

## **ANNEX A – FACTSHEET ON EVIDENCE-BASED PARENTING PROGRAMMES – POSITIVE PARENTING PROGRAM (TRIPLE P) AND SIGNPOSTS**

### **A) About Evidence-Based Parenting Programmes**

Evidence-based programmes incorporate practices that have empirical research supporting their efficacy. MSF introduced evidence-based parenting programmes to provide support for parents, especially those with children in the transition years (tweens and teens), in 2014. Through our schools, the Positive Parenting Programme (Triple P) and Signposts Programme are currently available to parents of Primary 3 and 4, and Secondary 1 and 2 cohorts.

These cohorts were identified as children at these age groups are at key transitional stages and may exhibit behavioural issues that are new to parents. MSF hopes that these programmes can provide parents with more support as they guide their children through the challenging tween/teen years.

### **B) About Triple P**

The Positive Parenting Programme (Triple P) is an evidence-based programme that equips parents with techniques to promote their children's (aged up to 16 years) psychological, social and emotional competence. Triple P is built on a tiered system that provides different degrees of parental support (refer to table below).

Level 2	Three seminars of two hours each for parents of primary and secondary school children.
Level 3	Four one-to-one consultation sessions for parents who may require more help with children who display mild to moderate behavioural difficulties.
Level 4	Either five group sessions, followed by three phone consultation sessions; or 10 individual 1-hr sessions for parents of children with severe behavioural difficulties who may require targeted, intensive and active parenting training.

For parents who are unable to attend face-to-face programmes, an online option - Triple P Online (TPOL) - is also available.

MSF's evaluation studies have found that Triple P has positive effects on parenting and child outcomes in the Singapore context. Parents reported greater parenting competence, lower parenting stress, improved emotional states and reduced behavioural problems in children.

There was also positive feedback from parents who went through the programme, with 80% of parents who attended Level 3 and 90% who attended Level 2 finding the programmes relevant to their parenting needs.

### **C) About Signposts**

Signposts is an evidence-based programme that aims to equip parents with skills to help them understand, prevent and manage their child's difficult behaviour, via the development of a personalised programme that suits the unique needs of their child. Parents are also taught to develop strategies to prevent and manage difficult behaviour.

Signposts is conducted in small group sessions over 5 weeks (2hrs per session), and is currently available in primary schools. Parents of primary school children who have been recommended for Triple P Level 3 are also offered Signposts, which presents an additional option for parents who prefer small group discussions instead of the individual consultations offered under Triple P Level 3.

Parents can approach their child's school to find out more about these programmes and how they can participate.

# POSITIVE CHILD OUTCOMES FROM PARENT EDUCATION

The Positive Parenting Program (Triple P) and Signposts are evidence-based programmes currently offered in **295 primary and secondary schools** in Singapore.

Our studies show that they are effective\* in improving child behaviour, while parents are **happier** and become more **confident**.



**15%** ↑ in parenting confidence scores

Parents with **primary** school-going children reported a 15% **improvement** in their parenting satisfaction and efficacy scores after attending the **Triple P** programme.

**19%** ↓ in parenting stress scores

Parents with **primary** school-going children saw a 19% **reduction** in their parenting stress scores after attending the **Signposts** programme.



**31%** ↓ in emotional distress scores

Parents with **secondary** school-going children saw a 31% **reduction** in emotional distress scores after attending the **Triple P** programme.

**33%** ↓ in problematic child behaviour scores

Parents with **primary** school-going children reported a 33% **reduction** in their child's problematic behaviour scores after attending the **Signposts** programme



Interested parents can register through their children's schools.

*\*All figures shown above are statistically significant from studies done on Triple P and Signposts programmes with parents of primary and secondary school-going children.*

