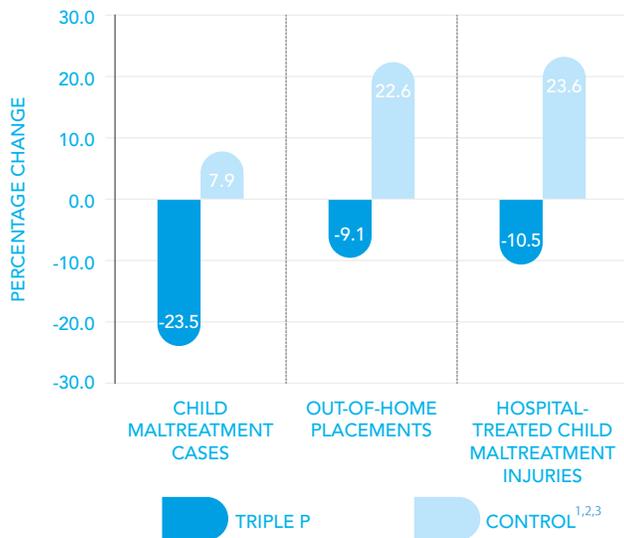


# WHY INVEST IN COMMUNITY- WIDE PARENTING SUPPORTS?

The importance of community-wide parenting supports cannot be overstated. When parents and caregivers are able to easily access support—children, parents and communities thrive and systems save. With a focus on prevention and using parents as the agents of change for their families, negative outcomes for children are avoided, positive outcomes for children increase, and the need for more costly interventions is spared. This all flows through to reductions in multiple areas of government expense, for example, hospital systems, child welfare, school intervention, behavioral health services, substance misuse treatment, and juvenile courts. Upstream prevention not only provides better outcomes for families and communities, it is also less costly.



Decades of research demonstrates that positive parenting—parenting in a practical, relational, and self-regulatory way—has positive effects on outcomes for children, while neglectful or harsh parenting has lasting, negative consequences. Positive parenting can set a path for early learning readiness, better

school achievement, better mental and physical health, and prevention of substance misuse. In long-term studies, the effects of positive parenting have been shown to improve career, income, and lifespan outcomes. Independent cost analyses indicate that Triple P can save governments money.<sup>4,5</sup>

EVERY \$1 SPENT ON  
TRIPLE P UPSTREAM SAVES  
\$7.78 DOWNSTREAM.



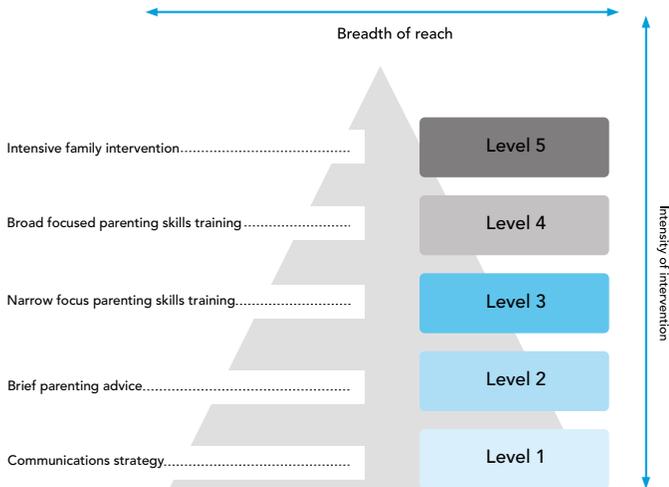
Supporting parents should be a cornerstone of community well-being initiatives. Parents are kids' first and life-long teachers. Their influence is far-reaching and of essential consequence. When parents feel confident managing every day parenting tasks, children fare well. When parents are stressed out, overwhelmed and over-burdened, children lose out.

## WHY TRIPLE P

All parents need support at some time. However, parenting can be confusing, and parents want accessible, proven and trustworthy solutions. The Triple P System is designed to provide such support for families at the right place, right time, and in the right amount—as often and whenever parents seek support.

