


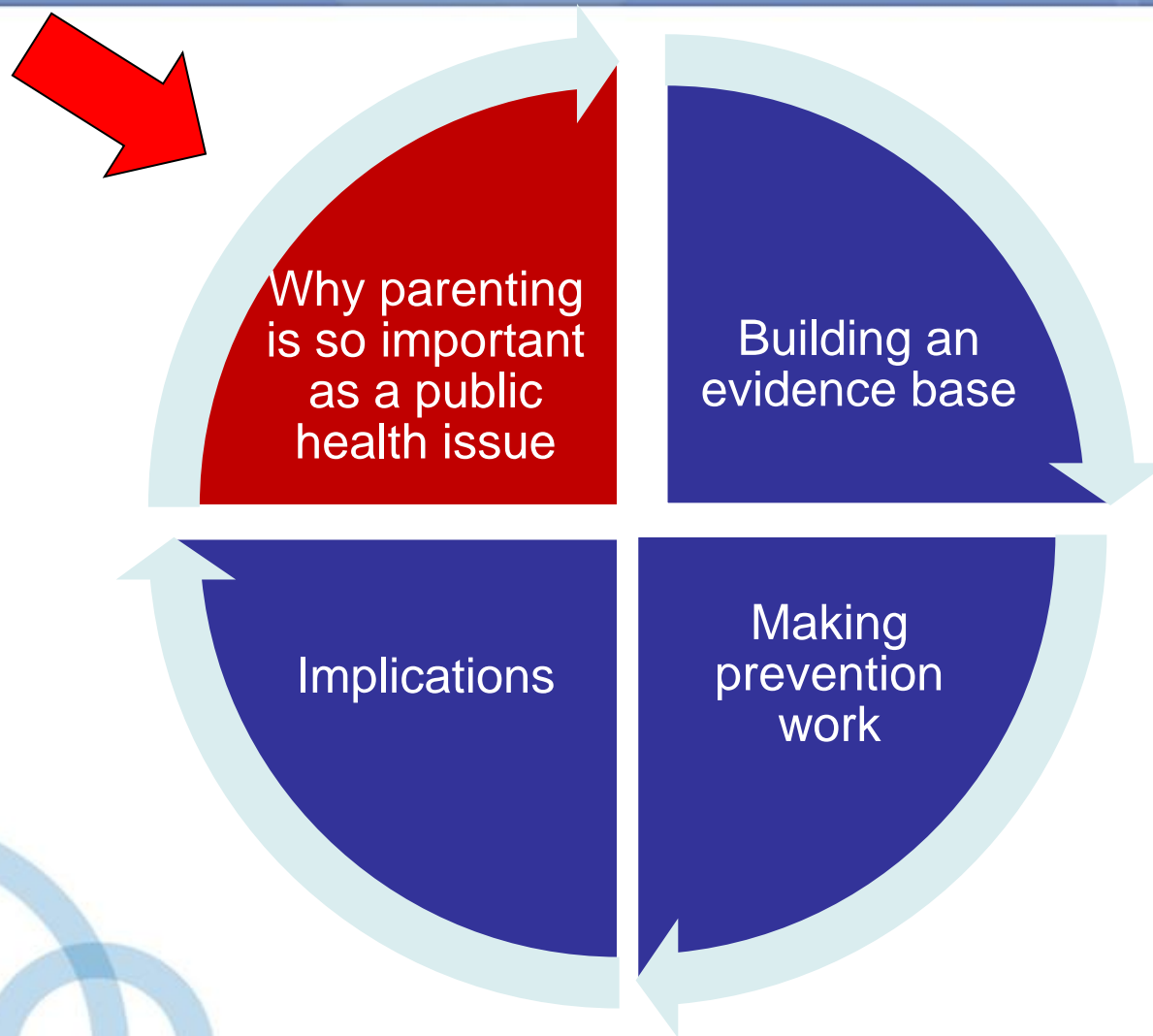


Parenting as a public health priority

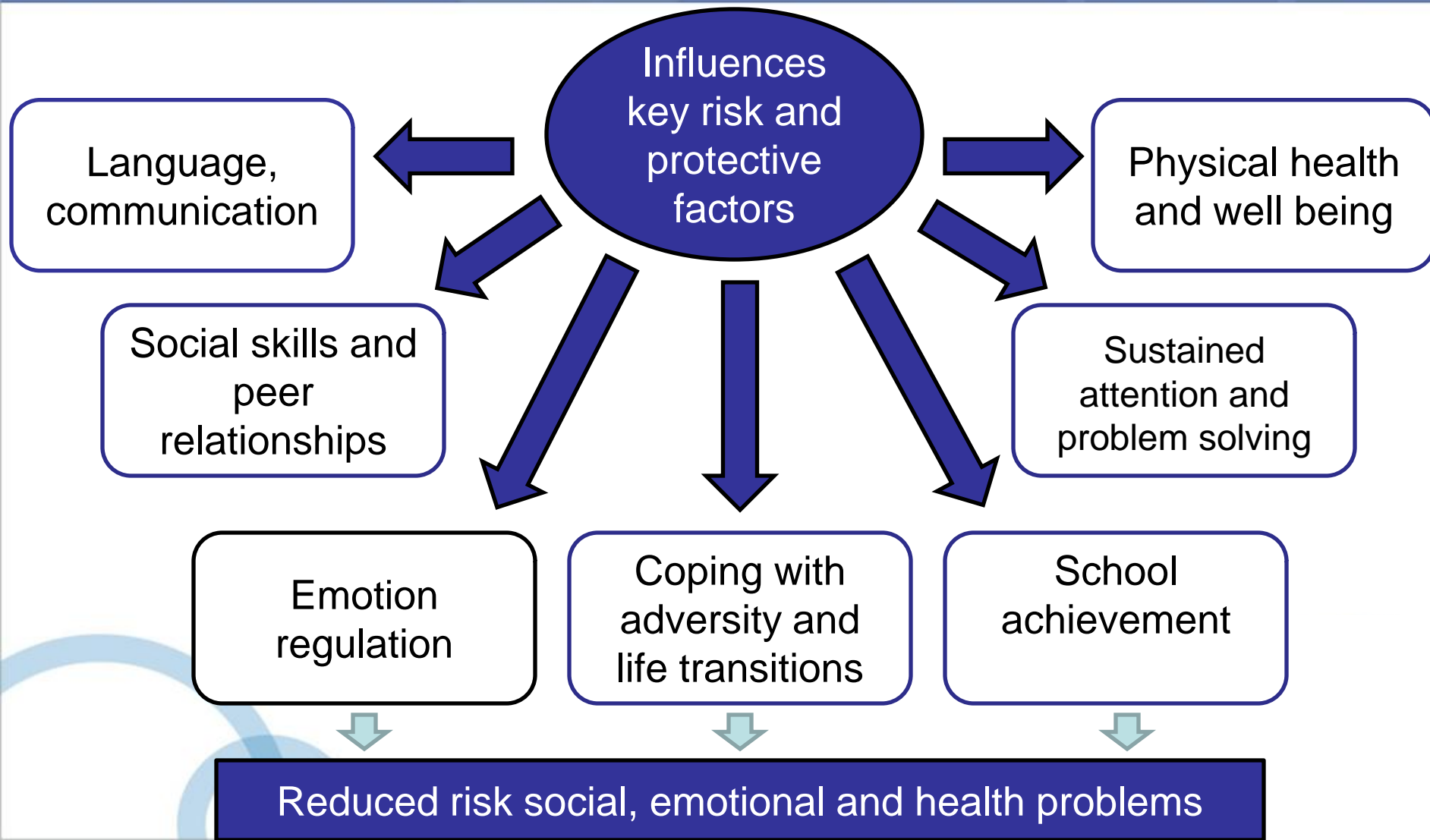
Matthew R Sanders, Ph.D
Parenting and Family Support Centre
School of Psychology
The University of Queensland
Australia



At a glance



Parental influence is pervasive and continuing



National
Academy for
Parenting
Practitioners



UNODC

United Nations Office on Drugs and Crime



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES

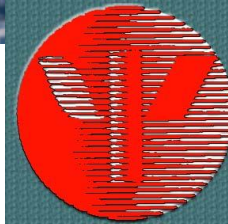
RESTORING ORDER

Crime prevention, policing and local justice in
Queensland's Indigenous communities

November 2009



**violence prevention
the evidence**



**American
Psychological
Association**



PARLIAMENT OF NEW SOUTH WALES



CRIME AND
MISCONDUCT
COMMISSION



QUEENSLAND



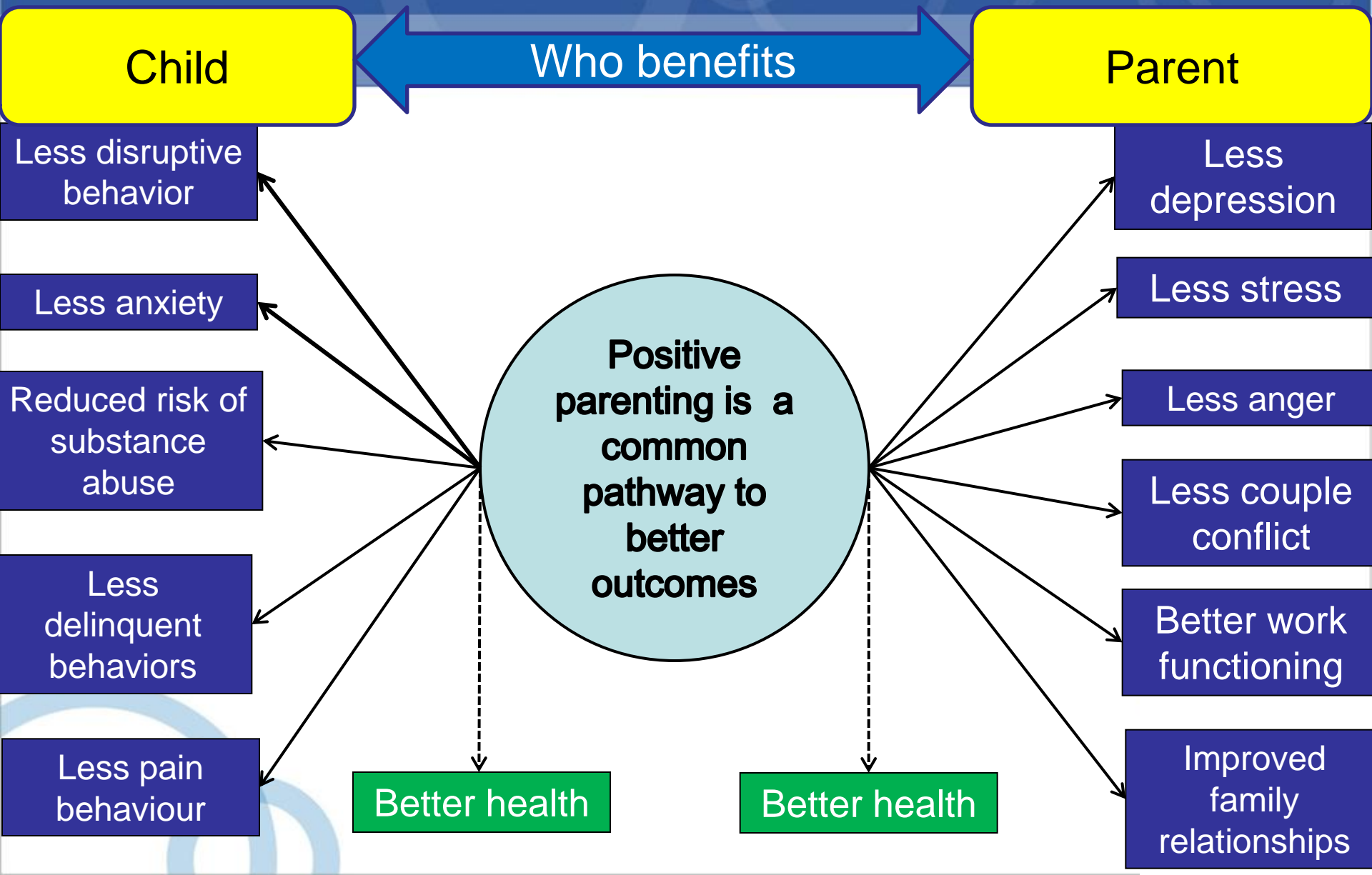
World Health
Organization

Committee on Children and Young People

Children and Young People Aged 9-14 Years in NSW:
The Missing Middle

Volume One

Parenting programs concurrently address multiple problems



Despite the great progress there are persisting problems

Inadequate reach

- Only a minority of parents participate
- Not socially normative
- Stigma attached
- Fewer fathers involved

