

Families going it alone

Lack of support adds to stress

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PARENTING has never been more stressful with mums and dads moving cities even countries for jobs, leaving behind the backup of family and friends, experts say.

The Sunday Mail has joined with parenting organisation Triple P and Channel 7 to empower parents and make their voices heard.

The Queensland Parenting Survey which can be completed online from today, aims to highlight the concerns, and successes, of Queensland parents in the biggest campaign of its type in the state.

Triple P founder and clinical psychologist Professor Matt Sanders said parents were facing constant challenges but with help they can feel empowered to set firm rules under which children flourish. "Children thrive when raised in a calm, nurturing, consistent environment, with rules and routines they understand, and where consequences are applied consistently and appropriately.

"That's why Triple P programs focus on encouraging and empowering parents to put into practice simple parenting strategies that have been proven to improve family life and to work across cultures and different family structures," he said.

To read more, please visit: <https://www.couriermail.com.au/news/queensland/triple-p-parenting-survey-parents-given-a-voice-in-stressful-times/news-story/217118a8c4cb36b1b7f1cfbb9f150017>