

The following table summarises the Triple P system with a description of the target parent group, the practitioners best suited to each level, the delivery format, and any Triple P pre-requisite training required.

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
LEVEL 1 POPULATION INFORMATION STRATEGY							
UNIVERSAL TRIPLE P							
General population targeted through a communication strategy.	Universal Triple P is not a programme, but a premise underpinning the delivery of Triple P across populations. Universal Triple P acknowledges the importance of raising awareness of parenting issues and destigmatising the notion of asking for parenting help. A communications strategy, supports Universal Triple P. Communications materials are available for purchase as a suite or separately.	Includes websites or web pages, brochures, posters, flyers, parent newspapers, outdoor artwork, radio scripts, online banner artwork.	To be implemented with Level 2–5 Triple P programmes.	None	n/a	n/a	n/a
LEVEL 2 BRIEF INTERVENTION							
SEMINAR TRIPLE P <sup>d</sup>							
Parents interested in general information about promoting their child's development.	Those involved in education, social services, health services, or voluntary organisations.	4 x 90-minute seminars delivered to large groups of parents.	None	2 days' training 1 day pre-accreditation 1 day accreditation (2 x ½ day accreditation workshops with maximum 10 participants each)	3 hours per seminar	1 x Seminar Tip Sheet	300 seminar places <sup>e</sup>

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
SEMINAR TEEN TRIPLE P <sup>d</sup>							
Parents interested in general information about promoting their teen's development.	Those involved in education, social services, health services, or voluntary organisations.	3 x 90-minute seminars delivered to large groups of parents.	None	2 days' training 1 day pre-accreditation 1 day accreditation (2 x ½ day accreditation workshops with maximum 10 participants each)	3 hours per seminar	1 x Teen Seminar Tip Sheet	300 seminar places <sup>e</sup>
SEMINAR STEPPING STONES TRIPLE P <sup>d</sup>							
Parents of children with disability (up to 12 years old) interested in general information about promoting their child's development.	Those involved in education, disability services, health services, or voluntary organisations.	3 x 90-minute seminars delivered to large groups of parents.	None	2 days' training 1 day pre-accreditation 1 day accreditation (2 x ½ day accreditation workshops with maximum 10 participants each)	3 hours per seminar <sup>f</sup>	1 x Stepping Stones Seminar Tip Sheet	300 seminar places <sup>e</sup>
LEVEL 3 BRIEF INTERVENTION							
PRIMARY CARE TRIPLE P <sup>g</sup>							
Parents with a specific concern about their child's behaviour who require one-to-one consultations and active skills training. These parents may be unable to commit to regular treatment over longer periods of time. It can also be offered to families with complex needs where access to more intensive interventions is not immediately available.	Those who may be involved in occasional support for the client and are able to provide focused therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians and allied health professionals.	Brief individual consultations (possibly 4 x 20–30-minute sessions over 1–2 months).	None	2 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	2 ¾ – 3 ¼ hours per family	1 x Positive Parenting Booklet 3 x Tip Sheets	50

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
PRIMARY CARE TEEN TRIPLE P <sup>h</sup>							
Parents with a specific concern about their teen's behaviour who require one-to-one consultations and active skills training. These parents may be unable to commit to regular treatment over longer periods of time. It can also be offered to families with complex needs where access to more intensive interventions is not immediately available.	Those who may be involved in occasional support for the client and are able to provide focused therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, and allied health professionals.	Brief individual consultations (possibly 4 x 20–30-minute sessions over 1–2 months).	None	2 days' training 1 day pre-accreditation  2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	2 ¾ – 3 ¼ hours per family	1 x Positive Parenting for Parents of Teenagers Booklet  3 x Teen Tip Sheets  1 x Teen Wall Chart	50
PRIMARY CARE STEPPING STONES TRIPLE P							
Parents of children with disability (up to 12 years old) with a specific concern about their child's behaviour who require one-to-one consultations and active skills training. These parents may be unable to commit to regular treatment over longer periods of time. It can also be offered to families with complex needs where access to more intensive interventions is not immediately available.	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians and allied health professionals.	Brief individual consultations (possibly 4 x 20 – 30-minute sessions over 1–2 months).	None	3 days' training 1 day pre-accreditation  2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	2 ¾ – 3 ¼ hours per family <sup>f</sup>	1 x Positive Parenting Booklet  2 x Stepping Stones Primary Care Booklets	50
TRIPLE P DISCUSSION GROUPS							
Parents with a specific concern about their child's behaviour who would benefit from a focused topic-based 2-hour group discussion. The discussion group topics are:  <ul style="list-style-type: none"> <li>• Hassle-free shopping with children.</li> <li>• Managing fighting and aggression.</li> <li>• Developing good bedtime routines.</li> <li>• Dealing with disobedience.</li> <li>• Hassle-free mealtimes with children.</li> </ul>	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions to small groups of parents, including teachers, school counsellors, nurses, home visitors, family physicians, paediatricians, allied health professionals and parent educators.	A single-session 2-hour group discussion with an average of 10 parents.	None	2 days' training 1 day pre-accreditation  1 day accreditation (2 x ½ day accreditation workshops with maximum 10 participants each)	4 hours per group	1 x Group Discussion Workbook	100

