Lifestyle Triple P: Positive Parenting For Healthy Living

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At a glance

Parenting and children’s health and well being

Building a multilevel system of lifestyle interventions

Implications and next steps
Parental influence is pervasive

**Influences key risk and protective factors**

- Language, communication
- Social skills and peer relationships
- Emotion regulation
- Coping with adversity and life transitions
- Sustained attention and problem solving
- School achievement
- Physical health and well being

**Reduced social, emotional and health problems**
There have always been concerns about how parents raise their children.
When problems arise parents are often blamed.

Obesity linked to TVs in toddlers' bedrooms

Martin Wainwright
Wednesday June 5, 2002
The Guardian

Almost 10 years after the triumphant: 'fat kids epidemic'

Fat: Parents deserve big slice of blame

By ELIZABETH LEE
The Atlanta Journal-Constitution
Published on: 05/30/04

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 a new research found that almost one in three 12-13-year-old girls skipped breakfast, while seven in 10 children 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 flours and colours.

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

Strawberry Nesquik contained 98.8g of sugar for every 100g, although the sweet content was diluted when added to milk.

LMIs 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 Caufield, said no-time party or treat foods were now part of children's regular daily diets.

"Consumers have to be pretty sceptical about particular claims and the linkages to healthy lifestyles," Professor Caufield said.

Mr Toomey said healthy 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 take-away food operators to follow McDonald's lead and publish their products' nutritional information.

Fat Kids? I Blame the Parents

By Michael Fumento

The same time that some kids are 18 lbs overweight, they are old hands at eating fat. Look at school lunchrooms.

A couple of three-year-old kids were spotted at a school in Maryland. They saw a couple of three-year-olds eating fat.

They said that when parents say, "Eat fat!" they are eating their pies.

"Littlewood said the Nutrition Advisory Committee is recommending that schools serve a variety of healthy foods."

"They have 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 unhealthy snacks were particularly problematic.
....experts disagree

it all gets so confusing

The author of a new book says genetics rather than chess lessons have a bigger effect on success

The rise in childhood obesity has halted, defying warnings that it is an "epidemic" that is out of control. Obesity rates among children have settled at 23.2 per cent and 5.6 per cent respectively for the past five to 10 years. "People are always reluctant to let up a notion which is their life work," Professor Ochs said. "I include myself in that because I've written a few papers predicting that excessive increases, but we've got to the robustness mix in favour of fruit, vegetables and plain milk. Ms Smith treated Jackson and Carla, A, to ice cream yesterday, but normally limits the sodium and fat they consume. "I don't worry about them getting fat because they're greedy active," she said. "They do like ice cream but if you let them..."

You believe, because it is one of the last self-evident, incontrovertible truths, that raising a child is one of the most influential jobs in the world. And that's why you will find what comes next so difficult.

All those extra bedtime stories read, violins purchased, chess clubs driven to, trips to the Science Museum made, cozy fireside chats delivered; all the arguments over homework and bribes for good school grades, all the blueberries served, all the guidance offered, all your values...
Parenting influences children’s lifestyle

• Children eat more fruit and vegetables when their parents:
  – Eat F&V themselves, offer repeat tastings and praise, make F&V available and easily accessible

• Children eat more energy-dense foods when their parents:
  – Have fewer food rules, accommodate children’s neophobia

• Children are more active when their parents:
  – Model an active lifestyle, play active games with their child, provide transport to physical activity locations

• Children watch more TV when their parents:
  – Watch TV as a family, allow TVs in children’s bedrooms, don’t restrict or monitor children’s TV use
Parenting also affects

- Children’s attitudes about food
- Knowledge about food
- Beliefs about food
- Mealtime behaviours
- Emotional climate around meals
Building a multilevel system of lifestyle interventions

Implications and next steps

Parenting and children’s health and well being
Importance of empowering rather than preaching to parents

Parental Self regulation

Self-management

Self-efficacy

Personal agency

Self-sufficiency
Create leverage using the \textbf{RE-AIM} formula
Shifting major health problems

- Reach X Efficacy X Adoption X Implementation X Maintenance = Population level impact

*Slide courtesy Dr Dennis Embry, Paxis Institute (2006)*
Adapting existing evidence-based parenting interventions using consumer focus
Tailoring parenting programs to the problem of obesity prevention