- A parent who talks to their pediatrician about their infant's sleep patterns and has questions.
- The parent of a toddler who finds the grocery shopping melt-downs unmanageable and wants to find out how other parents cope.
- A grandparent caring for their grandchildren (who are no longer able to live with a parent) who has serious concerns about the behaviors they are seeing.
- A couple who don't have time to attend a class together but want ideas for managing their teen's emotions and take the online course together.

Triple P covers everything from light touch quick supports, for example providing literature with tips on how to address a common problem like tantrums in toddlers, to multi-week sessions—one-on-one formats, group options or online delivery—across the age spectrum. Triple P has something for everyone.



The Triple P System

Research as well as independent real-world evaluations in the U.S. have demonstrated that Triple P is effective with diverse communities and families.<sup>6,7,8</sup> It is the only parenting support model to show community-wide effects on reducing child maltreatment, foster care placements, and physical injuries due to child maltreatment seen in ERs.<sup>1,2,3</sup> It is the most researched parenting program in the world and is currently utilized in over 40 states.

### HOW DOES IT WORK?

The Triple P system has been designed to scale across communities as a multi-tiered approach, training existing workforces across sectors to offer parenting support in a way that fits within their work and the needs of parents they encounter. Triple P can be rolled out throughout a community making access easy and delivered by a workforce where there is an established relationship of trust with the parent. Staff in medical clinics, early child education and care settings, school counselors, librarians, case workers, family navigators, and of course parent educators and clinically trained behavioral health

providers can all deliver Triple P to families. And because Triple P uses the workforce already in place in communities, the program can be scaled quickly and widely.

### THE CURRENT CALL TO ACTION

The impacts of COVID 19 have greatly added to parental stress for many families. Parents who in other times may have felt able to manage household and parenting tasks are less confident and more stressed. Left unanswered, this trend will have detrimental effects for this generation of children. But solutions are readily available—programs that offer parents the support they need to be resilient and thrive such as the Triple P – Positive Parenting Program are ready to scale and already demonstrating effects in county and state roll-outs around the country.

### GET IN TOUCH

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<sup>1</sup> Prinz, R. J., Sanders, M. R., Shapiro, C. J., Whitaker, D. J., & Lutzker, J. R. (2009). Population-based prevention of child maltreatment: The U.S. Triple P system population trial. *Prevention Science*, 10(1), 1-12.

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<sup>2</sup> Prinz, R. J., Sanders, M. R., Shapiro, C. J., Whitaker, D. J., & Lutzker, J. R. (2016). Addendum to “Population-based prevention of child maltreatment: The U.S. Triple P system population trial”. *Prevention Science*, 17(3), 410-416.

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<sup>3</sup> Prinz, R. J. (2017). Assessing child maltreatment prevention via administrative data systems: A case example of reproducibility. *Child Abuse & Neglect*, 64, 13-18.

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<sup>4</sup> Washington State Institute for Public Policy. (2018). Benefit-cost results.

<http://www.wsipp.wa.gov>

<sup>5</sup> Foster, E. M., Prinz, R. J., Sanders, M. R., & Shapiro, C. J. (2008). The costs of a public health infrastructure for delivering parenting and family support. *Children and Youth Services Review*, 30, 493-501.

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<sup>6</sup> Love, S. M., Sanders, M. R., Turner, K. M., Maurange, M., Knott, T., Prinz, R., Metzler, C., & Ainsworth, A. T. (2016). Social media and gamification: Engaging vulnerable parents in an online evidence-based parenting program. *Child abuse & neglect*, 53, 95-107.

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<sup>7</sup> Abate, A., Marek, R., Venta, A., Taylor, E., & Velez, L. (2019). The effectiveness of a home-based delivery of Triple P in high-risk families in rural areas. *Journal of Child and Family Studies*, 29, 997-1007.

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<sup>8</sup> Lanier, P., Dunnigan, A., & Kohl, P. L. (2018). Impact of Pathways Triple P on pediatric health-related quality of life in maltreated children. *Journal of Developmental and Behavioral Pediatrics*, 39 (9), 701-708.

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