



Community-wide implementation of a parenting program: the South East Sydney Positive Parenting Project

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Abstract

This paper provides a description and evaluation of a community-wide implementation of a parenting program - the group version of Triple P - in South Eastern Sydney. The implementation was undertaken in partnership with a range of public health services and community agencies that participated on a voluntary basis. A number of strategies were shown to development the capacity of services and professionals to deliver the Triple P program to parents. Parent evaluations at the conclusion of the program demonstrated a reduction in disruptive child behaviour, lower levels of dysfunctional parenting, reduction in conflict between parents over child-rearing, and gains in parental mental health. Gains in all of these domains were maintained at 6 and 12 month follow-up. The results of the study indicate that it is possible to take a population health approach to parenting, successfully involve multiple services and professionals in the delivery of the program, and maintain the effectiveness of the parenting intervention in a community-wide implementation.

Keywords

parenting, prevention, dissemination, family intervention, parent management training, capacity building

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