Insufficient engagement of most vulnerable families

- Poorest families
- Ethnic minorities
- Indigenous parents
- Maltreating parents
- Parents of children with developmental disabilities
- Refugees families
- Travellers
- Parents with mental health/substance abuse problems
- Offenders
- LMIC

Lack of accommodation to parent preferences

- Offer only a limited range of program formats
- Programs not tailored sufficiently to parents needs
- Parenting in an age of technology

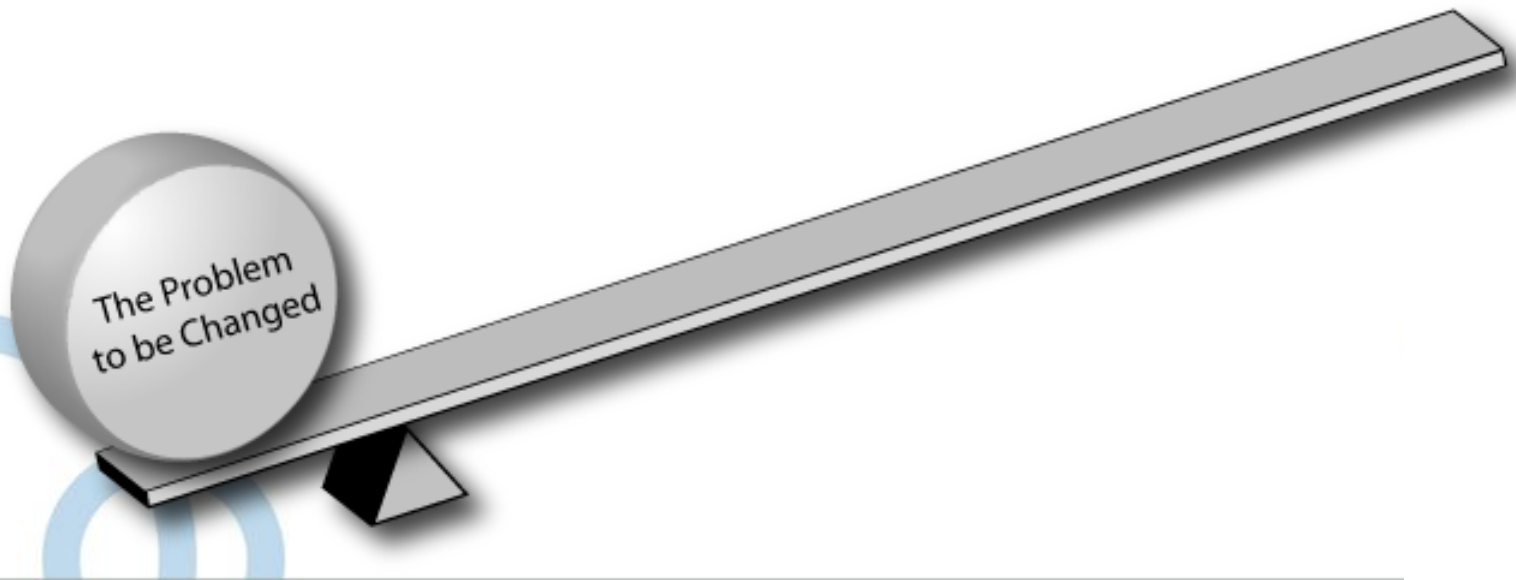
The challenge

The single most important thing we can do to improve the social, emotional well being of children and to reduce child maltreatment is to increase the confidence, knowledge and skills of parents at **a whole of population level**

Achieving population level change

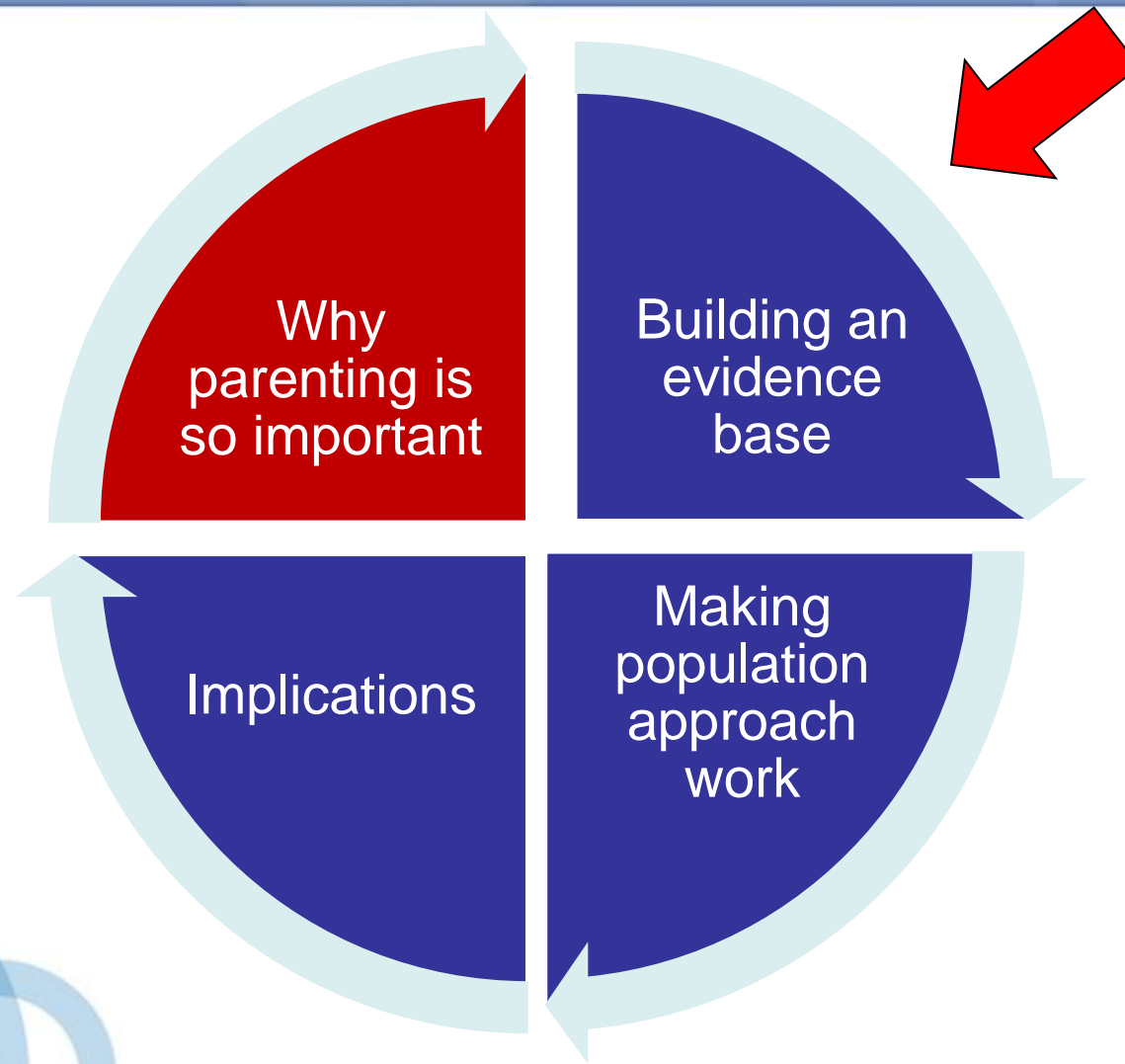
Glasgow et al (2001)

