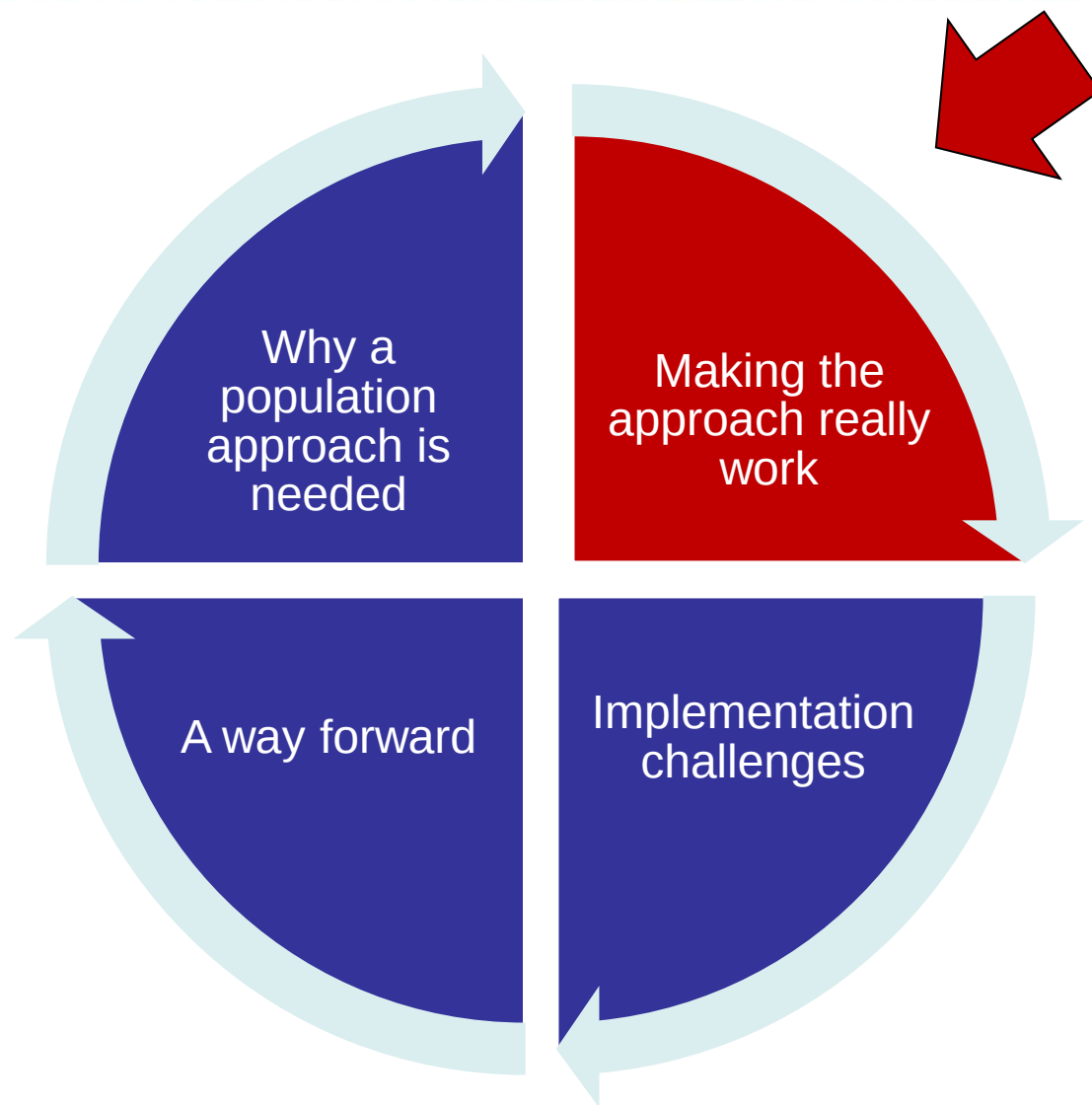
Create leverage using the
RE-AIM formula



Slide courtesy Dr Dennis Embry, Paxis Institute (2006)

Reach X Efficacy X Adoption X
Implementation X Maintenance





Population level change can be achieved through parenting



Prev Sci (2009) 10:1–12
DOI 10.1007/s11121-009-0123-3

Population-Based Prevention of Child Maltreatment: The U.S. Triple P System Population Trial

Ronald J. Prinz • Matthew R. Sanders •
Cheri J. Shapiro • Daniel J. Whitaker • John R. Lutzker

J Primary Prevent (2008) 29:197–222
DOI 10.1007/s10935-008-0139-7
ORIGINAL PAPER

Every Family: A Population Approach to Reducing Behavioral and Emotional Problems in Children Making the Transition to School

Matthew R. Sanders • Alan Ralph • Kate Sofronoff •
Paul Gardiner • Rachel Thompson • Sarah Dwyer •
Kerry Bidwell

Published online: 7 May 2008
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Published online: 22 January 2009
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Abstract The prevention of child maltreatment necessitates a public health approach. In the U.S. Triple P System Population Trial, 18 counties were randomly assigned to either dissemination of the Triple P—Positive Parenting Program system or to the services-as-usual control condition. Dissemination involved Triple P professional training for the

toll on social
utilization of
child protective
child treatment
educational systems
ical and health pro

Abstract A large-scale population trial using the Triple P-Positive Parenting Program (TPS) was evaluated. The target population was all parents of 4–10 year old children residing in ten geographical catchment areas in Brisbane (Australia). These ten sociodemographically matched catchment areas formed the comparison community as usual (CAU) comparison community.

What is the Triple P system?



Universal Triple P
Level One

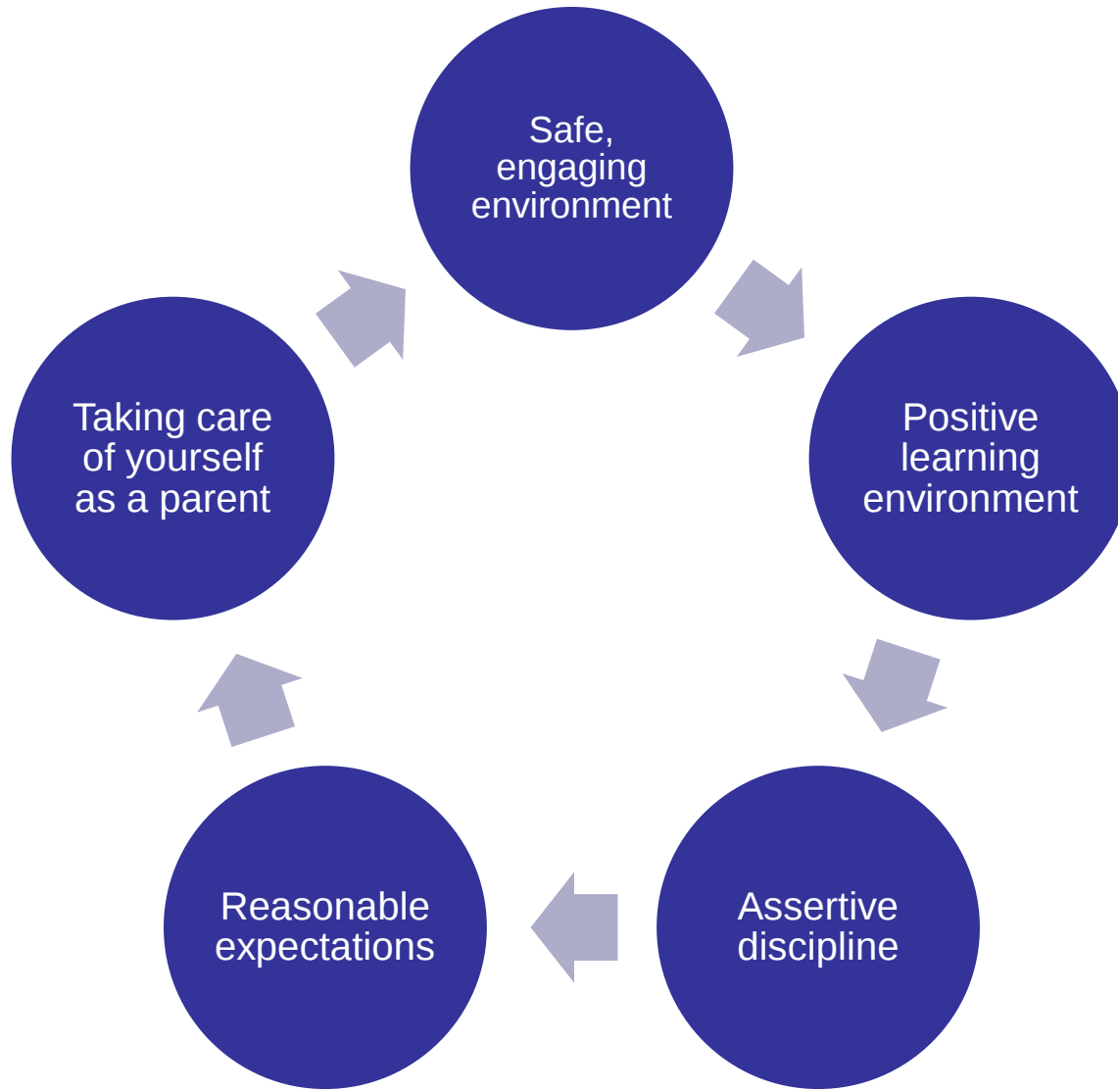
Selected Triple P
Level Two

Primary Care Triple P
Level three

Standard Triple P
Level four

Enhanced Triple P
Level five

Principles of Positive Parenting



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

Strongest evidence relates to early years but parenting continues across the lifespan



Sandwich/club sandwich generation

Weak evidence

Strongest evidence
3-10 years

Weaker evidence
11-18

Transition to parenthood

Parenting of toddlers and preschoolers

Parenting of primary school aged children

Parenting of young teenagers

Parenting of older teenagers

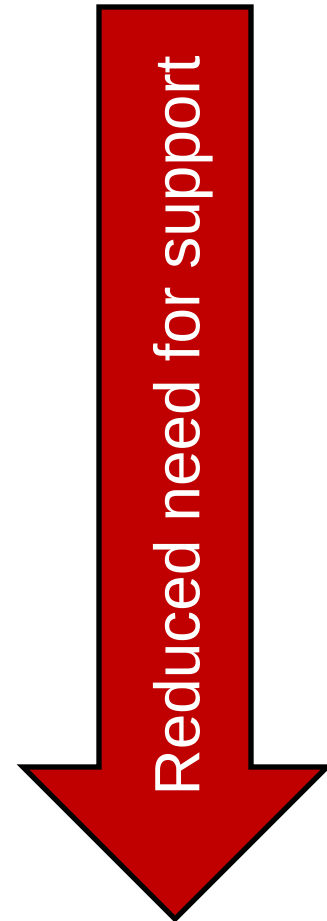
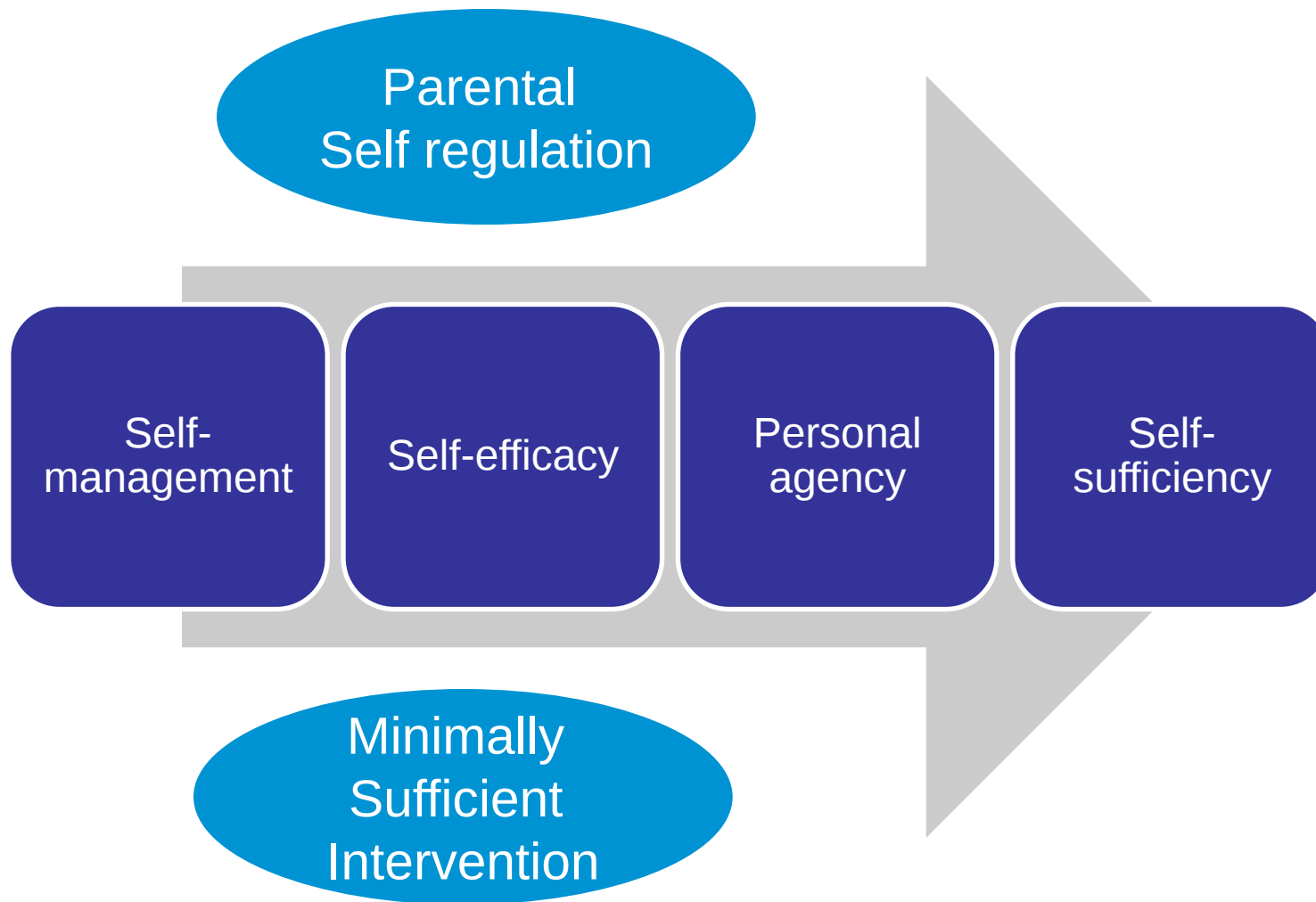
Parenting of young adults no children

