




Speech By
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MEMBER FOR MACKAY

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ADJOURNMENT

Triple P—Positive Parenting Program

 **Mrs GILBERT** (Mackay—ALP) (8.33 pm): As a mother, grandmother and former teacher, I have always been passionate about ensuring that all children, whatever their circumstances, are afforded the opportunity to realise their potential. This is why I support the Palaszczuk government's commitment to funding the \$6.6 million two-year rollout of the innovative Triple P—Positive Parenting Program to give parents free access to evidence based parenting support. Triple P introduces parents to a range of well-researched, effective parenting strategies that can be adapted for all types of family situations and challenges. The program was developed by a team of researchers at the University of Queensland, led by international parenting expert Professor Matt Sanders.

We are committed to making sure that all Queensland mums, dads, grandparents and caregivers know that they are not alone in raising the next generation of Queenslanders. Offering parents free access to the Triple P program will help mums and dads access strategies to assist them in what is the most important but often the most challenging task of their lives. A recent survey of 200 parents in Cairns, Townsville, Mackay and Rockhampton revealed the most challenging parenting issues for Queensland mums and dads in 2016.

Over 250 parents attended the first Triple P parenting program seminar, held in Mackay in early March. The event was a resounding success. I spoke to many of the mums and dads, grandparents and carers who attended on the night and each one left feeling informed and reassured. As we know, every family is different and has different challenges, stressors, goals and needs. Triple P is not about telling families what to do or judging them; rather, it offers a range of tools and strategies to suit individual families and the various developmental stages of children.

As part of the free, statewide rollout of Triple P, the Queensland government is making parenting support available through seminars such as the one I attended recently in Mackay. Triple P will also be delivered through small group sessions, one-on-one consultations and topic-specific discussion groups. Parents can also undertake the program online and through a self-help workbook. Everyone who has children knows the truth in the phrase, 'Being a parent is one of the toughest and yet most rewarding jobs.' I think it is also true that it takes a village to raise a child.