Knowledge gained from consumers

Research evidence

Tailored variant ready for empirical testing

Trial Group Lifestyle Triple P with RCT
Using survey data and parent focus groups to help understand the problem

• What challenges do parents face in managing their child’s weight?
• What weight-related behaviours do parents find most difficult to manage?
Obese and overweight child had more general behaviour problems (ECBI)

- Dawdles in getting dressed
- Refuses to eat food presented
- Refuses to do chores when asked
- Gets angry when doesn’t get own way
- Whines
- Cries easily
- Yells or screams
- Verbally fights with sisters and brothers
- Interrupts

Comparison of obese and healthy weight children (age 4-11 yrs)
N=182
Lifestyle specific behavior problems are common
West & Sanders (2009)

- Eats too much (91.9% vs 3.2%)
- Watches too much television (71% vs 27.4%)
- Eats too quickly (58.1% vs 3.2%)
- Demands food (56.5% vs 9.7%)
- Eats continuously between meals (54.8% vs 14.5%)
- Eats unhealthy snacks (54.8% vs 11.3%)
- Complains about doing physical activity (59.7% vs 4.8%)
Parents have lower self efficacy in managing lifestyle behaviours

25 of 28 items including:

- Eats too much (93.5% vs 8.1%)
- Eats unhealthy snacks (71% vs 14.5%)
- Complains about doing physical activity (69.4% vs 9.7%)
- Complains about being overweight (77.4% vs 17.7%)
- Complains about being teased (77.4% vs 17.7%)
- Complains about being unfit or feeling low in energy (69.4% vs 12.9%)
Why parents of overweight children have difficulties managing their children’s eating

- Feel frustrated about their child’s weight gain
- Feel criticised and blamed by others
- Have unhelpful attributions (genes, peer influences, advertising)
- Have difficulty monitoring and controlling their child’s eating behaviour
- Do not know how to introduce lifestyle changes to their family
- Believe they are unable to solve the associated problems
- Worry about damaging their child’s self-esteem

(Borra, Kelly, Shirreffs, Neville & Geiger, 2003; Walsh Pierce & Wardle, 1997)
Obesity prevention and management programs need to address:

- Low self efficacy of parents in dealing with both lifestyle behaviours and other behaviour problems
- Inadequate parenting that maintains sedentary lifestyle and overeating
- How parents explain their children’s behaviour (attributional biases)
- Lack of knowledge about nutrition
Not a “one size fits all” approach

Breadth of reach

Level 5
Intensive family Intervention

Level 4
Broad focused parenting skills training

Level 3
Narrow focus parenting skills training

Level 2
Brief parenting advice

Level 1
Media and communication strategy

Intensity of intervention
Aims

• Increase parenting knowledge, skills and confidence in managing their children's eating, activity level and general behaviour

• Improve children’s nutritional intake and activity levels and global adjustment to prevent chronic long term weight problems
Using media and mass communication strategies to normalise and destigmatise participation
Welcome Margaret
and all other parents...

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 20 years, Triple P has helped hundreds of thousands of families deal with issues ranging from temper tantrums to disobedience, bedtime battles to homework battles, school walking 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

> Other Region
Provide “Light touch” low intensity interventions that have wide reach

- 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
Positive Parenting for Healthy Living Seminar series

Five key principles of positive parenting for healthy living

- Ensure a positive environment
- Have a positive approach
- Use consistency
- Have realistic expectations
- Take care of yourself

Positive Parenting for Healthy Living Lifestyle Seminar Series 1

Positive Parenting for Healthy Living:

1. **Five key principles of positive parenting for healthy living**
   - Ensure a positive environment
   - Have a positive approach
   - Use consistency
   - Have realistic expectations
   - Take care of yourself

2. **POSITIVE PARENTING FOR HEALTHY LIVING**
   - Children's well-being is related to getting along well with others, having the skills to solve problems, being happy, and playing safely. This involves being active, eating well, and living a healthy lifestyle. According to a study by the American Academy of Pediatrics, healthy habits start early in life. A healthy lifestyle includes:
     - Having regular exercise and family activities.
     - Choosing a healthy environment to raise children in.
     - Having a non-smoking home.
     - Supporting children to eat healthy foods and to have fun being active.
     - Encouraging positive parent-child relationships.