Create leverage using the
RE-AIM formula

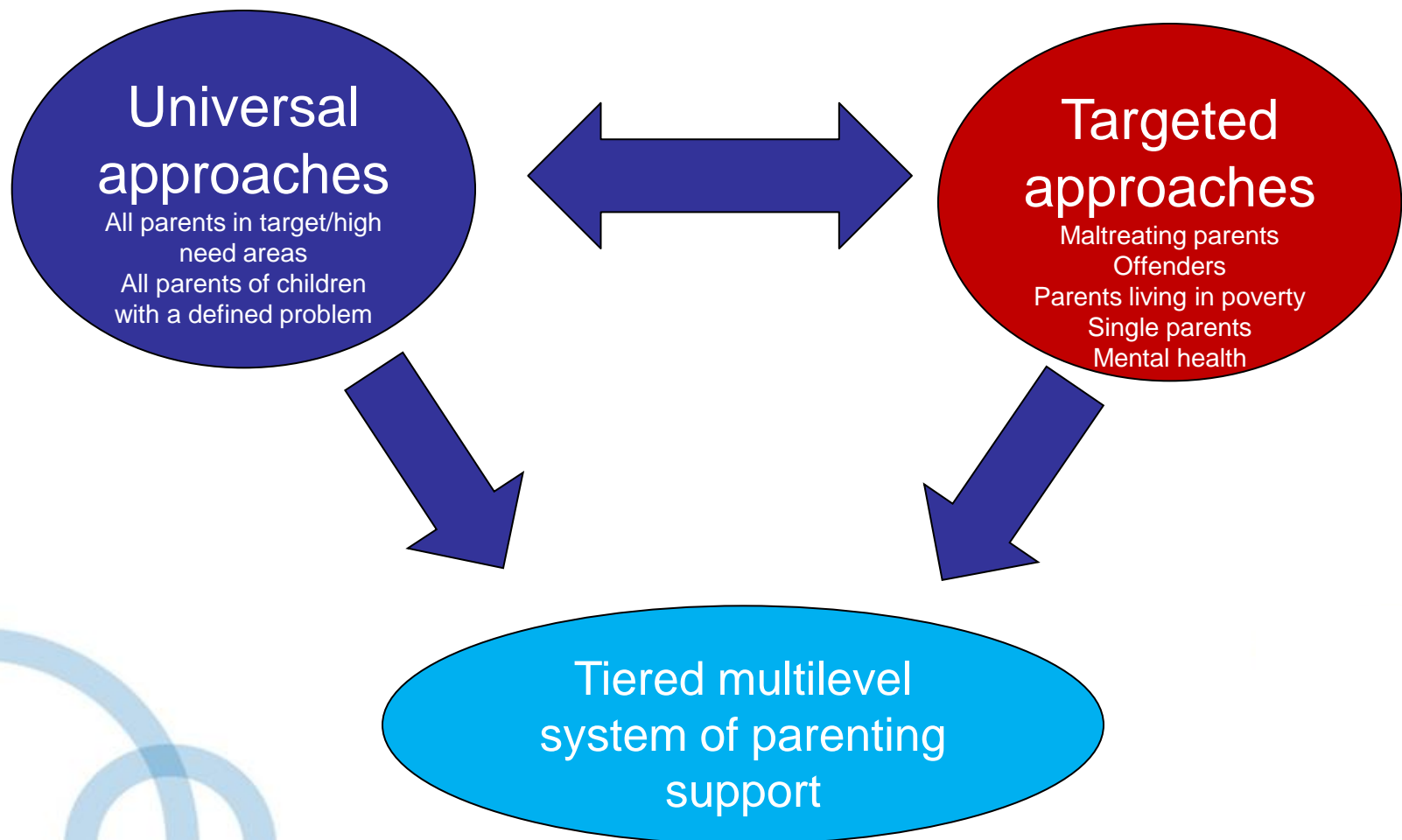


*Reach X Efficacy X Adoption X
Implementation X Maintenance*

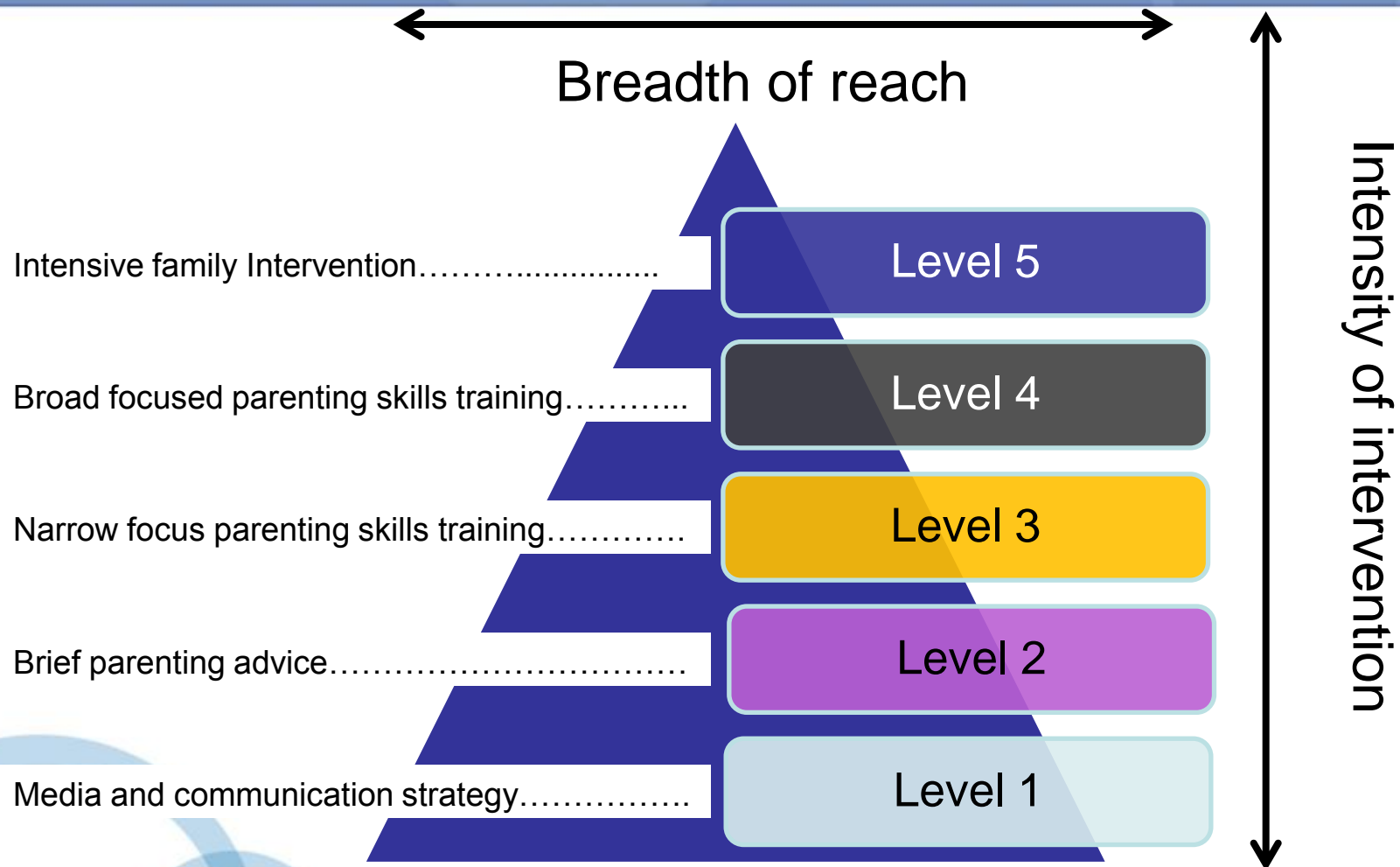




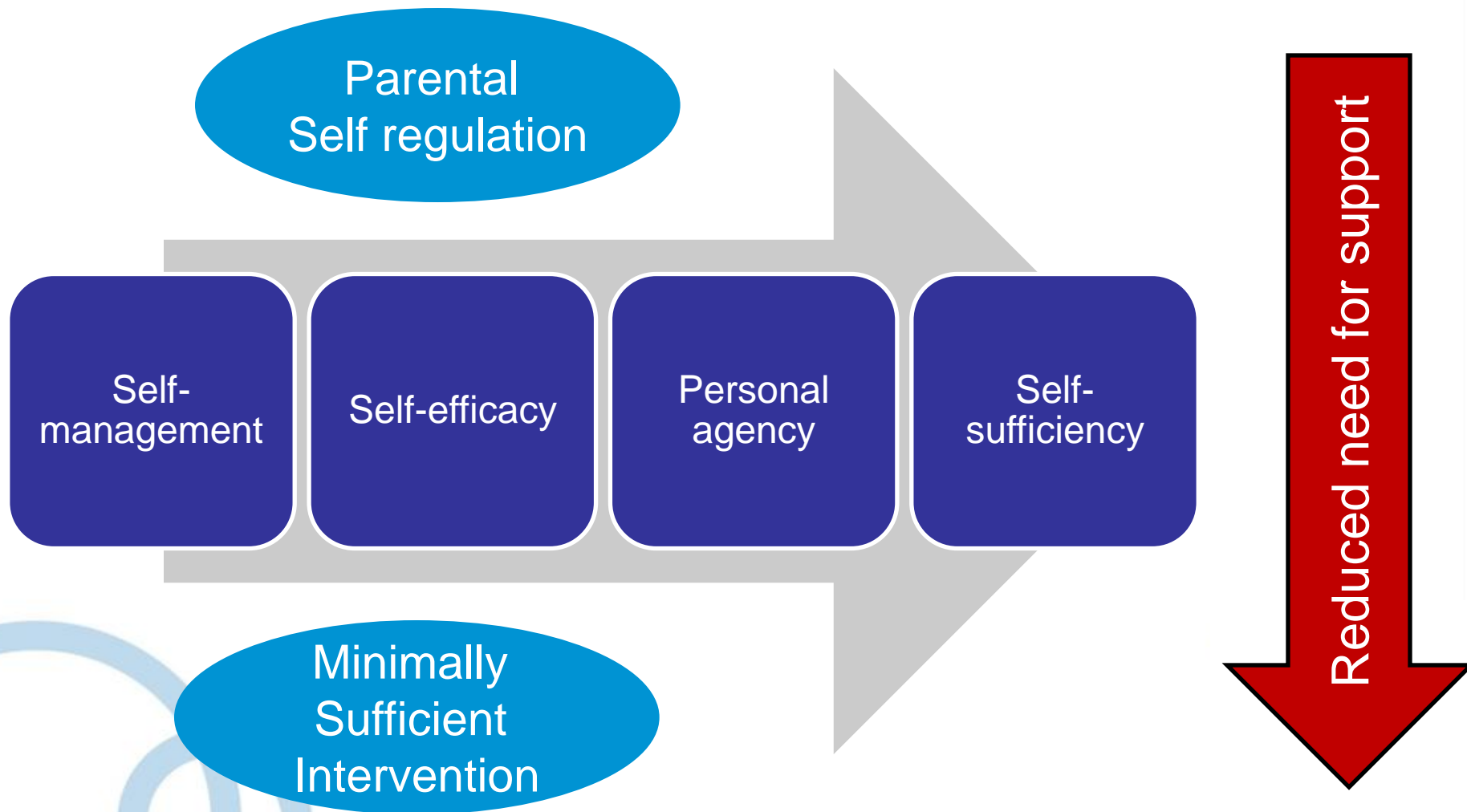
A blended model is needed



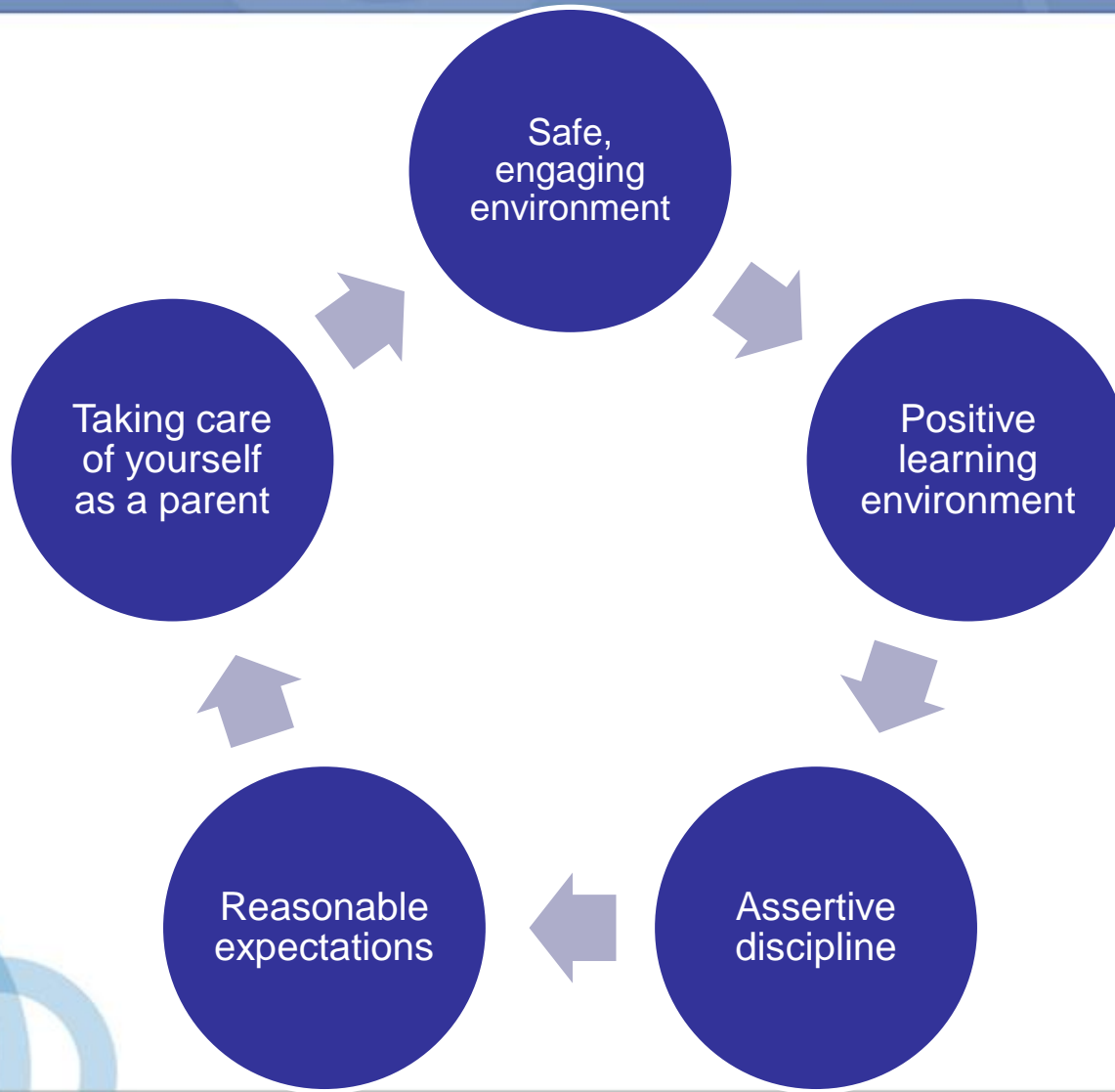
Avoids a “one size fits all” approach



A Self Regulation Framework is Important



Principles of Positive Parenting



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: 22 January 2009
© The Author(s) 2009. This article is published with open access at Springerlink.com