Grand Parenting/
Great Grand parenting

Greatest return on investment 0-3 years

Areas of relative neglect

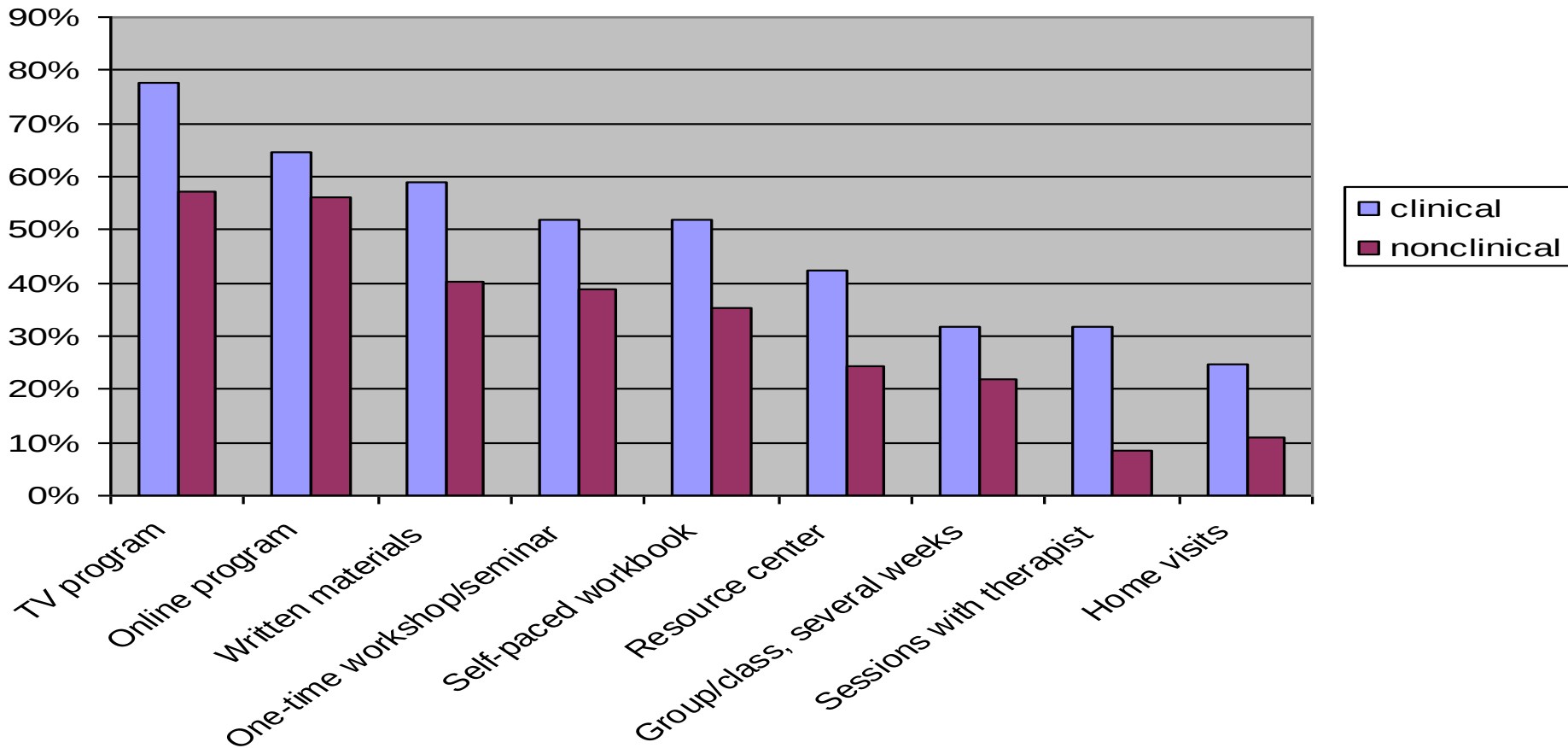
Self Regulation Framework used in entire system-child,parent, professional, supervisor, organization, country



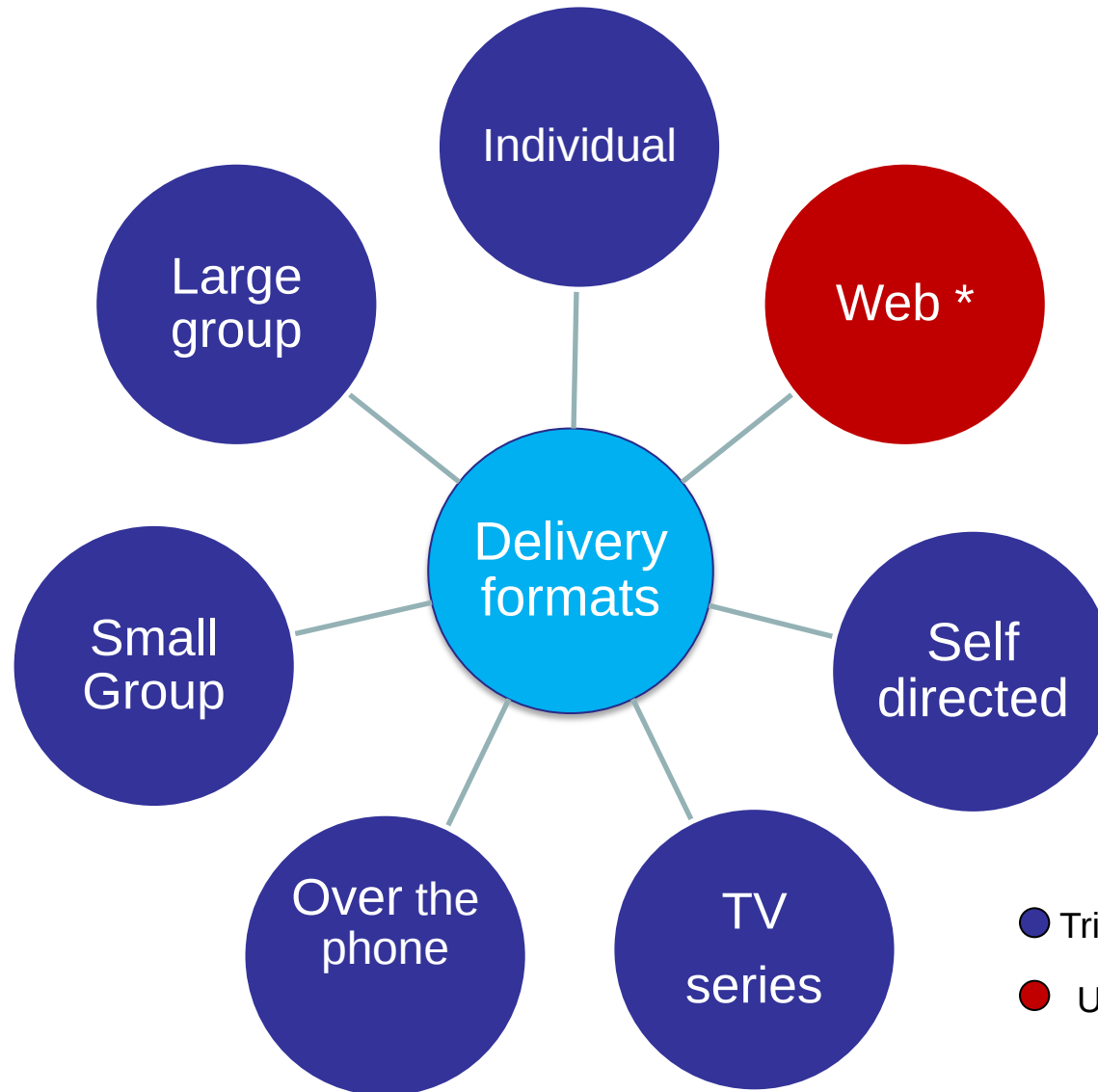
How parents would prefer to receive information about effective parenting?



Percent indicating "quite" or "very interested" in receiving parenting information in each of nine formats



Adaptability through flexible delivery formats





Enhancing reach through media and communication strategies

Focus of parenting support
Not a “one size fits all” approach



Universal Triple P
Level One

Selected Triple P
Level Two

Primary Care Triple P
Level three

Standard Triple P
Level four

Enhanced Triple P
Level five

Parents are blamed

couriermail
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WHAT DO YOU THINK? Have your say about this site

Prep student suspensions double as out-of-control kids 'not prepared for school'

Tanya Chilcott | [The Courier-Mail](#) | May 16, 2011 12:00AM | 80 comments

3 retweet | [Share](#)



IN TROUBLE: Prep suspensions are soaring amid claims the youngest students 'aren't prepared' for school. Source: The Courier-Mail

Violent and out-of-control behaviour among the state's youngest students is rising, with suspensions handed out to Prep pupils doubling in just two years.

Figures released for the first time show nearly 400 suspensions were handed out last year to four, five and six-year-old state school Prep students.

Parents duped by snack food value

Ian Royall

PARENTS are being hoodwinked into believing some snack foods were nutritious for their children, a health expert has said.

Nutrition and fitness adviser John Toomey said some products deceived shoppers into believing they were good for their children.

Certain types of yoghurts, fruit bars and other common lunchbox fillers had high levels of fat and sugar.

The warnings came as new

visited at least one fast-food outlet every week.

Growing concern about childhood obesity has made the topic an election issue, with calls for improved diet and regular exercise for the nation's children.

A supermarket check of the nutritional content of popular children's snacks revealed alarming levels of sugar and fat content, while others had several added flavours and colours.

A raspberry flavoured muffin bar contained some fruit puree, but also "raspberry flavoured pieces".

tent was diluted when added to milk.

LOMs and muffin bars, sold in the nutritional foods section of the supermarket, were low in fat but contained at least 30 per cent sugar.

Among those high in fat was cinema-style buttered popcorn.

Deakin University's health and behavioural sciences head, Professor John Catford, said one-time party or treat foods were now part of children's regular daily diets.

"Consumers have to be pretty sceptical about par-

food could not be loaded with sugar, synthetic flavour enhancers, colours and preservatives.

"That's part of the challenge so that parents are not hoodwinked into believing something is healthy and nutritious.

"Another classic case is flavoured yoghurts - they're trash."

Australia has one of the best labelling regimes in the world, with all packaged products detailing the ingredients and nutritional information on the packaging.

But experts now want more

By JESSICA LAWRENCE

THREE-YEAR-OLDS are being given coffee for breakfast and 18-month-old toddlers are wolfing down pies, according to nutritionists.

Last weekend *The Sunday Mail* revealed a childhood obesity epidemic, with more than 1.5 million kids con-

Shocking eating habits behind the fat kid epidemic

Youngsters fed coffee and pies, says expert

TODDLERS 'TOO FAT TO WALK'

Experts warn obesity epidemic hitting children as young as 3

OBESITY: The Sunday Mail report

Amanda Lee said an increased reliance on cars; safety concerns; kids no longer walking or cycling to school; and teacher fears of being sued as a result of overseeing sports activities are all contributing to the obesity epidemic.

The Government is so concerned that Queensland Health and Education Queensland have formed a joint action plan to target obesity.

"If we don't become involved now, we're not going to be able to handle this," Dr Lee said.

"There have been many changes which have meant kids are not as active as they used to be... and schools are one element."

She said TV advertisements selling



...shamed



Obese Children

Because their parents don't love them.

When problems arise with teenagers



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the telegraph

News Sport Entertainment Business Money Travel Lifestyle Opinion Video

Breaking News Sydney/NSW National World Weird Classmate Tributes Galleries Photo Sales

Weather: Sydney 11°C - 18°C. Shower or two.

Teens reveal too much on the internet

Greg Thom technology reporter From: Herald Sun January 26, 2011 12:00AM

Recommend Send Be the first of your friends to recommend this.

Share 0



Naive: Teens are often happy to give out the personal details on the internet. Source: Supplied

TEENAGERS are alarmingly naive about the dangers of sharing information online.

More than a third of Australian teens are willing to reveal their real names online.

A global survey of more than 61,000 adolescents aged between 13 and 18 from 33 countries found more than half had no problem divulging their age, a quarter were happy to share photos of themselves and 23 per cent revealed their email address.

Last Updated: Thursday, 2 November 2006, 13:01 GMT

E-mail this to a friend

Printable version

Why UK teenagers struggle to cope

By Mark Easton
BBC News home editor

British teenagers are among the most badly behaved in Europe, a study by think-tank the Institute for Public Policy Research suggests.



come to both our
s, the
gangs - the

Disconnected and disengaged...

