Triple P - Positive Parenting Program Level 2

TARGET AUDIENCE
This program is delivered to parents with children, 0 to 16 years old, and who are interested in learning how to promote their child's development or are concerned about their child's behavior and is intended to impact parents and their children.

SUMMARY
Triple P – Positive Parenting Program Level 2 is the second level of the Triple P intervention system. This program provides an information and support strategy designed to assist parents in coping with their child's developmental and behavioral issues.

EVIDENCE
One randomized controlled trial was conducted on the Triple P Level 2 Selected Seminar Series in which families received one seminar (i.e., partial exposure), all three seminars (i.e., full exposure), or were placed on a wait-list control. For parents who received the partial and full exposure, significant changes were found in positive parenting styles, lower levels of interpersonal conflict, decreases with inattentive/hyperactivity child behavior, and decreases with problem behavior when compared to the wait-list control. Effects were more robust for the full exposure group. No effects were evident for parental adjustment, relationship satisfaction, and parental confidence. Sustained program effects were not assessed.

COMPONENTS
This program includes the following:

**Selected Seminars Triple P or Selected Seminars Teen Triple P** is offered to parents by professionals in education, social services, health services, or voluntary organizations. Three seminars are delivered to about 20 parents per session. Topics covered during seminars include the following:

- The Power of Positive Parenting;
- Raising Confident, Competent Children; and
- Raising Resilient Children.

Each presentation is followed by parent questions, and tip sheets are available.

**Brief Primary Care Triple P or Brief Primary Care Teen Triple P** is offered by professionals, such as nurses and family physicians, who provide parents with brief information and support on child development and behavior issues. Brief Primary Care Triple P consists of one individual consultation and may be followed by another consultation or phone call. Parent tip sheets and videos are used to help parents prevent or manage their child's behavior. Tip sheets provide information and answer questions, such as why a problem behavior develops, how to prevent the problem, how to manage the problem, and what to do if the problem persists. Organizations display information on available resources to encourage parents to talk with their family physician about concerns. If parents continue to experience problems, they are encouraged to return to their physician for more assistance.

PREVIOUS USE
Triple P was created in Australia in 1977 and has been implemented in 25 countries around the world. No specific previous use information was located for Triple P – Positive Parenting Program Level 2.
Parents of Children

Parents of Teens

Community-Based

School-based

Behavioral Problems

Parents of Teens

Parenting

**TRAINING**

Facilitators of the Selected Seminars Triple P are encouraged to complete the Provider Training Course, which is offered to practitioners in two parts. Part one consists of a 1-day training that focuses on delivery and implementation of the program. Part two consists of two 1/2-day accreditation workshops, and it allows practitioners to demonstrate their understanding and familiarity of program delivery. Before practitioners can participate in the Selected Seminars Triple P Training Course, they must have participated in a Level 3 training course. Facilitators of the Brief Primary Care Triple P are encouraged to complete the Provider Training Course, which consists of a 2-day training and two 1/2-day accreditation workshops.

**CONSIDERATIONS**

Considerations for implementing this program include recruiting facilitators who have the educational background and suitable experience to implement the program, acquiring participants and obtaining their buy-in, ensuring facilitators have participated in required training and have the option to attend additional offered trainings, and finding locations to hold sessions.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing Triple P – Positive Parenting Program Level 2, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

The Selected Seminars consist of three 90-minute seminars. The Brief Primary Care consists of a follow-up consultation or phone call and one 15- to 30-minute individual consultation.

**COST**

Information on implementation costs was not located. Please contact Triple P using details in the Contact section.

**EVALUATION PLAN**

To move Triple P – Positive Parenting Program Level 2 to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months post-intervention.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Triple P America by mail 1201 Lincoln Street, Suite 201, Columbia, South Carolina 29201, phone 1-803-451-2278, email contact.us@triplep.net, or visit www.triplep.net/glo-en/contact/

**SOURCE**

www.triplep.net and http://legacy.nreppadmin.net/Intervention.aspx?id=1

www.militaryfamilies.psu.edu