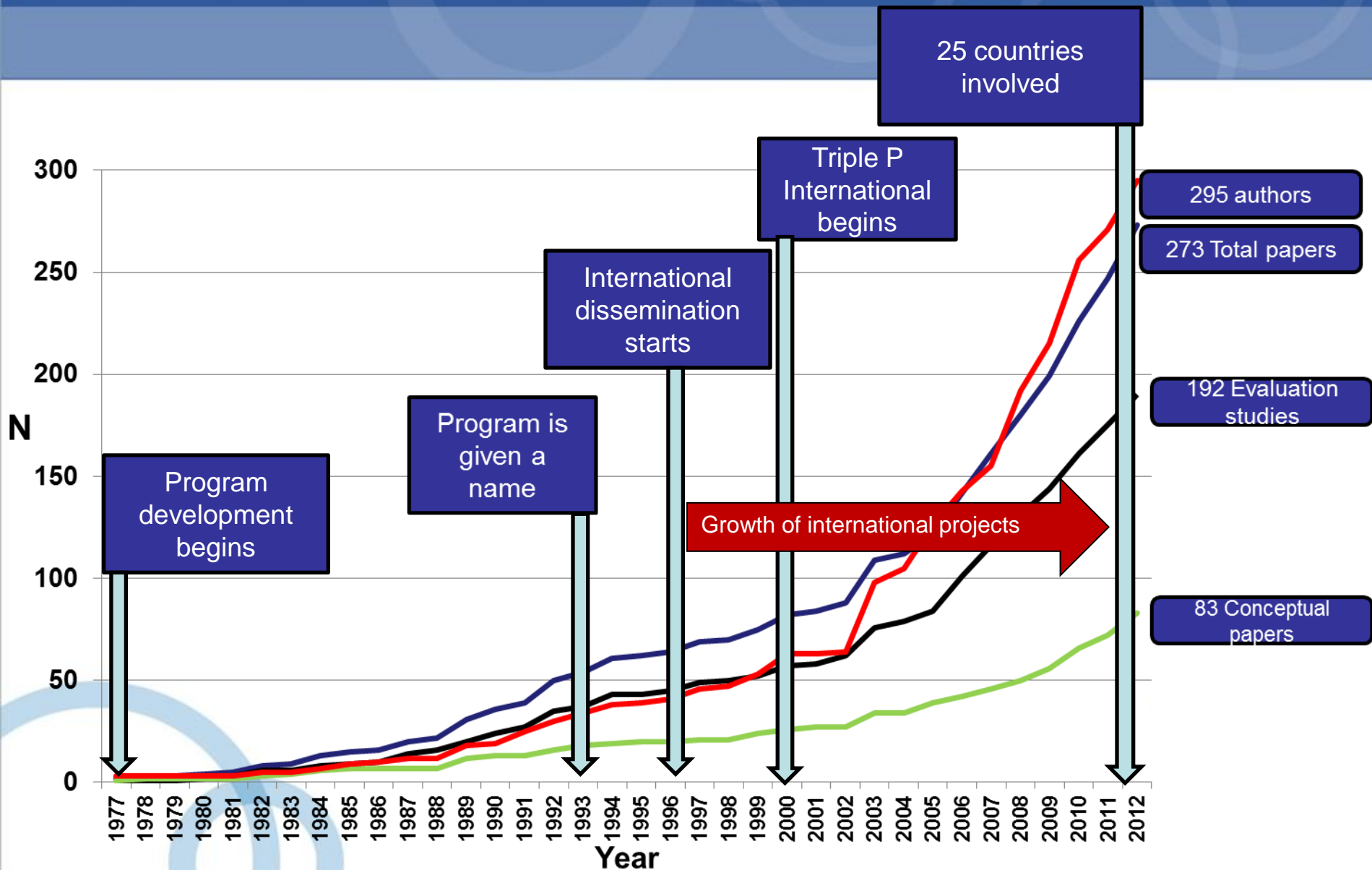
Abstract The prevention of child maltreatment necessitates a public health approach. In the U.S. Triple P System Population Trial, 18 counties were randomly assigned to either dissemination of the Triple P—Positive Parenting Program system or to the services-as-usual control condition. Dissemination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

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

Published online: 7 May 2008
© Springer Science+Business Media, LLC 2008

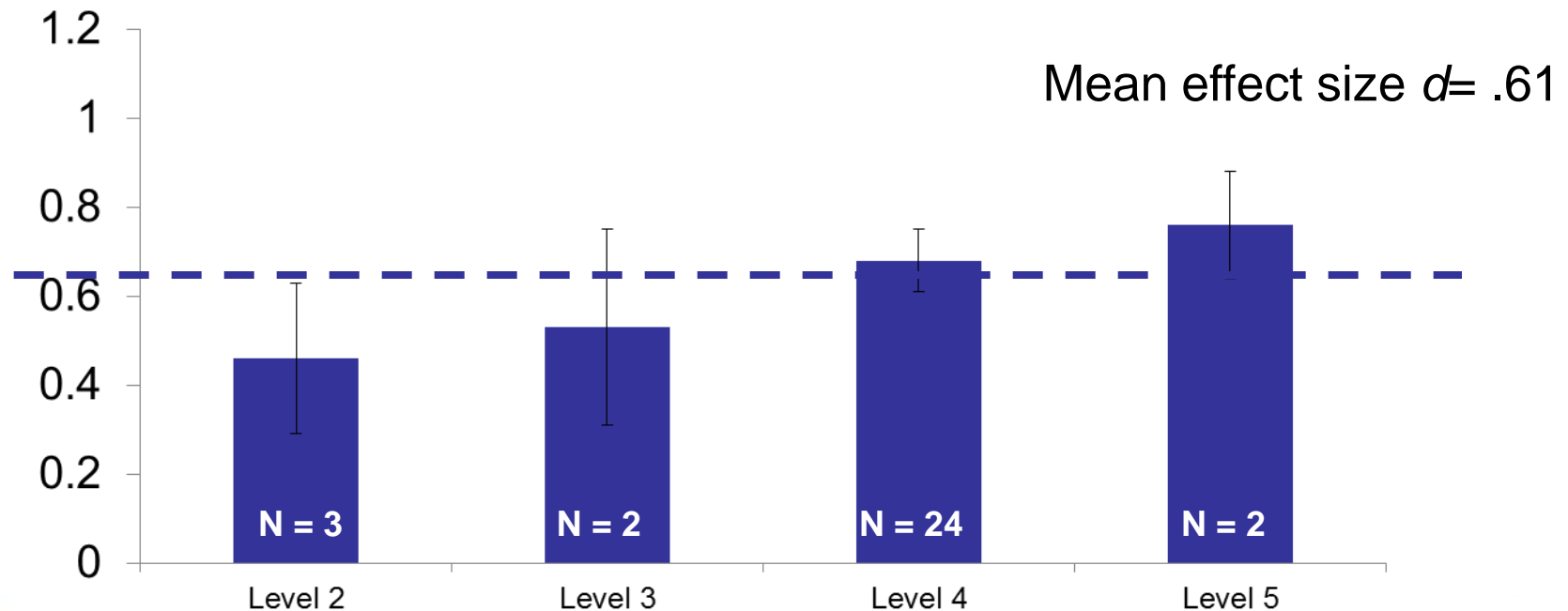
Abstract A large-scale population trial using the Triple P-Positive Program (TPS) was evaluated. The target population was all parents of 4–10 children residing in ten geographical catchment areas in Brisbane (Australia). These children and ten sociodemographically matched catchment areas formed the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

Building an evidence-base takes time



How effective is Triple P?

Mean Effect Size on Child Behaviour
(ECBI Intensity) per Level; 29 studies; N=1615



Source: Sanders, Kirby, Tellegen, & Day (2012). A Meta-Analysis exploring level by level effects for the Triple P-Positive Parenting Program: Preliminary Findings.





Enhancing reach
through effective media
and communication
strategies

Focus of parenting support



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

“Stay Positive”

Five steps to positive parenting

With so much conflicting information about parenting, how do you know what's best and what works? Triple P – Positive Parenting Program has 50 years' research to back it up. These are the five proven steps to a better family life.

1

Create a safe, interesting environment

Child is used to play, explore a safe, interesting world, so he can gain satisfaction from you, learn, make sense, enjoy and create his own interesting things to keep understanding.

2

Have a positive learning environment

When you would want to give him support and help, they are ready to learn. Show them your attention, give it only for a moment or so.

3

Use assertive discipline

Child is able to be in a positive, stable environment, so he can learn and follow through with appropriate consequences. Consequences help you to be with him of power.

4

Have realistic expectations

Not only parents of 2, but also parents of 10 expect your child to do more than he is capable of. And sometimes all it takes is a little help to make it work.

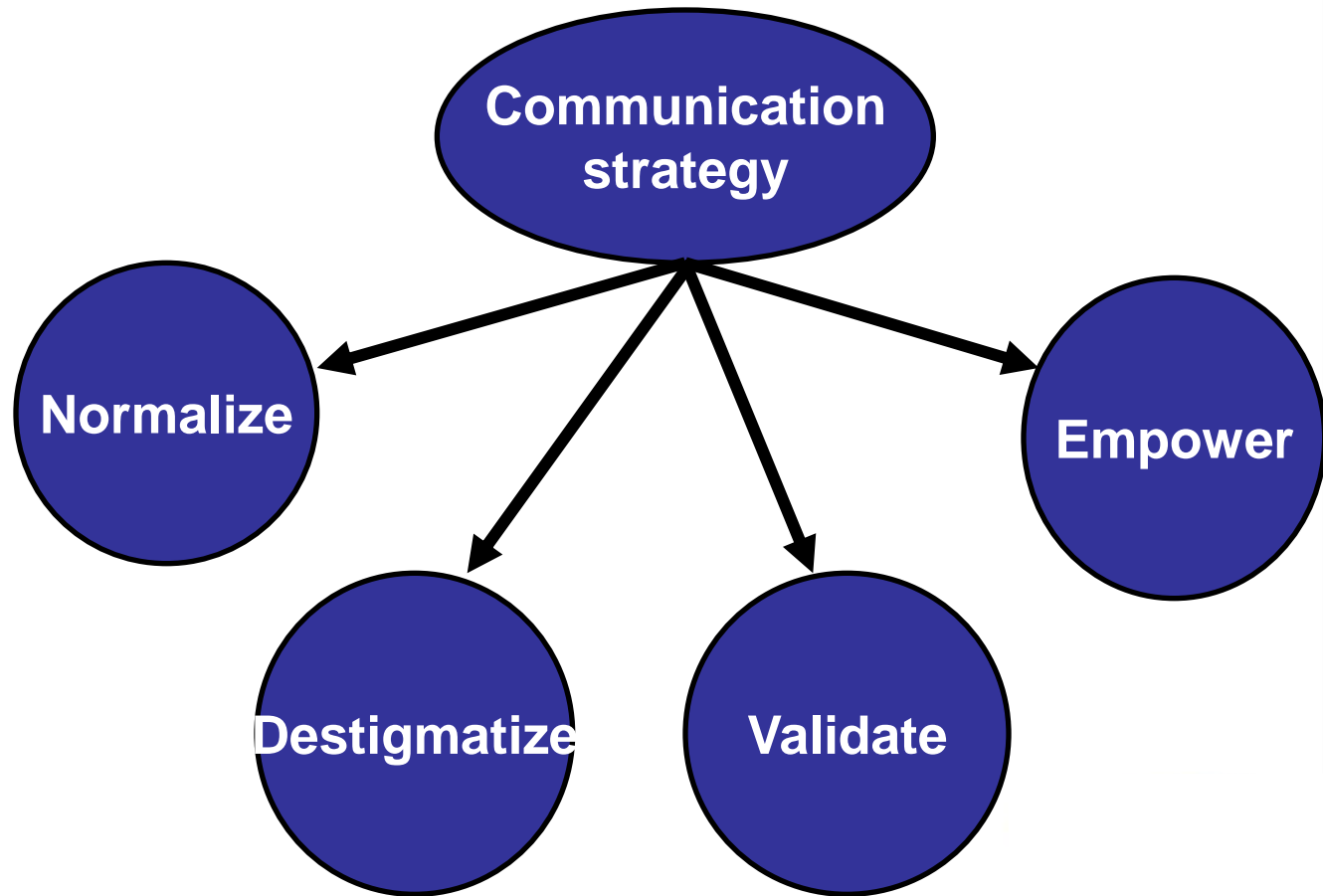
5

Take care of yourself as a parent

To do what he needs, you need to take care of yourself too, so that you can get support, respect, love and fun, and enjoy a better life for you and your child.



For more information: www.triplep-staypositive.net



[illegible]

Glasgow

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

File Edit View History Bookmarks Tools Help


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

Most Visited Getting Started Latest Headlines

Firefox Updated Triple P, for every parent | ...

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

NHS Greater Glasgow and Clyde

Triple P for every parent

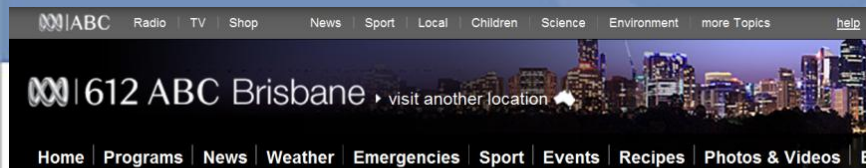
Powered by Triple P Communications





Develop “light touch” low
intensity interventions
that have wide reach

Madonna King – ABC Podcasts



3 February, 2009 4:35PM AEST

Triple P Parenting Podcast

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



Triple P Parenting is a weekly segment on ABC Brisbane's Morning Show with Madonna King every Tuesday.