THE AUSTRALIAN

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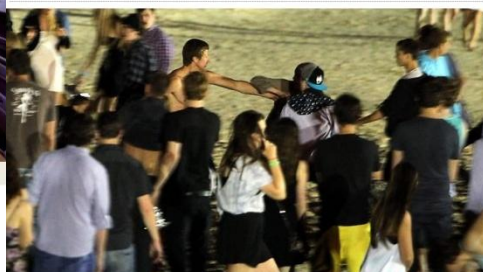
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Schoolies run wild as beach brawl erupts in quiet coastal town of Byron Bay

By Geoff Chambers | The Courier-Mail | November 22, 2010 1:43AM

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School leavers who came to the small NSW town of Byron Bay to celebrate the end of their exams ran wild after a brawl broke out with locals. Picture: Nathan Edwards. Source: The Daily Telegraph

MailOnline



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'Out-of-control' British teens the worst behaved in Europe

By LAURA CLARK

Comments (0) Add to My Stories

British teenagers are the worst behaved in Europe, a report has revealed.

They are more likely to binge-drink, take drugs, have sex at a young age and start fights.

The report, from a think-tank closely linked to Labour, says the collapse of family life is at least partly to blame.

It means youngsters follow the example set by their friends rather than guidance from their parents.

The damning verdict from the Institute for Public Policy Research was revealed as ministers prepared to publish a blueprint aimed at keeping teenagers out of trouble. It is expected to include more cash for youth groups and other activities.

But the institute says radical measures are needed. It says many disruptive youngsters will simply ignore out-of-school activities unless forced to attend.

Read more...

• Are our kids out of control? Share your views

Its study found that 44 per cent of British youngsters had been involved in a physical fight in the previous year - against just 28 per cent in Germany, 36 per cent in France and 38 per cent in Italy.

Some 38 per cent confessed to under-age sex, almost double the French figure. The same percentage had tried cannabis, more than five times the rate in Sweden.



UK teens are the worst behaved in Europe, according to a new report

Our teenagers are also bigger drinkers, with 27 per cent ad

Web portal in Glasgow



Triple P, for every parent | Triple P Stay Positive - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://glasgow.triplep-staypositive.net/

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Welcome Margaret and all other parents...

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Triple P, for every parent

Kids don't come with an instruction manual so when it comes to parenting, how do you know what's right and what works? NHS Greater Glasgow and Clyde in partnership with Glasgow City Council is taking the guesswork out of parenting, by supporting parents and carers in Glasgow city with the 'Triple P - Positive Parenting Program'.

Triple P is one of the few parenting programmes in the world that's been scientifically proven to work. Over more than 30 years, Triple P has helped hundreds of thousands families deal with issues ranging from temper tantrums to disobedience, bedtime dramas to homework battles, school bullying to teenage rebellion. So you can be sure that whatever your parenting needs - no matter how simple or how complex - Triple P can help.

If you come from a region other than Glasgow City [click here](#).

[Margaret stay positive!](#)
[Read Margaret's story](#)

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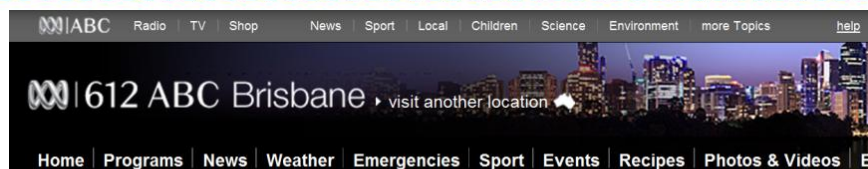
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Madonna King – Teen Topics (2008-2011)



3 February, 2009 4:35PM AEST

Triple P Parenting Podcast

Professor Matt Sanders provides parenting advice in simple, effective language.

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Professor Matt Sanders provides parenting advice in simple, effective language.

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Triple P Podcast: Dealing with suicide

Wednesday, 31 August 2011, 12:36:00 PM | backyard@your.abc.net.au (ABC Local radio) →

When someone close to your family takes their own life, what's the best way to break the news to the children?

[r820696_7432336.mp3](#)

Triple P Podcast: Making friends

Tuesday, 23 August 2011, 8:46:00 AM | backyard@your.abc.net.au (ABC Local radio) →

How to make friends... and keep them.

[r817490_7369612.mp3](#)



Alcohol and Parties (8 April, 2008)

"Schoolies" week (29 April, 2008)

How to talk to your teen about sex (13 May, 2008)

Transition from primary to high school (5 August, 2008)

Teenagers "off the rails" (25 August, 2008)

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Teenage parties (13 April, 2010)

Teenage peer relationships (4 May, 2010)

Parents "letting go" – the empty nest syndrome (8 June, 2010)

Teenagers and positive family relationships (5 July, 2010)

Teenagers and body image (12 July, 2011)

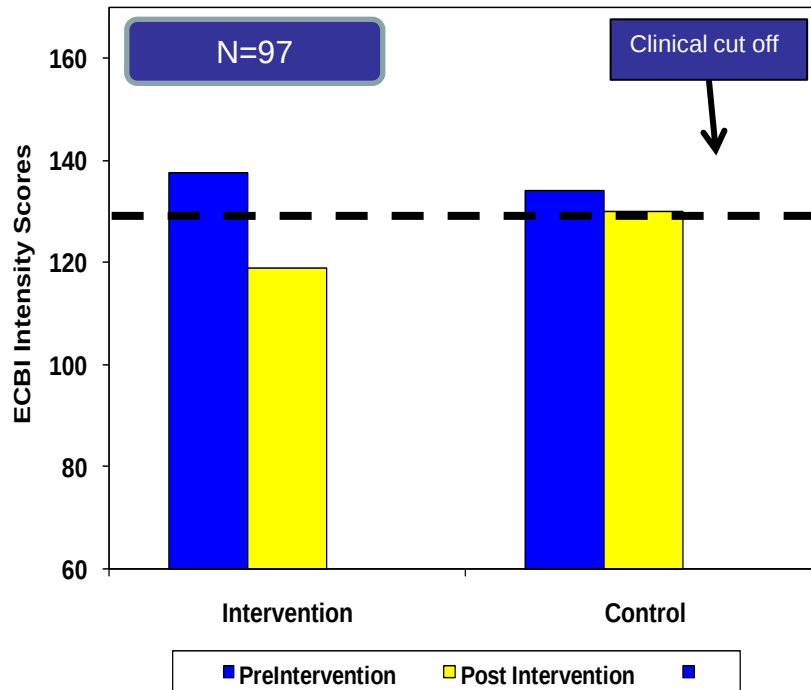
Risky and disrespectful teens (26 July, 2011)

Talking to your 16-year old about sex (6 September, 2011)

Can listening to the radio change parenting practices?



Other effects



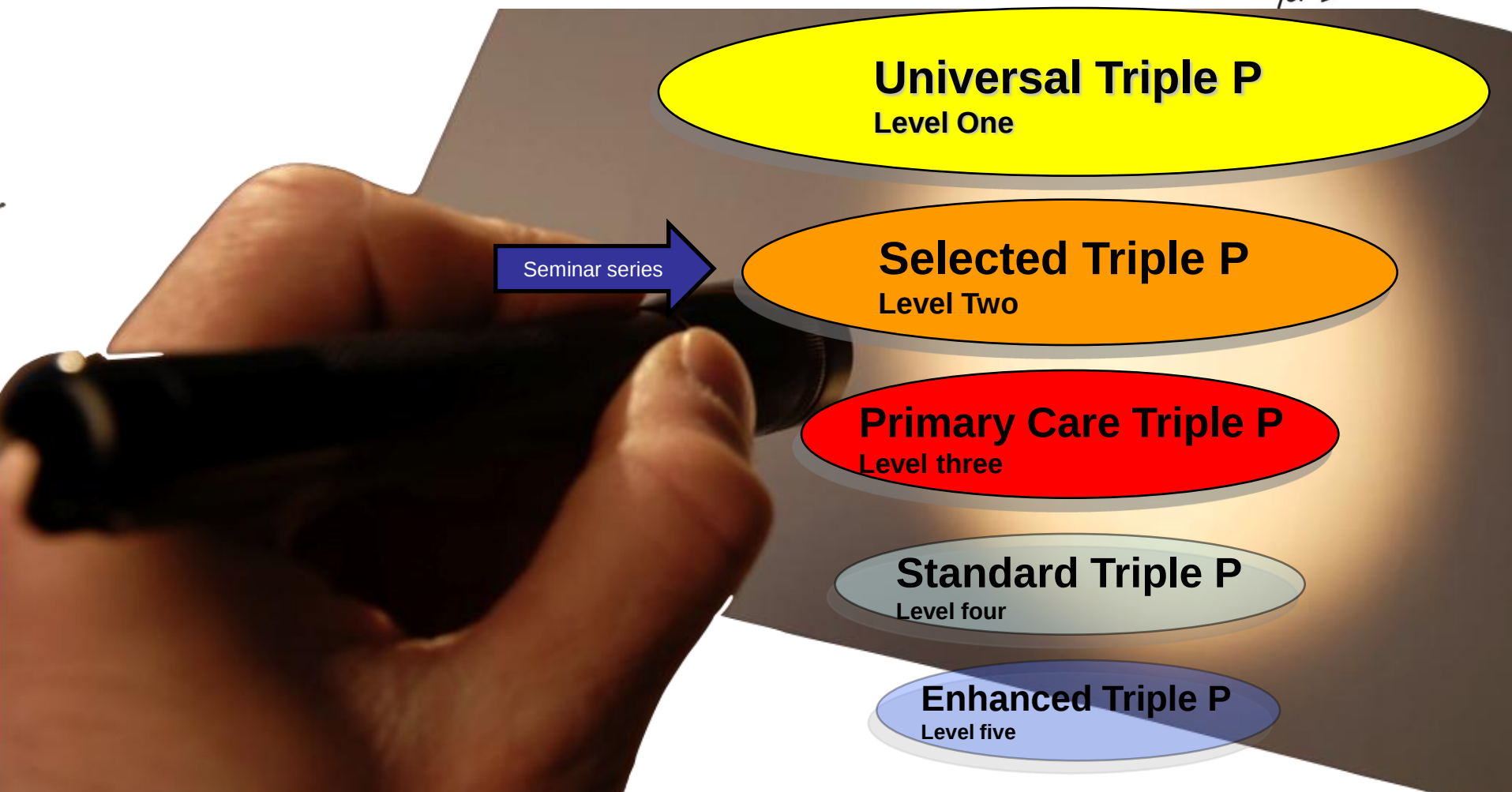
$d = 0.95$

- CAPES-emotional, $d=0.65$
- Lower dysfunctional parenting
- PS-total $d=1.1$; laxness $d=0.7$,
Over reactivity $d=0.76$, verbosity
 $d=0.85$)
- Parenting efficacy (PTC-total
 $d= 0.48$, behaviour $d= 0.63$)
- High consumer satisfaction (CSQ)



Enhancing reach through
low intensity interventions
for high prevalence
problems

Focus of parenting support
Not a “one size fits all” approach



Level 2 Triple P Seminar Series



Seminar 1
The power of
positive parenting

Seminar 2
Raising competent
confident children

Seminar 3
Raising resilient
children



90 minute large group parenting seminars



Parent Discussion Groups (One session Interventions)



Triple P discussion group workbook

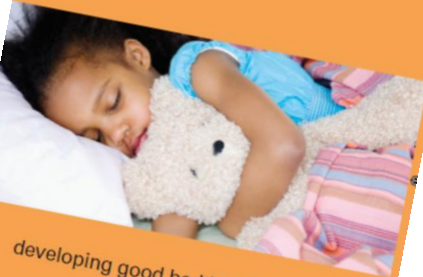


hassle-free shopping with children



Triple P Positive Parenting Solutions
Matthew R. Sanders PhD
Karen M.T. Turner PhD

Triple P discussion group workbook



developing good bedtime routines



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dealing with disobedience



Triple P Positive Parenting Solutions
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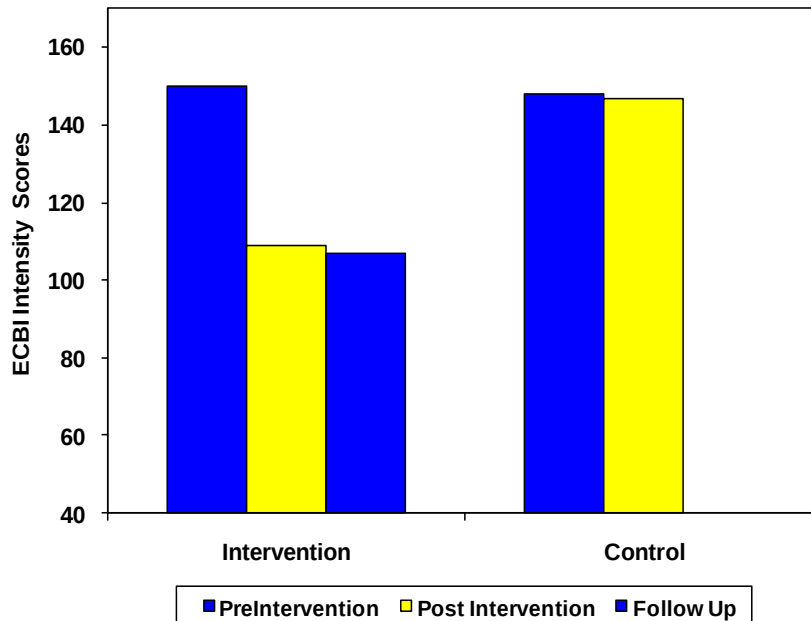
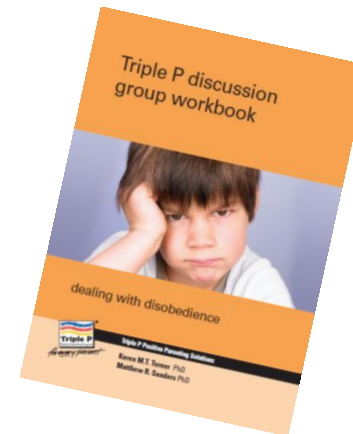


managing fighting and aggression



Triple P Positive Parenting Solutions
Matthew R. Sanders PhD
Karen M.T. Turner PhD

