

bringing you

Positive Parenting Programme (Triple P)



Triple P (Positive Parenting Program)



- **Developed By:**
Professor Matt Sanders through more than 30 years of clinical research trial
- **Aim:**
Prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents
- **Delivery Format:**
Large group seminars (**Triple P Level 2**), individual consultations (**Triple P Level 3**), and group sessions (**Triple P Level 4**)



Triple P : Positive Parenting Program

Triple P Level 2

Triple P Level 2 Seminars – Secondary Schools

- Consists of 3 seminars X 60 minutes parenting seminars.
- **3 Seminars include:**
 - i. Raising Responsible Teens
 - ii. Raising Competent Teens
 - iii. Getting Teens Connected

In view of COVID-19, Triple P Level 2 seminars are currently delivered via online seminars





Triple P : Positive Parenting Program

Triple P Level 3

Triple P Level 3

(i) Face 2 Face Session:

- Individual Consultations to help parents manage one or two specific behaviour problems that are a current concern.
- 4 weekly individual consultations x 45min/session over a 4 to 6 weeks period

(ii) Online Triple P (TPOL)

- Alternative for face-to-face
- Easily accessible, provides parenting support anywhere, on the go
- 8 modules for schools parents



In view of COVID-19, Triple P Level 3 sessions are currently conducted remotely (via video call) where possible. Face2Face sessions will be made available for urgent case held at the Parenting Support Provider premises



Triple P : Positive Parenting Program

Triple P Level 4

Triple P Level 4

(i) Face 2 Face Session:

- Group and Individual /Telephone Sessions
- 4 X 2hr Group sessions (4-6 families)
- 3 telephone calls
- Final 1 X 2hr Group Session

(ii) Online Triple P (TPOL)

- Alternative for face-to-face
- Easily accessible, provides parenting support anywhere, on the go
- 8 modules for schools parents



In view of COVID-19, Triple P Level 4 sessions are conducted remotely (via video call) where possible. Face2Face sessions will be made available for urgent case held at the Parenting Support Provider premises

Effectiveness of Triple P in Singapore

PARENTS WHO HAVE ATTENDED THE PROGRAMMES REPORTED...



31%

Reduction in Negative Emotional State

33%

Reduction in Difficult Children's Behaviours



15%

Improvement in Parenting Competency

25%

Decrease in Parenting Stress



Video On Triple P

English video:

<https://www.youtube.com/watch?v=Fo8XE2yQStg>

<https://youtu.be/0INUWjKxww0>

Upcoming Triple P Seminar 2 Webinars

- Registration portals normally open 3 weeks before first seminar dates, visit link or scan QR-

<https://www.morningstar.org.sg/triple-p/>



Language	Seminar 1	Seminar 2	Seminar 3	Day/Time
Malay (on-going)	5 Mar	12 Mar	19 Mar	Saturdays 11.30am - 12.30pm
English (open 4 Apr)	23 Apr	30 Apr	7 May	

Parenting Survey



Why is my child/teen so resistant to instructions? How do I make sense of my child/teen's behaviour? How do I get my child/teen to talk to me? If these questions sound familiar to you or if you are interested to find out more about these topics, please spend just 5 minutes to scan QR code to complete a short survey. We, at Morning Star Community Services, will contact you to share the updates with you.