3. **LIFESTYLE GOALS FOR HEALTHY LIVING**
   - Achieving these goals requires a healthy lifestyle and daily habits that promote overall health.
   - Children who live healthy lifestyles are more likely to develop positive habits that will impact their health throughout their lives.

4. **WHAT IS A HEALTHY LIFESTYLE?**
   - A healthy lifestyle includes:
     - Choosing a healthy environment to raise children in.
     - Having a non-smoking home.
     - Supporting children to eat healthy foods and to have fun being active.
     - Encouraging positive parent-child relationships.

5. **POSITIVE PARENTING FOR HEALTHY LIVING**
   - Effective parenting is essential for children's healthy development.
   - Children who live healthy lifestyles are more likely to develop positive habits that will impact their health throughout their lives.

6. **SUMMARY**
   - Positive parenting for healthy living is an approach to raising children that emphasizes the importance of healthy habits and behaviors.
   - Parenting involves modeling healthy behaviors and encouraging children to follow suit.

7. **REFERENCES**
   - Centers for Disease Control and Prevention (2020). Healthy lifestyle habits.

8. **CONCLUSION**
   - Positive parenting for healthy living is a critical component of child development.
   - Encouraging healthy habits from a young age can have lifelong benefits for children.
Healthy Eating to Promote Children’s Wellbeing

Take-home messages

- Make healthy choices
- Drink plenty of water
- Promote physical activity
- Prevent obesity
- Avoid harmful substances

The five essentials of eating for healthy living

1. Sharing meals, snacks, and drinks
2. Keeping portion sizes in check
3. Trying new foods
4. Making meals fun
5. Preparing and cooking food

Healthy Eating to Promote Children’s Wellbeing Lifestyle Triple P Seminar Series

There are five key aspects to eating for healthy living. These are:

- Sharing meals, snacks, and drinks
- Keeping portion sizes in check
- Trying new foods
- Making meals fun
- Preparing and cooking food

Raising healthy children is an important aspect of positive parenting. Children’s physical health can affect their growth and development, their ability to concentrate in school, and their overall well-being, as well as how they get along with others. The foods that children eat can have a big impact on their physical health. Often, the way we eat as children determines how we eat as adults, so it is important for children to develop healthy eating habits from a young age. Poor nutrition during children at risk of a variety of health problems throughout their lives, including weight problems, diabetes, heart disease, and stomach problems. This tip sheet gives a number of suggestions for ways in which parents can help their children develop healthy eating habits at an early stage.

Nutrition Guide

- Meat and alternatives
- Grains and cereals
- Fruits and vegetables
- Milk and dairy
- Oils and fats

Taste Test

- Turn the TV Off
- Try new foods
- Make healthy choices
- Prepare and cook food

Family Meal Time

- Make meals fun
- Make healthy choices
- Prepare and cook food
- Serve healthy meals

Dietary Guide

- Serve a variety of foods
- Provide meals for the whole family
- Serve healthy snacks
- Avoid sugary drinks
- Limit screen time

Tips for Parents

- Make healthy choices
- Provide meals for the whole family
- Serve healthy snacks
- Avoid sugary drinks
- Limit screen time

Dietary Reference

- Energy
- Protein
- Fat
- Carbohydrate
- Dietary fiber

Triple P Tip Sheet

Lifestyle Seminar Series

Healthy Eating to Promote Children’s Wellbeing

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Dietary Reference

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- Fat
- Carbohydrate
- Dietary fiber
Physical Activity to Promote Children’s Wellbeing

The five essentials for physical wellbeing

1. Monitor child’s activity levels
2. Create opportunities for physical activity
3. Increase physical activity in daily life
4. Limit screen time
5. Encourage participation in group activities

The benefits of physical activity

- Improved muscle tone and flexibility
- Better physical health
- Improved mental health
- Increased self-esteem

Physical activity to promote children’s wellbeing

Lifestyle Triple P Seminar Series

Physical Activity to Promote Children’s Wellbeing

Physical activity is an important aspect of positive parenting. Children need regular physical activity to grow healthy bones and muscles and develop their movement skills. Active physically healthy children are better able to maintain healthy weight, enjoy life, and are less likely to develop chronic health problems. Children who are active physically are also developing better health as children and as adults. For young children, it is important to start physical activity from an early age.

