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TRIPLE-P A MAJOR KEY IN PARENTING NOWADAYS

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Abstract

In this article we aim to show you how Triple-P positive parenting program is applied in a preventive Mother- Father- Child type Clinic, over a period of three weeks. The article describes the concept and importance of the Triple-P positive parenting program and shows us the satisfaction of the participants at the training. The Triple-P positive parenting program, is an internationally evaluated and recognized program developed in Australia by professor doctor Sanders and his team. One of the goals of the program is to optimize the relationship between the parent and the child, which is also one of the preventive clinic goals, supporting families to develop a close relationship between them, in an organized way under professional observation. The preventive clinic is a private one, being supported by the health insurance system. The parental Triple-P program has been adapted and integrated into the structure of the clinic as a part of the clinic program. Parent education is very important nowadays. Given the flow of information about parenting, the momentum of technology, the modern world we live in, it seems necessary to focus our attention on a well-built parenting program, like Triple-P and to develop interfamilial relationship. How high is the satisfaction of the participants to the program?

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1. Introduction

Can a parental education take preventive action to address possible children behavioural problems?
 Can a parental training reinforce or increase parents' parenting skills and abilities?

A National Health Interview and Examination Survey for Children and Adolescents (KiGGS) shows us that about 20% of children and young people surveyed present behavioural and emotional development problems. This study also shows the causes of the development of behavioural problems. These may be of a genetic, family or social nature. Family causes weigh a lot in this matter. When parents show inconvenient behaviour, they have a inconstant parental style creating conflicts in the family's breast, among its members. All this can influence the well-being of children (Ravens-Sieberer, Wille, Bettge, & Erhart, 2007).

Numerous institutions in different fields of work, use the Triple-P program model. The name Triple-P comes from the three "P" Positive Parenting Program. This educational program was developed more than 30 years ago in Australia at the University of Queensland. The program is recognized worldwide, with great success. Triple-P is applied to parents with children starting at 1 year of age (Triple-P Positive Parenting Program, n.d.). Some aspects of the educational program should still be used early. The purpose of the program is to help parents "grow a new generation" (Sanders, 1999).

This Triple-P educational program helps parents to strengthen their parenting skills and abilities. It also helps them to strengthen their relationship with them and their children.

The Triple-P Educational Program is made up of a multitude of materials: brochures, lectures, lectures, all designed, developed and developed for the needs of each parent (see Table 1).

The program is flexible, customer-centred and permanently accustomed. The effectiveness of this internationally recognized educational program can be found in various studies.

Professor Hahlweg is one of those who helped implement the program on German territory. The studies show an increase in parental abilities, an increase in family life satisfaction and a decrease in child behavioural problems (as cited in Naumann, Kuschel, Bertram, Heinrichs, & Hahlweg, 2007).

Table 01. Triple-P Model

Program Level	Target Group	Brief Content Description	Progress
Level 1 Universal Level	Universal prevention is aimed at all those who want to learn about education and promote good child development.	General information and support for the implementation of positive educational strategies.	Participants are informed and motivated with Triple-P materials (video, brochures and tips)
Level 2 Triple-P Counselling and Lectures	This Level is addressed to parents who are informed about children's education, parents who want to know positive ways of raising children.	Support, guidance and answers to parents' questions. A counselling or, when the case requires, several.	Three lectures on positive education with a final round of free talks on educational themes and Triple-P strategies.
Level 3	Parents who have specific questions	Parents who want to learn certain educational	At this level, up to 4 short counsellors can be

Triple-P Short counselling with default exercises	related to the behaviour or development of their children.	strategies. Through active training and brief counselling, the Triple-P trainer presents some positive strategies for parents.	trained with a Triple-P trainer.
Level 4 Triple-P Training Parent	Intensive program for parents who want to learn how to better master their children's behaviour problem. This level goes on three variants: for parents with children up to 12 years old, teenagers and children with a slight degree of disability.	The program is presented and supported only by Triple-P Classified Staff. It is centred on the interaction between parents and children. Mediation of parents using educational strategies, the spectrum being wider than in the previous level.	4 Group meetings and 4 phone sessions over an 8-week period. Individual training over a longer period of time.
Level 5 Triple-P Plus	Parents who attended Triple-P Parental Training Level 4 and want more detailed counselling for more difficult issues (for example: family quarrels between partners).	Individual and intensive educational counselling.	Approximately 7-10 client-centred individual sessions.

Note: A detailed description can be found on the website www.triplep.de

2. Literature Review

Can a parental education be a key in parenting nowadays?

Being a parent means a challenge and a responsibility at the same time. Not every mother or father feels competent from the very beginning in the parental role and seeks advice and support from educational counsellors (Smolka, 2004).

