

Lifestyle Triple P: Positive Parenting For Healthy Living

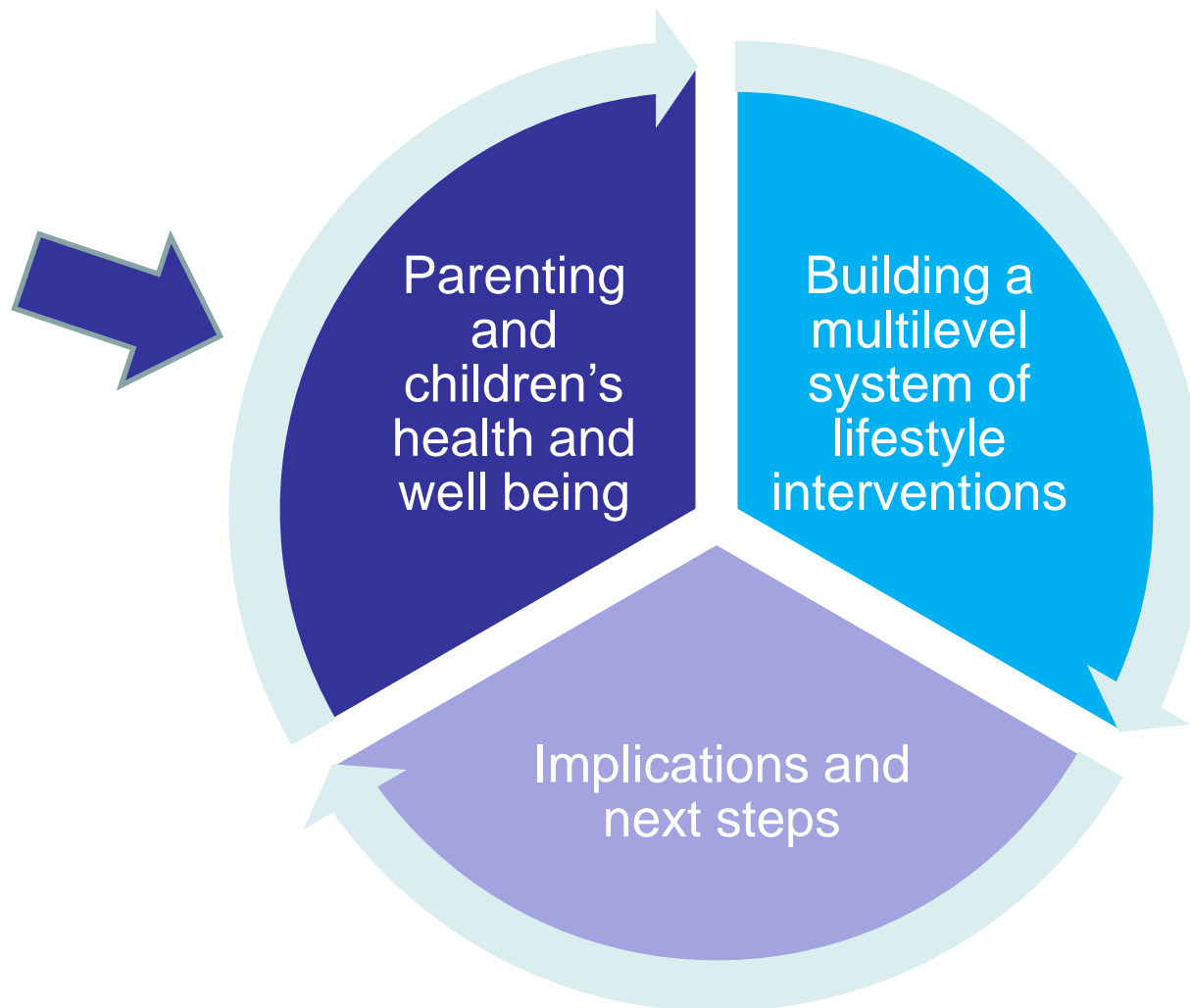
Matthew R Sanders, PhD
Parenting and Family Support Centre
The University of Queensland
Brisbane
Australia



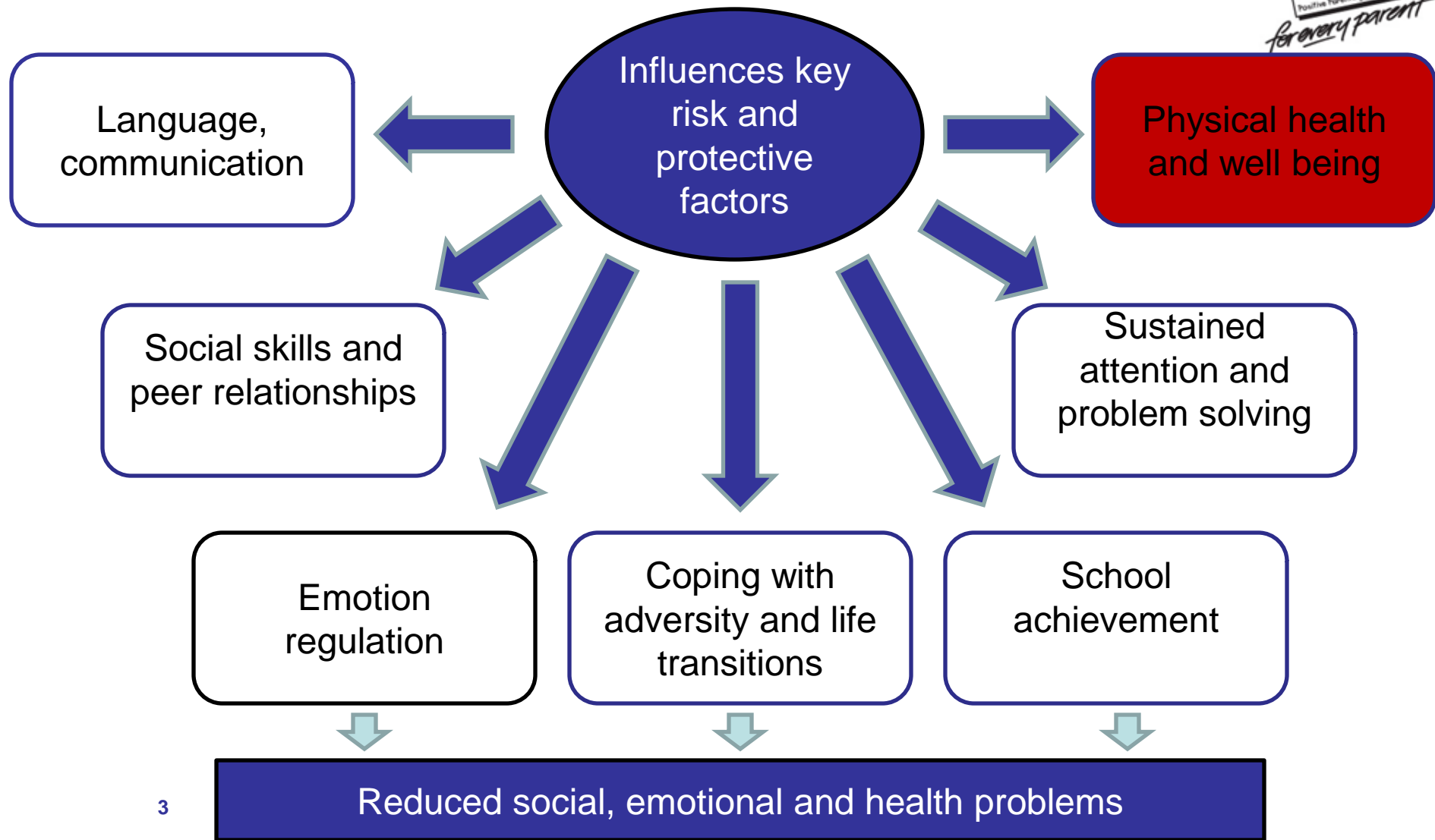
for every parent
1



At a glance



Parental influence is pervasive



There have always been concerns about how parents raise their children



Bad Parenting



THUNDERER

Fat kids: it's not their glands, it's their stupid parents

Our "have your cake and eat it" society is finally getting its

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
exist in real life.

