

Triple P Positive Parenting Program® in Wisconsin

"I always leave with valuable knowledge that is applicable to my family. Thank you Triple P!"
- Wisconsin Parent



WHAT IS TRIPLE P?

The Positive Parenting Program, known as Triple P, is the most researched parenting program in the world! It provides practical strategies that strengthen parents' skills and confidence to create the family they want.

Triple P helps parents nurture the kinds of parent-child relationships that lead to children's success. **When parents participate in Triple P, their children's positive behaviors and mental health improves, and their challenging behaviors decrease.**

Cost-effectiveness studies show that **for every \$1 spent on Triple P, communities save \$7-10** on special education, mental health treatment, and child protective services.

HOW IS WI TRIPLE P DELIVERED?

Format	Who Provides Support
 In-Person, Live Support	Trained professionals in local communities
 Virtual, Live Support	Trained professionals in local communities
 Online, Self-Paced Course	Children's Wisconsin

HOW TRIPLE P CAN SUPPORT EVERY WISCONSIN FAMILY

Who Can Access Services

Family Support professionals in Family Resource Centers, community-based agencies, and UW-Madison Division of Extension provide trusted support to **families and caregivers across Wisconsin, both in person and virtually.** Available Triple P services vary by agency based on staff training and community needs. Triple P is offered in individual and group formats, ranging from 1-8 sessions.

Triple P Online provides free, 12 month access to parenting courses for all Wisconsin families. It is available to those who cannot access in-person or virtual services, prefer an online option, or want to supplement other Triple P supports.



Working Together to Support Parents and Caregivers

Together, these Triple P and Triple P Online programs create a strong, connected support system for parents and caregivers across Wisconsin. **By providing both in person guidance and flexible online options, they meet families where they are and fit a range of needs and preferences.**

This coordinated approach expands access to timely, meaningful support in ways that work best for families, so no family is left out.

Triple P Program & Audience	Triple P Online Self-Paced	Triple P In Person/Virtual	Content
0-12 Parents of children, ages 0-12	8 online modules	Group Offerings <ul style="list-style-type: none"> Standalone Seminars & Discussion Groups 8 sessions One on One Offerings <ul style="list-style-type: none"> 4 or 10 sessions 	<ul style="list-style-type: none"> Power of positive parenting Raising confident, resilient children Dealing with disobedience Managing fighting and aggression Developing good bedtime routines Hassle-free shopping & mealtimes Tailored topics suited to family needs
Teen Parents of children, ages 10-16	6 online modules	Group Offerings <ul style="list-style-type: none"> Standalone Seminars & Discussion Groups 8 sessions One on One Sessions <ul style="list-style-type: none"> 4 or 10 sessions 	<ul style="list-style-type: none"> Raising responsible, capable teenagers Getting teenagers connected Getting teenagers to cooperate Coping with teenagers' emotions Reducing family conflict Building teenagers' survival skills Tailored topics suited to family needs
Fear-Less Parents of children, ages 6-14	6 online modules	Group Offerings <ul style="list-style-type: none"> 6 sessions One on One Offerings <ul style="list-style-type: none"> 6 sessions 	<ul style="list-style-type: none"> Helping child reduce anxiety and fear Building coping and confidence skills
Baby Expecting parents & parents of infants	7 online modules	Group Offerings <ul style="list-style-type: none"> 8 sessions One on One Offerings <ul style="list-style-type: none"> 8 sessions 	<ul style="list-style-type: none"> Positively nurture infant development Develop positive relationships from the start
Stepping Stones Parents of children, ages 0-12	8 online modules <i>coming soon</i>	Group Offerings <ul style="list-style-type: none"> Standalone Seminars 8 sessions One on One Offerings <ul style="list-style-type: none"> 4 or 10 sessions 	<ul style="list-style-type: none"> Positive parenting for children with a disability Helping your child reach their potential Changing problem behavior into positive behavior Tailored topics suited to family needs
Lifestyle	Not Available	Group Offering <ul style="list-style-type: none"> 14 sessions 	<ul style="list-style-type: none"> Encourage healthy eating Increase physical activity Reduce inactive behavior
Family Transitions	Not Available	Group Offering <ul style="list-style-type: none"> 5 sessions One on One Offering <ul style="list-style-type: none"> 5 sessions 	<ul style="list-style-type: none"> Family support after separation or divorce
Enhanced	Not Available	One on One Offering <ul style="list-style-type: none"> 3 to 8 sessions 	<ul style="list-style-type: none"> Improve stress management Learn healthy coping strategies Reduce conflict between parents Improve parent mental health
Pathways	Not Available	Group Offering <ul style="list-style-type: none"> 2 to 5 sessions One on One Offering <ul style="list-style-type: none"> 2 to 5 sessions 	<ul style="list-style-type: none"> Managing parent frustration Reduce inappropriate anger expression