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
TEEN TRIPLE P DISCUSSION GROUPS							
Parents with a specific concern about their teen's behaviour who would benefit from a focused topic-based 2-hour group discussion. The discussion group topics are: <ul style="list-style-type: none"> <li>• Getting teenagers to cooperate.</li> <li>• Coping with teenagers' emotions.</li> <li>• Building teenagers' survival skills.</li> <li>• Reducing family conflict.</li> </ul>	Those who may be involved in occasional support for the client and are able to provide brief therapeutic interventions to small groups of parents, including teachers, school counsellors, nurses, family physicians, allied health professionals and parent educators.	A single-session 2-hour group discussion with an average of 10 parents.	None	2 days' training 1 day pre-accreditation 1 day accreditation (2 x ½ day accreditation workshops with maximum 10 participants each)	4 hours per group	1 x Teen Group Discussion Workbook	100
LEVEL 4 INTENSIVE INTERVENTION							
GROUP TRIPLE P							
Parents with concerns about their child's behaviour who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 8 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers and parent educators.	5 x 2-hour group sessions + 3 x 20-minute individual telephone consultations for a group of up to 12 parents of children aged 0–12 years.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	40 hours per group	1 x Every Parent's Group Workbook	30
GROUP TEEN TRIPLE P							
Parents with concerns about their teen's behaviour who require intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 8 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, and social workers and parent educators.	5 x 2-hour group sessions + 3 x 20-minute individual telephone consultations for a group of up to 12 parents of teens.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	40 hours per group	1 x Teen Triple P Group Workbook	30

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
GROUP STEPPING STONES TRIPLE P							
Parents of children with disability (up to 12 years of age) requiring intensive training in positive parenting or those who wish to learn a variety of parenting skills to apply to multiple contexts. These parents can commit to 9 weeks of regular appointments.	Those who are able to provide regular group interventions, including school counsellors, nurses, psychologists, social workers and parent educators.	6 x 2 ½-hour group sessions + 3 x 20-minute individual telephone consultations for a group of up to 9 parents of children with disability (aged 0–12 years).	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	37 ½ hours per group <sup>f</sup>	1 x Stepping Stones Triple P Group Workbook	35
STANDARD TRIPLE P							
Parents with concerns about their child's moderate to severe behavioural problem who require intensive training in positive parenting on a one-to-one basis. These parents can commit to 10 weeks of regular appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers and allied health professionals.	10 individualised 1-hour weekly sessions.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	19 hours per family	1 x Every Parent's Family Workbook	25
STANDARD TEEN TRIPLE P							
Parents with concerns about their teen's moderate to severe behavioural problem who require intensive training in positive parenting on a one-to-one basis. These parents can commit to 10 weeks of regular appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers and allied health professionals.	10 individualised 1-hour weekly sessions.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	19 hours per family	1 x Teen Triple P Family Workbook	25

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
STANDARD STEPPING STONES TRIPLE P							
Parents of children with disability (up to 12 years old) who have concerns about their child's moderate to severe behavioural problem and are able to commit to 2 months of regular one-to-one appointments.	Those who are able to provide individualised regular interventions, including school counsellors, nurses, psychologists, social workers and allied health professionals.	10 individualised 1 ½-hour weekly sessions.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	19 hours per family <sup>f</sup>	1 x Stepping Stones Triple P Family Workbook	35
FEAR-LESS TRIPLE P							
For parents of children aged 6-14 years with moderate to high levels of anxiety that negatively impacts on everyday functioning.	Those who are able to provide regular interventions, including family support workers, school counsellors, nurses, psychologists, social workers and allied health professionals.	6 x weekly group or individual sessions, or as a 1-day or three 2-hour intensive group workshop.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½-day accreditation workshops with maximum 5 participants each)	18-21 hours per group or individual family, or 11 ½ hours per intensive group workshop	1 x Fear-Less Triple P Workbook	32 families for group or workshop delivery or 25 families for individual delivery
TRIPLE P FOR BABY							
Parents at the transition to parenthood or with a baby up to 12 months of age.	Those who are able to provide regular interventions, including family support workers, nurses, psychologists, social workers and allied health professionals.	4 x 2-hour group or individual sessions + 4 x 30-minute individual telephone consultations.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½-day accreditation workshops with maximum 5 participants each)	Group Programme 42 hours per group Individual Programme 15 hours per family	1 x Triple P for Baby Workbook	30 families for group delivery or 25 families for individual delivery