The first
firm

Alme
increa
adults,

The stuc
chubbies.

Fat: Parents deserve big slice of blame

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

If your kids are fat, it may be your fault.
...serve to how much you exercise, you c
...airman of,

Shocking eating habits behind the fat kid epidemic

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 research found that almost one in three 12 and 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 flavours 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 con-

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 particular claims and the linkages to healthy lifestyles," Professor Catford 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.

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



Fat Kids? I Blame the Parents

By Michael Fumento

....experts disagree it all gets so confusing



Childhood obesity epidemic a myth



Alert, not alarmed: Trisha Smith, who watches what her children eat, with Carlo, 4, and Jackson, 8, sharing an ice cream at Brisbane's Southbank beach. Picture: Lyndon MacIntosh

Siobhain Ryan
Natasha Billa

THE rise in childhood obesity has halted, defying warnings that it is an "epidemic" that is out of control.

Obesity rates among children levelled off around 1998 and have



tus between 1985 and 2007 and found a "clear plateau" in recent obesity data.

The analysis concluded that overweight and obesity prevalence rates among children had settled at 23-24 per cent and 5-6 per cent respectively for the past five to 10 years.

hood obesity would reach adult prevalence levels within 30 years. "People are always reluctant to let go a notion which is their life work," Professor Olds said.

"I include myself in that because I've written quite a few papers predicting that exponential increase, but we've got to look at the facts and the facts

and flavoured milk in favour of fruit, sandwiches and plain milk. Ms Smith treated Jackson and Carlo, 4, to ice cream yesterday, but normally limits the amount of sugar and fat they consume.

"I don't worry about them getting fat because they're pretty active," she said. "They do like video games but if you tell them

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

Helen Rumbelow | The Times | May 16, 2011 1:17PM

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30 [retweet](#) [Share](#) [8](#)



Author Bryan Caplan, left, pictured with his son, has criticised 'Tiger Mother' author Amy Chua, right, for advocating an overly-restrictive parenting style. Source: Supplied

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, cosy 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



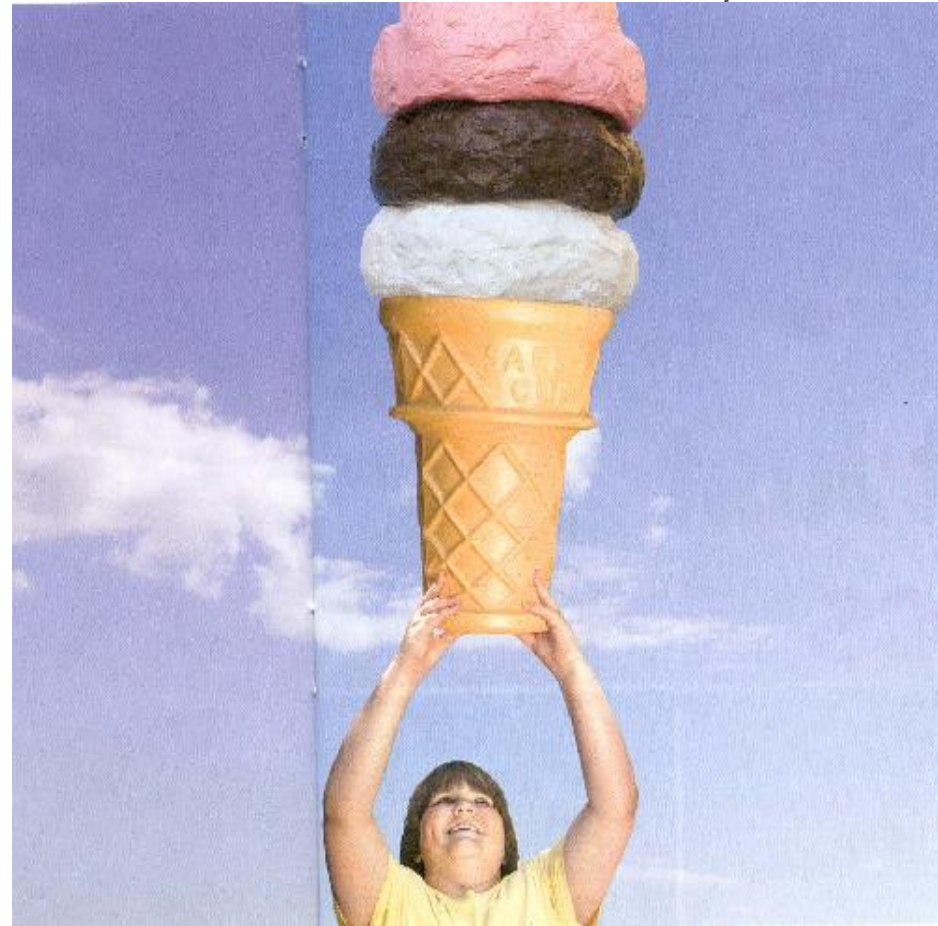
- Children eat more fruit and vegetables when their parents:
 - Eat F&V themselves, offer repeat tastings and praise, make F&V available and easily accessible
- Children eat more energy-dense foods when their parents:
 - Have fewer food rules, accommodate children's neophobia
- Children are more active 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