Triple P Program	Audience	Format	Content
0-12	Parents of children, ages 0-12	<ul style="list-style-type: none"> • In-person group • Online group • Self-paced online modules 	<ul style="list-style-type: none"> • Power of positive parenting • Raising confident, competent children • Raising resilient children • Dealing with disobedience • Managing fighting and aggression • Developing good bedtime routines • Hassle-free shopping • Hassle-free mealtimes
Teen	Parents of children, ages 10-16	<ul style="list-style-type: none"> • In-person group • Online group • Self-paced online modules 	<ul style="list-style-type: none"> • Raising responsible teenagers • Raising competent teenagers • Getting teenagers connected • Getting teenagers to cooperate • Coping with teenagers' emotions • Reducing family conflict • Building teenagers' survival skills
Fear-Less	Parents of children, ages 6-14, with anxiety	<ul style="list-style-type: none"> • Online groups • Self-paced online modules 	<ul style="list-style-type: none"> • Learn to help child reduce anxiety
Baby	Parents of infants	<ul style="list-style-type: none"> • Individual coaching • Online groups 	<ul style="list-style-type: none"> • Positively nurture infant development • Develop positive relationships from the start
Stepping Stones	Parents of children, ages 0-12, with a disability	<ul style="list-style-type: none"> • Self-paced online modules 	<ul style="list-style-type: none"> • Positive parenting for children with a disability • Helping your child reach their potential • Changing problem behavior into positive behavior
Lifestyle	Parents of children, ages 5-10, with obesity	<ul style="list-style-type: none"> • Not Available 	<ul style="list-style-type: none"> • Encourage healthy eating • Increase physical activity • Reduce sedentary behavior
Family Transitions	All parents experiencing separation	<ul style="list-style-type: none"> • Individual coaching • Online groups 	<ul style="list-style-type: none"> • Family support after separation or divorce
Enhanced	All parents	<ul style="list-style-type: none"> • Individual coaching 	<ul style="list-style-type: none"> • Improve stress management • Learn healthy coping strategies • Reduce conflict between parents • Improve parent mental health
Pathways	All parents	<ul style="list-style-type: none"> • Individual coaching • Online groups 	<ul style="list-style-type: none"> • Managing parent frustration • Reduce inappropriate anger expression

Triple P Program	Audience	Triple P Online (Self-	Triple P (In Person and/or Virtual)	
0-12	Parents of children up to 12 years old	8 online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> Standalone Seminars & Discussion Groups 8 sessions One on One Coaching <ul style="list-style-type: none"> 4 or 10 sessions 	
Teen	Parents of children between 10-16 years old	6 online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> Standalone Seminars & Discussion Groups 8 sessions One on One Coaching <ul style="list-style-type: none"> 4 or 10 sessions 	
Fear-Less	Parents of children between 6-14 years old with anxiety	6 online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> Series of 6 sessions Individual Coaching <ul style="list-style-type: none"> Series of 6 sessions 	
Baby	Parents transitioning to parenthood or with a baby up to 12	7 online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> Series of 8 sessions One on One Offerings <ul style="list-style-type: none"> Series of 8 sessions 	
Stepping Stones	Parents of children up to 12 years old with a developmental disability	8 online modules (coming soon)	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> Standalone Seminars Series of 8 sessions One on One Offerings <ul style="list-style-type: none"> Series of 4 sessions Series of 10 sessions 	
Group Lifestyle	Parents of children between 5-10 years old who are overweight or	Not Available	<ul style="list-style-type: none"> Group Offering <ul style="list-style-type: none"> Series of 14 sessions 	
Family Transitions	Parents going through separation or divorce	Not Available	<ul style="list-style-type: none"> Group Offering <ul style="list-style-type: none"> Series of 5 sessions One on One Offering <ul style="list-style-type: none"> Series of 5 sessions 	
Enhanced	Parents of children with concurrent child behavior problems and family	Not Available	<ul style="list-style-type: none"> One on One Offering <ul style="list-style-type: none"> Series of 3 to 8 sessions 	
Pathways	Parents who have anger management issues	Not Available	<ul style="list-style-type: none"> Group Offering <ul style="list-style-type: none"> Series of 2 to 5 sessions One on One Offering <ul style="list-style-type: none"> Series of 2 to 5 	



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“Quote text here Quote text here
Quote text here Quote text here +
Quote text here here here here !!”
– Wisconsin Parent

HOW TRIPLE P CAN SUPPORT *EVERY* WISCONSIN FAMILY

Who Can Access Services

In Local Communities: Family Support professionals working in Family Resource Centers, community-based agencies, and UW-Madison Division of Extension provide trusted, relationship-based support, both in-person and/or virtually, to families across their service areas, reaching communities throughout Wisconsin.