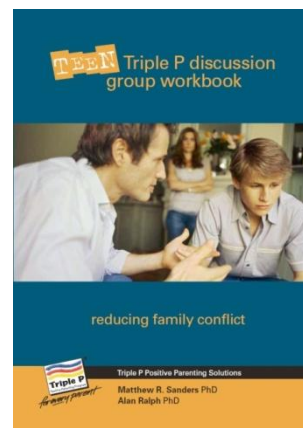
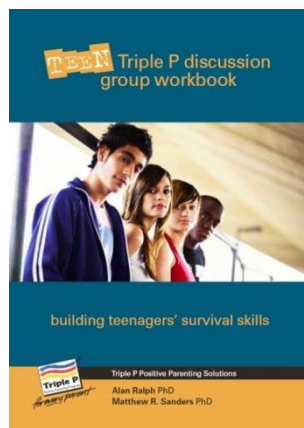
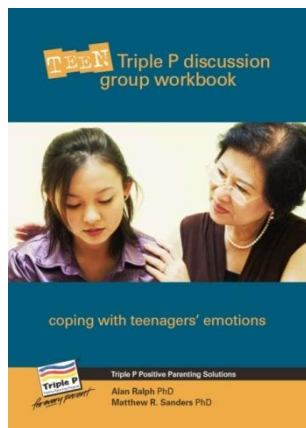
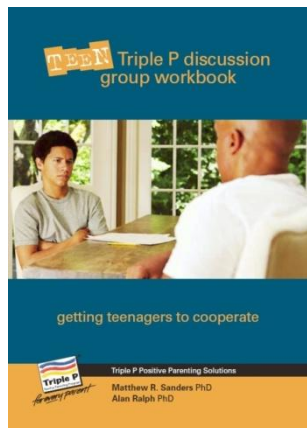
Effects of a brief parenting intervention for disobedience



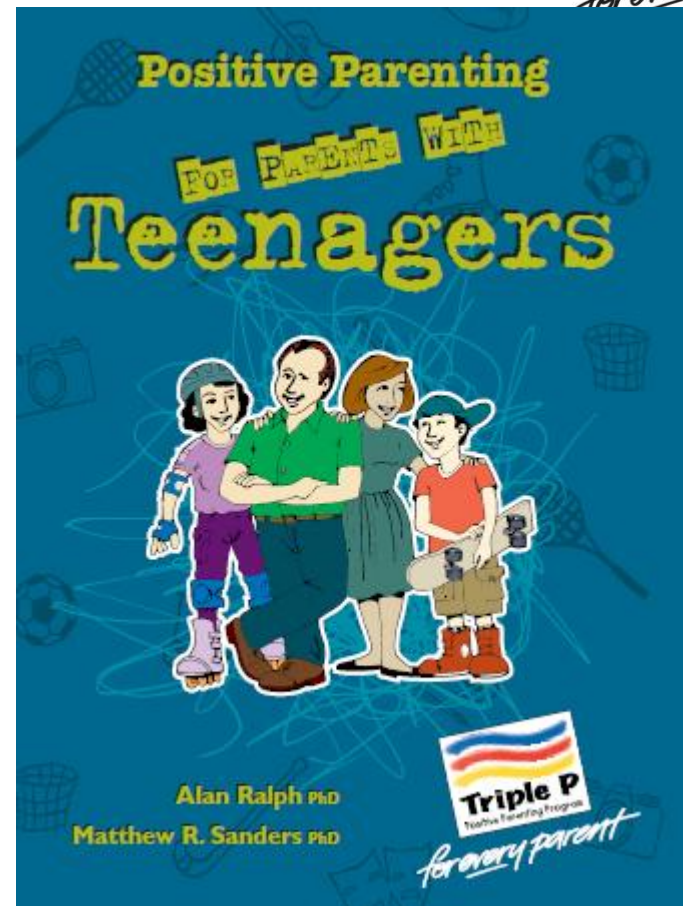
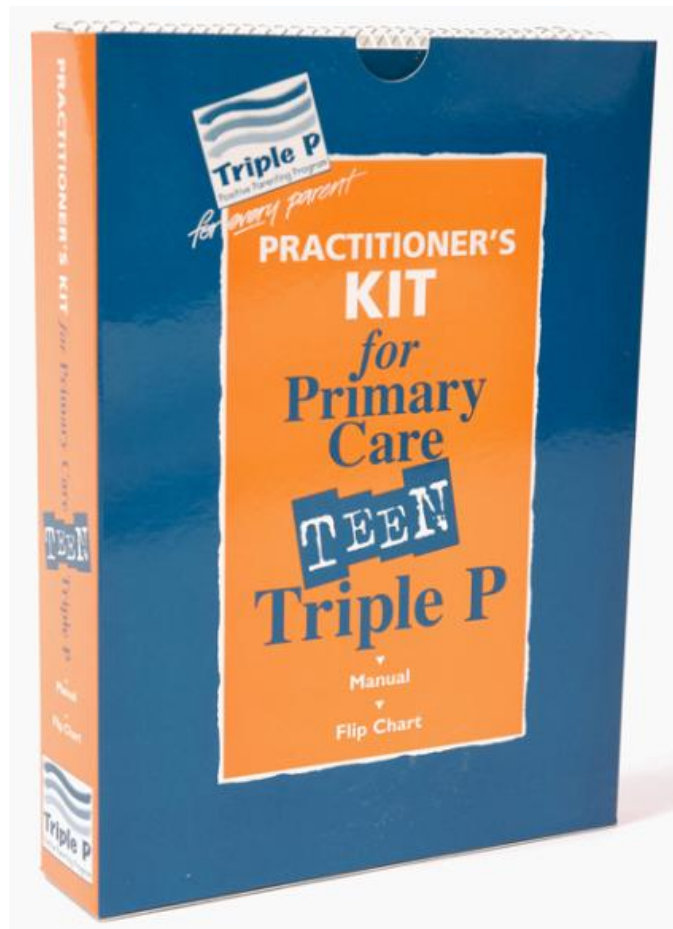
$d=1.6$

- Lower level of conduct problems (ECBI)
- Less dysfunctional parenting (PS)
- Less anger (PAI)
- Less conflict over parenting (PPC)
- High consumer satisfaction (CSQ)
- Effect sizes(Cohen's $d=.9$ to 1.6)

Single session 2 hour discussion groups



Primary Care Teen Triple P



Primary Care Tip sheet topics

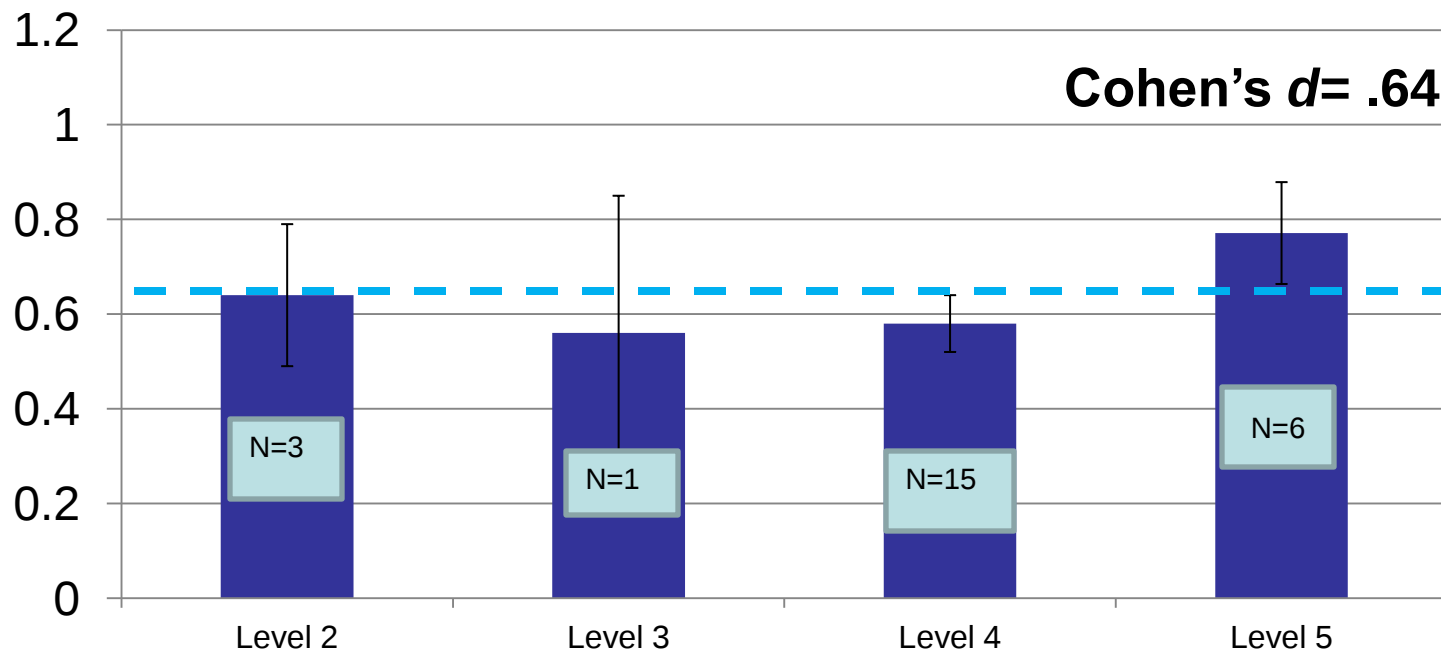
- Friends and peer relationships
- Drinking alcohol
- Taking drugs
- Smoking
- Coping with anxiety
- Coping with depression
- Sexual behaviour and dating
- Rudeness and disrespect
- Fads and fashions
- Truancy
- Money and work
- Eating habits



Mean effect sizes on Child Behavior Outcomes (ECBI Intensity Scores)

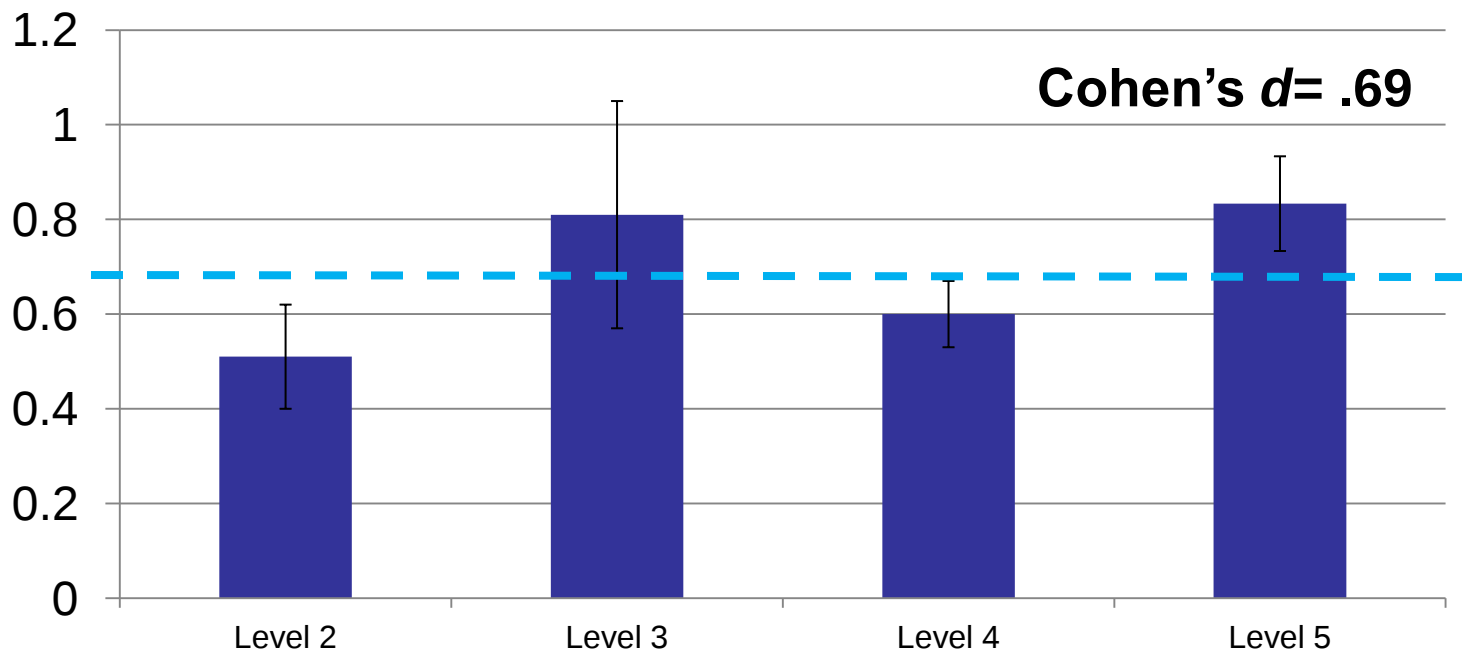


Based on 29 published RCTs; excludes N=1 studies, quasi experimental, pre-post service based evaluations, or RCT's under review



