

Triple P Positive Parenting Program

What is Triple P

We all know, kids don't come with an instruction manual, so chances are you're looking for practical help with some common parenting problems. You might be concerned about an infant's sleep-patterns or persistent crying, toddler tantrums or mayhem at mealtimes, fighting and aggression or trouble with homework, teasing, a teenagers defiance, signs of depression or drugs and drinking.

As one of the few evidence-based parenting programs available world-wide, with over 30 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Triple P has helped many thousands of families and has the seal of approval of parents, practitioners and experts world-wide. We look forward to helping you.

Why Triple P

Triple P is for every parent, whether you have a specific problem or are just looking for advice on common everyday issues. It provides easy to use tips and new ideas that will help you build confidence and new skills. Triple P is about supporting the wellbeing of you and your family.

What Triple P Teaches

The Triple P program is built on five (5) principles of positive parenting:

1. Ensuring a safe, interesting environment
2. Creating a positive learning environment
3. Using assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent

Click and scroll down to see the 12 videos:

<http://www.triplepalgoma.ca/>