

# FEAR-LESS TRIPLE P ONLINE

---

## WHAT IS FEAR-LESS TRIPLE P ONLINE?

A cognitive-behavioural parenting intervention delivered online that supports parents to help children manage their anxiety more effectively. The programme involves six (1-hour) online modules with videos and interactive activities that parents complete independently in their own time and at their own pace, from a computer, tablet or smartphone. (Parents have online access to complete the programme for 12 months.) Fear-Less Triple P aims to help parents to: set a good example of coping with anxiety; coach their children to become more emotionally resilient; develop a toolbox of strategies for helping children to manage their anxiety; and choose the most effective ways to respond to their children's anxiety.

## WHO IS IT FOR?

The programme is suited to parents or caregivers interested in coaching children to become more emotionally resilient or have children aged from 6 to 14 years with anxiety that causes significant distress or impact on their everyday life. Parents who prefer an online programme or are more suited to completing an online programme due to busy schedules, geographical isolation, or inability to attend regular parenting courses. The online programme may also be used by families waiting for clinic services or as an adjunct to in-person services (e.g. missed clinical sessions or session reviews).

## WHAT IS COVERED IN THE PROGRAMME?

### Module 1: Understanding anxiety

Parents learn about anxiety and how it works, and are encouraged to reflect on how it impacts their family. The module aims to give parents a better understanding of the factors involved in the development and continuation of children's anxiety.

### Module 2: Promoting emotional resilience

Parents are introduced to parenting strategies that promote emotional resilience in children. These strategies help parents encourage their children to express, tolerate and manage uncomfortable emotions more effectively.

### Module 3: Setting a good example and encouraging flexible, realistic thinking

This module introduces the importance of parental modelling in understanding children's emotional reactions. It also covers how thoughts can affect the development and maintenance of anxiety, highlighting the importance of flexible thinking and teaching parents to encourage this skill in children.

### Module 4: Overcoming avoidance

Parents learn about avoidance, the most common response to anxiety. Parents are introduced to the principle of exposure and the 'fear ladder', a tool used to gradually confront and overcome anxiety.

### Module 5: Responding to children's anxiety

This module focuses on the most common ways parents respond to children's anxiety, and the advantages and disadvantages of each. Parents are encouraged to reflect on which responses are relevant to them and what they might want to do differently.

### Module 6: Constructive problem solving and maintaining progress

Parents are introduced to a step-by-step problem solving approach to help children manage their anxiety. The module also covers some guidelines on how to maintain positive changes over time.

## WHAT RESOURCES DO PARENTS RECEIVE?

Each family receives a Fear-Less Triple P Online access code. Within the programme, a text summary of the content and parents' responses to activities are automatically saved to a personalised workbook, which parents can print or email. Parents can also download worksheets.

## HOW MUCH TIME IS NEEDED TO DELIVER THE INTERVENTION?

A practitioner is not required to deliver the intervention, unless organisations or services decide to provide additional telephone/video call support to families completing Fear-Less Triple P Online. This is optional and can be estimated at 45-minutes per family requiring support (up to three 15-minute telephone/video calls).

## HOW DO PARENTS ACCESS THE INTERVENTION?

Each user requires a unique access code to use Fear-Less 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. Fear-Less Triple P Online will be available in late 2021.