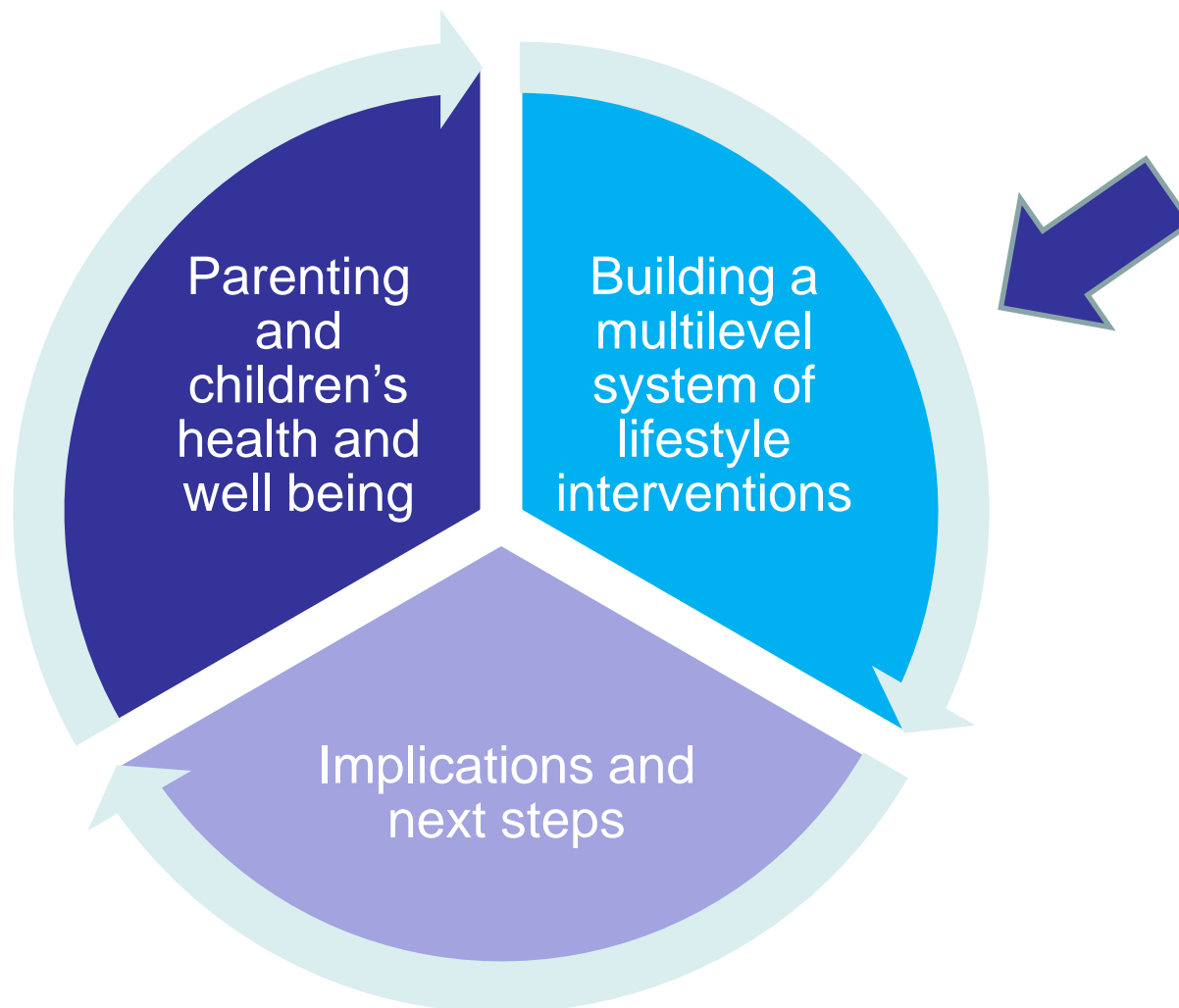


Parenting also affects



- Children's attitudes about food
- Knowledge about food
- Beliefs about food
- Mealtime behaviours
- Emotional climate around meals





Importance of empowering rather than preaching to parents



**Parental
Self regulation**

Self-
management

Self-efficacy

Personal
agency

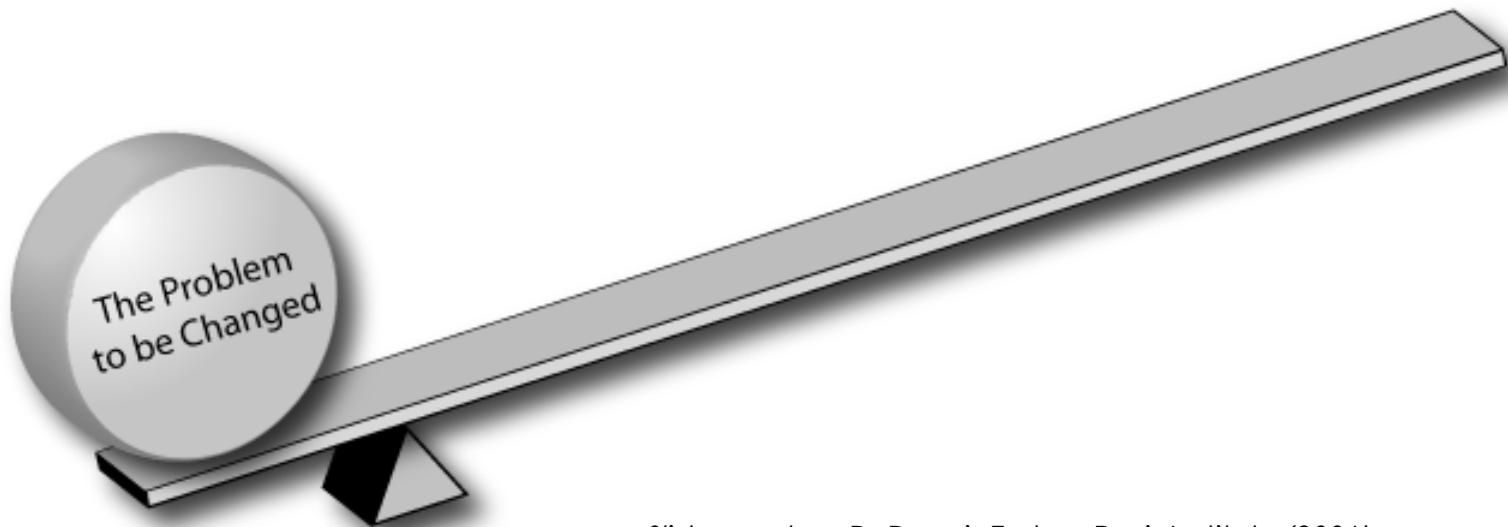
Self-
sufficiency

Achieving population level change

Glasgow et al (2001)



Create leverage using the
RE-AIM formula



Shifting major health problems



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



Adapting existing
evidence-based
parenting interventions
using consumer focus

Tailoring parenting programs to the problem of obesity prevention



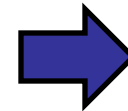
Knowledge
gained from
consumers



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?

Parents experience higher rates of disruptive behaviour

West & Sanders (2009)



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%vs12.9%)