Sanders, Kirby, Tellegen, & Day (2011). A Meta-Analysis exploring level by level effects for the Triple P-Positive Parenting Program

Mean Effects sizes of Parenting Outcomes (PS)

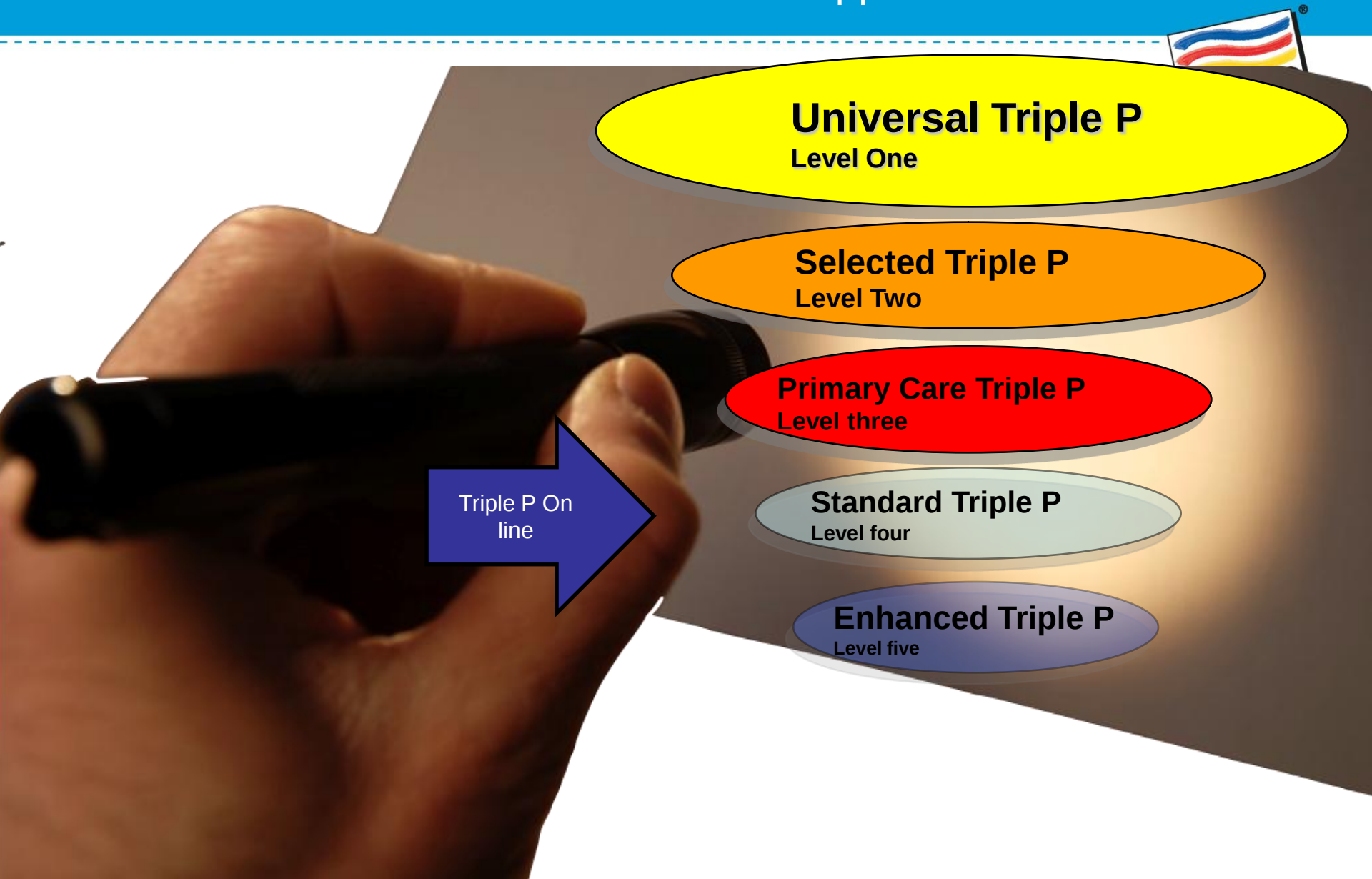


Sanders, Kirby, Tellegen, & Day (2011). A Meta-Analysis exploring level by level effects for the Triple P-Positive Parenting Program: Preliminary Findings.



Increasing reach and impact through Triple P online

Focus of parenting support
Not a “one size fits all” approach



Internet widely used source of information for parents



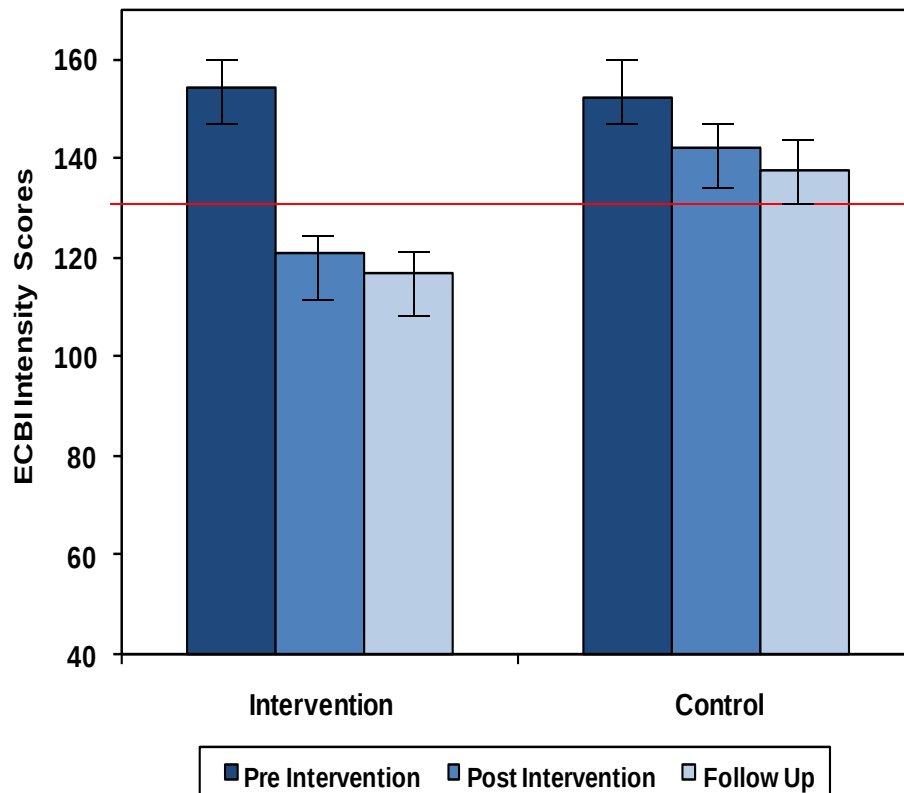
- Widely used medium of accessing parenting information
- An increasing number of vulnerable low income families have internet access (e.g. Love 2010)
- Little evidence showing online parenting programs work



Child and parent effects ITT at Follow-Up



N-116



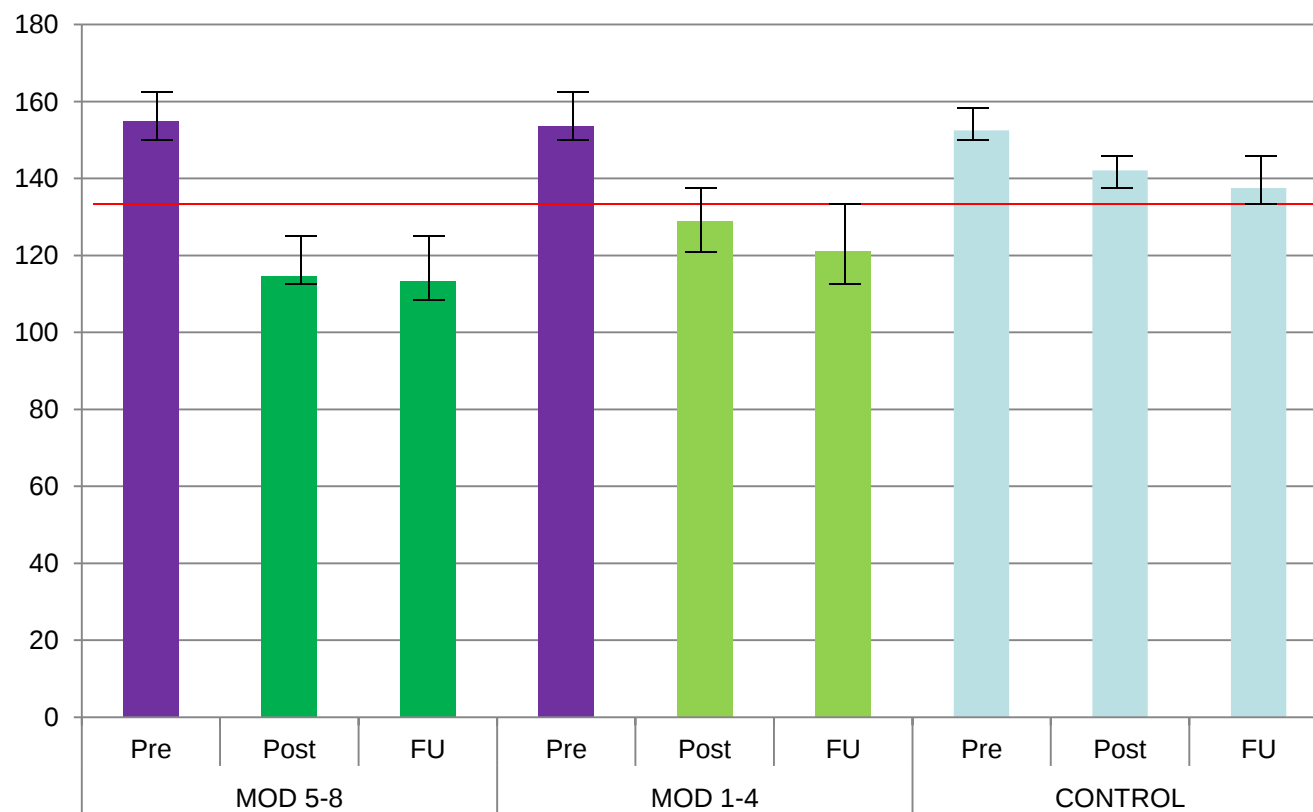
$d=0.85$

Outcome	Effect size <i>d</i>
Child behaviour	
ECBI – Problem	0.7 (large)
Parenting style	
PS- Laxness	0.82 (large)
PS- Over-reactivity	1 (large)
PS- Verbosity	0.69 (medium)
Parenting confidence	
PTC- Behaviour	1.03 (large)
PTC- Setting	0.76 (large)
Parental anger	
PAI- Problem	0.72 (medium)
PAI- Anger	0.46 (medium)
Parental adjustment	
DASS21- Stress	0.78 (large)
Parental conflict	
PPC- Problem	0.62 (medium)
PPC- Extent	0.65 (medium)

Dosage effect Mod 1-4 vs Mod 5-8



ECBI Intensity





Using mass media to
promote positive
parenting

The Triple P Parenting Media Study



- Testing the efficacy of two versions of a 10-episode media series on parenting against a waitlist control
- Content is derived from the *Triple P Positive Parenting Program*
- Research sites: Eugene and Portland, Oregon, USA
- Sample: 321 parents having difficulty handling their 3-6 year old children's behavior problems and not otherwise receiving parenting support services



Parenting Media Project

Program topics

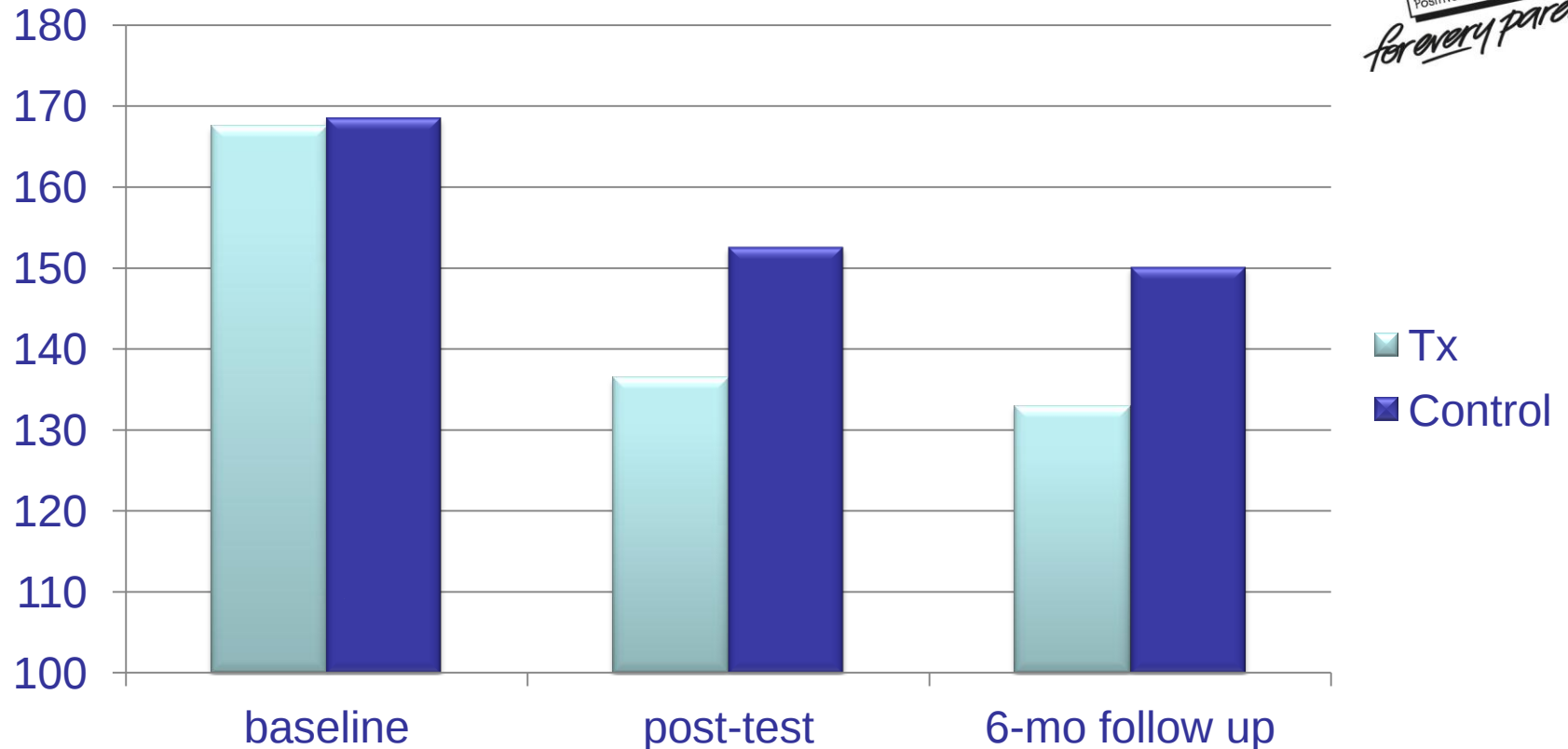


Overview of positive parenting
Encouraging behavior you like
Teaching new skills and behaviors
Managing misbehavior
Dealing with disobedience
Handling fighting and aggression
Planning for and dealing with high-risk situations
Establishing good bedtime routines
Shopping successfully with children
Raising confident and competent children



