



What is Triple P? formal description

What is Triple P?

The Triple P - Positive Parenting Program is an internationally-recognized program that gives parents the skills they need to build strong family relationships, manage misbehavior and prevent problems happening in the first place.

What is Triple P?

The Triple P - Positive Parenting Program is one of the world's most effective parenting programs.

It gives parents the skills they need to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place.

With more than 30 years of ongoing research, Triple P has been scientifically trialed with thousands of families around the world and been found to work - regardless of culture, country or individual situation. Triple P has helped more than six million children and their families in more than 20 countries around the world.

What is Triple P?

The Triple P - Positive Parenting Program is one of the world's most effective parenting programs.

It is one of the few based on evidence from ongoing scientific research, with more than 230 trials and studies around the world showing its works - regardless of a family's culture, country or situation.

Triple P works by giving parents the skills to raise confident, healthy children and teenagers, and to build stronger family relationships. It also helps parents manage misbehavior and prevent problems occurring in the first place.

But it doesn't tell people how to parent. Rather, it gives them simple and practical strategies they can adapt to suit their own values, beliefs and needs.

Triple P is also different because it is not "one-size-fits-all". It's a system that offers increasing levels of support to meet parents' different needs. So parents can choose anything from one-off public seminars or self-help books to more detailed group courses or individual sessions.

Triple P is now used in more than 20 countries including the USA, England, Scotland, Ireland, Wales, Canada, Australia, New Zealand, Belgium, Sweden, Germany, Japan, Iran, Hong Kong, Singapore, the Netherlands,