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

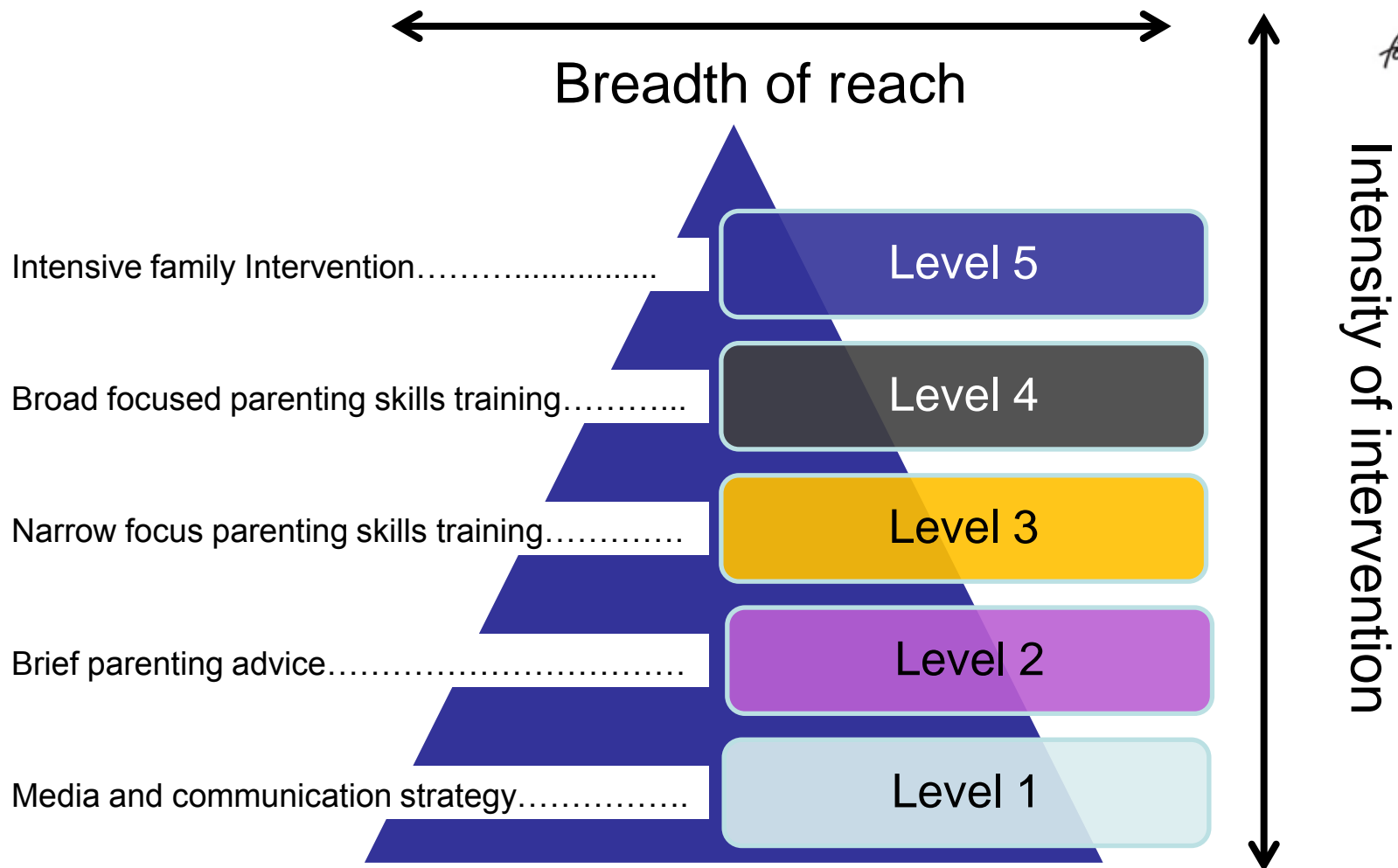
(Borra, Kelly, Shirreffs, Neville & Geiger, 2003; Walsh Pierce & Wardle, 1997)

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



Positive Parenting for Healthy Living Series

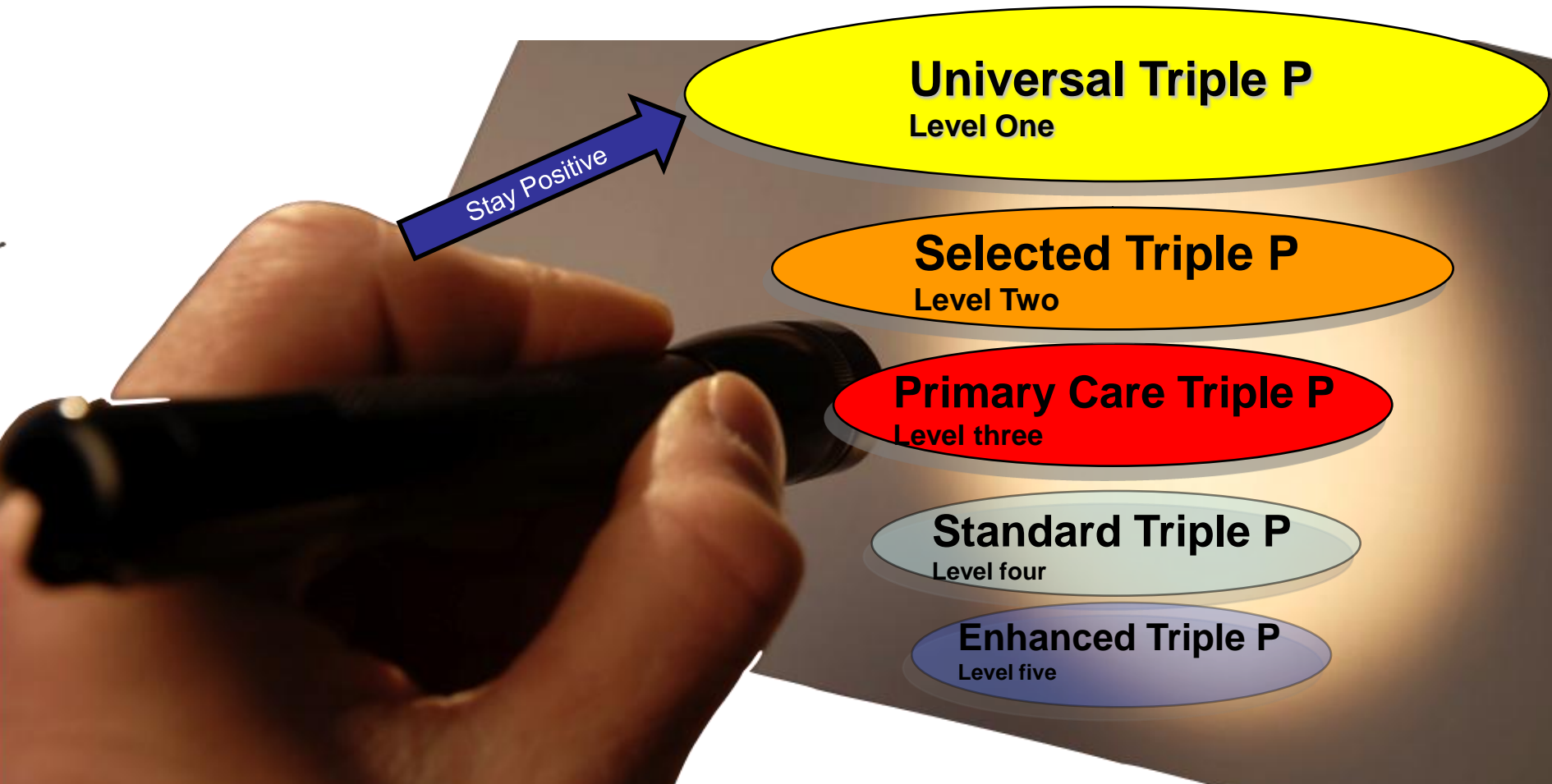
Towards a multilevel system



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



www.triplep-staypositive.net



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...

[Home](#) [Triple P](#) [Tips](#) [Get Help](#) [News](#) [Contact](#)



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](#)


[Disclaimer](#) [Other Region](#)

Enjoy parenting more?




