

## FREQUENTLY ASKED QUESTIONS

### 1. Why did MSF decide to roll out the Positive Parenting Programme (Triple P) for parents in Singapore?

The Positive Parenting Programme (Triple P) is evidence-based, and widely regarded as an effective parenting programme. This programme was developed in Australia and is widely implemented in 25 countries.

Based on rigorous evaluation and supported by more than 30 years of on-going research across countries, this programme has proven to be effective in improving children's difficult behaviours and reducing parenting stress. Parents are equipped with practical and easy-to-understand tools to encourage positive behaviour in their children.

### 2. What are the five levels under the Triple P programme?

Level 1	Intervention delivers universal preventive parenting information aiming to provide solutions to common, developmentally-appropriate behavioural concerns.
Level 2	A brief seminar intervention of 3 sessions for parents of children with mild behavioural problems.
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.
Level 5	An enhanced behavioural family intervention delivered mainly as 2 to 5 individualised or group sessions; or 3 to 10 individualised sessions of 1 to 1.5 hours, for parents whose parenting demands are complicated by other sources of family distress (i.e. marital conflict, financial difficulties).

### 3. Why did MSF decide to focus only on Triple P Levels 2 and 3 in the pilot? What are the main differences between Triple P Levels 2 and Level 3?

The pilot involved Triple P Levels 2 and 3 to provide upstream and targeted support to mainstream families and families facing some behavioural issues with their children.

Level 2 is for parents who need a “light touch” and some ideas on what to do when they need to deal with a tricky parenting situation or mild behavioural issue. The sessions are conducted in a seminar-style format and comprise three 2-hr seminars.

Level 3 is for parents facing more challenging behavioural issues on a regular basis and where one-on-one help or coaching would be beneficial. Parents attend four one-to-one consultation sessions (45mins per session).

**4. Can all parents participate in this programme? What if it is not rolled out in the child’s school?**

To participate in the programme, parents from the respective cohorts are required to fill in the Strengths and Difficulties Questionnaire (SDQ) screening tool as a parent-report of their child’s behaviour. Based on the SDQ score, parents will be recommended the appropriate programme that best meet their needs.

The programme is open to all parents of Primary 3/4 and Secondary 1/2 cohorts in participating schools. MSF has scaled up the programme to 118 schools this year and targets to increase the outreach to 175 schools by 2018.

**5. Has MSF introduced any other evidence-based programmes for parents?**

Besides the Triple P programme, MSF also rolls out Signposts in primary schools. Signposts is conducted in a group session over 5 weeks (2hrs per session) and caters to parents who are struggling with daily parenting issues, and who require more intensive help and support.

**6. How many trainers are there currently? How are the trainers equipped or trained to conduct the programmes?**

There are currently 60 trainers who have been trained and are providing Triple P programmes in schools. All trainers have to undergo training and accreditation from Triple P International before delivering Triple P seminars and consultations.

**7. Why does the pilot only target parents of P3/4 and Sec 1/2 cohorts? Will MSF be offering Triple P to parents of other cohorts in the near future?**

Triple P was offered to parents of these identified cohorts as we note that children in these age groups are at key transitional stages and may exhibit behavioural issues that are new to parents. We hope to strengthen support for parents as they guide their children through the challenging tween/teen years and we intend to scale up the programme to more schools by 2018.

**8. Is Triple P offered in vernacular languages?**

Triple P Level 2 seminars are currently available in English, Mandarin and Malay. MSF is working with Triple P to translate key Level 3 consultation materials into Mandarin and Malay and we expect to deliver Level 3 in the vernacular languages from 2017.