



PARENTING PROGRAMME

Effective Parenting Approach to Raising Your Child!

TRIPLE P

Positive Parenting Programme

Level 4



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 Level 4 Group Sessions are meant for parents with concerns about their child's behaviour who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply for multiple contexts.

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 Level 4 consist of 5 group sessions (2 hr per session) and 3 individual telephone consultations (20 min per session) for a group of up to 12 parents.

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 are recognised by a respected research organisation, and included in their list of effective programmes.