Triple P Selected

Find Seminars Nearby



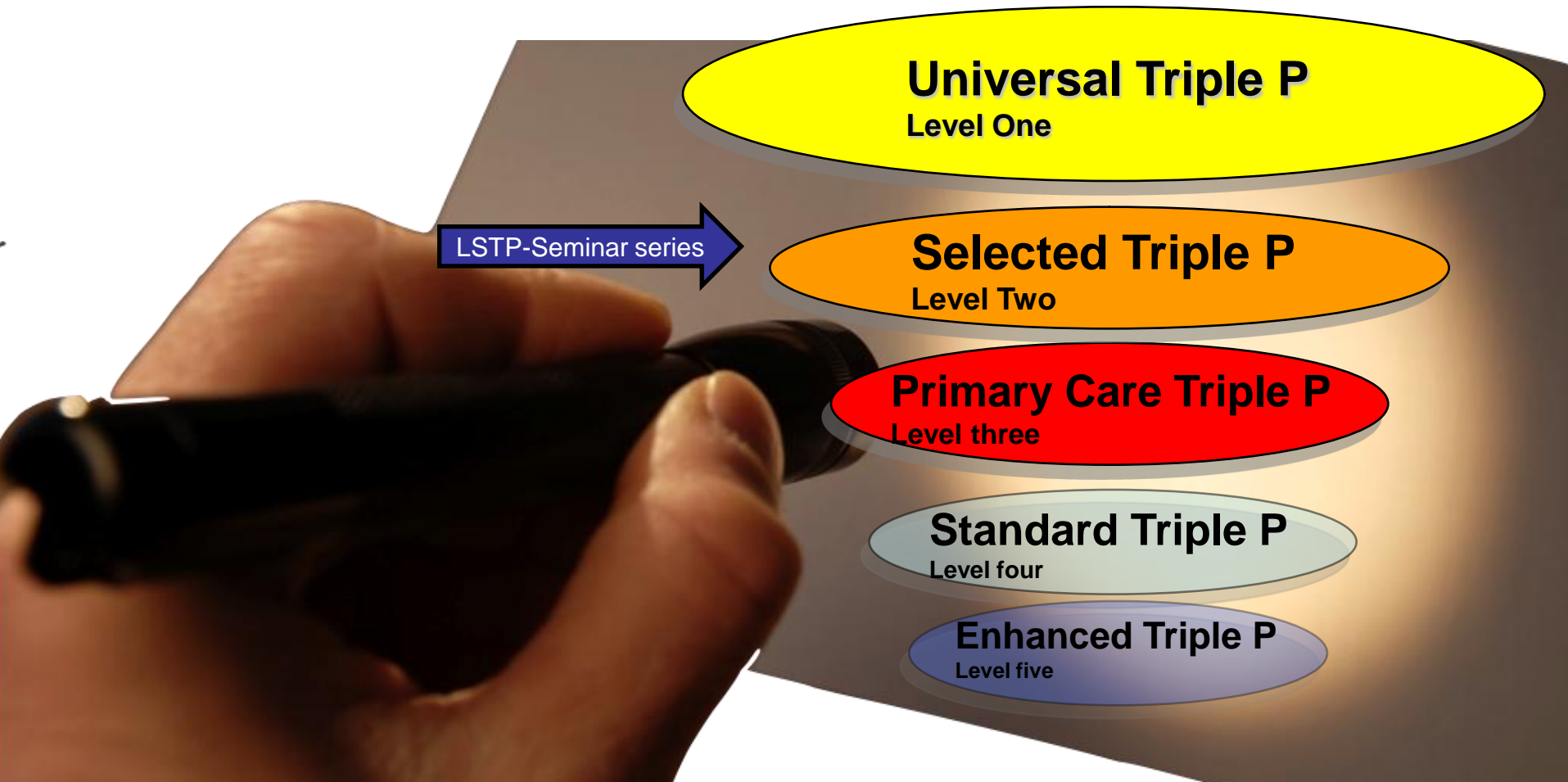
Living in Glasgow



Powered by Triple P Communications

start | Inbox - Microsof... | Triple P, for ever... | 100% | 1:38 PM

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



Positive Parenting for Healthy Living Seminar series



Take home messages

- Make
- Create
- Encourage
- Encourage by example
- Encourage
- Use
- Have
- Take

Principles
Ensure
interest
active

Five key principles of positive parenting for healthy living

- Ensure a safe and healthy environment
- Have a positive role model
- Use consistent rules and expectations
- Have realistic expectations
- Take care of yourself

Positive Parenting for Healthy Living Lifestyle Triple P Seminar Series Seminar 1



BEING A PARENT

It is extremely rewarding and enjoyable to be a parent, but it is not always easy. It can often be demanding, frustrating and exhausting. Parents have the important role of raising the next generation, yet most of us begin our careers as parents unsupported for what lies ahead, and learn through trial and error. There is no single right way to be a parent. Ultimately, it is up to you as a parent to decide which values, skills and behaviours you want to encourage in your child and to develop your own approach to parenting.

OUR HOPES AND DREAMS

When most people become parents, they are optimistic that they will do a good job and that being a parent will be a positive experience. Parents hope they will raise healthy, well-adjusted children who have the skills they need to succeed. These skills include being able to communicate their needs, get on well with others, be successful in their school work, achieve their potential and manage their feelings or emotions. It also involves developing healthy habits such as being active, eating well, maintaining a healthy body weight, having a positive body image and feeling good about themselves as a person. Most parents would be very pleased with their efforts if their children had the life skills they need to do well in these areas.

The good news is that despite the challenges, most parents do a good job in raising well-adjusted children. For most parents, raising children is a rewarding and fulfilling role.

CHILDREN'S BEHAVIOUR, EMOTIONS AND HEALTH: THE CHALLENGE

Every parent has to develop their own approach to dealing with behaviour, and some discipline hassles are inevitable. If parents manage common everyday behavioural and emotional problems well when children are young, more serious problems can be avoided. Establishing family routines to help children become active and eat well will ensure they have the energy they need to grow.

Triple P Tip Sheet Lifestyle Seminar Series

Positive Parenting for Healthy Living

Children of all ages need a safe, secure and caring environment to do well. Positive parenting is an approach to raising children that emphasizes the positive. It involves creating a healthy family environment that is loving, supportive and predictable. Children need to be physically active and eat healthy food to feel good about themselves and have the energy to succeed in their activities. Healthy, active, well-adjusted children develop the skills and confidence they need to succeed at school and in life. Positive parenting reduces the stress of parenting and makes parenting more rewarding and enjoyable. This tip sheet gives some suggestions about how to use positive parenting in raising healthy, happy children.

LIFESTYLE GOALS FOR HEALTHY LIVING

- Having a safe play environment that reduces the risk of accidents and injuries.
- Having regular mealtimes.
- Eating healthy food.
- Having a predictable bedtime to ensure children get enough sleep.
- Living in a smoke-free home.
- Having good relationships with parents, siblings and extended family.
- Having a good relationship with a family doctor and dentist.
- Acting upon changes you notice in your child's health (e.g. high temperature, low energy levels).

WHAT IS POSITIVE PARENTING FOR HEALTHY LIVING?

Positive parenting for healthy living is an approach to raising children that encourages children to adopt healthy routines. It is based on using good communication, encouragement and positive attention to help children develop healthy behaviours. It also involves creating opportunities for children to stay active and eat well. Positive parenting involves being positive, planning and anticipating ahead of time to avoid problems, and creating opportunities for children to learn and practice important life skills. It also involves encouraging children to develop lifestyle habits and behaviours to maintain good physical health, and to avoid accidents, injuries and risky behaviours.

Children who grow up with positive parenting develop the skills they need to keep healthy and to feel good about themselves. They are less likely to develop social, behavioural or emotional problems or be unhealthy.

Parents who use positive parenting skills become more confident and active themselves, and capable in managing daily parenting tasks. They are also less depressed, less stressed and have less conflict with their partners over parenting issues. There are five key aspects to positive parenting for healthy living. Each one is discussed here in detail.

ENSURE A SAFE, INTERESTING AND ACTIVE ENVIRONMENT

All children need to feel safe both at home and at school. When children live in a safe environment it means that you can be more relaxed about parenting, and your child can keep busy and active without the risk of being hurt.

Children need an interesting environment that provides plenty of opportunities to explore, discover, experiment, be active and develop their skills. Children need lots of interesting and active things to do every day. This will stimulate your child's curiosity as well as their physical, intellectual and



Healthy Eating to Promote Children's Wellbeing

Take-home messages

- Make...
- De...
- Pr...
- Pr...
- Co...
- All...
- Av...