Parenting Media Project

Child behavior problems – Intensity Scores



Preliminary Outcomes at 6-mo Follow-Up (N=225)



Outcome	Cohen's d Post-Test
Child problem behavior frequency	.55*
Child problem behavior intensity	.39*
Child prosocial behavior	.27*
Dysfunctional parenting practices	.33*
Use of proactive strategies	.22*
Parenting knowledge	.57*
Intent to implement targeted strategies	.51*
Parents' stress	.37*

* $p < .05$ or better



Parenting Media Project

Focus of parenting support
Not a “one size fits all” approach



Universal Triple P
Level One

Selected Triple P
Level Two

Primary Care Triple P
Level three

Standard Triple P
Level four

Enhanced Triple P
Level five

Group
Standard
Self Help

Use Diverse Access points

Effects on Workplace Triple P

Teacher functioning



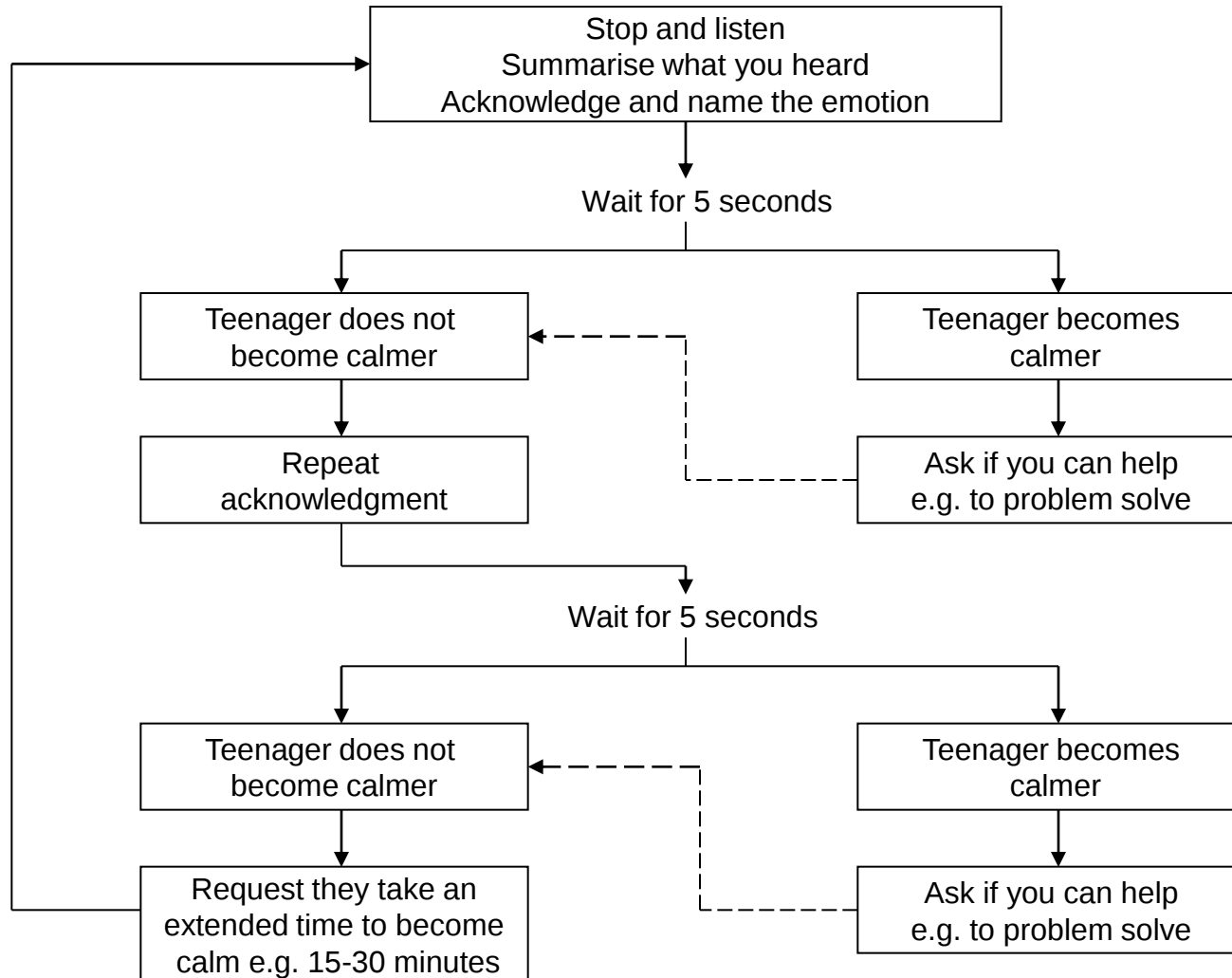
Lower levels of disruptive behaviour ($d=.83$)
Less dysfunctional parenting ($d=.76-.97$)
Increased satisfaction with parenting ($d=.59$)
Increased self efficacy ($d=.91$)
Lower work-family conflict ($d=.6$)
Lower family-work conflict ($d=.62$)
Student ($d=.79$) and task related stress ($d=.78$)



Group Teen Triple P

- 8 sessions (5 group and 3 telephone calls)
- Active skills training (video demonstrations, practice, feedback, homework)

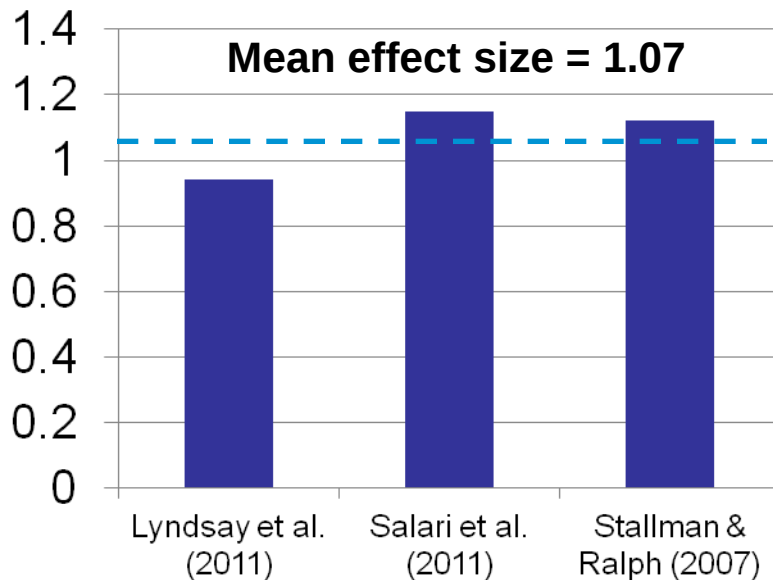
Routine for dealing with emotional behaviour



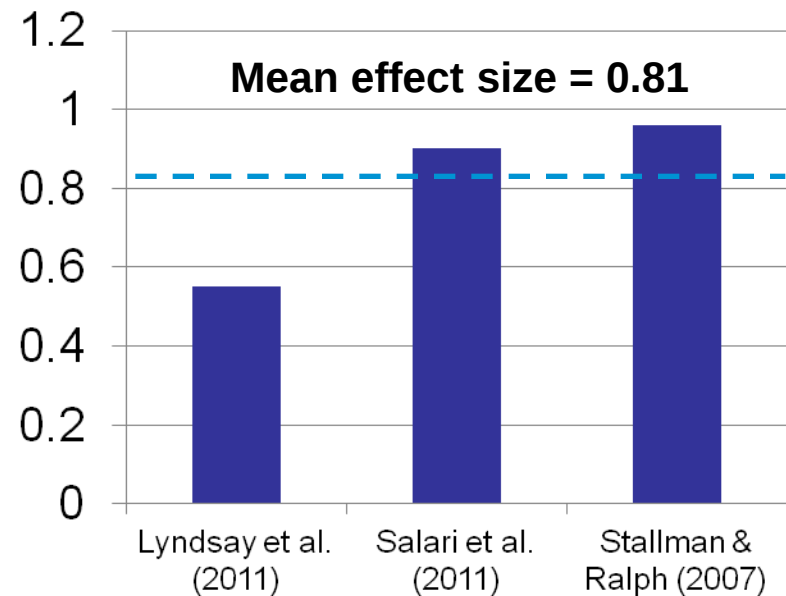
Sample Effect Sizes across Teen Studies



Effect Size for Parent Outcome (PS: Over-reactivity)



Effect Size for Teen Outcome (SDQ: Impact)



Lyndsay et al. (2011) Parenting Early Intervention Programme Summary Data

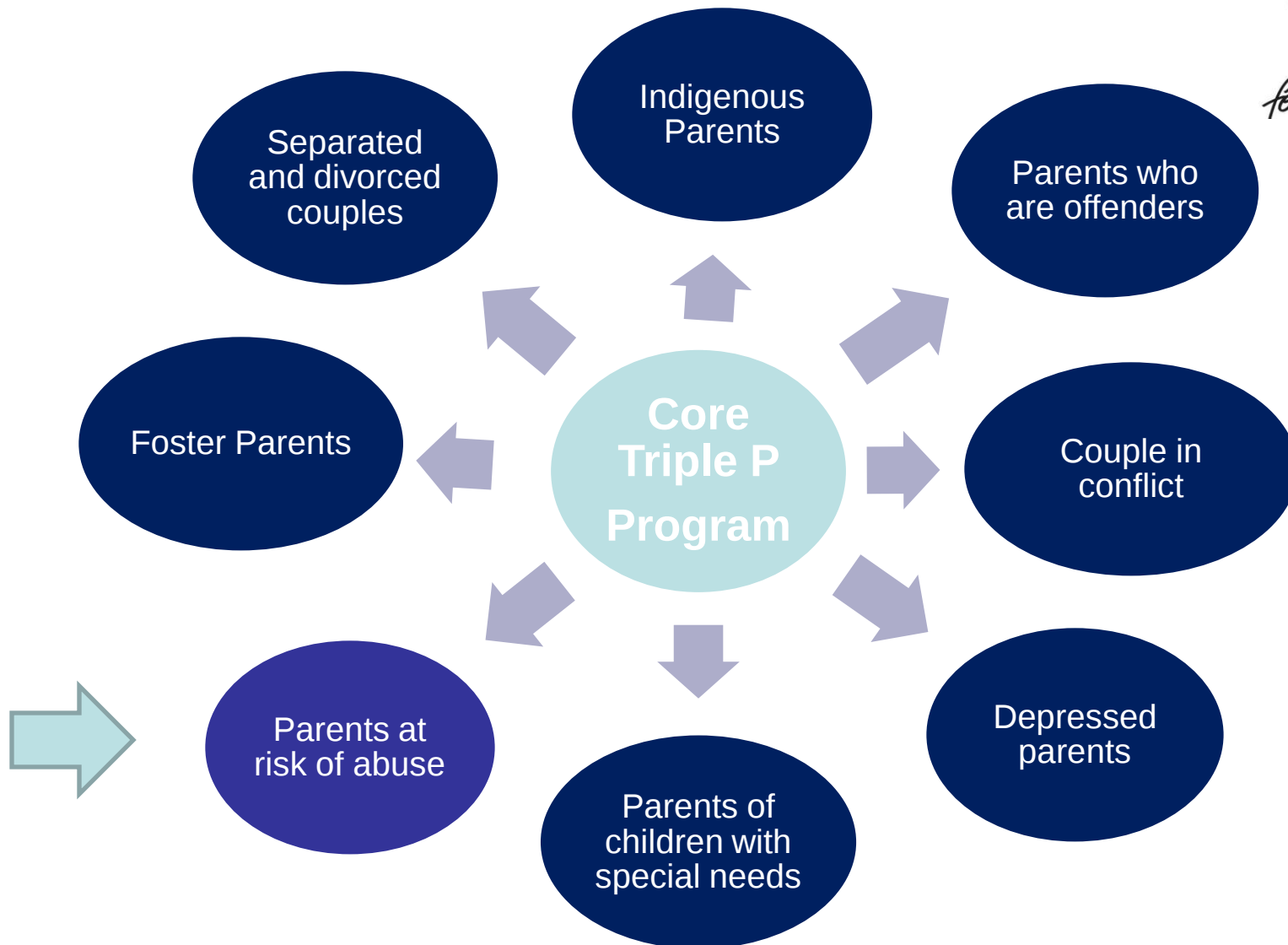
Salari, R., Ralph, A., & Sanders, (2011). Randomised Control Trial of Teen Standard Triple P. *Manuscript submitted for publication.*

