



What is Triple P?

Triple P stands for **Positive Parenting Program**. This exciting approach to parenting was developed by the University of Queensland Parent and Family Support Centre and their international partners. *Triple P* has been used for 30 years in Australia and is now popular in many other countries.

Triple P helps with behaviour problems in the family. More than half of its focus is on improving attitudes, skills and behaviour. This focus may prevent future problems. *Triple P* also gives a boost to family relationships to help children succeed.

Triple P offers simple routines and small changes that can make a big difference to your family. It helps you understand the way your family works. It uses the things you already say, think, feel and do in new ways. These changes help:

- Create a stable, supportive, and caring family life.
- Encourage behaviour you like.
- Deal positively and confidently with problem behaviour every time.
- Build positive relationships with your children, so that problems can be worked out.
- Plan ahead to avoid or deal with tough situations that may come up.
- Take care of yourself as a parent.

Triple P is geared to the needs of parents. Groups are run by a qualified *Triple P* instructor. There are free programs offered in Windsor-Essex for parents with children age 0-12 and for parents with teens.

Program Name	Description
Triple P Seminar Series <i>Age 0-12</i>	<ul style="list-style-type: none"> • Session 1: The Power of Positive Parenting – 90 minutes • Session 2: Raising Confident Competent Children – 90 minutes • Session 3: Raising Resilient Children – 90 minutes <p>This series will leave you feeling more confident, ready, and able to deal with common behaviours and emotional issues that you may come across as a parent.</p>
Group Triple P <i>Age 0-12</i>	<ul style="list-style-type: none"> • Session 1 – 4: Triple P Group Course – 2 hours each • Session 5 – 7: Telephone calls – 15-30 minutes each • Session 8: Triple P Group Course – 2 hours <p>There are four group sessions that are 2 hours each, then three 15-30 minute telephone calls (one per week) to talk about your individual progress, and a final group session. The great thing about taking a Triple P Group Course is that the groups are small (10-12 people). You'll feel at home with parents who all want the same thing – to do the best for their children and have an enjoyable family life!</p>

Program Name	Description
Teen Triple P Seminar Series <i>Age 11+</i>	<ul style="list-style-type: none"> • Session 1: Raising Responsible Teenagers • Session 2: Raising Competent Teenagers • Session 3: Getting Teenagers Connected <p>This series will leave you feeling more confident, ready, and able to deal with common behaviours and emotional issues that you may come across as a parent.</p>
Group Teen Triple P <i>Age 11+</i>	<ul style="list-style-type: none"> • Session 1 – 4: Triple P Group Course – 2 hours each • Session 5 – 7: Telephone calls – 15-30 minutes each • Session 8: Triple P Group Course – 2 hours <p>There are four group sessions that are 2 hours each, then three 15-30 minute telephone calls (one per week) to talk about your individual progress, and a final group session. The great thing about taking a Triple P Group Course is that the groups are small (10-12 people). You'll feel at home with parents who all want the same thing – to do the best for their children and have an enjoyable family life!</p>

For more information and to register for free *Triple P* programs, call Help Link at 519-252-2313 ext. 231 or visit the Triple P website at www.triplepwindsor-essex.ca