



## **Triple P - Positive Parenting Program**

### **Parenting now comes with an instruction manual!**

There is often a high level of stress involved in parenting with confusion and misinformation coming from every direction. Triple P cuts through that confusion and gives you clear and simple strategies to turn problems around and also to prevent problems from developing in the first place.

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.

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. Triple P is delivered by accredited staff that is trained to provide each parent with tools directly relevant to the specific needs of their family.

#### **Triple P - Primary**

For parents with children newborn to nine years old, these information seminars and groups provide practical help with common parenting problems such as crying, tantrums, fighting, sleeping, feeding, homework, teasing and so much more.

#### **Triple P - Teen**

Positive parenting is an approach to parenting that aims to promote teenagers' development and behaviour in a constructive and non-hurtful way. This program helps parents raise confident, competent, responsible teenagers who are connected to their community.

Triple P can be experienced in **four** different ways. It has been designed to let you choose the options that best suit the needs of your family.

#### **1. Looking for Information?**

Attend one, two or all three of these one hour seminars for Primary Triple P:

- The Power of Positive Parenting
- Raising Confident, Competent Children
- Raising Resilient Children.

Attend one, two or all three of these one hour seminars for Teen Triple P:

- Raising Responsible Teenagers

- Raising Competent Teenagers
- Getting Teenagers Connected

## 2. Looking for Tips?

Triple P offers tip sheets with information on a wide range of childhood behaviours that concern parents such as: bedtime routines, sibling rivalry and aggression.

## 3. Looking for Strategies?

Triple P Individual Sessions: Four one on one sessions with an accredited Triple P facilitator. Gives parents the opportunity to work through specific parenting issues and find strategies to enhance their skills.

## 4. Looking for something more?

Triple P offers parenting groups. These groups provide the opportunity to explore parenting through observation, discussion, feedback, and practice in a group setting.

**Small changes, big differences**



Ask your accredited Triple P facilitator for more detailed information regarding the options available to you and your family.

To speak to an accredited Triple P facilitator please refer to the attached listing of Triple P delivery sites located in Parent Link Centres across Alberta.