



TRIPLE P – POSITIVE PARENTING PROGRAM

STRENGTHENING FAMILIES

Strengthening Families™ is a research-informed approach to increase family strengths, enhance child development and reduce the likelihood of child abuse and neglect. It is based on engaging families, programs and communities in building five protective factors:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children

Using the Strengthening Families framework, more than 30 states are shifting policy and practice to help programs working with children and families focus on protective factors. States apply the Strengthening Families approach in early childhood, child welfare, child abuse prevention and other child and family serving systems.

For more information, visit www.strengtheningfamilies.net.

WHY TRIPLE P INITIATIVES AND STRENGTHENING FAMILIES EFFORTS SHOULD CONNECT

Strengthening Families efforts provide a cross-systems framework for family support and capacity building across the systems and programs that serve children and families. State and community initiatives are led by cross-system leadership teams generally representing a diverse set of disciplines, including early care and education, child abuse and neglect prevention, child welfare, home visiting and public health. In most states, Strengthening Families is being implemented broadly in settings as diverse as early childhood centers, family support programs, parenting programs and pediatric clinics. Connecting to these leadership teams provides an opportunity to place Triple P implementation in the context of broad cross-disciplinary thinking about how to leverage existing systems to support families and prevent abuse and neglect.

At the programmatic level, Strengthening Families provides a framework and set of tools to help all professionals who serve young children and their families enhance their capacity to build protective factors that promote optimal development and prevent abuse and neglect. For sites implementing Triple P, Strengthening Families materials and tools can be used to help build consistency among the various components of a comprehensive family support strategy. Programs already implementing the Strengthening Families approach may also be an important resource for Triple P sites. These programs are already working with families in a strengths-based, capacity building way and may be an important resource to families who need additional supports.

Visit the Strengthening Families website (www.strengtheningfamilies.net) to learn more about efforts going on in specific states, or to download tools and resources to support Strengthening Families implementation within a program.



TRIPLE P – POSITIVE PARENTING PROGRAM

TRIPLE P

The Triple P – Positive Parenting Program® (Triple P) is a system of evidence-based education and support for parents and caregivers of children and adolescents (from birth to age 16). The system increases parenting skills and parenting confidence by engaging, encouraging and empowering families to address common child and adolescent social, emotional and behavioral problems.

The Triple P system uses a flexible multi-level framework that tailors information, advice and professional support to the needs, culture and community challenges of individual families.

Triple P interventions are available for a broad range of families experiencing the typical and everyday challenges of raising children, as well as those experiencing more complex psychological and behavioral problems.

The five levels of the Triple P system provide varying intensities of support through a range of delivery formats (e.g. one-to-one, small or large groups, web-based, self-help).

Developed by Professor Matt Sanders and colleagues from The University of Queensland, Australia, Triple P is now supported by over 35 years of ongoing research conducted by academic institutions around the world. The model is being delivered across the US in many jurisdictions that embrace the Strengthening Families Framework, and in over 25 countries across the globe.

For more information about Triple P, visit www.triplep.net or email: contact.us@triplep.net



HOW TRIPLE P SUPPORTS FAMILIES TO BUILD THE STRENGTHENING FAMILIES PROTECTIVE FACTORS

Parental Resilience: Self-regulation is a core principle of Triple P and the model is designed to promote parental self-efficacy, personal agency, self-sufficiency and problem-solving. Across all levels of Triple P, parents are supported in choosing their own goals for change, selecting the specific strategies that are best suited for their strengths and situation and self-evaluating their progress. Keen attention is paid to what is going well first when building upon the current strengths of the parent, child and family as parents then work to incorporate new strategies designed to mitigate stressors and promote well-being.

Social Connections: The Triple P model supports parents in their social connections in several key ways. First, when implemented as a system approach (e.g., offering different interventions across the levels by multiple providers in a community), Triple P provides parents with quality parenting support through many different access points that can strengthen connections with schools, churches, primary care physicians, health departments and/or community centers, as a few examples. Families participating in group versions of Triple P have the opportunity to strengthen connections with other families; and families participating in both group and individualized services are encouraged to consider their existing social supports in relation to developing positive parenting plans and in aspects of self-care (a key positive parenting principle).

Knowledge of Parenting and Child Development: Parents participating in Triple P learn strategies to: 1) develop positive relationships with their child, 2) encourage desirable behaviors (i.e., what they want to see more of from their child), 3) teach new skills and behaviors and 4) manage misbehavior. Through these strategies, parents learn key points for creating or fostering secure attachments with their child as well as how to promote healthy development. Caregivers also learn ways to proactively plan for misbehavior that allows them to act more calmly, consistently, and decisively when misbehavior occurs. Additionally during the course of a Triple P intervention, parents explore what they should be able to realistically expect from their child (and themselves), and having realistic expectations is another key principle of the Triple P model.

Concrete Supports: Triple P recognizes that parents have many untapped resources (both internal and external) and takes a very strength-based approach in supporting self-efficacy using a self-regulatory framework. Promoting self-regulation aids parents in identifying unmet needs that may be impacting the well-being of the parent and/or child, and problem-solving around ways to best address these needs. Additionally, as a public-health approach, the model is often delivered by a wide range of providers in a community and many practitioners offering Triple P are also able to link families with needed resources and other indicated services.

Social Emotional Competence of Children: Supporting the social and emotional competence of children is a primary aim for Triple P and is accomplished by first supporting this for parents, who in turn are best positioned to support this in their children. The strategies within the Triple P model directly support dimensions of social-emotional health including self-confidence, self-efficacy, self-regulation, personal agency, patience, persistence, conflict resolution, effective communication and empathy. Clinical trials have consistently validated this two-generational approach to building skills and competencies in parents and immediately seeing improvements in child behaviors and social-emotional functioning.