The five essentials for physical activity

1. Monitor child’s activity levels
2. Create opportunities for physical activity
3. Increase physical activity in daily life
4. Limit screen time
5. Encourage participation in group activities

Benefits of physical activity

- Improved physical and mental health
- Improved motor skills and co-ordination
- Improved immune system
- Improved self-esteem
- Reduced risk of chronic diseases

Physical activities

- Aerobic activities (e.g., running, swimming, dancing)
- Strength training (e.g., weight lifting, push-ups)
- Yoga
- Team sports
- Dancing

Physical activity for children

- Active play (e.g., running, jumping, climbing)
- Active games (e.g., frisbee, basketball)
- Active sports (e.g., soccer, football)

Setting up an active environment

- Create a space for physical activity
- Use age-appropriate equipment
- Encourage active playtime

Physical activity and learning

- Physical activity improves cognitive function
- Physical activity enhances language development
- Physical activity supports social development

Physical activity and social interaction

- Physical activity improves social skills
- Physical activity enhances communication
- Physical activity supports positive self-image

Physical activity and family

- Physical activity improves family bonding
- Physical activity enhances communication
- Physical activity supports health and well-being

For more information, visit the Triple P website.
Outcome Measures

- **Accelerometer** (7 days)
- **Food Diary** (3 days)
- **Online Survey**
- **Child anthropometric measurements** (waist circumference, height, weight, BMI and BMI z-score)
Provide more intensive programs to parents of children with well established problems.
Group Lifestyle Triple P

- Modification of Level 4 Group Triple P 14 sessions over 17 week period:
  - 10 x 90-minute groups sessions
  - 4 x 30-minutes telephone sessions

**Nutrition**
- Reducing fat and sugar intake
- Reading food labels
- Setting up eating routines
- Providing healthy meals

**Physical activity**
- Increasing incidental activity
- Reducing sedentary activity
- Increasing active play
- Increasing involvement in sport

**Positive parenting**
- Increasing self-esteem
- Encouraging healthy behaviour
- Managing problem behaviour
## Program content

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<tr>
<th>Session 1</th>
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| • Nature and Causes of Obesity  
• Overview of Lifestyle Triple P  
• Readiness for Change | • Strategies to Increase Self-Esteem  
• Food Groups, Nutrients and Daily Serves  
• Nutrition Goals  
• Using Descriptive Praise | • Setting a Good Example  
• Benefits of Regular Physical Activity  
• Physical Activity Goals  
• Making Family Leisure Time Active  
• Encouraging Active Transport  
• Reducing Sugar intake |
Session 4
• Using Behaviour Charts
• Reducing Fat Intake
• Modifying Recipes

Session 5
• Limiting Sedentary Activities
• Establishing Ground Rules
• Using Directed Discussion
• Reading Food Labels

Session 6
• Providing Active Alternatives
• Increasing Your Child’s Movement Skills
• Ideas for Active Games
Session 7
- Establishing Eating Routines
- Providing Nutritious Meals and Snacks
- Encouraging Participation in Sport

Session 8
- Managing Problem Behaviours
- Using Parenting Routines

Sessions 9-14
- Implementing Lifestyle Triple P Strategies
- Maintaining changes
- Program review
Improvement in child body size

Other effects

- Fewer child behavior problems (ECBI)
- Reduced coercive parenting (PS)
- Improved parental self-efficacy in managing lifestyle behaviour problems
- High consumer satisfaction
Building a multilevel system of lifestyle interventions

Parenting and children’s health and well being

Implications and next steps
The challenge ahead

Positive Parenting for Healthy Living Series

- Obesity 1,2,3
- Asthma and eczema 2
- Preterm infants 2
- Children with CP, TBIs 2
- Diabetes 2
- Feeding difficulties 1,2

1. RCTs in completed
2. RCTs in progress
3. Independent replication studies
A final word

Significant investment in lifestyle focused parenting programs makes good sense. Through better parenting we can ensure a future generation of healthy, happy, capable children and young people.
Thank you for your attention

For further information on Lifestyle Triple P
Referral: www.triplepcentre.net
Research: www.pfsc.uq.edu.au/evidence
Training and materials: www.triplep.net