TRIPLE P
POSITIVE PARENTING PROGRAMME
Level 3 Consultation Sessions

What is Triple P?
The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

Triple P Consultation Sessions are for parents who are facing difficult parenting issues on a regular basis and require one-on-one help or coaching.

What does it offer?
Simple and practical strategies to help you confidently manage your children’s behaviour, prevent problems developing and build strong, healthy relationships.

How is it delivered?
Triple P Consultation Sessions consist of 4 one-to-one consultation sessions (30 – 45 min per session) to help parents manage one or two specific behaviour problems that are a current concern.

Why is it effective?
► One of the most effective evidence-based* parenting programmes in the world.
► It offers parents preventive programmes of different intensity to meet their needs.
► Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
► Implemented in 25 countries such as Australia, Japan and Hong Kong.

*Evidence-based programmes are programmes which are peer-reviewed by experts in the field and is recognised by a respected research organisation, and included in their list of effective programmes.

For more information on Triple P Programme, please visit http://www.triplep.net/glo-en/home/