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

To subscribe to the Triple P Parenting Podcast, paste

Related Photos



Sample topics

- Positive attention,
- Using Rewards and encouragement,
- Managing Disobedience,
- Dealing with Aggression,
- Encouraging sharing
- Mealtime Difficulties
- Promoting social responsibility and empathy.

Triple P Parenting

You are viewing a feed that contains frequently updated content. When you subscribe to a feed, it is added to the Common Feed List. Updated information from the feed is automatically downloaded to your computer and can be viewed in Internet Explorer and other programs. [Learn more about feeds.](#)

[Subscribe to this feed](#)

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](#)

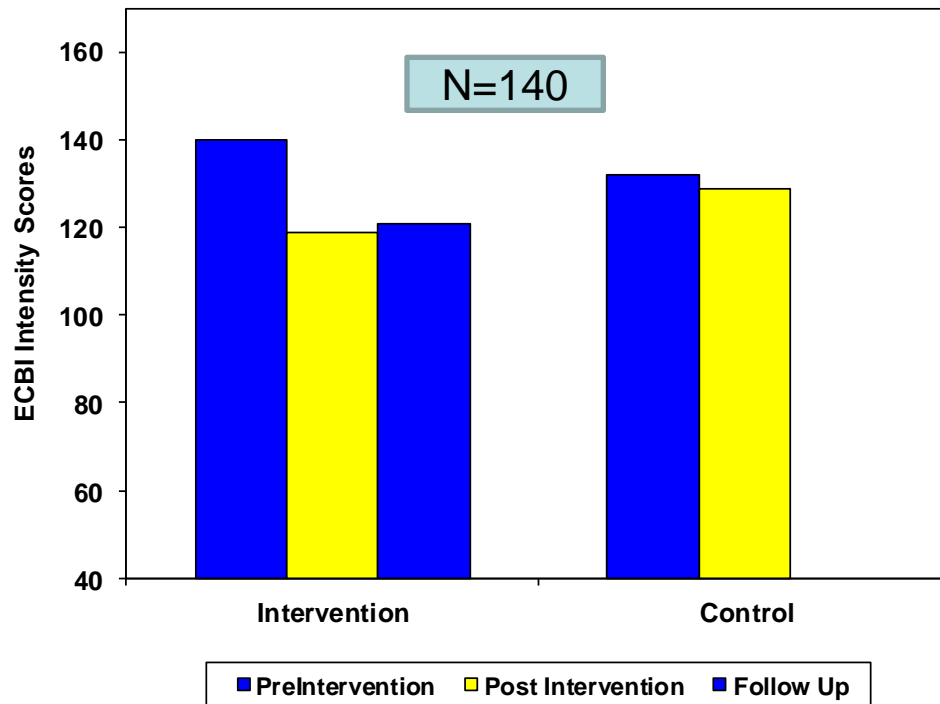
Triple P Podcast: Making friends

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](#)

Effects of a radio program on positive parenting



$d=.6$

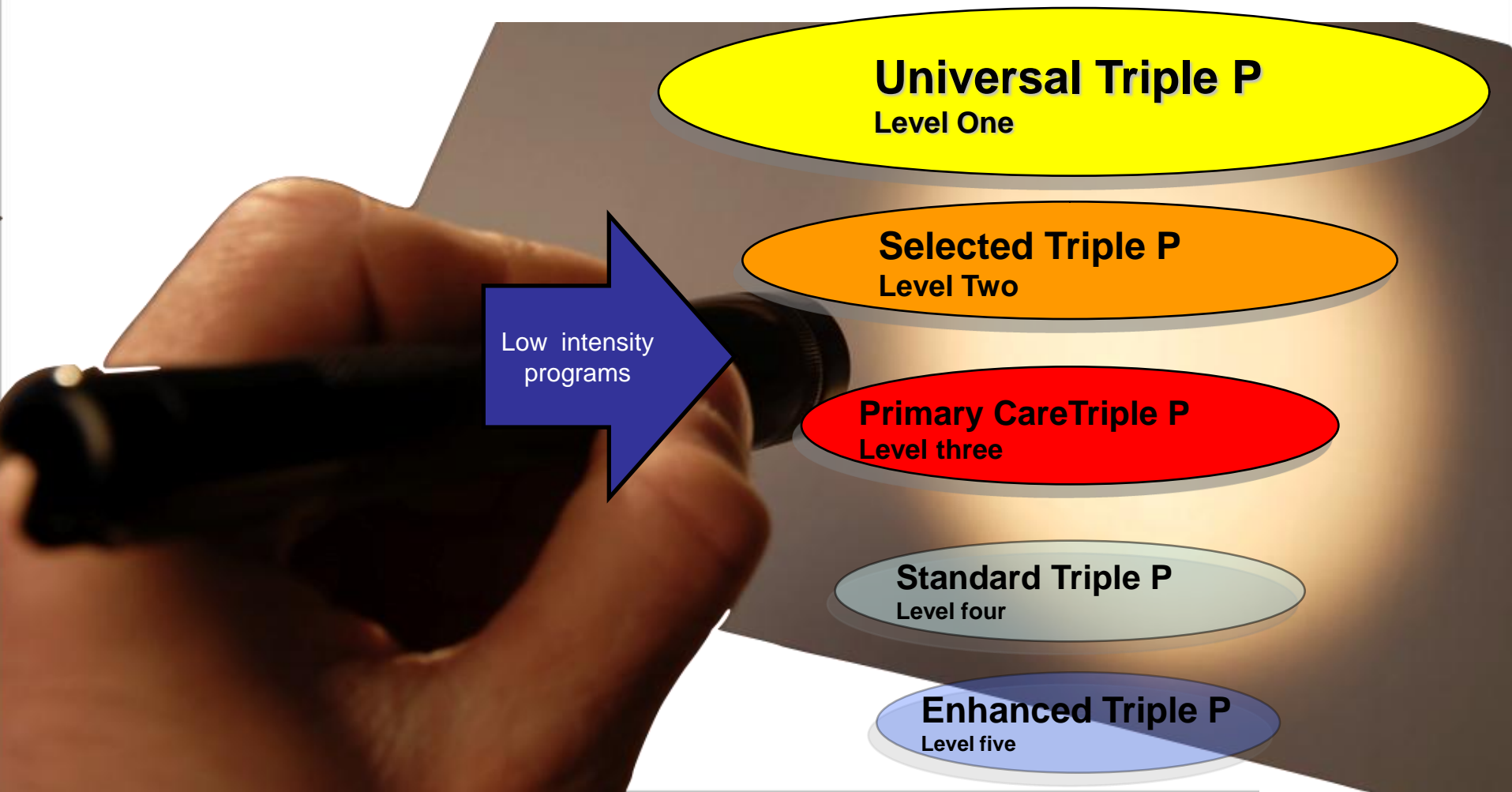


- Lower level of conduct problems (ECBI problem score)
- Less dysfunctional parenting-laxness, overreactivity and verbosity (PS)
- Increased self efficacy (PTC)
- High consumer satisfaction (CSQ)
- Effect sizes(Cohen's $d=.38$ to $.8$)

Morawska, A., Tometski, H., & Sanders, M.R. (2012). An Evaluation of the Efficacy of a Triple P-Positive Parenting Program Podcast. .

Focus of parenting support

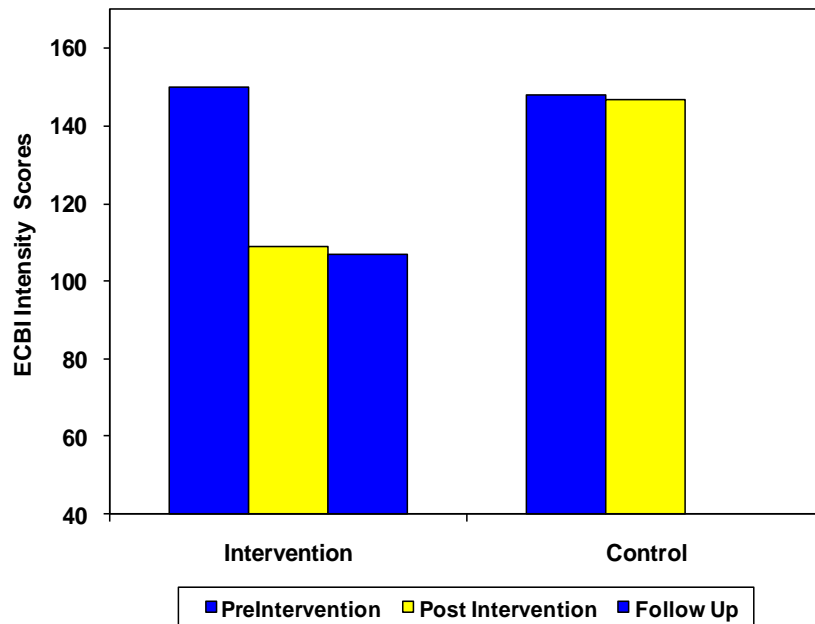
Not a “one size fits all” approach



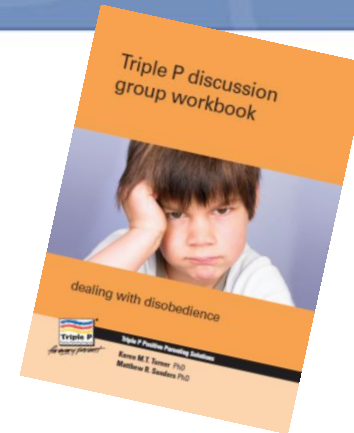
Parent Discussion Groups (Single session interventions)



