

TRIPLE P ONLINE

WHAT IS TRIPLE P ONLINE?

A broad-based parenting intervention delivered online for parents of children up to 12 years. The programme involves eight (1-hour) online modules that parents complete independently in their own time, from a computer, tablet or smartphone. Parents have online access to complete the programme for 12 months. Triple P Online introduces users to Triple P's 17 core parenting skills – simple strategies to encourage positive behaviour and to prevent and manage misbehaviour. The programme teaches parents to apply these principles to specific situations, and includes strategies for partner support and coping with stress. The video-enriched programme aims for a balance of simplicity and interactivity to promote parental engagement and completion of the programme.

WHO IS IT FOR?

Parents who prefer an online programme or are more suited to completing an online programme for reasons such as busy schedules, geographical isolation, or inability to attend regular parenting courses. The programme can be used to prevent problems from developing or for parents of children with significant social, emotional or behavioural problems.

WHAT IS COVERED IN THE PROGRAMME?

Module 1: What is Positive Parenting?

Lays the foundations with the five basic principles of Triple P:

- Create a safe and interesting environment
- Create a positive learning environment
- Use assertive discipline
- Have realistic expectations
- Take care of yourself

Module 2: Encouraging behaviour you like

Focuses on ways to help get more of the behaviour parents like, and less of the behaviour they don't like. Gives information, tips and activities on:

- Quality time
- Paying attention
- Showing affection
- Talking with your child
- Descriptive praise
- Interesting activities

Module 3: Teaching new skills

Covers the key skills that children need, such as:

- Communicating and getting on with others
- Managing their feelings
- Becoming independent
- Solving problems

Parents will also learn 'incidental' teaching to help encourage language development, increase general knowledge and promote independent play.

Module 4: Managing misbehaviour

Provides information, tips and strategies for managing misbehaviour, including:

- Ground rules
- Directed discussion
- Planned ignoring
- Clear, calm instructions
- Consequences
- Quiet time
- Time-out

Module 5: Dealing with disobedience

Provides insights and strategies on:

- Why children behave the way they do
- Common parent traps that inadvertently reward disobedience
- The most effective way to give instructions
- The importance of consequences
- How to use quiet time and time-out effectively

Module 6: Planning ahead to prevent problems

This module helps parents to prevent problems through the following strategies, including:

- Planning ahead at home and away from home
- Planning for high-risk times
- Preparing in advance
- Deciding on rules
- Choosing interesting activities
- Using rewards for good behaviour and consequences for misbehaviour
- Having follow-up discussion

Module 7: Making shopping fun

This module provides tips and strategies for going shopping, including:

- Why children misbehave
- Planning ahead
- Encouraging good behaviour
- Dealing with difficult behaviour

Module 8: Raising confident, capable kids

Provides tips and key points on:

- Raising confident, capable kids
- Showing respect
- Being considerate
- Developing good social skills
- Developing healthy self-confidence
- Being a problem-solver
- Becoming independent



WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Triple P Online access code. Within the programme, a text summary of the content is continuously imported to an individualised workbook, which parents can print or email. Parents also receive worksheets, podcasts (English versions only), and emailed module summaries.

HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

A practitioner is not required to deliver the intervention, unless telephone support is to be provided to families completing Triple P Online. Telephone support time can be estimated at one hour per family requiring support (up to four 15-minute telephone calls). Telephone support is an optional service that agencies can provide to parents.

HOW DO PARENTS ACCESS THE INTERVENTION?

Each user requires a unique access code to operate Triple P Online. Agencies can either purchase access codes in bulk and provide these to parents, or parents can purchase an access code directly from the Triple P parent website.

Additional support options are available to promote Triple P Online and facilitate access code distribution. These may include digital parent assessment measures, a data dashboard that reports on user progress, digital and print media, or a website landing page.