

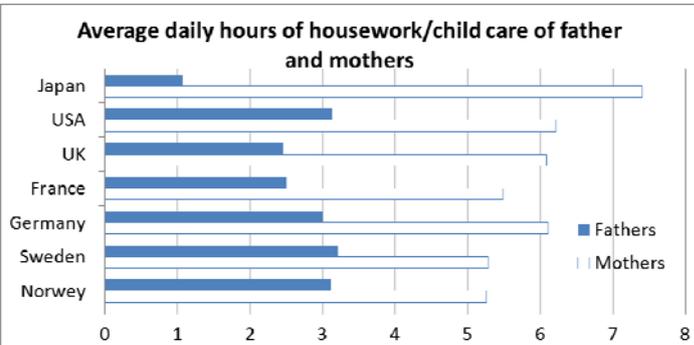
Experience of delivering group Triple P to Japanese Fathers



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Background



Reason	Percentage
Work is busy	67.5%
It is responsibility of mothers	31.8%
Official service is scares	29.3%
Do not know the skills	21.9%
Child care is bothersome	16.6%

Proportion of mothers whose stress leads to coarse discipline (Settsu city, Osaka)

	parenting	
	Only by mothers	By both parents
For preschool children	33.7%	> 25.3%
For school children	32.6%	> 18.4%

We tried to deliver group Triple P to the fathers who are not confident in the skills of raising children. This is the first report of delivering Group Triple P to Japanese fathers.

Subjects and Methods

Implementation

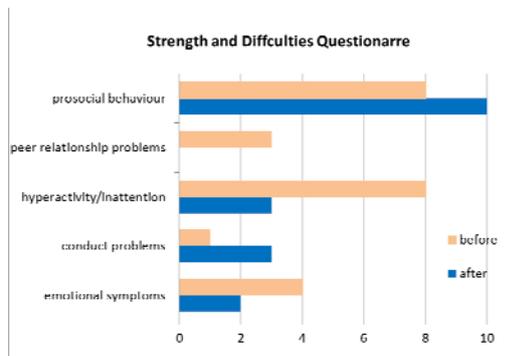
In Hiratkata city, located in eastern part of Osaka Prefecture, a total of thirty four fathers gathered at seminars introducing Triple P. Of which seven fathers participated in Group Triple P. (2014)

Father-friendly delivery of group Triple P

- delivered by-weekly
- on Saturday afternoons intensively for 4 hours
- provide 'telephone session' in face to face manner if necessary
- telephone sessions were offered even at night
- extra sessions for individual persons when fathers want to

Results

Changes in the scores of one of the fathers who were recognized as at a risk of child abuse by the city office



Comments from fathers

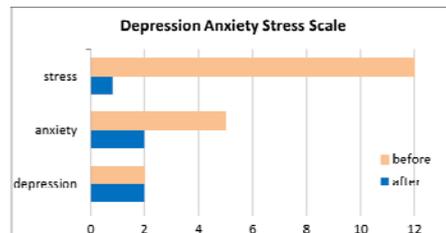
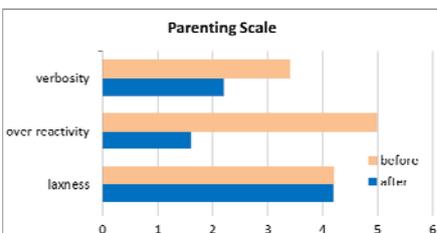
Parenting skills were quite new to me and both I and my son changed by the skills.

My son never followed my instruction, but when I gave calm instruction then my son immediately followed.

I put it as first priority when my daughter got near, then she got quickly in helping housework. She repeated what were praised.

I feel that descriptive praise is not so hard. I only comment what my son is doing. I could show my affection through praising.

Both I and my son were violent. When I got calm, then the whole family got calm.



Discussion and Conclusion

Comparison of the campaign phrases encouraging fathers' parenting:

- Japan: 'We do not call them as fathers who do not participate in raising children', ---sounds like a kind of blaming.
- Canada: 'Fathering is one of the most fascinating job in the world' ----can surely lead to happy and positive parenting.

Group Triple P was effective for Japanese fathers