Effects of a brief parenting intervention for disobedience



$d=1.6$



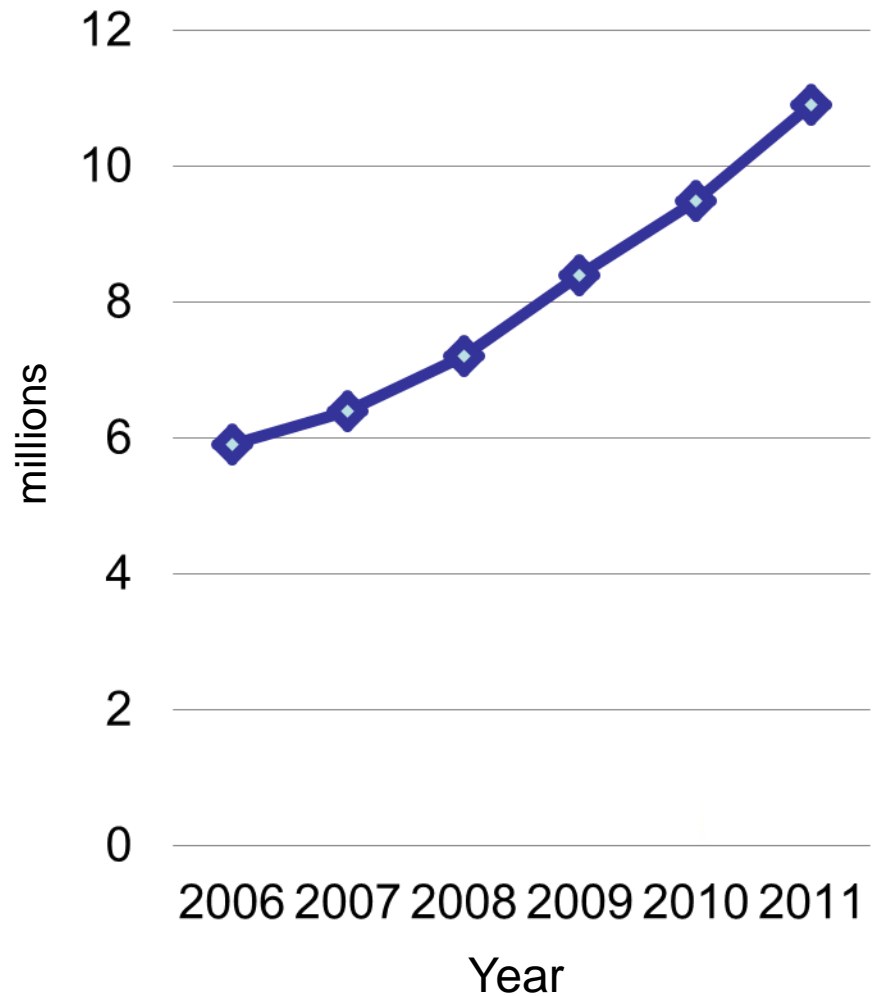
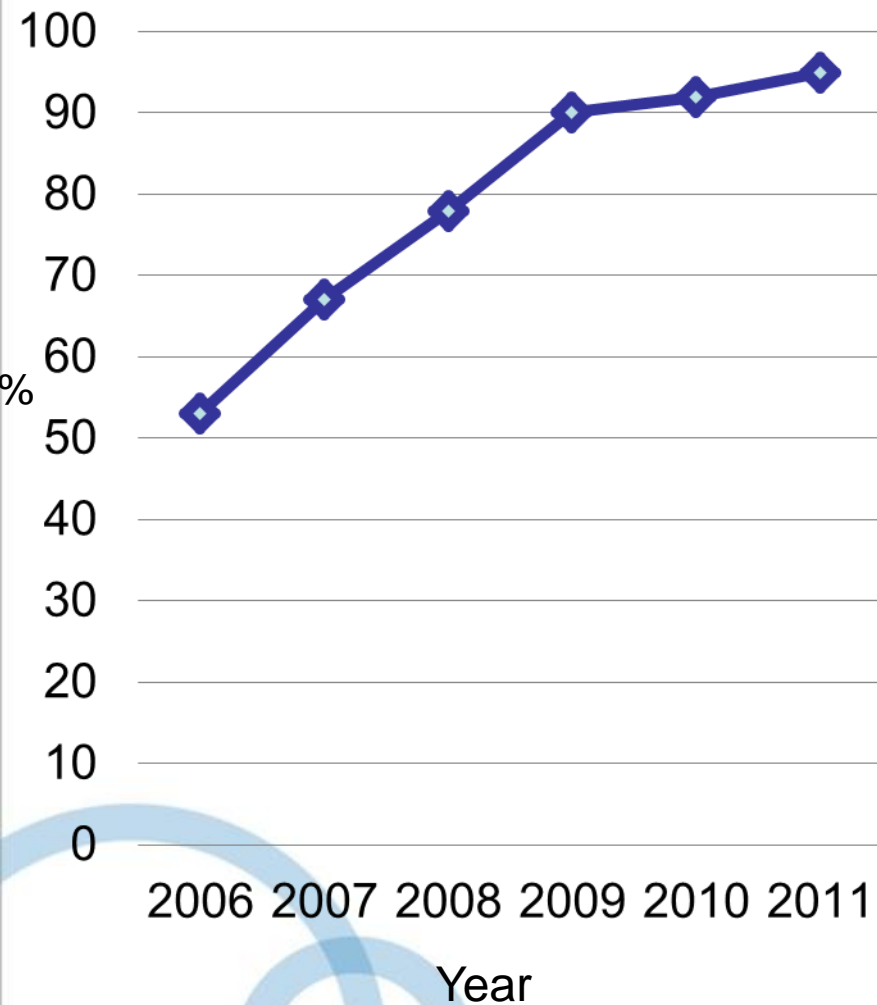
- Lower level of conduct problems (ECBI)
- Less dysfunctional parenting (PS)
- Less anger (PAI)
- Less conflict over parenting (PPC)
- High consumer satisfaction (CSQ)
- Effect sizes(Cohen's $d=.9$ to 1.6)



Use preferred delivery
modalities in an age of
technology

Growth of Broadband connections increases options

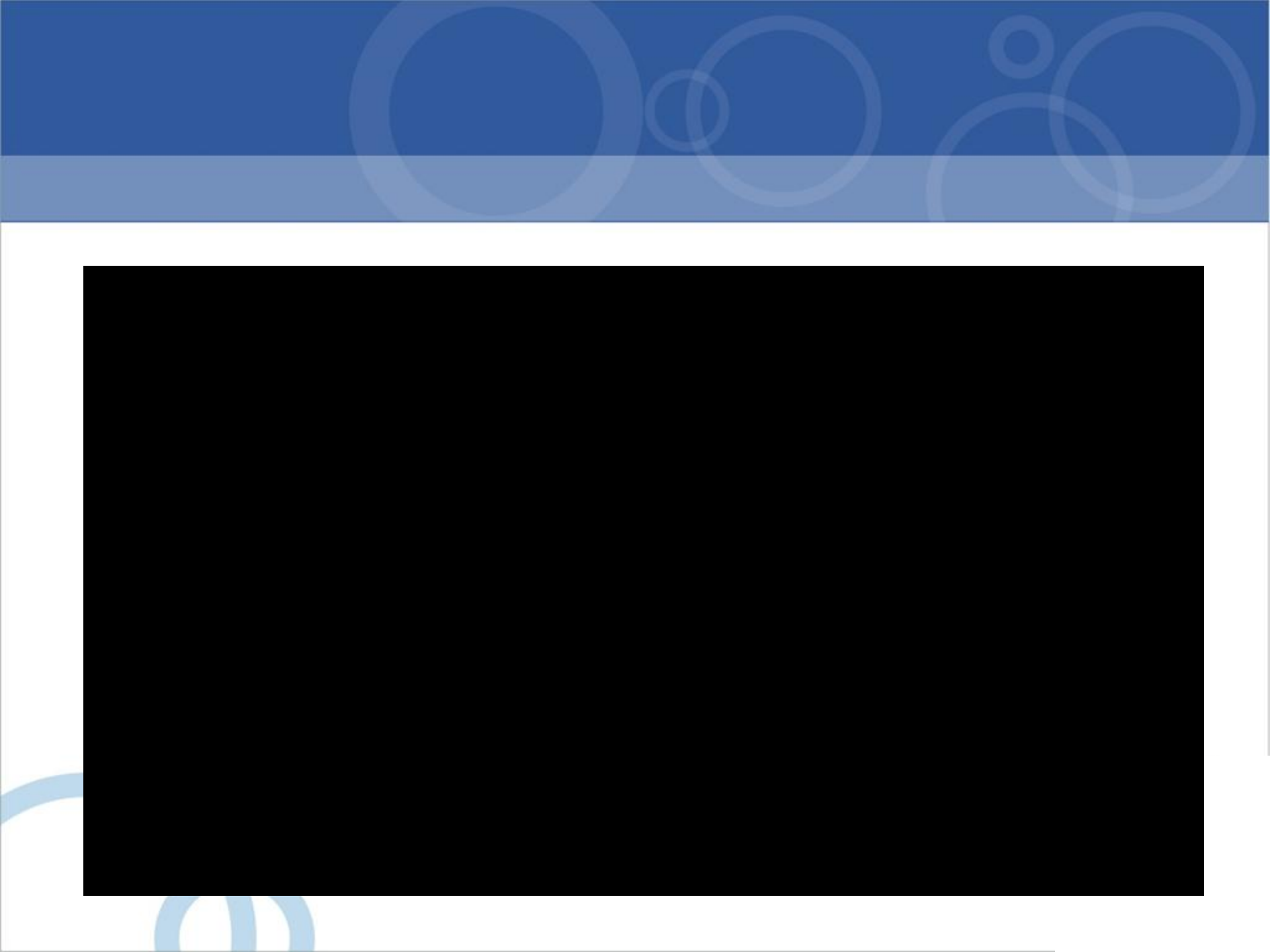
Australian Bureau of Statistics (2011)



Internet is already widely used as a source of information by parents

- Widely used medium for accessing parenting information
- An increasing number of vulnerable low income families have internet access (e.g. Love et al 2012)
- Evidence is emerging that some online parenting programs work (e.g., Sanders et al, in press)

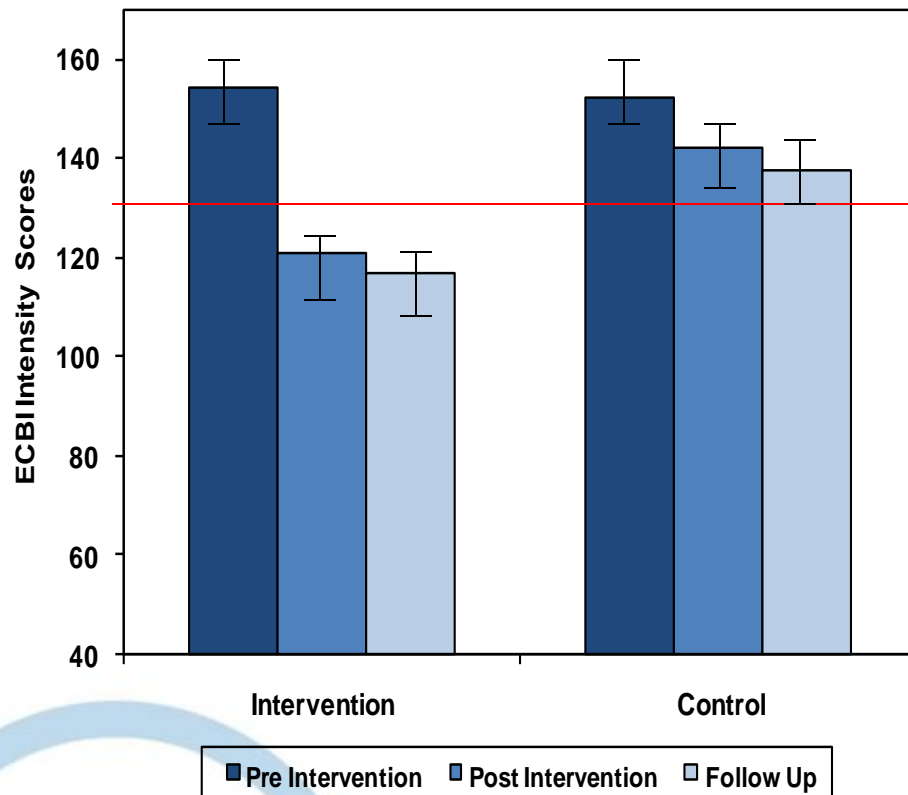




Child and parent effects at follow-up

Sanders et al (2012). A randomized controlled trial evaluating the efficacy of Triple P Online with parents of children with early onset conduct problems. *Behaviour Research and Therapy*.

N=116



$d=0.85$

Outcome

Effect size d

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)

