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## MEDIA RELEASE

### What are you worrying about?

Queensland parents are being asked to reveal their greatest parenting fears, joys and challenges.

The Triple P – Positive Parenting Program today launched its annual statewide survey of parents and carers of children aged up to 16.

To complete the survey visit [www.triplep-parenting.net](http://www.triplep-parenting.net)

Last year's survey revealed Queensland parents' top three concerns included how to make children eat healthily and keep active, managing screen time, and coping with kids' emotional outbursts.

Triple P's 2017 survey found parents worried the most about their children affording a house of their own, getting a job, and staying away from drugs.

Triple P founder and clinical psychologist Professor Matt Sanders said recent media coverage of suspected drug-related deaths at music festivals could make drug concerns a priority for parents of teens this year.

The complexity of managing screen time in a digital world, and the challenge of dealing with tantrums and disobedience are expected to again feature in responses from parents of younger children.

Professor Sanders said the good news is research proves raising a family in a positive parenting environment significantly reduces emotional and behavioural problems in children, and improves parent wellbeing.

"Children thrive when raised in a calm, nurturing, consistent environment, with rules and routines they understand, and where consequences are applied consistently and appropriately," he said.

"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.

"At the end of the day, we all want to raise happy, healthy, resilient children who feel supported and confident about making positive life choices for themselves as they get older."

Research shows children who grow up in a positive, nurturing environment have better language and social skills, better resilience, experience more positive relationships, and have better job and health outcomes.

One trend Triple P hopes to see continue in this year's survey results is fewer parents supporting children being physically disciplined. Last year's survey showed a dramatic 11 per cent increase in the number of parents saying they would 'never smack' their children, rising from 41 to 52 per cent.



Professor Sanders said children definitely needed discipline and boundaries, and to understand expectations and the consequences of their behaviour, but multiple studies over the years had found smacking did not lead to improved child behaviour.

“Research shows a more effective response when a child or teen misbehaves is for parents to stay calm, explain why a certain behaviour is unacceptable and, depending on the child’s age, take away a toy or device or send them to a quiet spot to calm down and think about their behaviour,” he said.

Another hot topic from last year’s survey was concern about bullying, with 40 per cent of parents saying their child had been bullied the previous year. Of these children, 84 per cent were bullied by another child, 27 per cent by siblings, and 14 per cent through online and social media.

Access to Triple P’s group, one-on-one and online parenting programs is free in Queensland through a State Government initiative. Visit [www.triplep-parenting.net](http://www.triplep-parenting.net) for more information.

If you wish to interview a Triple P spokesperson or Queensland parent about the survey or the challenges of raising children in 2019, please contact Rachel on the mobile number or email address below.

**PHOTO CAPTION:**

***Triple P founder and clinical psychologist Professor Matt Sanders is once again inviting parents to share the fears, joys and challenges of raising a family in the year 2019.***

Ends.

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