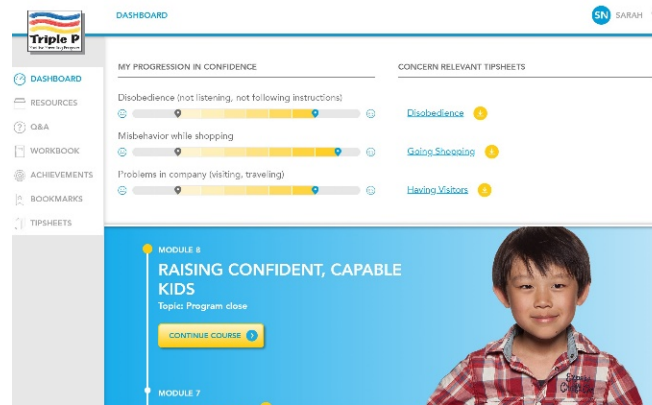


ONLINE PARENTING SUPPORT DURING COVID-19

In the current situation, Triple P Online is an efficient alternative to personal contact with specialists, and can be completed independently or accompanied by telephone or internet-based practitioner support. The program is equivalent to Level 4 Standard Triple P and research has found it has largest effect sizes of all Triple P delivery formats for child social, emotional and behavioural outcomes, and the parental relationship¹.



- Triple P Online (0-12 years).
- Teen Triple P Online.
- Triple P Online plus Stepping Stones support².

Parents complete a 30-60-minute module each week. Each module contains brief video clips of families demonstrating Triple P strategies. Parents complete sessions in their own time on a computer, tablet or smartphone. An interactive activity (e.g. checklist, rating scale, multiple choice quiz) follows each clip to reinforce the use of the strategy and to stimulate further thought. Each module ends with a 'get active' section asking the parent to develop goals and set homework tasks. Parents receive worksheets, podcasts and email summaries, along with an individualised workbook.

How to access Triple P Online

Parents can independently access Triple P Online via the Triple P website. Alternatively, practitioners, organisations or governments can purchase access in bulk to provide to parents free of charge, with additional support provided to assist with reaching large numbers of parents. If you would like to find out more about this option, please contact tpol@triplep.net.

Teen Triple P Online is currently available in English; Triple P Online (0-12 years) is currently available in English, French, German, Spanish, Dutch/Flemish, and Arabic.

In April, Triple P Online will be updated to provide timely advice to respond to the unique stresses for families in the current crisis. This content explains to families how to cope with family issues during the COVID-19 crisis and includes strategies for building emotional resilience, managing anxiety and coping with traumatic experiences.

¹ Sanders, M.R., Kirby, J.N., Tellegen, C.L., Day, J.J. (2014). The Triple P-Positive Parenting Program: A systematic review and meta-analysis of a multi-level system of parenting support. *Clinical Psychology Review*, 34(8).

² This option, for parents of children with a developmental disability, requires an accredited Triple P provider in Stepping Stones Triple P to provide guidance and parents to be able to access additional Stepping Stones Triple P resources.

MAKING USE OF TRIPLE P ONLINE

Providing additional support

Triple P Online (0-12 and Teen versions)

While Triple P Online can be provided successfully as a self-help option³, it can also be integrated into existing support structures. Triple P practitioners can provide clinical or motivational guidance by telephone to parents where additional support is required, with recent research highlighting the benefits of this strategy⁴.

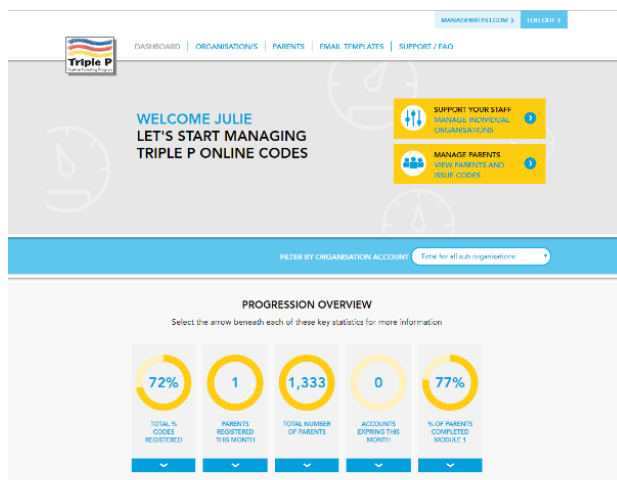
Parents can follow the content independently and then discuss it with a practitioner and adapt it to their personal situation. In this way, you can deal with the challenging circumstances in which families are currently facing with as much flexibility as possible.

Triple P Online (0-12) plus Stepping Stones support

A fully online Triple P program for parents of children with a developmental disability is not yet available. However, it is possible to deliver with the support of a practitioner trained in Stepping Stones Triple P, who can assist parents by email, telephone or videocall to adapt the strategies covered in the online program to those covered in Stepping Stones Triple P⁵. Please contact us for information on how to implement this program in a tailored way to support parents' needs.

Using the management system

The Triple P Online management system was developed to support the needs of providers servicing 100 or more parents. This system allows management and facilitates distribution of access to parents, and provides feedback on parents' progress through the program, as well as reporting functions. The management system also allows for parents to be assigned to a practitioner who can then monitor and provide support while going through the program, to help provide personal and responsive care to large numbers of parents.



3 Sanders, M. R., Baker, S., & Turner, K. M. T. (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*, 50, 675-684.

4 Day, J. & Sanders, M. R. (2018). Do parents benefit from help when completing a self-guided parenting program online? A randomized controlled trial comparing Triple P Online with and without telephone support. *Behaviour Therapy*. doi: 10.1016/j.beth.2018.03.002

5 Hinton, S., Sheffield, J., Sanders, M.R., & Sofronoff, K. (2017). A randomized controlled trial of a telehealth parenting intervention: A mixed-disability trial. *Research in Developmental Disabilities*, 65, 74-85. doi: 10.1016/j.ridd.2017.04.005