

ABSTRACT

This thesis deals with the topic of the experience of mothers of children with challenging behaviour with the Triple P programme. The aim was to map the mothers' experience and the implications of this experience for their parenting practices or other areas of everyday life. The theoretical part deals with challenging behaviour, observing it in the context of the family, parenting and the mothers themselves. Furthermore it presents the role of childcare centre dealing with challenging behaviour and also introduces the Triple P programme. The practical part is based on qualitative research in which repeated semi-structured interviews were conducted with four mothers who participated in the Triple P programme. The interviews were conducted before the programme, immediately after the programme and 4 months after the programme. In addition, a participant observation method was used, which was conducted as part of the participation in the Triple P programme together with the mothers. The research is conducted within an interpretive phenomenological analysis approach. Challenging behaviours were identified as the main motive for participation in the Triple P programme, as well as the sense of failure experienced by mothers prior to participation. In general, mothers viewed the experience as positive and they were able to achieve their goals or at least move towards achieving them. Based on the mothers' experiences, changes in parenting, mothers' self-concept, mothers' self-care, sibling rivalry, and allocation of attention among children emerged. In the area of inconsistency in parenting between parents, the involvement of both parents appears to be necessary. Changes in these areas help to reduce the manifestations of challenging behaviour. The final section places the resulting data in the context of the empirical findings of the literature.

KEYWORDS

Triple P programme, children with challenging behaviour, parenting, mothers of children with challenging behaviour, family counselling