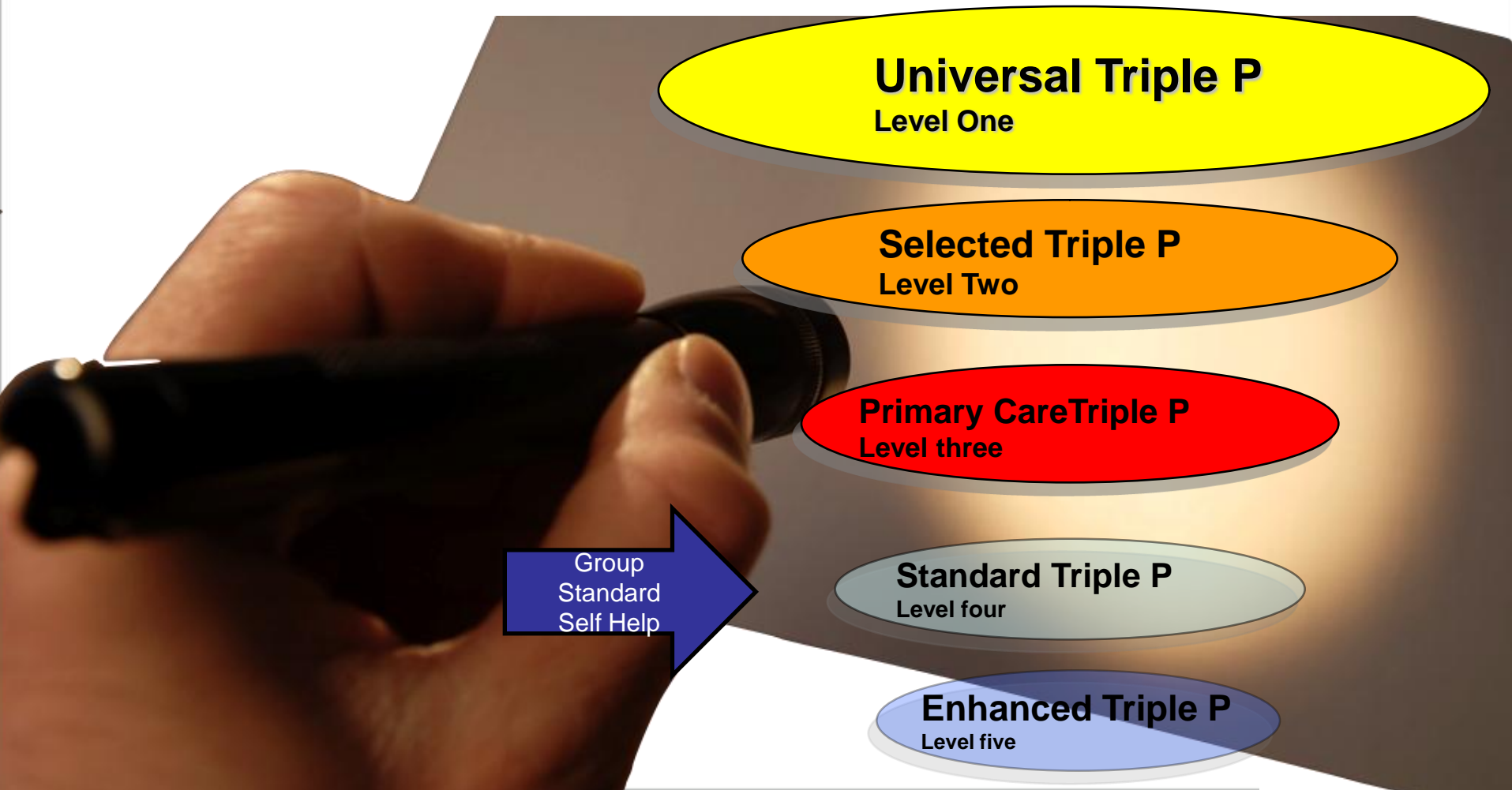


Use more intensive group
and individual programs
with more vulnerable
families



Focus of parenting support

Not a “one size fits all” approach



Practitioner kit for Group Triple P

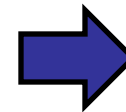


Tailoring Process

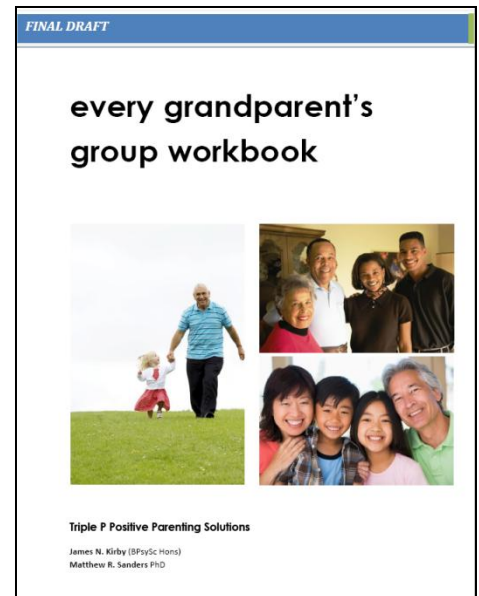
Knowledge
gained from
consumers



Tailored
variant
ready for
empirical
testing

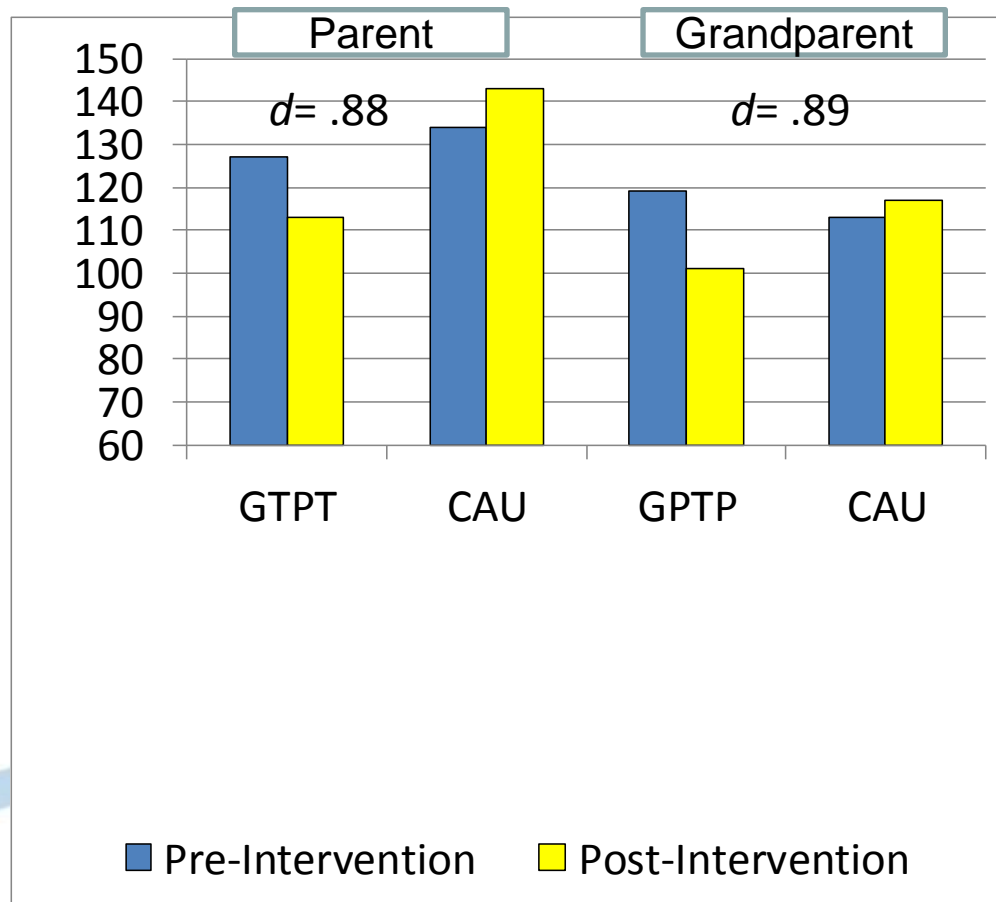


Research
evidence



Effects of Grandparent Triple P

Preliminary findings



Other Effects:

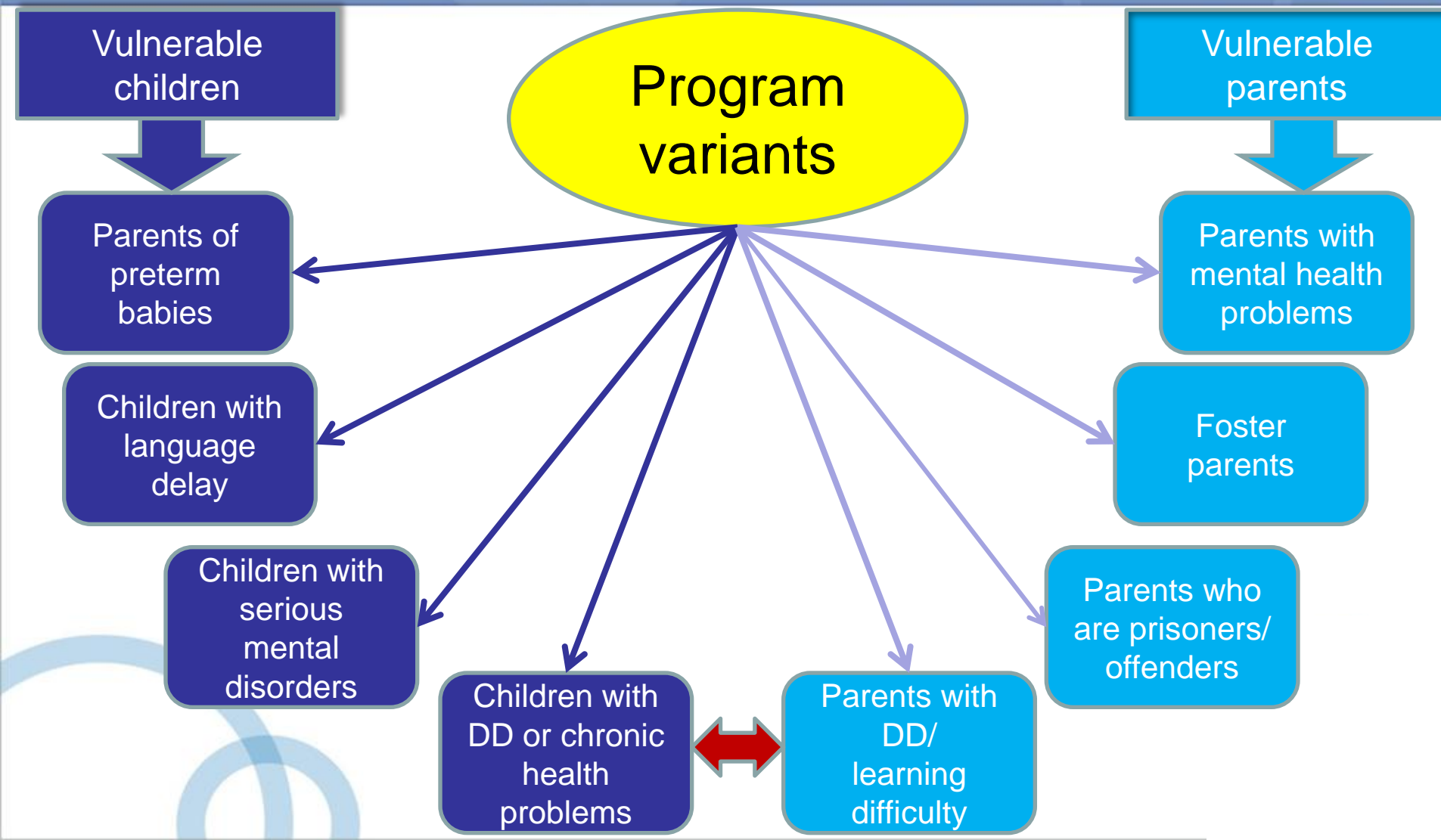
- ECBI Problem (d = .83)
- GTC Behavior (d = .80)
- Depression (d = .72)
- Anxiety (d = .92)
- Stress (d = .92)
- GCC-Biol (d = .75)




Triple P continues to evolve


More Intensive programs-20	Less intensive programs-13	Media and Other programs-7
<ol style="list-style-type: none"> 1. Group Triple P 2. Standard Triple P 3. Enhanced Triple P 4. Indigenous Triple P 5. Family Transitions Triple P 6. Pathways Triple P 7. Fuss Free Mealtimes Triple P 8. Triple P for Parents of Multiples 9. Triple P for G & T 10. Grand Parent Triple P 11. Workplace Triple P 12. Baby Triple P 13. Self Help Stepping Stones Triple P 14. Stepping Stones Group TP 15. Stepping Stones Standard TP 16. Self help Triple P 17. Triple P on line 18. Group Teen Triple P 19. Self help Teen Triple P 20. Fear-less Triple P 	<ol style="list-style-type: none"> 1. Stepping Stones Seminar series 2. Primary Care Triple P 3. Primary Care Teen Triple P 4. Primary Care Stepping Stones Triple P 5. Positive Parenting Seminar series 6. Positive Parenting Seminar series (Teen) 7. Lifestyle Triple P Seminar series 8. Workplace Triple P Seminar series 9. Seminar series for parents of children asthma and eczema 10. Parent discussion Groups-toddlers and preschoolers 11. Parent discussion groups for Primary School children 12. Parent discussion groups for parents of teens 13. Disaster Recovery Triple P 	<ol style="list-style-type: none"> 1. “Stay Positive” 2. “Families” TV series 3. “Driving Mum and Dad Mad” ITV series 4. Triple P video series (NIDA) 5. Preparing for Bad Weather Triple P Survival guide 6. P.A.S.S. of supervision model 7. International Triple P Research Network (TPRN)

