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MEDIA RELEASE

Triple P takes the parenting pulse of Queensland

Almost half the parents responding to the Triple P – Positive Parenting Program’s annual parenting survey believe doing a parenting program would make them a more patient, resilient and confident parent.

Interim results show 48 per cent believe their life would be less stressful if they knew how to better manage their children’s behaviour; 64 per cent say the best time to do a parenting program is before children start school; and more than 17 per cent say arguments over screen time have a ‘large impact’ on their family life.

More than 44 per cent of parents who have responded to the *Queensland Parenting Survey* so far say their child has been bullied by another child in person, compared to 7 per cent via social media and 16 per cent by siblings.

Ice is the drug that worries parents the most, and the hardest thing about being a parent has so far been identified as feeling overwhelmed by work and family commitments, followed by the challenge of managing their children’s behaviour.

Parents and carers can do the 20-question survey at www.triplep-parenting.net.

Triple P parenting expert Dr Alan Ralph said the survey responses received so far indicate parents are becoming more open to the benefits of parenting education and its positive impact on family life.

“The benefits of positive parenting are well documented, and parents who do an evidence-based program like Triple P can look forward to a calmer, happier home life and improved personal wellbeing,” he said.

“Children raised in a positive home environment also perform better at school, get better jobs, experience better health and enjoy more positive relationships, so learning how to be a positive parent is a lifelong investment in your children’s future.”

Triple P programs are FREE in Queensland through a State Government initiative. Visit www.triplep-parenting.net to register for online, in-person or workbook-based support.

The fourth annual *Queensland Parenting Survey* will close at midnight on Sunday, February 17.

PHOTO CAPTION:

Triple P parenting expert Dr Alan Ralph says there are tangible, lifelong benefits for children raised in a positive parenting environment.

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