Empowering Families Through the Triple P: Positive Parenting Program

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Triple P Objectives
- The aim of Triple P is to increase parental competence and confidence in raising children by
  - Increasing parents’ competence in managing common behavior problems and developmental issues
  - Reducing parents’ use of coercive and punitive methods of discipline
  - Improving parents’ communication about parenting issues
  - Reducing parenting stress associated with raising children

Targeted Strategies
- Introducing Ground Rules
- Directed Discussion
- Planned Ignoring
- Using Clear, Calm Instructions
- Behavior Charts
- Choosing Logical Consequences
- Quiet Time and Time Out
- Compliance Routine
- Behavior Correction Routine

Group Sessions Format
- Session 1: Identifying goals and influences of challenging behaviors
- Session 2: Promoting skill development
- Session 3: Strategies to address challenging behaviors
- Session 4: Creating high risk plans
- Session 5, 6, 7: Phone sessions
- Session 8: Follow up and future guidance

Levels of Intervention
- Level 1: Universal, Group, Individual
- Level 2: Standard and Group Triple P
- Level 3: Nother P Seminar
- Level 4: Standard and Group Triple P
- Level 5: Universal Seminar

Setting and Participants
- The Triple P program (8 sessions total) was conducted in collaboration between Kent State University and Akron Children’s Hospital, Ohio
- Parents who participated were referred from developmental pediatricians, local physicians, the court system and social services
- Groups ranged from two (2) to eight (8) parents with a range of behavioral concerns

Types of Programs
- Group: Standard, Stepping Stones, Teen, Triple P Seminar
- Individual: Stepping Stones

Measures
- All measures were given to participants at the beginning and the end of the program
  - The Parenting Scale (Arnold, O'Leary, Wolff, Y Acker, 1993)
  - Strengths and Difficulties Questionnaire (Goodman, 2000)

Research Questions
- How do the views of mothers and fathers differ regarding children’s behavioral issues and parenting styles?
- In a two-parent relationship, how do views differ on children’s behavioral issues and parenting styles?
- How do single parents differ from two-parent relationships on children’s behavioral issues and parenting styles?

Pre-Post Analysis
- Seven (7) parents completed pre and post assessments
  - There was a 28.5 point average improvement in the Parenting Scale, representing 13.5% gain
  - There was a 5 point average improvement in the Being a Parent Scale, representing a 35.1% gain

Research References