

## **Triple P**

### **Programme Content**

Triple P is an 8-week Parenting programme suitable for mothers, fathers, grandparents and any other adults who have responsibility for caring for children aged 3-10 years. It is suitable for families for whom the universal Family Nurturing programme is not targeted enough and who need some additional help with managing the behaviour of the children in their care.

Triple P was developed in Australia and aims to provide guidance for parents to promote good behavioural and emotional adjustment in their children. The programme draws on social learning, cognitive-behavioural and developmental theory, as well as research into risk and protective factors associated with the development of social and behavioural problems in children.

Triple P is individual to families' needs but helps to:

- Increase positive communication
- Recognise the causes of common child behaviour
- Encourage desirable behaviour in children
- Be a positive parent
- Set personal goals for change.

### **Referral Pathway**

Parents wishing to access the programme or agencies wishing to refer their clients on to the programme can contact the Family and Parenting Team on (0191) 443 2908.

### **2009/10 Parents'/Carers' Feedback**

As a result of completing a Triple P programme:

- 46% of parents have more confidence in their parenting role
- 58% feel happier in their role as a parent
- 38% have more time for themselves
- 59% cope better
- 50% shout less at their children
- 79% praise their children more
- 63% understand their children more
- 59% manage their children's behaviour better
- 50% set limits for their children's behaviour
- 92% listen to their children more
- 67% talk to their children more

## **Next Steps for Parents**

After completing a Triple P parenting programmes parents/carers can progress to:

- A Teen Triple P Parenting programme, if they have young people aged 12-16
- Family Learning or adult learning. For information about current provision, contact Family, Adult and Community Learning on (0191) 561 2620
- A community activity. Search the directory to find one <http://www.familiesinfoservice.com/findaservice.html>
- Volunteering. For details of the training package and induction available to local parents/carers, contact your local Children's Centre.

## **1:1 Support**

A folder of Triple P tip sheets are held by many agencies across the City and are for use in 1-1 work with families who have a few issues that they require support with or who are waiting to get access to a Parenting programme and would like some support with a few areas of concern while they wait for a group delivery.

The Triple P Tip Sheets provide information and tools on a range of topics and support parents/carers of babies, children and young people from 0-19. Issues from returning to work to after having a baby to coping with a rude, disrespectful teenager are covered.

The Triple P Tip Sheet packs have been made available to:

- The special educational needs co-ordinators (SENCOs) in all nursery, primary and secondary schools
- All TAMHS leads in schools
- All Triple P practitioners
- Some other Children's Services staff
- Some Health, Housing and Adult Services staff
- Some adult services providers, such as Lifeline
- Libraries.