Often not the lack of knowledge and good parenting is a difficulty, but the application of knowledge in certain key situations in everyday life.

In the evolution of the child from the beginning, but also in the course of time, parents encounter all sorts of challenges. Not every time they react the same or just as well. Parents ask a lot of questions, such as: "How should I react when my child has a hysterical crisis, does not listen, does not want to eat, opposes, complains, etc.?"

Triple-P offers a range of information in the form of brochures, videos, books, handbooks for parents and lectures. All of this is geared to the needs of the parents. Depending on the first anamnesis, the parents' needs, the desired intensity (see table 1, level 1-5), parents can participate in parental or group parental training, a brief counselling or a lecture tour. All Triple-P offers are provided and supported by qualified

staff from the educational, social and even medical fields. All of the trainers are specially trained by Triple-P, to be able to offer such courses.

2.1. The 5 Basic Principles of Positive Education after Triple-P

For a good growth and development, without punishment or domestic violence, for a stronger relationship between parents and children Triple-P offers five basic principles as follows:

1. A safe and quiet atmosphere
2. A positive and stimulating atmosphere for learning
3. Consistent behaviour by parents.
4. Realistic expectations
5. Meeting your personal needs

Children need a quiet, safe and exciting atmosphere for good development. In this environment they also need a stimulating and positive atmosphere in which to learn new things. Consistent behaviour by parents teaches children what is allowed or what is not allowed to do. If parents' expectations are realistic and parents also listen to their own needs, the education itself becomes easier.

2.2. Factors that lead to behavioural problems

Factors that lead to behavioural problems come not only from one direction, they can be a sum of biological, family or social factors.

Genetic Factors: Children can inherit from parents not only eye, hair, or skin colour. They can also acquire their own way of thinking, behavioural tendencies or maybe emotional feelings.

Familiar Environment: Children's development is also influenced by what's happening in the family. Families produce a series of learning processes that cause children to develop behavioural problems or vice versa.

Social environment: This category includes the following factors: friends, kindergarten, school and last but not least, the mass media. Children record what they see with the media, they assume certain behaviours, certain scenes, that they replay (Bandura, Ross, & Ross, 1963).

3. Research Method

Is it always possible for a parent to combine all the daily challenges? Family life, work, social life?

For parents who feel exhausted or feel no longer able to cope with daily challenges, there is the possibility of relaxing, recovering and recharging batteries in a so-called Mother- Father and Child Clinic.

The clinic combines parents' requirements and needs through different programs.

Parents can take part in educational counselling, psychological, medical, nutrition, etc.

The Triple-P program sits on the educational side, which was adapted to the time spent by the parents in the clinic, namely three weeks. In these three weeks, parents can take part in short counselling and group training.

At the end of each group intervention, parents receive the CSQ questionnaire, Customer Satisfaction Questionnaire, adaptation after Eyberg (1993).

A total of 17 educational strategies, offered by the Triple-P educational program, were presented to parents in a Mother- Father and Child Clinic for a three-week period. The parents were trained every week in educational strategies.

These positive educational strategies are divided into four main categories, as shown in Table 02 below.

Table 02. 17 Positive Educational Strategies Based on The Triple P Model

The Relationship Between Parents and Children	Positive Behaviour	Learning New Things	Self-Control
1)Precious time	4)Descriptive praise	7)Parents as a model	11)Family rules
2)Communication	5)Attention offered	8)Learning	12)Direct speaking
3)Affection	6)Interesting concerns	9)Question-Answer-Practice	13)Ignoring
		10)The points system	14)Clear and quiet guidelines
			15)Logical Consequences
			16)Quiet time
			17)Time out

Source: www.triplep.de

4. Analyses and Findings

CSQ, Customer Satisfaction Questionnaire, is a questionnaire that measures the customer's satisfaction with the educational program during the stay in the clinic.

A number of 36 parents who participated in Triple-P group trainings during 03.2017-09.2017 were asked about their satisfaction with the Triple-P program with the help of CSQ Questionnaire.

All 36 participants responded fully to the questions in the questionnaire.

97% of the parents rated the program as "extraordinary". They were pleased with the quality of the program they provided.

93% of the parents were satisfied with the aid received.

5. Conclusion

To the question "To what extent did the program respond to your needs?" 95% said they were pleased with the offered parental program, saying that most needs were met. With the program in general, 98% of the participants were satisfied. They rated personal satisfaction as the highest possible rating.

A further 98% would once again appeal to the Triple-P program if needed. The main question raised by this article, the parent's satisfaction with participating to the Triple-P program, can be marked as answered.

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