Keep Balance

The five essentials of eating for healthy living

There are five healthy living

1. Sharing
2. Keeping
3. Trying new
4. Making
5. Preparin

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



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Triple P Tip Sheet Lifestyle Seminar Series

Healthy Eating to Promote Children's Wellbeing

Raising healthy children is an important aspect of positive parenting. Children's physical health can affect their growth and development, their ability to participate in school, sport and other activities, as well as how they get along with other children. 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 beneficial for children to develop healthy eating habits from a young age. Poor nutrition places children at risk of a variety of health problems throughout their lifetimes, 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 child develop healthy eating habits to last a lifetime.

The eating habits we develop as children can have a big impact on the way we eat when we are adults. Parents play an important role in helping children develop good eating patterns that get them off to a healthy start in life.

FIVE ESSENTIALS OF EATING FOR HEALTHY LIVING

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

- Sharing and enjoying meals as a family.
- Keeping a healthy balance across the food groups.
- Trying new foods.
- Making healthy choices.
- Preparing good food.

SHARING AND ENJOYING MEALS AS A FAMILY

Make Meals an Important Part of Your Family's Lifestyle

Food is an important part of family and community life. Our socialising and traditions often involve eating together. Sharing meals is usually a central aspect of family get-togethers. Meal times can provide valuable opportunities for family members to spend time with each other and talk about day-to-day activities and events. Learning to enjoy and appreciate food and the traditions that go along with it are important skills for children to develop.

Develop Healthy Routines

The routines we follow as children tend to become the routines we fall into as adults. Here are some ways to encourage healthy routines:

Regular Mealtimes

Children need to eat small amounts regularly throughout the day. They benefit from having regular mealtimes to reduce hunger and prevent overeating at any one meal. A general guide is to provide your child with three meals (breakfast,

Lunch and dinner

(a mid-morning snack per day). It is best to eat a variety of foods from the five food groups every day.

Swaps

Try providing your child with a swap list of foods that are healthy alternatives to less healthy options.

Turn the TV Off

Try to turn the TV and other electronics off during mealtimes as often as possible. This provides a valuable opportunity for family members to spend time together and talk about their day.

Parent's Guide to Healthy Eating

Choose lean meat and poultry

Meat and Poultry, Eggs, Seafood, Legumes, Beans

Milk, Yogurt, Cheese

Fruit

Vegetables

Bread, Cereals, Rice, Pasta, Noodles

Drink water as the main drink. Limit sugary sweetened drinks (e.g. soft drinks and juices)

Eat mostly wholegrain (e.g. brown) rice, wholemeal bread

Eat lots of different types of meat and poultry

Choose low-fat foods (e.g. low-fat milk and yogurt). Use low-fat cooking methods (e.g. steaming, grilling, poaching or baking). Choose olive and canola oils.

Limit sugary and fatty foods (e.g. biscuits, cakes, pastries, ice cream, chocolate, lard, butter, hot chips, fast foods, etc.)

Limit high-fat foods (e.g. fatty meats, full-fat dairy products, fried foods, etc.)

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Triple P
Positive Parenting Program

mid-morning snack as a bowl and capers slices as a mouth.

probably means that will drink, cakes, chocolates, ice-cream, cookies and desserts

give to avoid foods containing high levels of fat and sugar.

Physical Activity to Promote Children's Wellbeing



Take-home messages

- Monitor children's physical activity
- Create opportunities for physical activity
- Increase energy levels
- Limit screen time
- Encourage active play

The five essentials for physical wellbeing

There are five essentials for physical wellbeing

1. Monitor children's physical activity
2. Create opportunities for physical activity
3. Increase energy levels
4. Limit screen time
5. Encourage active play

Physical Activity to Promote Children's Wellbeing

Lifestyle Triple P Seminar Series



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Triple P Tip Sheet Lifestyle Seminar Series

Physical Activity to Promote Children's Wellbeing

Raising healthy children is an important aspect of positive parenting. Children need regular physical activity to grow healthy bones and muscles and develop their movement skills. More physically active children are healthier, stronger, get more enjoyment from activities with other children and often do better in school. Children who are less physically active risk developing poorer health as children and as adults. Too much screen time (e.g. watching TV or playing computer games) can prevent children from being active. This tip sheet gives ideas for increasing children's physical activity.

BENEFITS OF PHYSICAL ACTIVITY

Regular physical activity provides a range of health benefits. Children who are active feel better and are more likely to develop into healthy adults. Regular physical activity can benefit children in terms of both their physical and psychological wellbeing. In addition, physical activity is a great way for children to meet other children, make new friends and learn about team work, responsibility and competition. Getting active also helps children become aware of the natural world around them.

Physical Health Benefits

The physical health benefits of exercise include:

- Healthy development of bones and muscles
- Improved fitness and movement skills (including flexibility, strength, endurance, posture and balance)
- Improved quality of sleep
- Higher energy levels
- Improved ability to maintain a healthy weight
- Lower risk of chronic diseases (e.g. heart disease, Type II diabetes, cancer, bone and joint problems)

Psychological Benefits

The psychological benefits of exercise include:

- Improved self-esteem and confidence
- Better concentration, memory, learning and school performance
- Happier mood and less anxiety
- Better social skills (including following rules, sharing, working as part of a team and making friends)

Regular physical activity is especially important for children, because children who are active are more likely to be active as adults. Parents can play a valuable role in helping children to stay active.

The example we set as parents is especially important. More active parents have more active children. Parents also lead the way

in planning family activities. Most children love to be active and as parents we can encourage this to continue throughout childhood and into adulthood.

THE FIVE ESSENTIALS FOR PHYSICAL WELLBEING

There are five key aspects to helping children get active. These are:

1. Monitoring children's activity levels
2. Creating opportunities for everyday physical activity
3. Increasing energetic play
4. Limiting screen time (TV, video games, computer)
5. Encouraging children to participate in organised physical activities

MONITOR CHILDREN'S ACTIVITY LEVELS

All children should participate in physical activity every day in many different ways. This is fun for children and shouldn't become a burden for children or adults. Physical activity includes many different activities, such as:

- Sports and other organised activities (e.g. swimming, gymnastics, soccer, dance classes)
- Recreation and play activities (e.g. running, jumping, playing tag, kicking or throwing, skateboarding)
- Walking or bike riding (e.g. walking to the park or the store, walking to school or daycare, using stairs, riding in the park)
- Everyday activities where the body uses energy (e.g. sweeping the floor, gardening, washing the car)

How Much Physical Activity?

All children need at least 60 minutes of moderate to vigorous physical activity every day.

Moderate Physical Activity

Moderate physical activity increases your heart rate but does not make you out of breath. It includes walking briskly on a flat surface, skateboarding, playing handball and raking leaves.

Vigorous Physical Activity

Vigorous physical activity causes sweating and shortness of breath. It includes running, skipping, fast bike riding and swimming laps.

Physical activity can be accumulated in short bouts throughout the day. It should be made up of a variety of activities. Most importantly, physical activity should be fun, and meet a child's needs.

SET A GOOD EXAMPLE

One of the biggest influences on children's behaviour is the behaviour of their parents. Children often take on the same activities and habits as their parents so it is important for parents to model an active lifestyle. Children who see their parents walking and getting involved in sports and other recreational activities are more likely to attempt these activities themselves. Physical activities provide a good opportunity to spend time with your child. There are health benefits for everyone in the family.