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
LEVEL 5 ADJUNCTIVE SUPPORT							
GROUP LIFESTYLE TRIPLE P							
Parents of overweight or obese children (5–10 years of age) who have concerns about their child's weight and are willing to make changes in their family's lifestyle. These parents can commit to up to 6 months of regular appointments.	Those who are able to provide regular group interventions, including dietitians, physical education teachers, nurses, psychologists and physicians.	10 x 1 ½-hour group sessions + 4 x 20-minute telephone consultations for a group of up to 10 families.	None	3 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	55 hours per group	1 x Every Parent's Group Lifestyle Workbook  1 x Lifestyle Triple P Active Games Booklet	20
FAMILY TRANSITIONS TRIPLE P							
Parents going through separation and divorce who have concurrent concerns about their child's behaviour.	Those who are able to provide regular interventions, including family support workers, school counsellors, nurses, psychologists, social workers, and allied health professionals.	5 x 2-hour individual or group sessions in addition to a Level 4 Triple P programme.	None	2 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	21 hours per group <sup>i</sup>	1 x Family Transitions Workbook	25
ENHANCED TRIPLE P							
Parents of children with concurrent child behaviour problems and family adjustment difficulties, e.g. parental depression or stress and partner conflict. These parents have attempted a Level 4 programme and shown minimal improvements.	Those who are able to provide regular interventions, including school counsellors, nurses, psychologists, social workers and allied health professionals.	3–8 individualised 60–90-minute parenting sessions.	Any Level 4 Triple P Provider Training Course, or any Level 3 Primary Care Triple P Provider Training Course.	2 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	15 ½–19 hours per family <sup>j</sup>	2 x Every Parent's Supplementary Workbook Modules 1–3  1 x Every Parent's Supplementary Workbook Module 4 (Maintenance and Closure)	25

TARGET CLIENT GROUP <sup>a</sup>	TYPICAL PRACTITIONERS	DELIVERY FORMAT	PRE-REQUISITE COURSES	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY <sup>b</sup>	RESOURCES PER FAMILY	ESTIMATED FAMILIES PER PRACTITIONER PER YEAR <sup>c</sup>
PATHWAYS TRIPLE P							
Parents who have anger-management issues and other issues that put them at risk of child abuse and neglect.	Those who are able to provide regular interventions, including school counsellors, nurses, psychologists, social workers and allied health professionals.	2–5 individualised or group 60–90-minute sessions.	Any Level 4 Triple P Provider Training Course, or any Level 3 Primary Care Triple P Provider Training Course.	2 days' training 1 day pre-accreditation 2 days' accreditation (4 x ½ day accreditation workshops with maximum 5 participants each)	Individual Programme <sup>i</sup> 9 ½–12 hours per family  Group Programme 20 hours per group	3 x Pathways to Positive Parenting Modules	25

- a The word “parent” referred to in relation to Triple P is used to refer to any person who is a biological parent, adoptive parent, guardian, carer, or who is otherwise acting in a parental role in respect of a person who is a child or adolescent.
- b These estimates are a guide only and will vary from practitioner to practitioner based upon skill, experience, qualification, and access to supervision. Practitioners new to Triple P may require more preparation time to what is outlined. Refer to the Practitioner Information Sheets for details on the time delivery calculations.
- c Please note these figures are a guide only and will vary for each practitioner based on practitioner skill, experience, qualification, access to supervision, and allocation of time to provide Triple P.
- d Assumes an organisation has established a successful referral process for families requiring further assistance.
- e Assumes 50 families per seminar and each family attends two seminars.
- f Stepping Stones programmes may require additional time to address complex cases.
- g Practitioners trained in Primary Care Triple P are eligible to provide Brief Primary Care Triple P sessions with parents. For more information please contact your local IC or Triple P Office.
- h Practitioners trained in Primary Care Teen Triple P are eligible to provide Brief Primary Care Teen Triple P sessions with parents. For more information please contact your local IC or Triple P Office.
- i In addition to a Level 4 Triple P programme.
- j Based on an average of two modules (8 sessions) completed per family in addition to Level 4 programmes.



The following table summarises the Positive Early Childhood Education (PECE) Program with a description of the target client group, the participants best suited to each option, and the delivery format.

