



Triple P – Positive Parenting Program

At a glance

- One of the few evidence-based parenting programs in the world. Triple P addresses child behavioural and emotional problems by giving parents proven tools and skills to build stronger families.
- Developed by Professor Matt Sanders and colleagues at the University of Queensland.
- Research ongoing for more than 35 years.
- More than 600 trials, studies and published papers, including more than 200 evaluation papers, 113 of which are randomized controlled trials, show that Triple P works across cultures, socioeconomic groups and family structures.
- 823 researchers from 256 institutions across 25 countries have been involved in Triple P research and publications.
- Ranked by the United Nations as the world's most extensively researched parenting program.
- Has won numerous national and international awards.
- Triple P has helped approximately **4 million children** and their families. It is used in **25 countries** and has been translated into **19 languages other than English**. More than **65,000 practitioners** have been trained in its delivery.
- Triple P is typically implemented by government bodies across regions/countries (typically Health, Families, Education).
- Subject of two primetime television series in the U.K. *Driving Mum and Dad Mad* followed 10 families as their lives were transformed by Triple P.
- Professor Sanders has consulted and advised governments at senior policy levels in Australia, Canada, the U.K., Ireland, Switzerland, New Zealand, Hong Kong, Singapore, Japan, Iran, Germany, France, Sweden, Belgium and the Netherlands. He has been a consultant to the World Health Organization and to the Council of Europe.