Outcome Measures



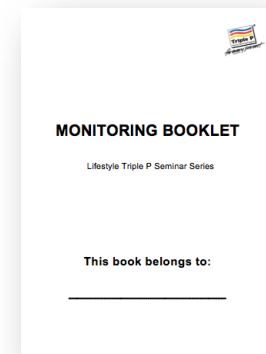
Online Survey



Child anthropometric measurements
(waist circumference, height, weight, BMI and BMI z-score)

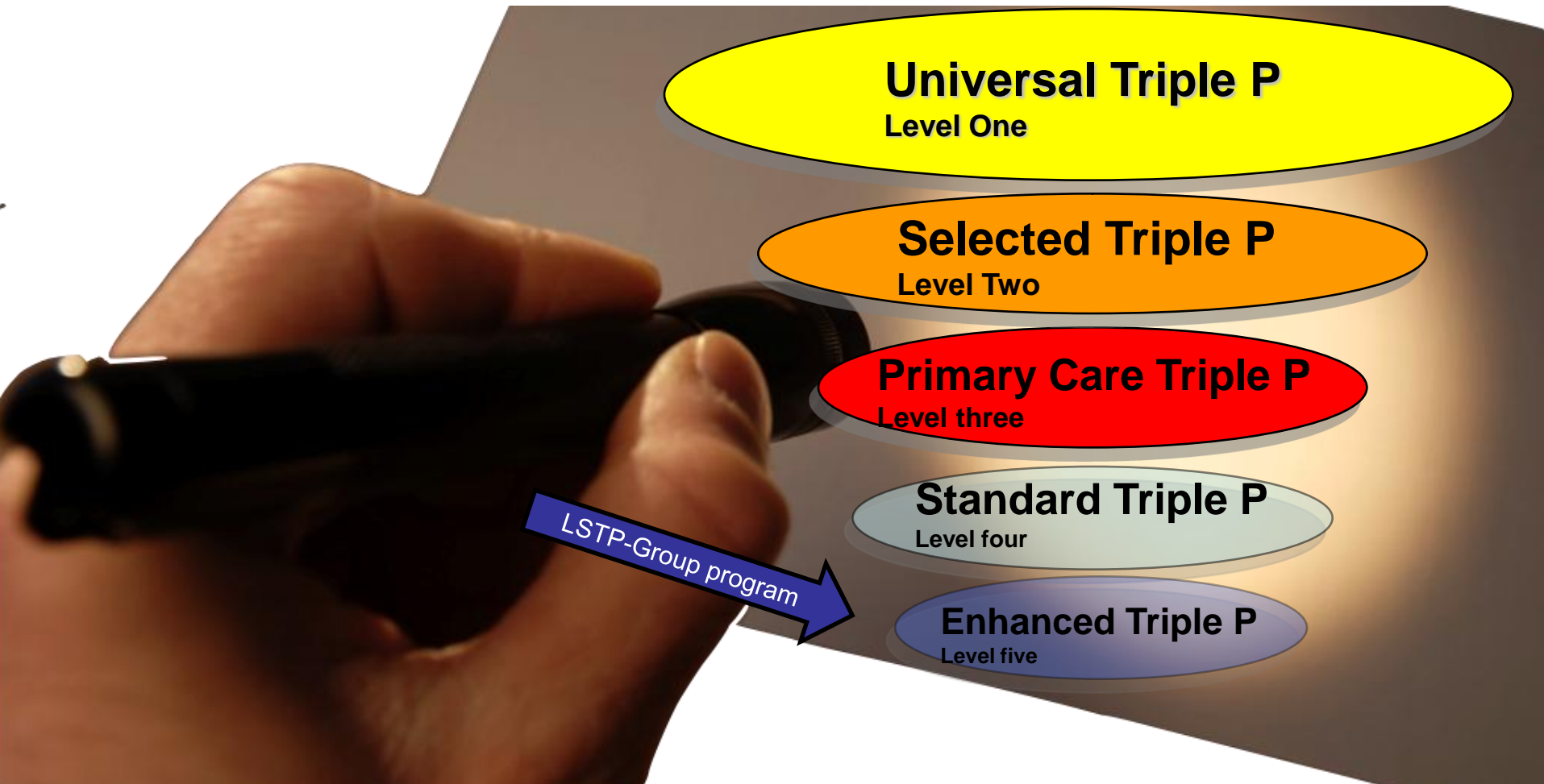


Accelerometer
(7 days)



Food Diary
(3 days)

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



Session 1

- Nature and Causes of Obesity
- Overview of Lifestyle Triple P
- Readiness for Change

Session 2

- Strategies to Increase Self-Esteem
- Food Groups, Nutrients and Daily Serves
- Nutrition Goals
- Using Descriptive Praise

Session 3

- 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

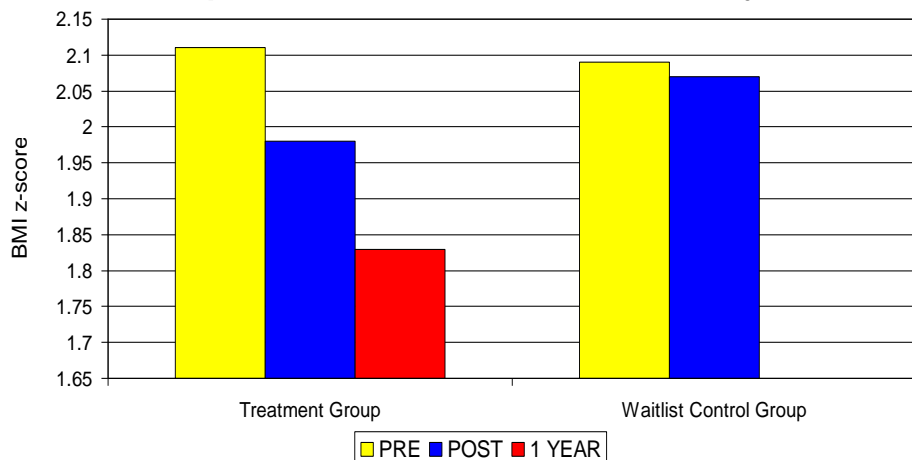
Session 8

- Managing Problem Behaviours
- Using Parenting Routines

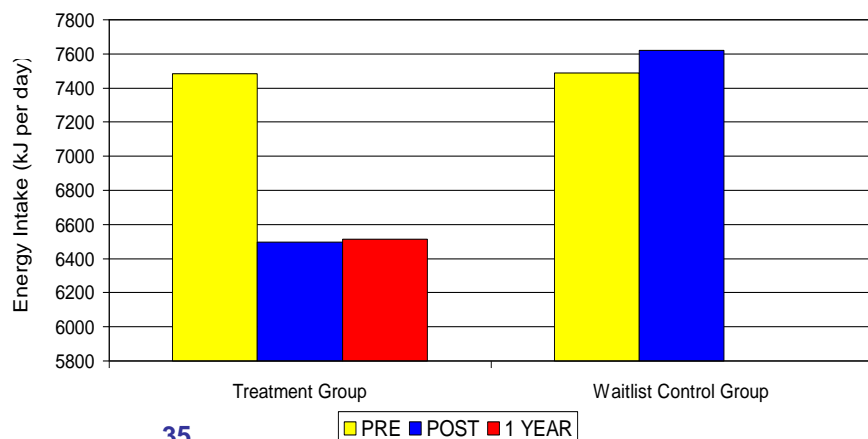
Sessions 9-14

- Implementing Lifestyle Triple P Strategies
- Maintaining changes
- Program review

