What is Triple P?

– formal description 200 words

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The Triple P – Positive Parenting Program® (Triple P) is one of the world's most effective parenting support programs.

More than 870 trials, studies and published papers have shown Triple P is effective across cultures, socioeconomic groups and in many different family structures. This includes 207 randomised controlled trials, 432 evaluations, and 169 reviews including Triple P programs.

Triple P works by building parents' skills so they can raise healthy, happy children and teens, enjoy stronger family relationships, and create protective and nurturing environments for their families.

Triple P's range of programs give parents and families simple, practical strategies to build strong, healthy relationships, confidently guide children's behaviour and prevent problems developing.

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

Triple P is also distinctive in that 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-directed, online programs to more detailed group courses or individual sessions.

Triple P has helped over four million families worldwide. It is used in over 30 countries and program resources have been translated into 23 languages other than English.