

TRIPLE P ONLINE

Triple P Online (TPOL) will introduce you to Triple P's 17 core parenting skills – simple strategies to encourage positive behaviour, and to prevent and manage misbehaviour. TPOL is suitable for parents of children up to 12 years of age.

You will have received your personal log on details (with access code) and can now complete the online parenting programme in your own time on a computer, tablet, or smart phone.

The interactive web-based intervention is designed to promote positive parenting practices, including the use of positive attention and praise, teaching strategies, antecedent strategies to avoid problems in high-risk situations, effective discipline for misbehaviour, the application of these principles to specific situations, and partner support and coping with stress.

User-friendly navigation

Navigation between the eight modules is sequential and you can navigate through the core content by clicking on the “next” or “back” buttons. Once a module is complete, you can move freely around the module by clicking on the side menu accessing particular sections of a video clip, edit your answers to activities and access all resources.

Modules

TPOL is designed for parents to complete a module each week for eight weeks, which takes approximately 30 minutes to 1 hour. There is flexibility built into this programme, with access codes valid for one year after activation.

Professor Matt Sanders introduces then reviews the content of each module. Every module ends

with a ‘get active’ section that asks you to develop achievable goals and set homework tasks to consolidate learning and to encourage between-session practice.

Videos & Activities

Each module contains brief video clips demonstrating Triple P strategies used by other families. An interactive activity (i.e. checklist, rating scale, multiple choice quiz) or ‘think about’ activity reinforces the strategy after viewing the clip. The activities aim to enhance parents’ motivation to implement the presented strategies in their own families.

Workbook

A text summary of the content presented in the videos is continuously imported to an individualised workbook. It also contains your responses to activities and allows you to add notes. This can then be printed or emailed. You will also receive a certificate upon completion.

Resources

At the end of each module, you will be presented with a variety of possible extras based on the content you have viewed. The options are:

- Worksheets - download monitoring forms, information sheets;
- Podcasts – download audio of the content;
- SMS – receive a text message containing some points for review; and
- Email – receive an email with a module summary.