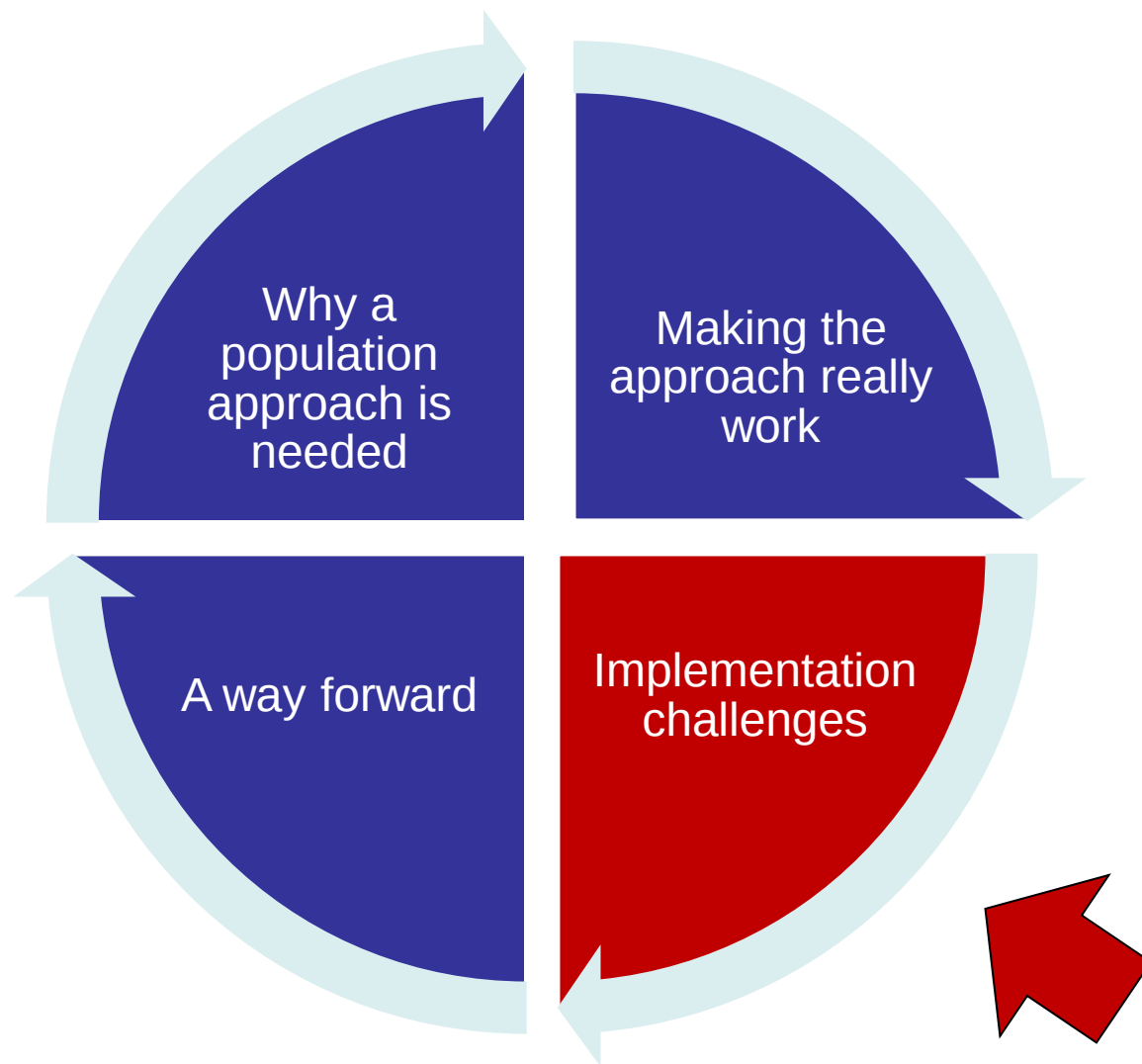
Stallman, H., & Ralph, A. (2007). Reducing risk factors for adolescent behavioural and emotional problems. *AeJAMH*, 6(2), 1-13.



Managing more complex presentations

Applications to meet the needs of different parents





We needed an organizational structure to support program development and sustainability



Uniquet Pty Ltd
UQ's technology transfer
company

**Parenting and Family
Support Centre,
University of Queensland**
Established 1996

**Triple P
International Pty Ltd**
Established 2000

Program development

Clinical Research

Child and Family Psychology
Clinic

Training and Curriculum
Development

International Research
Network

Quick facts

- PFSC 67 people (31 FT and PT, 23 students, 7 consultants, 6 clinic interns)
- TPI 280 people (58 FT, 26 PT, 18 consultants, 78 trainers (73 fulltime, 105 contract))

Training and dissemination

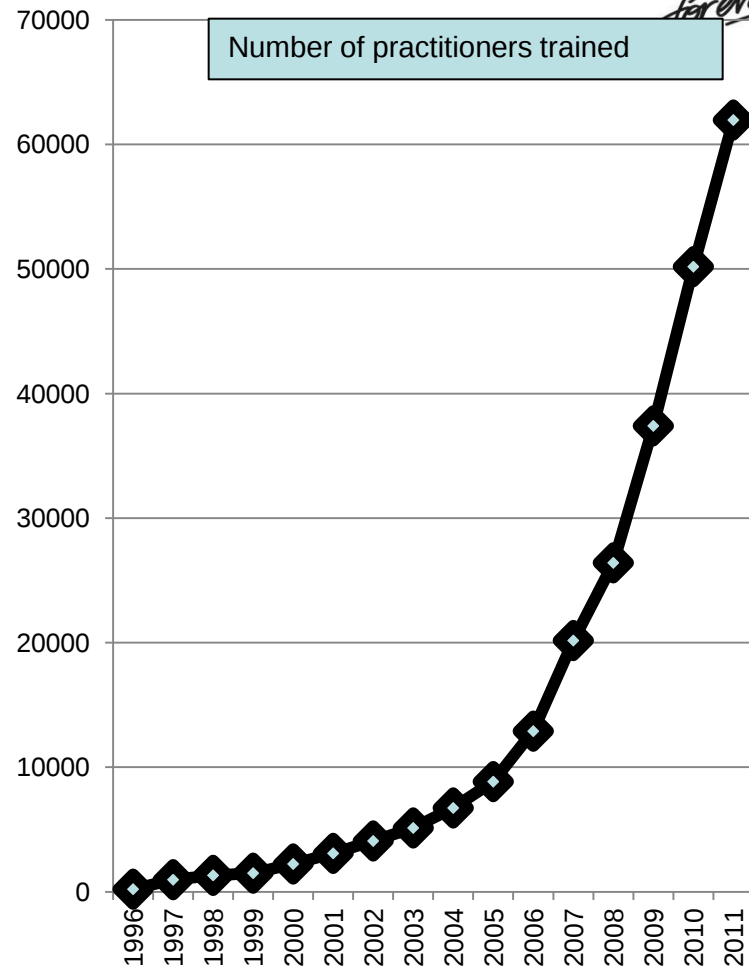
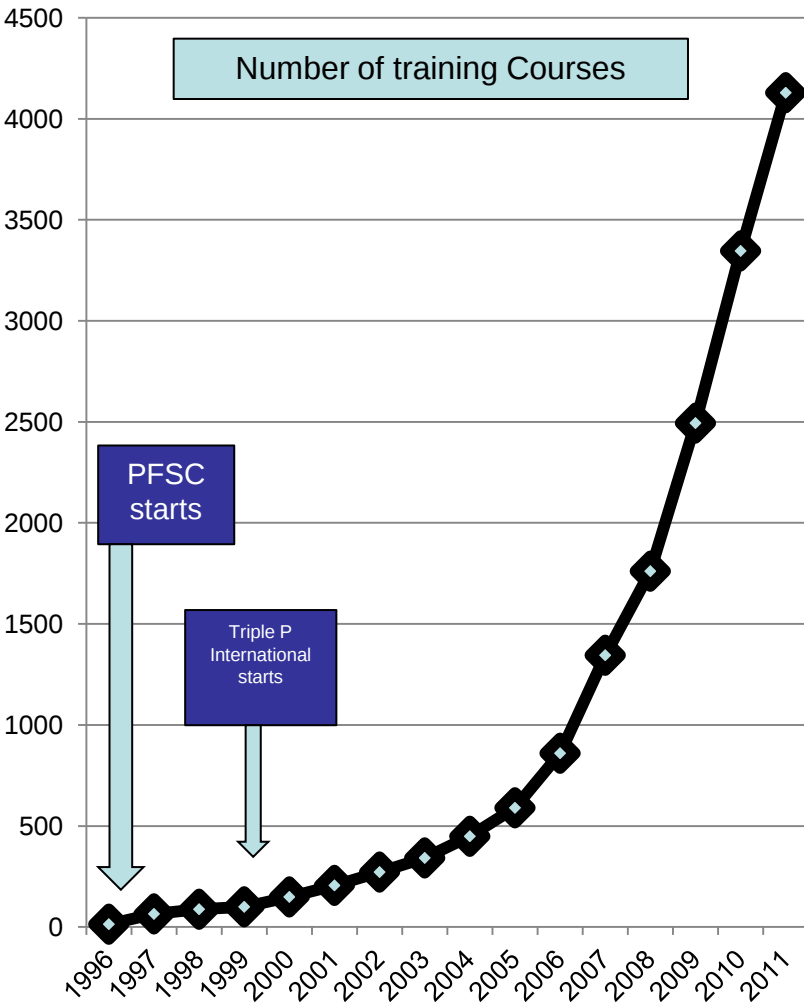
Publications

Marketing and
communications

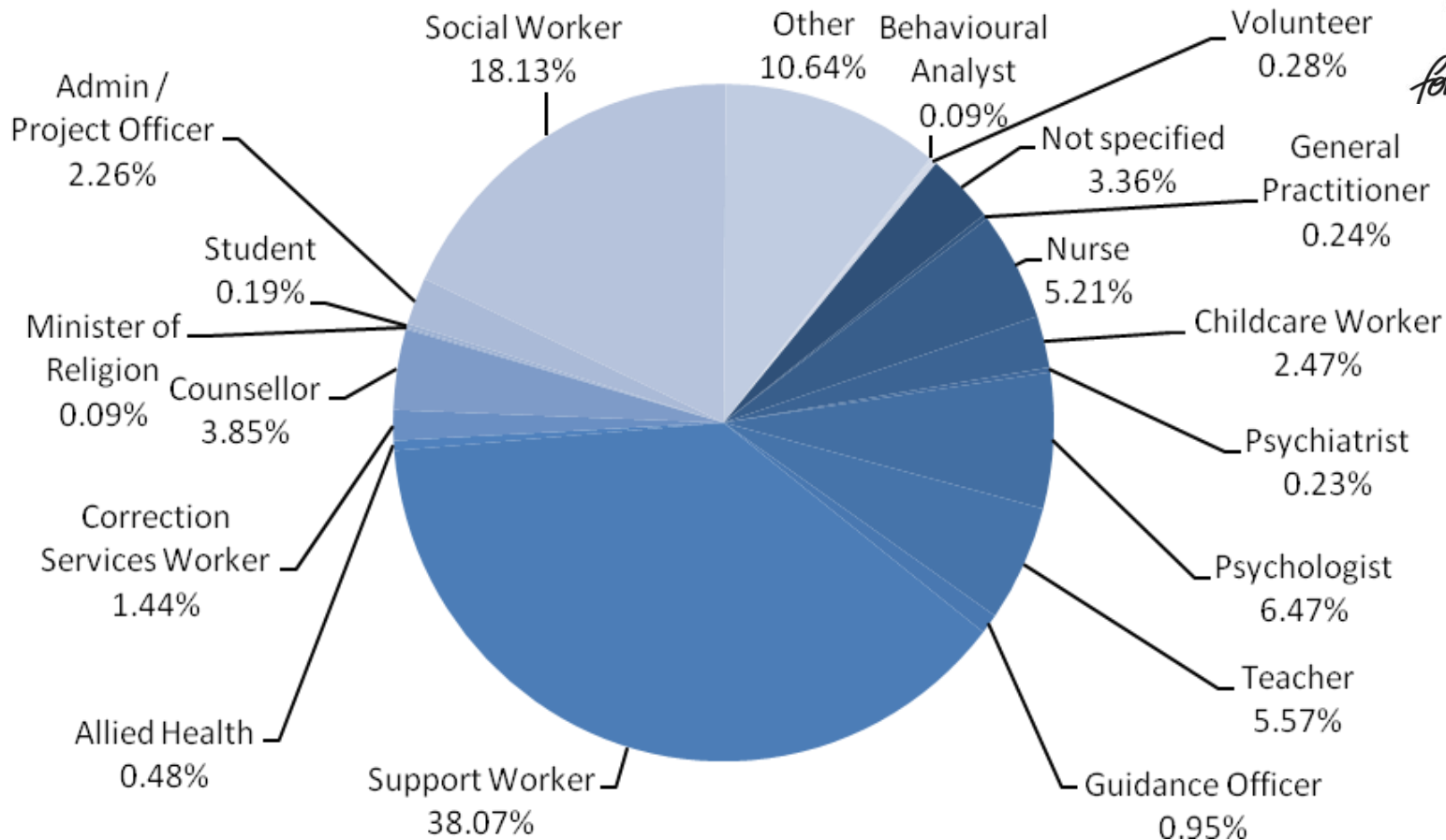
Financial and legal services

Clinical services

Growth of Triple P Training (1996-2011)