TARGET CLIENT GROUP*	TYPICAL PRACTITIONERS	DELIVERY FORMAT	TRAINING & ACCREDITATION DAYS	TOTAL TIME FOR PROGRAMME DELIVERY**
POSITIVE EARLY CHILDHOOD EDUCATION COACHING				
Professionals in the early childhood education sector, including early childhood education and care centres, preschools, home-based child care and after school care.	PECE Coach Training is suitable for centre directors, lead teachers, supervisors, consultants, or others in a position to support professional learning.	Up to four 45-minute coaching sessions.	2 days' training 1 day pre-accreditation 2 days' accreditation (2 x 1 day accreditation workshops with maximum 10 participants each)	1 - 4 hours per educator
ONLINE PROGRAMME FOR EDUCATORS				
PECE Online is a professional learning programme, designed to build educators' knowledge, confidence and skills and enhance educators' self-efficacy in implementing strategies that promote children's development, social competence and self-regulation. Educators can complete the programme in on a computer, tablet, or smartphone.	PECE Online is designed for professionals in the early childhood education sector, including early childhood education and care centres, preschools, home-based child care and after school care.	4 x 60-minute online modules. Plus practice sessions with a PECE Coach or as peer review.	n/a	n/a

\* 'Educators' includes teachers and educators delivering an early childhood education and care programme.

\*\* These estimates are a guide only and will vary from practitioner to practitioner based upon skill, experience, qualification, and access to supervision. Practitioners new to Triple P may require more preparation time to what is outlined. Refer to the Practitioner Information Sheets for details on the time delivery calculations.

The following table summarises the Triple P online programmes with a description of the target parent group, the typical providers, and the delivery format.

TARGET CLIENT GROUP*	TYPICAL PROVIDERS	DELIVERY FORMAT
ONLINE PROGRAMMES FOR PARENTS		
TRIPLE P ONLINE		
Parents of children up to 12 years who are more suited to completing an online programme for reasons such as busy schedules, geographical isolation, personal preference for online, or unable to attend regular parenting courses.	Triple P Online is a stand-alone web-based intervention designed to promote positive parenting practices and teach parents the application of principles to specific situations. Parents can complete the programme in their own time on a computer, tablet, or smartphone.	8 x 30–60 minute online modules, completed at a parent's own pace.
TEEN TRIPLE P ONLINE		
Parents of children aged between 10 and 16 years who are more suited to completing an online programme for reasons such as busy schedules, geographical isolation, personal preference for online, unable to attend regular parenting courses.	Teen Triple P Online is designed for parents to complete as a stand-alone web-based intervention that promotes the use of positive parenting practices and teaches parents the application of principles to specific situations. Parents can complete the programme in their own time on a computer, tablet or smartphone.	6 x 30–60 minute online modules, completed at a parent's own pace.
FEAR-LESS TRIPLE P ONLINE		
Parents of children aged between 6 and 14 years with moderate to high levels of anxiety that negatively impacts on everyday functioning. An online programme is more suitable for reasons such as busy schedules, geographical isolation, personal preference for online, unable to attend regular parenting courses.	Fear-Less Triple P Online is designed for parents to complete as a stand-alone web-based intervention that promotes the use of positive parenting practices and teaches parents strategies for anxiety management. Parents can complete the programme in their own time on a computer, tablet or smartphone.	6 x 45-60 minute online modules, completed at a parent's own pace.
TRIPLE P ONLINE FOR BABY		
Parents at the transition to parenthood or with a baby up to 12 months of age. An online programme is more suitable for reasons such as busy schedules, geographical isolation, personal preference for online, unable to attend regular parenting courses.	Triple P Online for Baby is designed for parents to complete as a stand-alone web-based intervention that promotes the use of positive parenting practices and prepares parents for a positive transition to parenthood and the first year with baby. Parents can complete the programme in their own time on a computer, tablet or smartphone.	7 x 60 minute online modules, completed at a parent's own pace.
FAMILY TRANSITIONS TRIPLE P ONLINE		
Parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. This web-based intervention focuses on skills to resolve conflicts with former partners and how to cope positively with emotional distress following separation or divorce. An online programme may be more suitable for reasons such as busy schedules, geographical isolation, personal preference for online, or for parents that are unable to attend regular parenting courses.	Family Transitions Triple P Online is designed for parents to complete as a stand-alone web-based intervention. Parents can complete the programme in their own time on a computer, tablet or smartphone.	5 x 45-60 minute online modules, completed at a parent's own pace.  Note: It is recommended that these five modules be followed by a Level 3 or 4 Triple P programme (including Triple P Online).
STEPPING STONES TRIPLE P ONLINE		
Parents of children with disability up to 12 years who are more suited to completing an online programme for reasons such as busy schedules, geographical isolation, personal preference for online, or unable to attend regular parenting courses.	Stepping Stones Triple P Online is designed for parents to complete as a stand-alone web-based intervention. Parents can complete the programme in their own time on a computer, tablet or smartphone.	9 x 45-60 minute online modules, completed at a parent's own pace.

\* The word "parent" referred to in relation to Triple P is used to refer to any person who is a biological parent, adoptive parent, guardian, carer, or who is otherwise acting in a parental role in respect of a person who is a child or adolescent.