

What is Triple P?



Triple P helps build positive behaviors in children, confidence in parents' abilities, and community support for raising children. Triple P is a system that shows even small changes can make big differences to families.

The emphasis in Triple P is on developing positive skills and behaviors in children which prevents problems from occurring in common, everyday situations, and helps to foster positive, supportive family relationships.

Triple P has different levels of information and education from which parents can choose to solve everyday behavior problems that all parents face. With guidance from professionals who work with families, parents can choose how much of the program they want to use with their children. The goal is for children to develop emotional self-regulation and for parents to become resourceful, independent problem solvers.

Triple P has something to offer every parent and has been shown to be effective with a wide range of common behavior problems families face such as bedwetting, whining, throwing temper tantrums, lying or stealing.

Triple P has been developed through more than 20 years of research by Matt Sanders, Ph.D. and colleagues at The University of Queensland's Parenting and Family Support Center. The system is already widely used throughout Australia and increasingly, throughout the world.

Building Connections, funded by the Centers for Disease Control and Prevention, is working to disseminate the Triple P system of interventions in select counties in South Carolina. The goal is to make Triple P professional training available to practitioners who serve families with children in the birth through 10-year-old range in the following counties:

Low Country: Berkeley, Dorchester, Georgetown

Midlands/Pee Dee: Darlington, Kershaw, Sumter

Upstate: Laurens, Pickens, York

Contact for Media:

Candace Chellew, Communications Coordinator

Email: chellew@gwm.sc.edu Phone: 803-978-7407 Fax: 803-978-7410

building
CONNECTIONS

Building Connections Project • University of South Carolina • 1334 Sumter Street • Columbia SC 29201

What Does Triple P Offer?



Triple P offers suggestions and ideas to help parents:

- build positive relationships with their children
 - praise and encourage behavior they like
 - teach children new skills
 - set rules and give instructions that their children will follow
-
- respond to misbehavior immediately, consistently and decisively
 - use discipline strategies that work
 - take care of themselves as parents.

There is no one right way to be a parent, but Triple P offers information, support and practical answers to everyday parenting concerns.

A variety of programs are available, depending on parents' and childrens' needs.

There are also Triple P parenting videos (available at your local library), tip sheets, workbooks and other helpful materials available.

The Aims of Triple P Are:

- To make high quality parenting information available to all parents
- To promote the independence and health of families by enhancing parents' knowledge, skills and confidence.
- To promote the development of non-violent, protective and nurturing environments for children.
- To promote the development, growth, health and social competencies of young children.
- To promote a community supportive of parenting and parenting efforts

For more information about Triple P, visit our Web site at:
<http://tpinfo.sc.edu>



building CONNECTIONS

1334 Sumter Street Columbia SC 29201 803 978 7407 FAX 803 978 7410

Candace L. Chellew
Communications Coordinator

Triple P: How Small Changes can make Big Differences

The kids at Christopher's pre-school were never happy to see him. They knew what the 3-year-old was like – always pushing them down, screaming at them or snatching away their toys.

Christopher's parents, Allison and Gary, were equally exasperated with their child's behavior.

"I couldn't be at home with him anymore," Allison said. "I feared I'd end up hurting him."

Christopher's case is not rare. Studies have shown that 18% of children will develop significant behavior problems. Some experts might recommend medicating children like Christopher or putting him in long-term care or residential treatment when he gets older. All these solutions consume a great deal of a parent's time and money.

However, Christopher's parents turned to Triple P-Positive Parenting Program that works to prevent behavioral, emotional and developmental problems in children by improving the knowledge, skills and confidence of parents.

After brief consultations with a Triple P practitioner a program was developed that emphasized praise and encouragement for Christopher's good behavior and consistent, decisive correction for his misbehavior. These small changes resulted in big differences in his behavior in only a matter of days.

Christopher's teachers at the pre-school noticed this drastic change immediately. The children noticed too and soon began to play with him, Allison said, instead of thinking "oh, no, here comes Christopher!"

Triple P helps parents by teaching them the skills they need to address *common* behavior problems on their own, with the strength of the intervention varying to meet the needs of the family. Triple P works to support parents in making their own decisions about parenting—and helping parents become more confident and competent along the way. Parents learn that even the small changes in day to day interactions can lead to big differences in how they feel and in how their child behaves.

For Christopher's parents, Triple P was a lifesaver, helping not only their child but easing their own stress caused by Christopher's disruptive behavior. For parents searching for ways to change not only their child's behavior, but how they do their job as parents, Triple P can help, Allison said.

"There is light at the end of the tunnel. If you want that help, it's there."



UNIVERSITY OF
SOUTH CAROLINA

Sample Newspaper Column from Triple P

The Power of Positive Parenting

By: Dr. Matthew Sanders

The one thing you can rely on about being a parent is that your child's behavior will sometimes frustrate you. This doesn't mean you are a bad parent, and it doesn't mean that your child is uncontrollable.

Even the happiest of family households can suffer tension and stress when dealing with children's behavior. Parents may feel upset and drained if they find themselves having to 'battle' with their child over such everyday issues as mealtimes, shopping, or bedtime.



Dr. Matthew Sanders

Since you love and care for your children, you will try your best to deal with such difficult behavior. However, it's unreasonable to think that you can be a perfect parent — we just aren't built like superman or superwoman.

When you think about it though, it's not too surprising that being a parent can be tough. Raising the next generation is a vitally important task requiring effort and patience, yet most of us begin our parenting careers unprepared for what lies ahead. More often than not we learn how to raise our children through trial and error. And no matter how much experience we gain, our children (and indeed the everyday experiences of life itself) always seem to be able to come up with something new for us to deal with.

So how do we know if we are bringing up our kids well, and how do we go about reducing the stresses that occur when we find ourselves struggling with behaviors we just can't seem to get a handle on?

As a parent and psychologist who has spent more than 20 years researching why children behave the way they do, I believe there is simply no single right way to be a parent. It is up to you to decide what values, skills and behaviors you want to encourage in your child and to develop your own approach to dealing with your child's behavior.

That said, we all know that good advice at the right time can be a big help. Practical tips on why your baby cries, dealing with temper tantrums, helping your toddler learn to eat by themselves, or helping your primary schooler with their homework can make being a parent less stressful and at the same time more enjoyable.

That's the idea behind the Positive Parenting Program ('Triple P' for short) which we have developed at the University of Queensland in Australia. The program is based on extensive scientific research and offers parenting suggestions and ideas that have proven effective across a wide cross-section of Australian families.

It's called positive parenting because it aims to make it easier for parents to develop a positive loving relationship with their children through encouragement, attention and good communication. Using a positive parenting approach will not only help family life run a little smoother, it will also make it less likely that your child will develop more serious behavior problems into their adolescent years.

Dr. Matthew Sanders is a clinical psychologist at the University of Queensland in Australia and founder of the Triple P Positive Parenting Program. For more information about Triple P in your area visit <http://tpinfo.sc.edu>.

Building Connections Project • University of South Carolina •
1334 Sumter Street • Columbia SC 29201

