

Positive Parenting Programs

Background

Childhood adversities are stressful and potentially traumatic events during childhood that can have lasting negative effects on health and wellbeing, and significantly contribute to the development of mental health problems. Intervening early to reduce and prevent the impact of adversities could help lessen the mental health burden on children and families.

Thirty-two evidence-based interventions to reduce the occurrence and impact of adversities on children under 8 years of age were identified through a literature search.

These interventions were then taken through a Delphi study, which aimed to arrive at an informed group consensus on the most feasible interventions to implement in Australia. The Delphi method is a technique for systematically collecting expert opinions through a series of step-by-step surveys, and is a preferred method to establish consensus among experts, especially where there is a lack of evidence available to support decision making.

PPP's

Positive Parenting Programs (PPP) were one of six intervention categories identified through the literature search, and was the only specific intervention (out of 22 specific interventions) that achieved consensus from experts involved in the Delphi study. Positive parenting is an approach to parenting that gives parents tools and strategies to raise their child in an environment that is safe, loving and predictable. Some elements of positive parenting include: parents building good relationships with their children, parents setting boundaries and rules with their children, and following up with consequences that are not harmful (Triple P Positive Parenting Program, 2021).

Why choose PPP?

Positive parenting practices along with a safe and supportive home environment are essential for promoting and protecting health and development during childhood (Casillas et al., 2016; Kenneth et al., 2020). Participants in the Delphi study felt parenting programs could address the knowledge gap for new parents and provide support to their transition to parenthood (Hall et al 2021). (grey text not black)

Parenting Programs were endorsed as a priority given this intervention focuses on preventing the occurrence of ACE's as opposed to solely managing ACE's once it has occurred. There is also good quality evidence available of effectiveness and/or cost-effectiveness for this intervention to reduce adversity. Not only are positive parenting programs relevant to the Australian context, but programs can also be tailored to meet the needs of different families.

Implications

No single intervention alone can be expected to effectively prevent adversity and reduce the impact on child and family mental health. A multi-level, holistic approach that considers the interplay between the child, the family, the community, and the larger socio-political structure is more likely to have the largest impact on adversity. Parenting programs focus on the relationship between the child, parent and family and, therefore, provide an important strategy to reduce the impact of adversities. Three examples of Positive Parenting Programs include...



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Table 1. Examples of Positive Parenting Programs

Intervention	Overview	Resources and personnel needed	Does it work? (Data from quasi-RCTs)
Triple P	Triple P is a multilevel parenting program designed to help parents of children 0-16 years develop skills, strategies and confidence to parent children positively.	The personnel requirements to offer Triple P vary depending on the program level implemented, but often include: family support workers, clinicians, nurses, psychologists, counsellors, teachers, teacher's aides, police or child safety officers and social workers. Currently, the Triple P online program costs AU\$79.95 per parent. Triple P has comprehensive resources for both practitioners and parents in multiple languages.	Short-term and long-term improvements in children's social, emotional and behavioural outcomes and parenting practice/s. Long-term reductions in substantiated child maltreatment, out-of-home placements, hospitalisation, or emergency room visits for child maltreatment injuries.
Generation PMTO (formerly Parent Management Training - the Oregon Model)	GenerationPMTO is a structured parenting program for parents of children 2-18 years with disruptive behaviours. It aims to improve positive parenting.	Provided by GenerationPMTO therapists, who have completed extensive training on the program (no other specialised training is required). The program has training and implementation manuals.	Improved social competence, positive parenting and family cohesion. Reduced youth delinquency, arrests, and problem behaviours.
Incredible Years	Incredible Years is a series of three separate, multifaceted, and developmentally based programs for parents, teachers and children (aged 0-12 years) who are experiencing stress and difficulty in managing their children's behaviour.	Provided by therapists, counsellors, social workers, nurses, teachers and physicians who have undertaken standardised Incredible Years training and certification. Includes manuals and implementation resources.	Reduced child problem behaviour and improved foster carers' depression levels. Strengthened parent management skills and improved children's social and emotional competence.

Note: There is evidence of cost-effectiveness at reducing behavioural problems in Triple P, and The Incredible Years Program. Cost-effectiveness for Generation PMTO is unknown.



Positive Parenting Programs

PPP

Alternatively, more detail about Positive Parenting Programs can be accessed via the website:
<https://www.childhoodadversity.org.au/resources/for-service-providers/>

References

- 1) Casillas K., Fauchier, A., Derkash, B. et al. Implementation of evidence-based home visiting programs aimed at reducing child maltreatment: A meta-analytic review. *Child Abuse & Neglect* 53: 64–80 (2016) .
- 2) Hall, T., Honisett, S., Paton, K. *et al.* Prioritising interventions for preventing mental health problems for children experiencing adversity: a modified nominal group technique Australian consensus study. *BMC Psychol* 9, 165 (2021). <https://doi.org/10.1186/s40359-021-00652-0>
- 3) Triple P Positive Parenting Program (2021). Accessed on 04.01.2022 via: <https://www.triplep-parenting.net.au/vic-uken/about-triple-p/frequently-asked-questions/>

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