

arrangements, as well as going through an extended period of disruption to schooling and other activities critical to children's development. In the UK, parents working from home report negative impacts on their own mental health, as well as an increased strain on relationships within the household. Internationally, evidence is showing that these conditions heighten the risk of family conflict², challenging behaviours³, and mental health issues for children⁴ and parents⁵.

Demand for online parenting support greatly increased with the onset of COVID-19 ↑ 2.9x

COVID-19 is changing which child behaviours are the greatest issue for parents



Whining

Whining is the issue that has seen the greatest reduction in prevalence during COVID-19. Only 18% of parents engaging with Triple P Online selected whining as one of their biggest concerns (down 31% compared to pre-COVID-19).

Disobedience

The proportion of parents engaging in Triple P Online for help with disobedience has dropped 9% during COVID-19, but it still remains one of the top issues with 55% of parents identifying it as one of their main concerns.

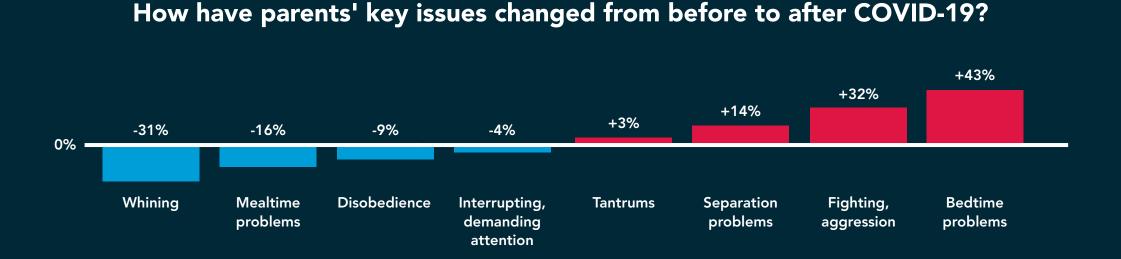
Aggression During COVID-19, 40% of

Fighting &

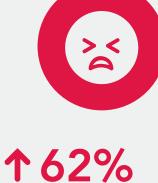
parents have reported fighting and aggression as one of their main concerns (a 32% increase compared to pre-COVID-19).

Bedtime Problems

The proportion of parents selecting bedtime problems as one of their main concerns has increased by almost half. During COVID-19, 25% of parents listed bedtime problems as one of their major concerns (up 43% compared to pre-COVID-19).



Parents are reporting increased confidence in dealing with child problem behaviours after engaging with Triple P Online



Whining Parents who selected whining

as a main concern had low

confidence in their ability to

deal with this issue (averaging 5.6 out of 10). After completing Triple P Online, these parents reported high levels of confidence in managing their child's whining behaviour (averaging 9.0 out of 10).

9,0

5,6

8,4

5,5



Parents who selected child

disobedience as a main concern

initially reported low levels of

confidence in dealing with their child's disobedience. After completing Triple P Online, these parents reported high levels of confidence in dealing with disobedience. There has been a similar change in confidence before and during COVID-19.

8,2

significantly impacted and challenged by the disruption to normal life.⁷

5,7



aggression

ability to deal with the issue (averaging 6 out of 10). After completing the programme, these parents reported high levels of confidence (10% higher than parents who completed with this issue pre-COVID-19) in managing their child's fighting and aggression (averaging 8.6 out of 10). **Confidence during Covid-19**

8,3

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Parents who selected fighting and

aggression as their main concern

had moderate confidence in their



Parents who selected bedtime problems as a main concern had low confidence in their ability to

deal with bedtime problems (averaging 5.5 out of 10). After completing Triple P Online, these parents reported high confidence (10% higher than parents who selected the same issue pre-COVID-19) in their ability to manage bedtime problems (averaging 8.9 out of 10).

8,6

6,0

8,9

5,5

6,2 5,5 5,0

8,3



Although children are not the 'face' of COVID-19 and physically may be less suspectable to the virus, the United Nations argues children will bear the greatest impact of the outbreak across their lifespan. COVID-19 is

COVID-19 has changed the status quo in many ways, with a particular impact on mental health and wellbeing.

Many people who were in good health have been affected by the outbreak in some way. Further still, many of

those who were already struggling with their mental health and well-being prior to the outbreak have been

likely to have a negative impact on child emotional and behavioural problems, increased abuse, and affect long-term brain development.⁷ Research from previous infectious disease outbreaks and reports during COVID-19 show how public isolation,

social distancing, and the economic downturn has a negative impact on families and children and puts pressure

on children's well-being, care and supervision.8 It is crucially important to increase the capacity for healthy behaviours in children and parents and begin to manage the negative experiences and trauma people have endured during both the outbreak and lockdown.

The UK Government asserts that to provide the best support for children and young people, parents and carers should approach the pandemic calmly and confidently, be mindful of their own mental health, provide a routine, and provide a safe space to talk about current events. Furthermore, parents in the UK have reported wanting support around managing their child's emotions and behaviours during this time. 10

programmes, now and into the future, to help manage the complex challenges presented by COVID-19 and promote optimal mental health and wellbeing for children and families. Access to the Triple P Online program is currently free for parents of children and teenagers in some areas across the UK. Parents can also access the programme directly at a cost of £72 inc VAT. For more information

It is important that parents have access to appropriate support services, such as evidence-supported parenting

Triple P Online is a self-directed version of the world-renowned Triple P – Positive Parenting Program®. Triple P Online is the only digital parenting intervention rated as robustly evidenced by the UK's Early Intervention Foundation (2020),11 with evidence to date from eight published randomised controlled trials. Triple P Online demonstrates the largest effect sizes of all Triple P delivery formats for child social, emotional and behavioural outcomes and parental conflict.¹²

¹ Nuffield Health. (2020). Working from home taking its toll on the mental health & relationships of the nation. Retrieved from: https://www.nuffieldhealth.com/article/working-from-home-taking-its-toll-on-the-mental-health-relationships-of-the-nation ² Zhang, H. (2020). The influence of the ongoing COVID-19 pandemic on family violence in china. Journal of Family Violence, 1-11. doi:10.1007/s10896-020-00196-8

³ Imran, N., Aamer, I., Sharif, M. I., Bodla, Z. H., & Naveed, S. (2020). Psychological burden of quarantine in children and adolescents: A rapid systematic review and proposed

⁴ Wang, G., Zhang, Y., Zhao, J., Zhang, J., & Jiang, F. (2020). Mitigate the effects of home confinement on children during the COVID-19 outbreak. The Lancet (British Edition), 395(10228), 945-947. doi:10.1016/s0140-6736(20)30547-x ⁵ Kaiser Family Foundation (2020). The implications of COVID-19 for Mental Health and Substance Abuse. Retrieved from: https://www.kff.org/report-section/the-implications-of-covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-issue-brief/covid-19-for-mental-health-and-substance-use-brief/covid-19-for

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⁷ United Nations. (2020). UN Policy Brief: COVID-19 and mental health [Report]. Retrieved from:

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about Triple P Online, please visit <u>www.triplep-parenting.net</u>.

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