



What is Triple P?

Formal description, 200 words

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The Triple P - Positive Parenting Program® is one of the world's most effective parenting programs.

It is one of the few based on evidence from ongoing scientific research. There have been more than 200 evaluation papers, including 104 randomised controlled studies, showing that Triple P works for most families in a variety of cultures, countries and family situations.

Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehaviour and prevent problems occurring in the first place.

But it doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Triple P is also different because it is not 'one size-fits-all'. It's a system that offers increasing levels of support to meet parents' different needs. So parents can choose anything from one-off public seminars or self-help books to more detailed group courses or individual sessions.

Triple P is now used in 25 countries including the USA, England, Scotland, Ireland, Wales, Canada, Australia, New Zealand, Belgium, Sweden, Germany, Japan, Iran, Hong Kong, Singapore, the Netherlands, Curacao, Switzerland and Romania. It has been translated from English into 19 other languages.