



Question:

What is The Triple P Positive Parenting Program (Triple P) and how can I access this resource in my community?

Answer:

Every parent needs a little help sometimes and Triple P can provide it. Triple P offers practical and easy- to-use information and support for parents who want to strengthen their knowledge, skills and confidence in parenting. From simple tip sheets and individual advice to seminars and parenting groups, Triple P helps parents learn effective ways to deal with the challenges of parenting such as tantrums, sleeping and eating difficulties, toilet training, bullying, resistance to bedtime and homework- just to name a few! Triple P can also support families facing more complex situations that can come with caring for children with challenging behaviours.

Triple P has been successfully used all over the world by families from different cultures, and because it is an evidence-based program, parents can have confidence that it works.

In Alberta, Triple P is available to parents of children, newborn to age 16, through the network of Parent Link Centres across the province.



Question:

Where can I find out more about The Triple P Positive Parenting Program?

Answer:

As we all know, kids don't come with an instruction manual so chances are, if you're a parent or caregiver you've come to Triple P for help with a specific problem, like tantrums or sleeping, bullying or teenage withdrawal. Perhaps you don't have a specific problem but just want some easy to understand information and tips on parenting in general and what to expect at your child's stage of development. Whatever your need, no matter how simple or complex, Triple P has the information, tip sheet, self help book, video, seminar, course or expert to help you.

For general information on the Triple P program please go directly to The Triple P International web site located at:

<http://www10.triplep.net/?pid=58>

To find an accredited Triple P Practitioner please refer to the following list of communities offering the Triple P Positive Parenting Program at a Parent Link Centre.

Parenting now comes with an instruction manual!

Small changes, big differences.

