

PARENTING ON THE SAME TEAM



When parents, co-parents and grandparents communicate well and support each other, this can help create a stable and loving environment for children.



PARENTS & CARERS

Disagreeing on parenting at times is very common.

How parents handle that conflict is what matters. Frequent or heated parenting conflicts can have a harmful impact on children's wellbeing and social behaviour.^{1,2}



CO-PARENTS

Research shows that divorce or separation doesn't always have to be a negative event.

It is how parents manage the transition that impacts children. Common parent traps include putting kids into adult roles or involving them in disputes.



GRANDPARENTS

When grandparents and parents cooperate well, it reduces stress and anxiety for the whole family.

While grandparenthood varies due to cultural and economic factors⁴, managing stress and communicating openly with their children can help create a loving, connected family.



Our research-backed programs give parents and carers the skills and confidence to work together to help their children thrive.

GET INSIGHTS INTO HOW TEAM PARENTING BENEFITS FAMILIES

Read Triple P's articles on:

[Parental conflict ▶](#)

[Co-parenting ▶](#)

[Grandparents ▶](#)

SOURCES: ¹Hess, S. (2022). Effects of inter-parental conflict on children's social well-being and the mediation role of parenting behavior. *Applied Research Quality Life*, 17, 2059–2085.

²Ambros, T., Coltro, B. P., Vieira, M. L., & Lopes, F. M. (2022). Coparenting and child behavior in the context of divorce: A systematic review. *Psicologia: Teoria e prática*, 24(1), 1–23.

³Izzo, F., Baiocco, R., & Pistella, J. (2022). Children's and adolescents' happiness and family functioning: A systematic literature review. *Int J Environ Res Public Health*, 19(24):16593.

⁴Chan, A. C., Lee, S. K., Zhang, J., Banegas, J., Marsalis, S., & Gewirtz, A. H. (2023). Intensity of grandparent caregiving, health, and well-being in cultural context: A systematic review. *The Gerontologist*, 63(5), 851–873.