Who gets trained in Teen Triple P



Challenges in upskilling a workforce to use Triple P

(Sanders et al, 2008; 2009; Seng et al, 2008; Turner et al, 2011, Shapiro et al, 2010)



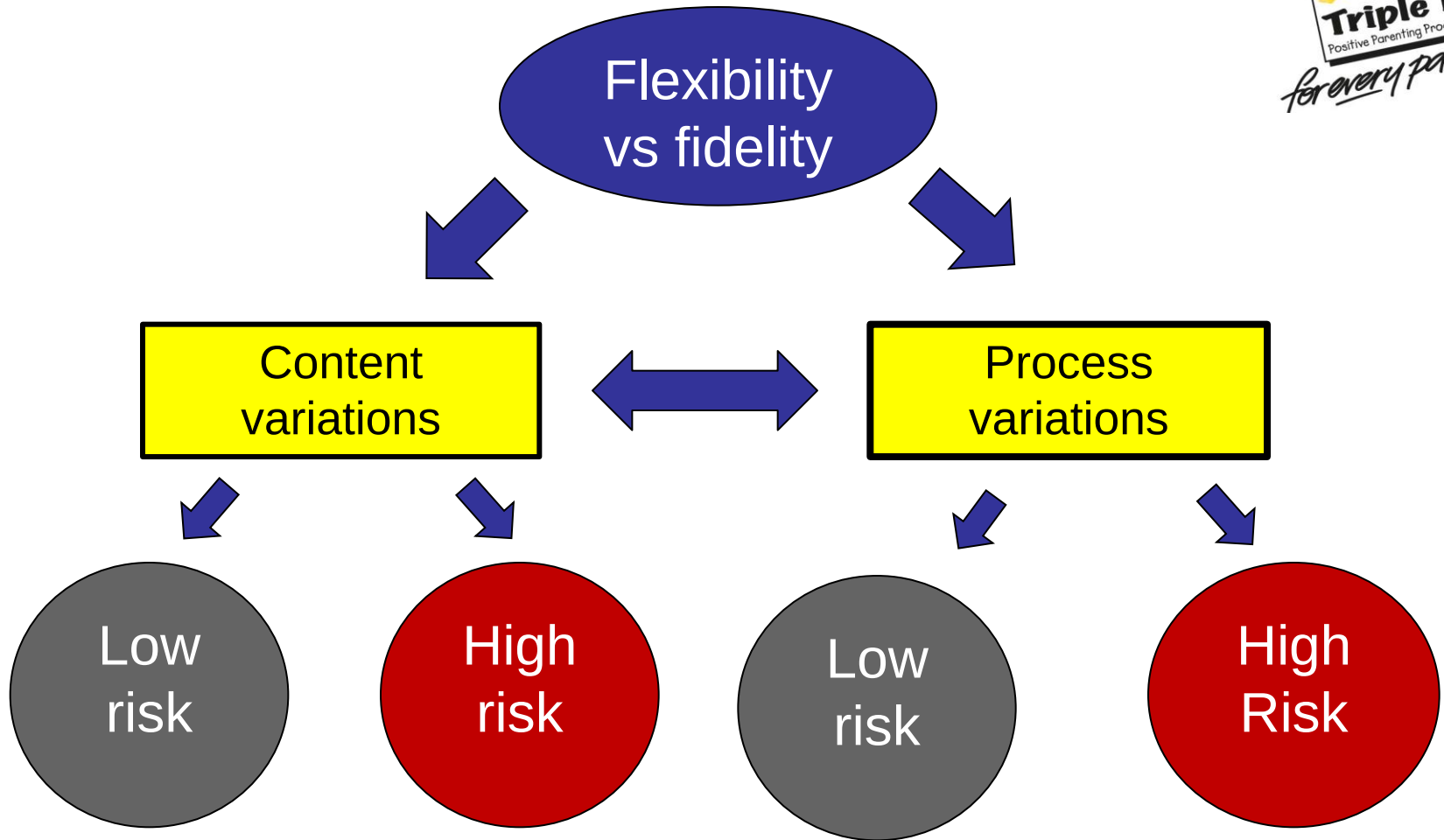
Practitioner variables

Workforce very diverse
Wide range of experience
and expertise
Inadequate pre-service and
in-service training in
evidence based approaches
Low self efficacy
Becoming accredited

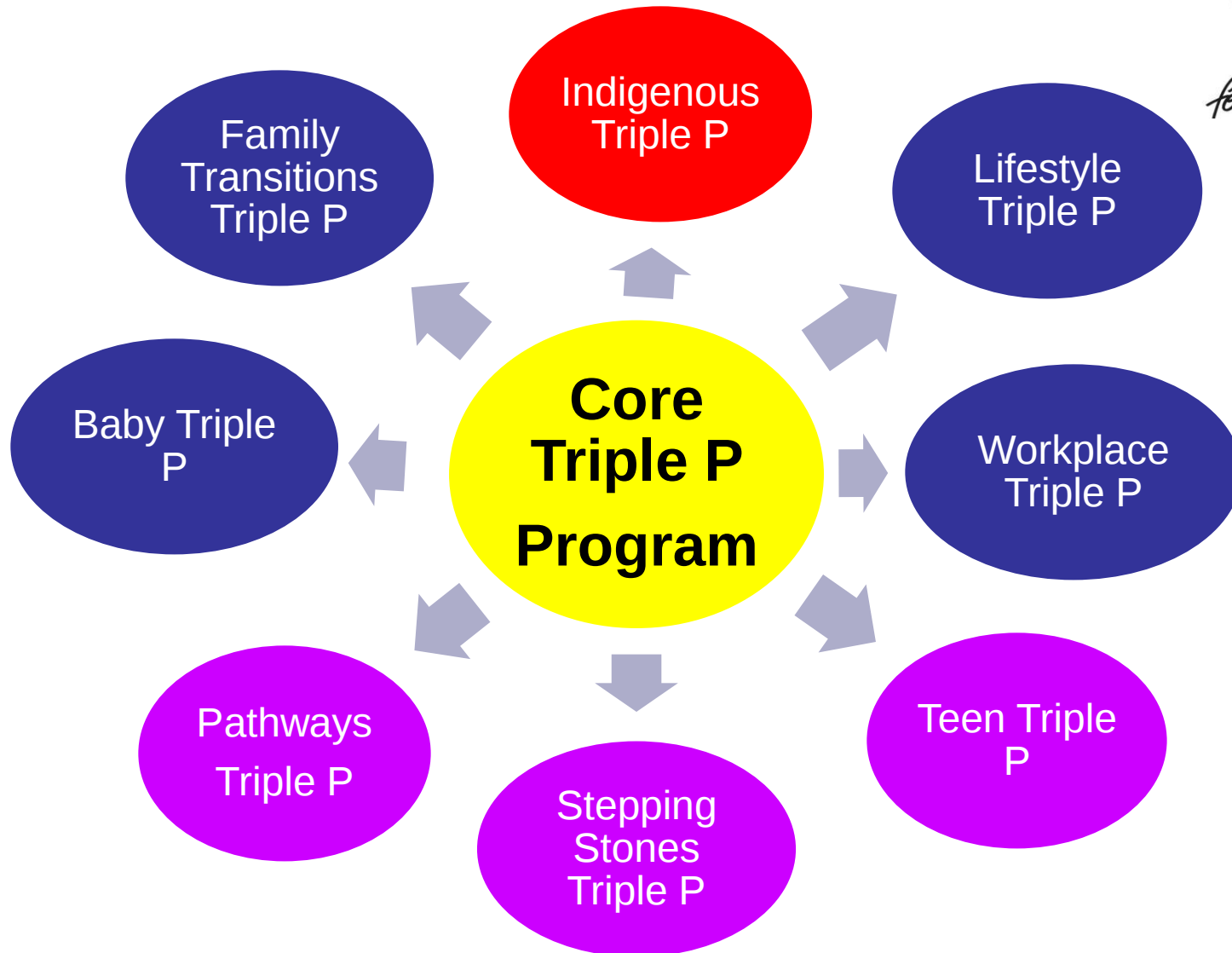
Organizational variables

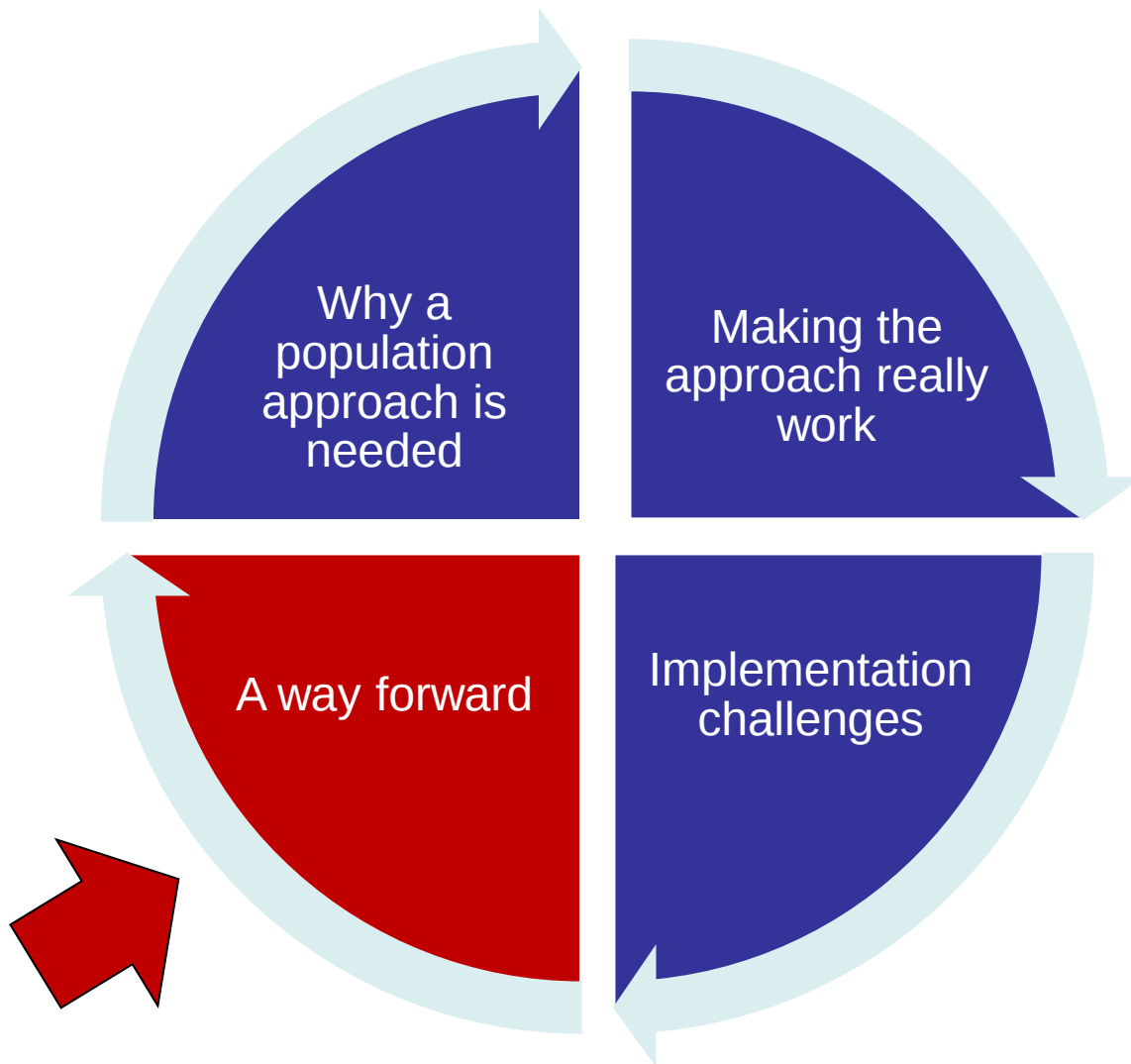
Non recurrent funding
Many poorly paid for the type
of work they do
Inadequately supervised
High occupational stress and
turnover
Organizational leadership
Delivery of parenting
programs not mainstream

Responsive programme delivery



Adaptability through tailored variants for different parents





Drivers of implementation success



Strong
internal
champions

Line
management
support and
funding

Well trained
staff

Adequate
supervision
and feedback

Technical
and
consultation
support

Routine
evaluation of
outcomes
routine

A blueprint for a achieving population level change



Clear
documentation
of need

An explicit
theoretical
framework

Build a strong
evidence base

Involve
consumers to
shape program

Design cost
effective
interventions

Use diverse
access points

Use intensive
programs
sparingly

Strengthen social
structures to
support
parenting

Sustainable
system of
dissemination

Population
level outcome
data relevant to
policy



Comprehensive parenting services within a public health context only happens when there is sustained advocacy and policy support

We must never forget



The ultimate
consumers of
parenting
programs are the
young people we
serve



A final word



Existing evidence based parenting programs must continue to evolve to be relevant to the changing needs of parents and young people



Thank you for your attention

For further information on Triple P

Research: www.pfsc.uq.edu.au

Training and materials: www.triplep.net