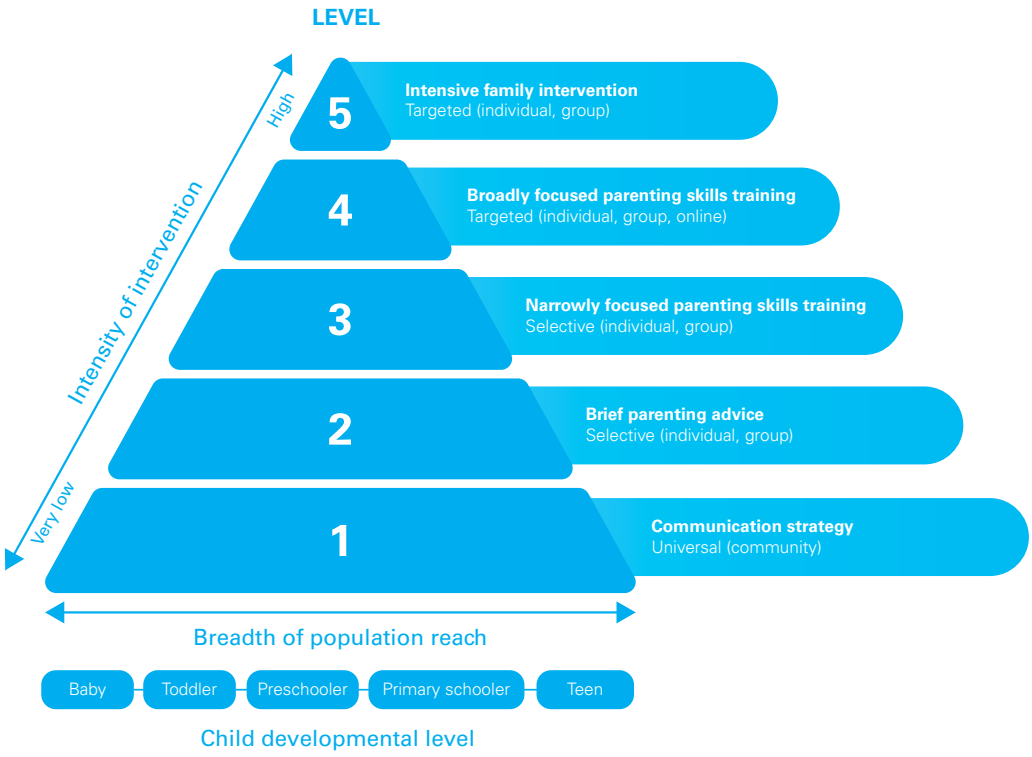
What is the Triple P System?

Triple P has been shown to prevent and treat behavioural, emotional and developmental problems in children by enhancing the knowledge, skills, and confidence of parents. Triple P achieves this through a strength-based and self-reflective approach that builds on existing parenting skills. The flexibility and scope of the system enables it to be offered in a variety of settings with a diverse range of practitioners and populations

Using the key principles of minimal sufficiency and self-regulation, support is tailored to each family's needs, with the ultimate goal of developing self-regulation in parents and children. Building a parent's ability to self-regulate decreases parental stress and depression as well as children's vulnerability to emotional and behavioural challenges[1].

Understanding the Triple P System

Triple P programmes are classified through a five-level system that addresses service intensity (i.e. the level of support parents may need) and how parents access support (e.g. one-to-one, groups, online). **Level 1** is a communications strategy that aims to raise awareness of parenting issues and destigmatise asking for parenting help. **Levels 2-4** provide direct support to parents at increasing levels of intensity and in different formats, including additional childhood programmes to hep parents manage their children's anxiety. **Level 2** is a "light touch" intervention providing brief assistance to parents who are generally coping well but have one or two concerns with their child's behaviour or development. **Level 3** is a targeted support for parents of a child with mild to moderate behavioural difficulties. **Level 4** is for parents of children with moderate/severe behavioural difficulties or those interested in gaining a more in-depth understanding of Positive Parenting. **Level 5** addresses issues that complicate parenting (e.g. partner conflict, stress, anger management, risk of child maltreatment, separation or divorce) and a programme to help parents with children who are overweight or obese.



1 Sanders, M. R. (2008). Triple P-Positive Parenting Program as a public health approach to strengthening parenting. *Journal of Family Psychology, 22*(4), 506–517. https://doi.org/10.1037/0893-3200.22.3.506

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Triple P Online

Triple P Online (0-12 years, 10-16 years, Fear-Less, Baby, Family Transitions, Stepping Stones, and Children and Screens) expands the potential reach of parenting support in communities and offers a responsive alternative for parents seeking guidance. Triple P Online can be used as:

- A referral option to meet the needs of families.
- Part of a mixed delivery strategy, where the parent completes the online programme and a Triple P provider gives additional support.
- An adjunct to Level 4 Triple P delivery (e.g. for partners who can't attend in-person sessions).
- A way to provide support for every parent, removing barriers to access, such as transportation, childcare, or availability of services.

Other Triple P programs

The Positive Early Childhood Education (PECE) Program introduces educators to equivalent strategies to those in Triple P, tailored for situations found in early learning settings. The PECE Program is designed to build a common language between educators and parents using Triple P.

Flexible delivery

Each Triple P programme is provided to parents as a separate intervention, and a population or targeted approach can be built from combinations of courses, based on community needs and initiative goals. Triple P programmes can be delivered via video conference or in-person.

The Triple P system can be delivered to every family with those in most need receiving greater support. The Triple P system can be delivered from universal access points including community health services, schools, early years settings, playgroups, voluntary sector and local government service providers.

The Triple P Evidence Base

Triple P has been ranked by the United Nations as the world's most extensively researched family skills training programme[2]. Triple P is backed by over 40 years of ongoing research carried out by more than 590 academic and research institutions around the world. Researchers from 43 countries have published more than 870 theoretical papers, clinical trials, meta-analyses, and population trials.



See The University of Queensland, Parenting and Family Support Centre's website at Triple P Evidence-base to access studies published about Triple P.

For more information please contact: contact.tpi@triplep.net

2 United Nations Office on Drugs and Crime. (2025). *Compilation of evidence-based family skills training programmes.* https://www.unodc.org/documents/prevention/Family_Compilation_Update_2025.pdf

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