

Children's Wisconsin's Triple P Positive Parenting Program supports wide array of community health needs

Triple P Positive Parenting Program (Triple P) is a successful, evidence-based program which provides early and comprehensive support for families to grow strong relationships, manage stress, build new, healthy habits and support whole child health. Since 2016, Children's Wisconsin has been offering parents and caregivers support they need to achieve positive child and family outcomes. Triple P is offered free of charge to families for children birth to 16-years-old through workshops, short-term coaching and a self-guided, online program.

For those who are struggling with common parenting problems or interested in learning new skills, Children's Wisconsin offers workshops which provide families a common space to learn tips to help support their kids. Caregivers learn about preventing behavioral problems, forming healthy sleep habits, addressing mealtime struggles, tantrums and toileting, connecting with your teen and building stronger relationships. Workshops are offered virtually on a variety of topics including how to support kids through big feelings, building their confidence and self-esteem and addressing challenging behaviors.

Triple P online is an evidence-based, self-guided program that parents and caregivers can do on their own, at their own pace to help promote positive behavior and build stronger relationships. Families can watch videos and engage with interactive content with offerings focused on babies, school-age children, teens, and a module focused on managing anxiety and promoting emotional resilience. Parents and caregivers can access tools to build skills their families need – whether it's supporting their child's development, implementing routines or strengthening parent and child bonds.

Triple P helps families manage their concerns and struggles in real time and can potentially alleviate the need for further interventions or support them until they receive the higher level of care they need. Triple P helps support several identified community health needs including promoting infant health, enhancing child safety, and addressing mental and behavioral health concerns. Providing statewide access to online, evidence-based parenting resources supports family stability and achieves positive child and family outcomes. In 2024, Children's Wisconsin supported more than 400 families in the tri-county Northeast region and more than 6,400 families statewide.

With support from government and philanthropic partners, and in collaboration with community organizations, Triple P promotes cost savings by intervening early to address social, emotional and behavioral issues before they escalate and require higher levels of support to address. Triple P has demonstrated reduced involvement with the child welfare and criminal justice systems as well as improved mental and behavioral health and educational performance.

A family who has used Triple P shared, "I think it's fantastic to have a free program accessible to parents who want to raise children who are holistically healthy. I think it's a really good idea...to have a website, but also coaching when so many people are struggling with their kids' mental health and resources are scarce."

Investing in families and providing them the resources they need through Triple P ensures they can grow, thrive and achieve their goals and dreams.