

# what people say of Triple P

It gives every parent hope that they can change things and be the parent they want to be.

a parent's verdict on the Triple P experience

We're not out to change the world. We start small and hone in. This is all about the parents' concerns, how we can make Triple P fit for them, not the other way around ... What I want is for parents to go away from a Workshop with the tools and techniques for keeping any situation calm.

a practitioner on her experience of running Triple P workshops

## to find out more

Please visit [www.triplep-parenting.net](http://www.triplep-parenting.net)

- for information about programme dates and venues
- to download parenting podcasts
- to read Tippiaper (local stories and tips).

Go to [www.mapp.ie](http://www.mapp.ie) to read the National University of Ireland, Galway evaluation reports.

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Longford | Westmeath  
Parenting Partnership

Triple P Parenting



# Triple P helps you to be the parent you want to be



## for every parent

Being a parent can be one of the hardest things an adult can do – wonderful when things are going well, stressful or even painful should they go wrong. The Triple P Positive Parenting Programme provides simple practical help and advice that can help you feel more confident about your parenting skills. Taking part will also help you prevent the kind of problems that can sometimes make parenting difficult and exhausting, and if you are already experiencing problems, it will help you to deal with them more skilfully.

Taking part is easy and it's free. You decide for yourself how much positive parenting you want, or have time for. Involvement can range from simply reading the tips published in the programme's *Tippapers* or local newspapers, to attending a single session *seminar* or a two-hour *workshop*, to joining an eight-session *group* programme.

Triple P will help you manage your child's behaviour, emotions and development. It will encourage you to build strong relationships, communicate well and encourage the kind of behaviour you want to see more of.

The Longford | Westmeath Parenting Partnership have been successfully delivering Triple P since 2010; the Laois Offaly Parenting Partnership has been delivering Triple P since 2013. Programmes are delivered to parents with children seven years of age and younger. To date, more than 10,000 Triple P course places have been filled by parents across the four counties.

## how we know it works

The effects of the Triple P programme in Longford | Westmeath between 2010 and 2013 were measured by researchers at the National University of Ireland, Galway. They found significant lasting improvements in parents' self confidence and a significant decrease in mild and serious disruptive behaviour among children.

The parents who took part said they were very satisfied with the programme and how it was provided. They soon started talking to each other and exchanging parenting tips. Combined with the wider media strategy, this growing confidence in the programme had a positive impact on parents generally in Longford | Westmeath, regardless of whether they attended the programme.

The researchers compared results from Longford | Westmeath with those in a similar part of Ireland where Triple P was not being provided.

- The numbers of children with emotional and behavioural problems were significantly reduced in the population as a whole. For children with higher levels of need, these problems were down by 37.5% while in the non-Triple P area, they rose by 8.6%.
- There was a 30% decrease in reports of mild and higher levels of both parental distress and stress for parents in Longford | Westmeath.
- Parents also showed significant improvement in relation to reporting a good relationship with their child, engaging in positive parenting, and being likely to use appropriate discipline.