Current program adaptations targeting vulnerable children and parents

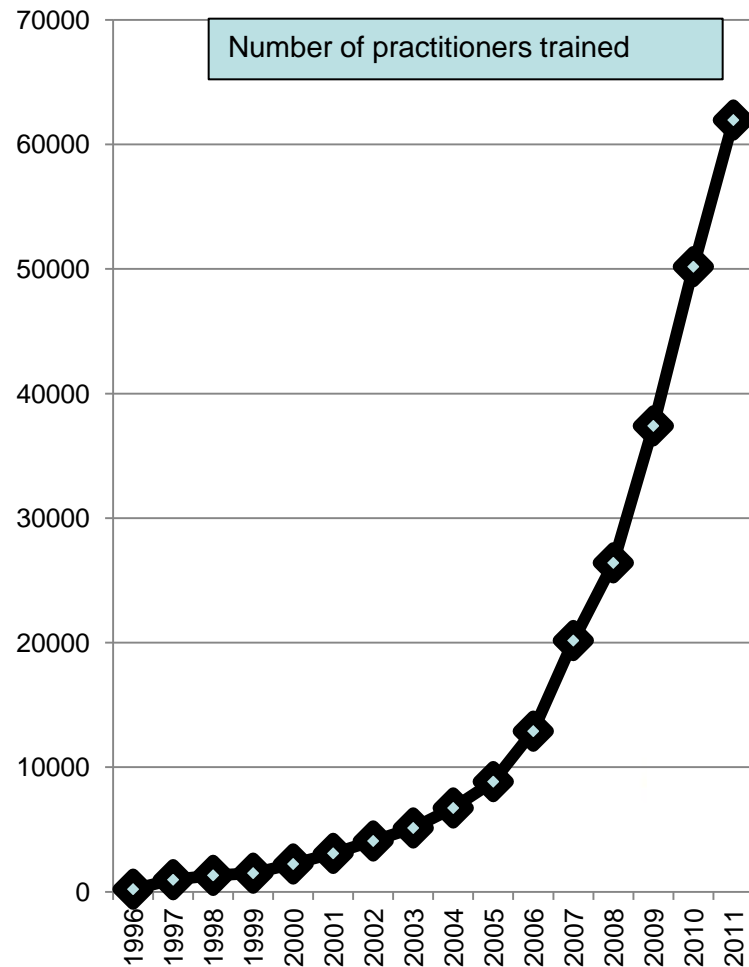
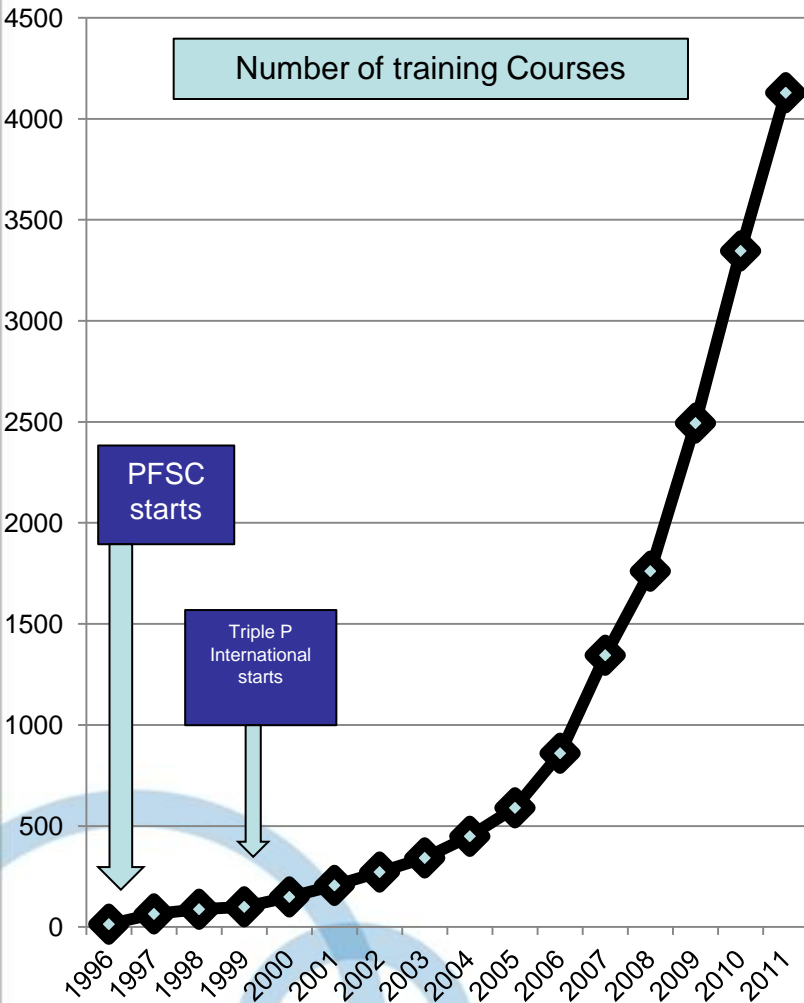




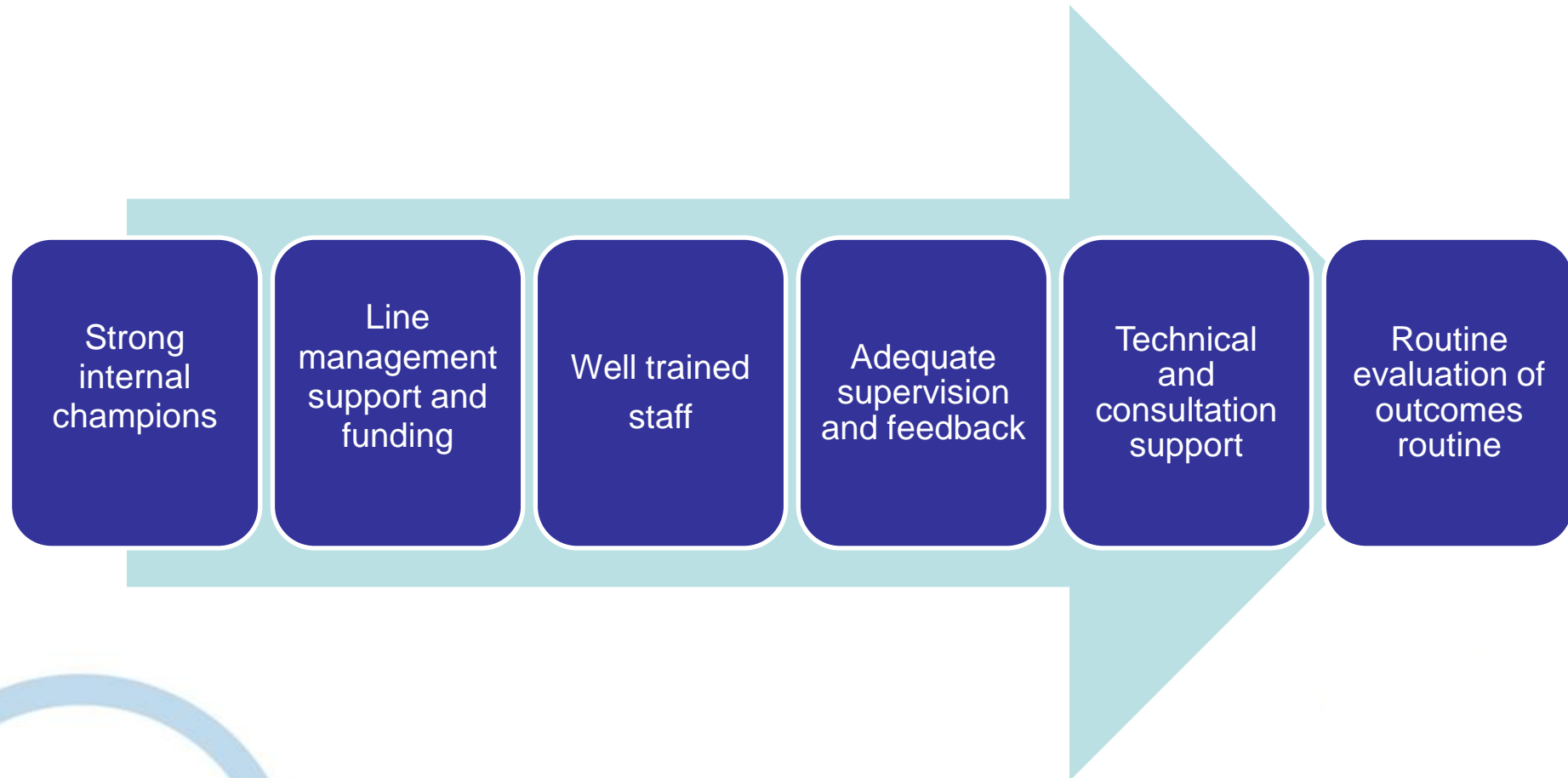
Building effective systems to
support effective program
implementation

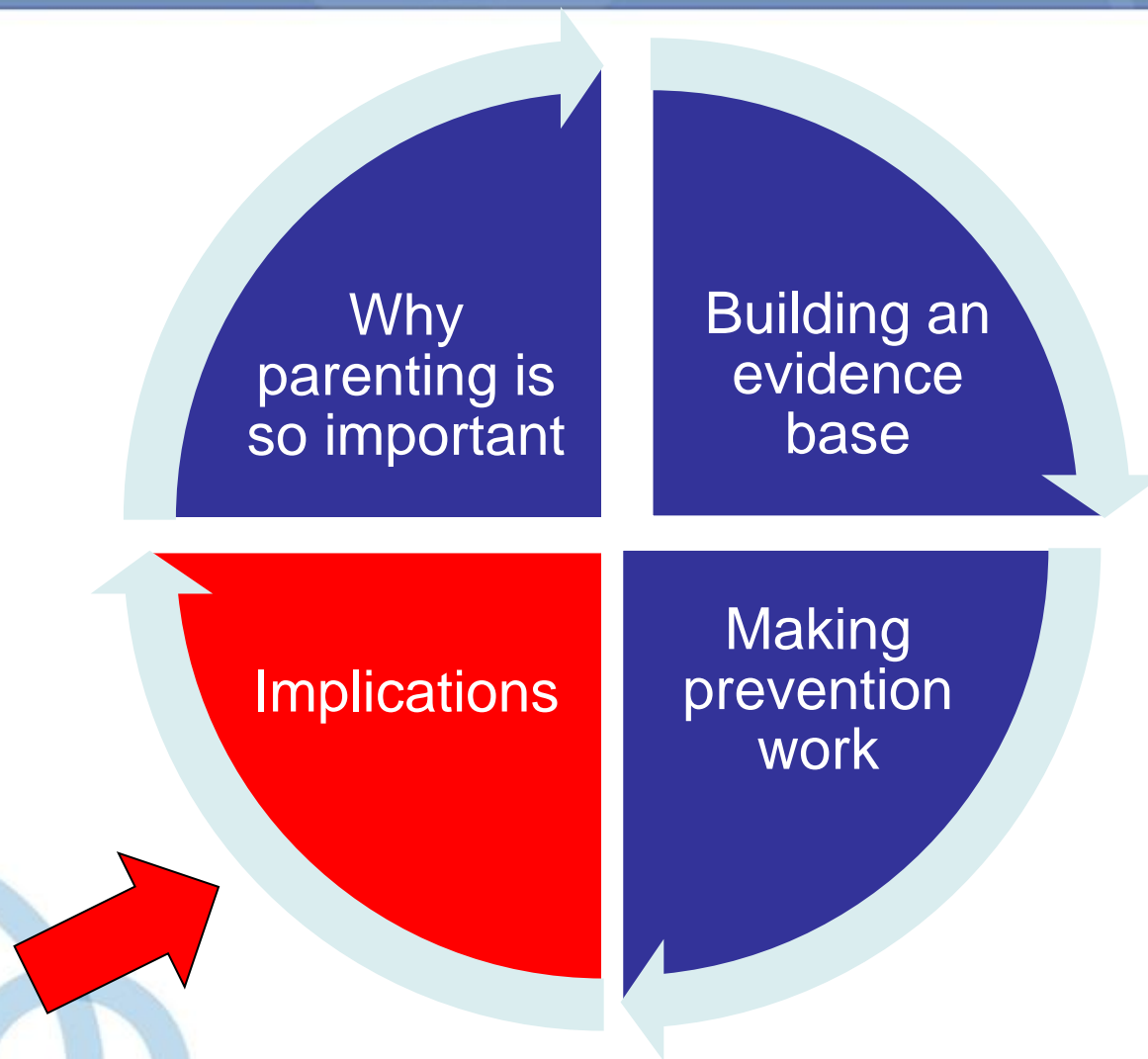


Growth of Triple P Training (1996-2011)



Drivers of implementation success are becoming clearer






A final word: We have come a long way in a short time



Population-based approaches to increasing parenting support shows great promise as a core strategy to promote children's health and wellbeing



Thank you
for your attention

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

