



MEDIA RELEASE

Hon Di Farmer MP

Minister for Child Safety, Youth and Women and
Minister for the Prevention of Domestic and Family Violence

\$11.95 million commitment backs parenting help from Triple P

An estimated 200,000 parents and carers have upgraded their parenting skills thanks to the Palaszczuk Government's support of the Triple P — Positive Parenting Program.

Minister for Child Safety, Youth and Women Di Farmer said the Government had committed \$11.95 million through to 2020 to make the Triple P program free for parents across Queensland.

Ms Farmer said the number of parents supported would continue to rise, with 1100 training places taken up by health, community services and education professionals over the past three years to expand the reach of the program.

"We know that every parent struggles sometimes, and some parents struggle more than most," Ms Farmer said.

"Our support of the Triple P program is about helping Queenslanders to be the best parents they can be and take some of the stress out of parenting."

The State Government's funding has given parents open access to Triple P's group, one-on-one and online parenting support programs.

A self-help workbook with follow-up phone support is also available if proximity to a Triple P provider or lack of reliable internet access is an issue.

Ms Farmer said there was increasing awareness about the lifelong benefits of raising children in a positive parenting environment.

"Research shows children who grow up in a positive home environment are more likely to perform better at school, have better jobs, enjoy better health, have better social and emotional skills and experience more positive relationships, which is why we've made Triple P accessible to all families," she said.

"Triple P is not about being the perfect parent, but about learning how to make family life more enjoyable and less stressful by parenting more effectively."

Triple P founder Professor Matt Sanders said the State Government's decision to give parents free access to evidence-based parenting support was creating generational change across the state.

"Parenting is a skill just like any other that can be taught, and can be learnt," he said.

"Whether it's learning how to get the kids to bed on time without yelling, or how to get them to behave when you're out shopping, or just teaching kids how to get on with others, simple and mindful changes in our approach to parenting can make a big difference."

82.2 per cent of people who have done Triple P in the past three years are female; 20.7 per cent are single parents; 46.9 per cent have children under 4; 39.9 per cent have children aged 5 -11; 13.2 per cent have children aged 12-16; 14.9 per cent of people spoke a language other than English; and 3 per cent identified as Aboriginal or Torres Strait Islander.

Parents, step-parents, grandparents, carers and guardians can visit www.triplep-parenting.net to register for sessions or sign up for Triple P Online.

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