Improvement in child body size

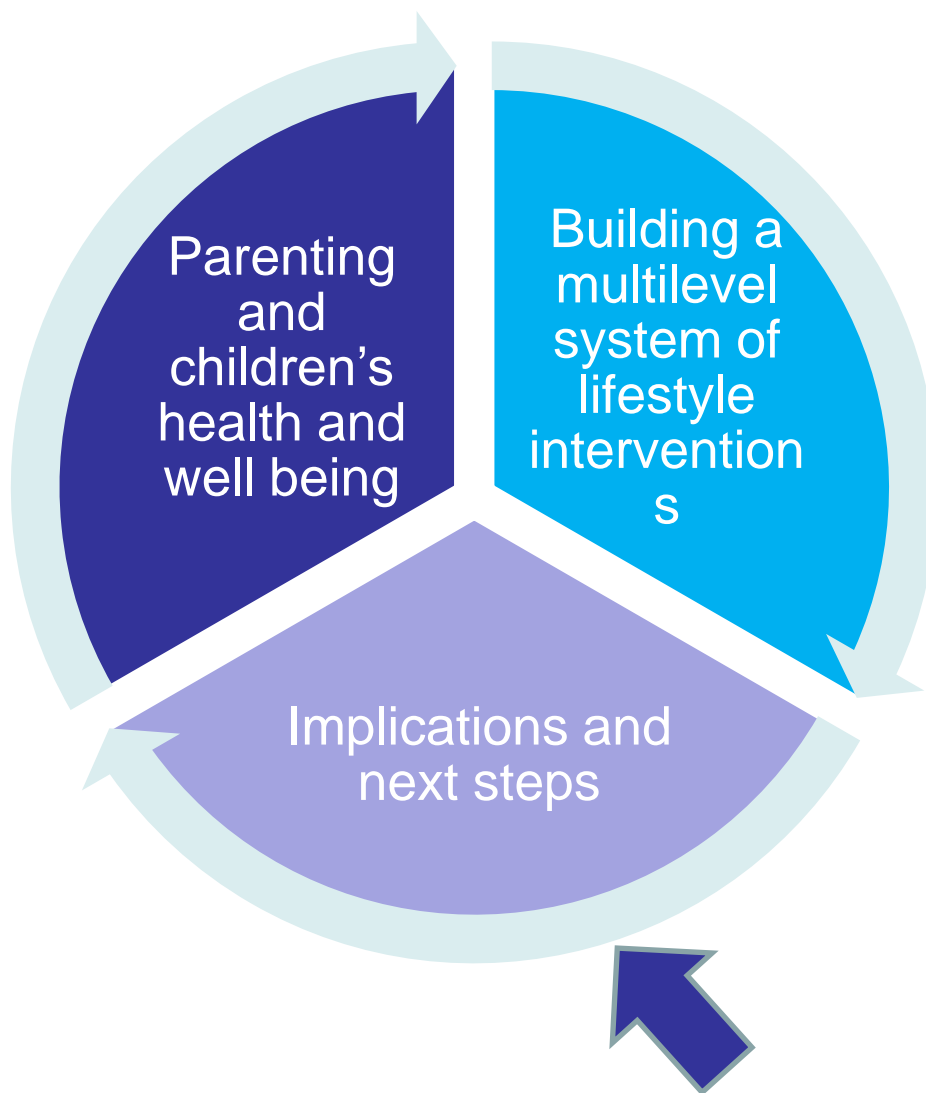


Improvements in energy intake



Other effects

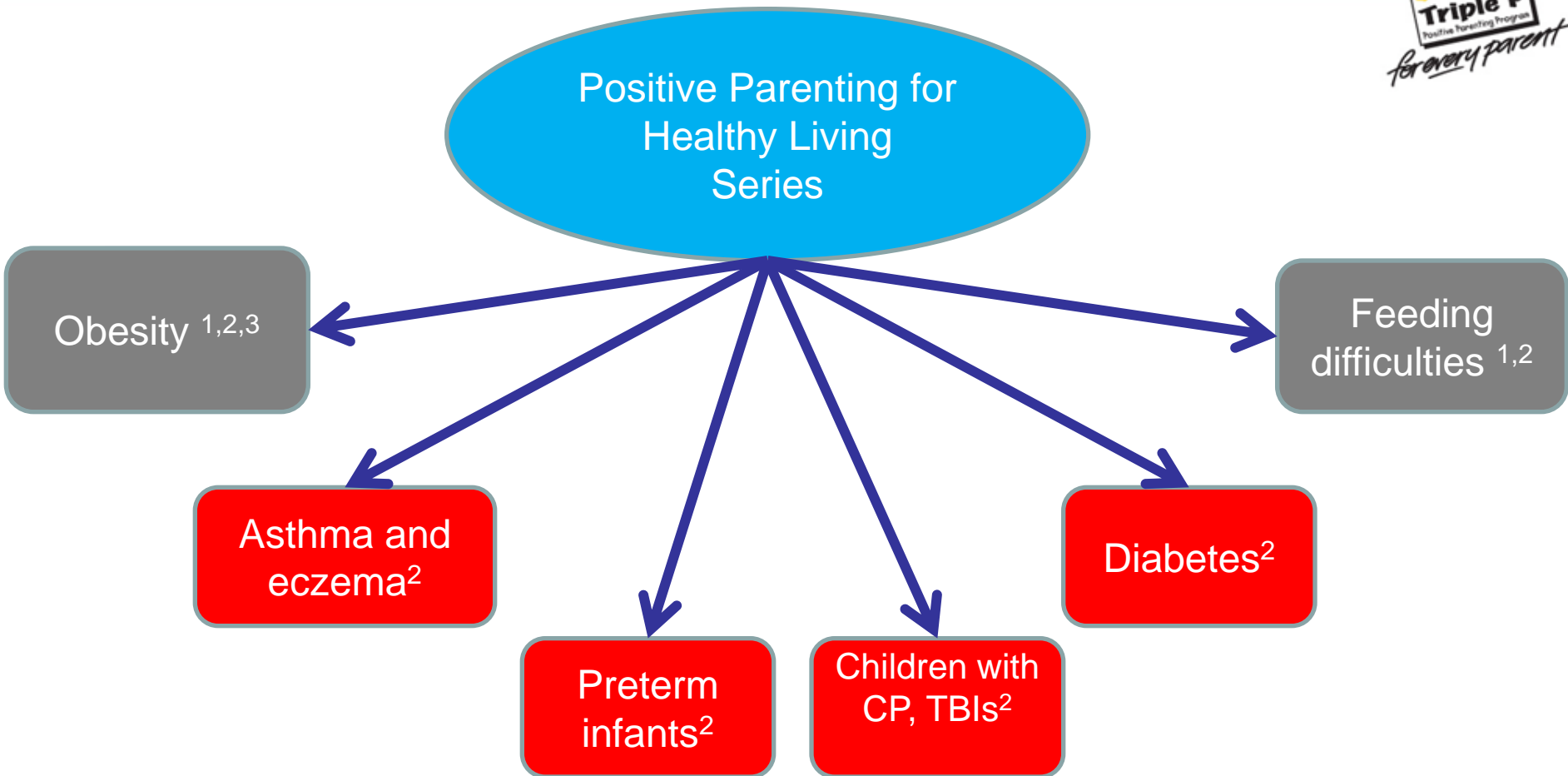
- Fewer child behavior problems (ECBI)
- Reduced coercive parenting (PS)
- Improved parental self efficacy in managing lifestyle behaviour problems
- High consumer satisfaction



Social ecology of parenthood



The challenge ahead



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