



## Triple P trials new program for grandparents

Grandparents who babysit their grandchildren are the focus of a new Triple P program being trialled in Australia.

Grandparent Triple P, which is based on the University of Queensland's world-renowned Triple P – Positive Parenting Program, was created in response to figures showing that grandparents are the largest single providers of child care in Australia, a trend echoed around the world.

Program Coordinator James Kirby, who developed the new program with Triple P founder Professor Matt Sanders, says the number of support programs currently available for grandparents involved in childcare doesn't match the demand.

"Grandparents have been parents before but that doesn't mean they don't have questions or concerns about looking after their grandchildren," says Kirby.

"On top of this, at times there can be tension between parents and grandparents over the best way to raise their grandchildren."

The program uses Triple P strategies to keep grandparents up to date with new parenting ideas.

"Grandparents need their own set of survival skills to care for their grandkids. With these skills, grandparents and parents will be able to work together to create a strong positive parenting team for their kids."

Kirby is currently calling for grandparents to participate in the trial at the University of Queensland. To qualify, singles or couples should be caring for a grandchild for at least 10 hours per week on a regular basis.

The course is being offered free as a nine-week group program with up to 10 people in each group. Grandparents will attend six group sessions aimed at refreshing parenting skills and providing coping skills, followed by three phone sessions to provide support at home.

"Participation in the program at this early stage is invaluable, and will help us to strengthen this much-needed service," says Kirby.

"Equipped with a toolbox of new skills, grandparents will have the confidence to know that they are doing it right."

Grandparent Triple P groups are being held at the University of Queensland's St. Lucia campus.

Grandparents interested in the free trial should contact James Kirby on (07) 3365 6207 or [j.kirby@psy.uq.edu.au](mailto:j.kirby@psy.uq.edu.au).

For more information, or to register online, visit <https://exp.psy.uq.edu.au/grandparents/>