A Brief Description of the Levels of Triple P

General Information:
Triple P- Positive Parenting Program® is a multi-level parenting and family support strategy that aims to prevent severe behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.

Triple P incorporates five levels of intervention of increasing strength for parents of children from birth to age 16.

Level 1: Universal Parent Information Strategy
This level provides parents with access to information about parenting through a coordinated media and promotional campaign. This level aims to increase community awareness of parenting resources, to encourage parents to participate in programs, and to create a sense of optimism by depicting solutions to common parenting concerns. This strategy serves to normalise and de-stigmatize parenting difficulties and prompt parents to seek help, information or advice on children’s behaviour if they need it.

Level 2: Selected Triple P (Seminar)/Selected Triple P (Individual Support)/Selected Teen Triple P
The Selected (Individual Support) Triple P parenting information strategy involves professionals in regular contact with families having brief conversations with parents of children with mild behaviour difficulties, using developed parent-friendly tip sheets and videotapes that demonstrate specific parenting strategies. Each tip sheet suggests effective ways of preventing or solving a common child management or developmental problem and typically includes information about the problem, why the problem may develop, how to prevent the problem, how to manage or solve the problem, and where to go for further help if required. Information is provided within a brief consultation format (one or two 10-minute sessions) that clarifies the presenting problem, explains the materials and tailors the information to the family’s needs. Families are invited to return for further help if they have any difficulties.

Level 2 interventions may also include the Triple P Seminar Series. These are designed for delivery to large groups of parents and include three 90 minute presentations. The seminar series includes specific seminars on the following topics: The Power of Positive Parenting; Raising Confident, Competent Children; Raising Resilient Children. Seminars are used to promote awareness of Triple P and as informative brief information sessions for any parent. The sessions include a structured presentation and a question and answer session. Other program resources including tip sheets can be displayed in the room and practitioners can be on hand to deal with individual inquiries and requests for further assistance.

The Teen Triple P Seminar Series is also available and addresses specific issues such as: Raising Responsible Teenagers; Raising Competent Teenagers; and Getting Teenagers Connected.

Level 3: Primary Care Triple P/Primary Care Teen Triple P/Primary Care Stepping Stones Triple P
This level of intervention involves four 20-30 minute consultations with parents of children with mild to moderate behaviour difficulties. Parents are supported and coached to create their own customized parenting plan to deal with their concerns. Practical advice on managing a specific problem behaviour is provided, assisted by the use of parenting tip sheets and DVD resources. This involves modelling and then coaching parents in the implementation of specific parenting strategies or routines using rehearsal, constructive feedback and goal setting.

Level 4: Standard Triple P/Standard Stepping Stones Triple P/Group Triple P/Group Teen Triple P/Self-Directed Triple P
There are several different delivery formats available at this level of intervention. Below are descriptions of the formats currently or in development of being offered in Alberta.

**Standard Stepping Stones Triple P**
This program includes adaptation for parents of preadolescent children who have a disability. This is a 10 individual consultation session program that incorporates Triple P parenting training methods and introduces additional strategies drawn from disability research literature.

**Group Triple P/Group Teen Triple P**
Group Triple P consists of four 2-hour group sessions which provide opportunities for parents to learn through observation, discussion, practice and feedback. DVD segments are used to demonstrate positive parenting skills. These skills are then practised in small groups. Parents receive constructive feedback about their use of skills in an emotionally supportive context. Between sessions, parents complete homework tasks to consolidate their learning from the group sessions. Following the group sessions, three 15-30 minute follow-up telephone sessions provide additional support to parents as they put into practice what they have learned in the group sessions. A final group session completes the program.

**Level 5: Enhanced Triple P/Pathways Triple P**
Level 5 is an enhanced behavioural family intervention program for families where parenting difficulties are complicated by other sources of family distress, such as relationship conflict, parental depression, or high levels of stress.

**Enhanced Triple P**
Following participation in a Level 4 program, families requesting or deemed to be in need of further assistance are invited to participate in this individually tailored program. This level extends the focus of intervention to include home-based skills training, mood management and stress coping skills for parents, and relationship communication skills as required. Each module is ideally conducted in a maximum of three sessions lasting up to 90 minutes each.

**Pathways Triple P**
Pathways Triple P is a four session intervention strategy for parents at risk of child maltreatment. This intervention is used in combination with either Group or Standard Triple P. Pathways Triple P aims to help parents build on effective management strategies and address the role that parental explanations for child behaviour and parental anger play in the development of these parenting strategies. Pathways Triple P employs active skills training techniques to help parents acquire new skills in managing their own emotions and behaviours along with those of their children.