

An exploration of the experience and sense-making of  
refugee parents and children of the Positive Parenting  
Program (Triple P)

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## Abstract

According to the UNHCR (2015), the number of people forcibly displaced globally was 65.3 million by the end of 2015; the highest since World War II. The drastic increase of numbers in recent years makes research on refugees, displaced persons, and asylum seekers particularly important. As a contribution to help those affected by the global crisis, the current study qualitatively explores one of the challenges that refugees face after resettlement, *parenting*. The study is based in New Zealand, which has also increased its refugee quota in recent years. Seven mothers from refugee backgrounds were interviewed following their attendance at an evidence-based parenting program; the *Triple P Discussion Group Series*. During the interview, participants discussed their parenting experiences before and after they had attended the program. Their children were also involved in the study by being asked to respond to a series of vignettes related to the Discussion Groups in order to explore their sense-making of parenting situations. Data were analysed using thematic analysis, where four main themes emerged related to the parenting struggles which were not resolved after completion of the programme, the influences on parenting, the parenting strengths of participants, and the usefulness of the programme. While the study suggests that the *Triple P Discussion Group Series* was useful for the participants, it also proposes that additions to the program would make it more useful and relevant. Suggested additions include addressing parental mental status and mental health, changes to family dynamics, and the development of acculturation gaps between refugee background parents and their children.

Key words: Refugees; parenting; Triple P; New Zealand.

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## Contents

Chapter 1 Introduction .....	6
1.1 Context.....	6
1.2 Literature Review.....	9
1.3 Research aims .....	15
1.4 Outline of chapters .....	16
Chapter 2 Methodology .....	17
2.1 Introduction .....	17
2.2 Ethical considerations .....	17
2.2.1 Reflexivity.....	20
2.3 Data collection .....	21
2.3.1 Recruitment .....	21
2.3.2 Methods of data collection .....	22
2.3.3 Participants .....	24
2.4 Data analysis .....	26
2.5 Ensuring trustworthiness .....	26
2.6 Limitations.....	29
2.7 Summary .....	29
Chapter 3 Findings.....	31
3.1 Introduction .....	31
3.2 Specific parenting struggles .....	32
3.2.1 Creating a balance between cultures and lifestyles .....	32
3.2.2 Parental depression and separation .....	35
3.2.3 Parental anger.....	36
3.3 Influences on parenting .....	38
3.3.1 Upbringing of parents .....	38
3.3.2 Conflicting parenting styles.....	42
3.3.3 Support systems.....	46
3.3.4 The surrounding environment .....	48
3.4 Strengths .....	49
3.4.1 Caring for children’s future .....	49
3.4.2 Identifying positives in children and parenting .....	50
3.5 Triple P is useful .....	51
3.5.1 Triple P changes parenting attitudes and behaviours .....	52
3.5.2 Triple P changes children’s behaviour .....	55
3.5.3 Triple P helps build confidence in parenting .....	57

The Positive Parenting Program (Triple P) with refugees	
3.5.4 Parents adapt and choose strategies to suit their own lives/families .....	58
3.5.5 The group format as useful .....	59
3.6 Child Study Findings .....	60
3.7 Summary .....	66
Chapter 4 Discussion .....	67
4.1 Acculturation gaps .....	69
4.2 Changes in family dynamics .....	72
4.3 Parental mental state .....	73
4.4 Other coping mechanisms .....	75
4.5 Single parenting .....	76
4.6 Gendering of parenting roles.....	78
4.7 Summary .....	79
Chapter 5 Conclusion.....	80
5.1 Implications and suggestions for future research.....	80
References.....	82
Appendix A.....	92
Massey University Human Ethics Committee approval .....	92
Appendix B .....	93
Interview guide for parent participants .....	93
Appendix C.....	96
Participant consent forms.....	96
Appendix D.....	98
Vignettes and associated questions for child participants.....	98

## Table of Figures

Table 1 .....	25
Table 2 .....	79
Figure 1. Parent study thematic map.....	31
Figure 3. Map illustration of individualist vs. collectivist countries.....	70
Figure 2. Comparison of individualism scores between NZ and other participant regions of origin.....	70