Triple P program offerings differ by agency based on staff training, qualifications, and local community needs. Support can range from a single-session consultation to longer-term services of up to eight sessions.

At Triple P Online: Triple P Online offers access for 12 months of parenting courses for all families. The courses are offered to anyone residing in Wisconsin for free who may be unable to access in-person/virtual services, prefer not to access in person/virtual supports, or want to supplement what they are learning on other Triple P course offerings.

Working Together to Support Parents and Caregivers

When offered in tandem, these programs create a comprehensive support system that meets caregivers’ needs and preferences, whether in person or online, **ensuring that no family falls through the cracks.**

Together, these approaches create a coordinated system of support across Wisconsin offering all families access to help in the way that works best for them, whether through face-to-face guidance or flexible online learning. By aligning efforts, both pathways ensure families receive timely, effective support wherever they live and however they choose to engage.

WHAT IS TRIPLE P?

Triple P’s Positive Parenting Program is one of the world’s most researched parenting programs. It has been shown to help increase parents’ confidence and promote positive behavior and development in children.

Triple P and **Triple P Online (TPOL)** share a unified goal: supporting parents and caregivers with practical, evidence-based tools that build confidence and promote positive child development.

Highlight variety of content, range of audience, and different ways of accessing information

HOW IS WI TRIPLE P DELIVERED?

	Format	Who Provides Support
	In-Person, Live Support	Trained professionals
	Virtual, Live Support	Trained professionals
	Online, Self-Paced Course	Triple P America & Children’s Wisconsin

Logos?

email?

website?

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It has been shown to help increase parents' confidence and promote positive behavior and development in children.

Triple P and **Triple P Online** provide practical, evidence-based strategies for families with children of all ages and needs. Support is available in multiple formats including individual and group sessions, seminars, and self-paced online courses so families can access help in the way that works best for them.

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Available Triple P services vary by agency based on staff training and community needs, and may range from a single consultation to up to eight sessions.

Triple P Online provides free, 12 month access to parenting courses for all Wisconsin families. It is available to those who cannot access in-person or virtual services, prefer an online option, or want to supplement other Triple P supports.



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Triple P Program	Audience	Triple P Online (Self-Paced)	Triple P (In Person and/or Virtual)
0-12	Parents of children up to 12 years old	8 one-hour online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> 90 minute Seminars 2 hr Discussion Groups 5 two hour sessions + 3 phone calls One on One Offerings <ul style="list-style-type: none"> 4 thirty minute sessions 10 one-hour sessions
Teen	Parents of children between 10-16 years old	6 one-hour online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> 90 minute Seminars 2 hour Discussion Groups 5 two hour sessions + 3 phone calls One on One Sessions <ul style="list-style-type: none"> 4 thirty minute sessions 10 one-hour sessions
Fear-Less	Parents of children between 6-14 years old with anxiety	6 one-hour online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> 6 one hour sessions One on One Offerings <ul style="list-style-type: none"> 6 one hour sessions
Baby	Parents transitioning to parenthood or with a baby up to 12 months	7 one-hour online modules	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> 4 two hour sessions + 4 phone calls One on One Offerings <ul style="list-style-type: none"> 4 two hour sessions + 4 phone calls
Stepping Stones	Parents of children up to 12 years old with a developmental disability	8 one-hour online modules (coming soon)	<ul style="list-style-type: none"> Group Offerings <ul style="list-style-type: none"> 90 Minute Seminars 5 two hour sessions + 3 phone calls One on One Offerings <ul style="list-style-type: none"> 4 thirty minute sessions 10 one-hour sessions
Group Lifestyle	Parents of children between 5-10 years old who are overweight or obese	Not Available	<ul style="list-style-type: none"> Group Offering <ul style="list-style-type: none"> 10 ninety minute sessions + 4 phone calls
Family Transitions	Parents going through separation or divorce	Not Available	<ul style="list-style-type: none"> Group Offering <ul style="list-style-type: none"> 5 two hour sessions One on One Offering <ul style="list-style-type: none"> 5 two hour sessions
Enhanced	Parents of children with concurrent child behavior problems and family adjustment difficulties	Not Available	<ul style="list-style-type: none"> One on One Offering <ul style="list-style-type: none"> 3 to 8 ninety minute sessions
Pathways	Parents who have anger management issues	Not Available	<ul style="list-style-type: none"> Group Offering <ul style="list-style-type: none"> 2 to 5 ninety minute sessions One on One Offering <ul style="list-style-type: none"> 2 to 5 ninety minute sessions