

FACTSHEET ON EVIDENCE-BASED PROGRAMMES

Background

MSF introduced prevention-oriented evidence-based parenting programmes (EBP) in 2014 to provide preventive and upstream support to mainstream parents and those with higher parenting needs, especially those with children in the transition years (“tweens and teens”). These programmes were founded on some 30 years of research and are found to be effective in countries around the world including Singapore.

There are currently 286 EBP schools offering the Positive Parenting Programme (Triple P) and Signposts (for primary schools only) in 2020. To date, more than 30,000 parents from primary and secondary schools have benefited from this programme.

What is Positive Parenting Programme (Triple P)?

- The Positive Parenting Programme (Triple P) is an evidence-based programme that equips parents with techniques to promote their children’s (aged up to 16 years) psychological, social and emotional competence. Triple P is built on a tiered system of five levels of intervention that differs depending on the type, intensity and frequency of parental support required.
- Of these five levels, three are offered in Singapore through schools. Triple P Level 2 comprises three seminars of two hours each.
- Triple P Level 3 comprises four individual sessions of forty-five minutes to one hour each.
- Triple P Level 4 comprises five small-group sessions of two hours each and three telephone consultations.

What does it offer?

Simple and practical strategies to help parents confidently manage their children’s behaviour, prevent problems developing and build strong, healthy relationships.

*Why is **Triple P** effective?*

- One of the most effective evidence-based parenting programmes in the world, backed up by more than 30 years of ongoing research.
- It offers parents preventive programmes of different intensity to meet their needs.
- Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.

- Implemented and found effective in some 25 countries and diverse cultures such as Australia and Japan.

Evaluation Study on Triple P Pilot in Singapore

- MSF carried out an evaluation study on the Triple P Level 2 and 3 programmes between 2014 and 2015.
- The results showed that Triple P has positive effects on parenting and child outcomes in the Singapore context. This is consistent with international literature reviews on the programme. Parents who completed the programmes reported improvements in four areas:
 1. Greater parenting competence
 2. Lower parenting stress
 3. Improved emotional states
 4. Reduced behavioural problems in children.

What is Signposts Programme? *(for Primary schools only)*

Signposts is an evidence-based parenting programme to help parents understand and manage their child's difficult behaviour, and prevent further development of behavioural concerns.

*Why is **Signposts** effective?*

- Studies show parents are more confident in managing their children and feel less stressed after attending the programme.
- Helps families encourage appropriate behaviour and teach children new skills to deal with a wide range of behaviours.

Signposts comprises five small-group sessions of two hours each. This is currently available as an alternative for Triple P Level 3 in primary schools and Special Education schools.
