



PARENTING NOW  
COMES WITH  
INSTRUCTIONS...  
because children don't.

## WHAT IS TRIPLE P?

Triple P is short for the Positive Parenting Program. It is an international program that has helped hundreds of thousands of families worldwide and across the United States by making parenting easier and more enjoyable.

Triple P doesn't tell you *how* to be a parent. It's more like a toolbox of ideas. You choose the ideas you want to use.

It's all about making Triple P work for you. **Triple P**  is for parents with children up to age 12.



## Triple P

FIND A TRIPLE P PROGRAM OR  
PRACTITIONER IN YOUR COMMUNITY:

Visit [www.triplepct.com](http://www.triplepct.com)  
or call Help Me Grow at  
**1-800-505-7000**



Triple P  is a program of the Division of Family Services at the Office of Early Childhood, with funding and support from the Hartford Foundation for Public Giving, in collaboration with the Department of Social Services, TEEG and many other state and community partners.



TRIPLE P  
IS HERE TO HELP.



Being a parent may be the best and most exciting job you'll ever have. It may also be the hardest.

It's easy for parents raising children today to feel stressed, exhausted and overwhelmed.

## PARENTS OFTEN SAY THEY:

- Feel frustrated or upset by their child's behavior
- Have to shout to get their child's attention
- Have questions about the best way to respond to their child

Sound familiar?



## TRIPLE P CAN HELP

Triple P helps take the guesswork out of parenting. It offers answers to common parenting questions and tips to help parents handle challenging behaviors including:

- Temper tantrums
- Bedtime and mealtime drama
- Homework and chores
- Lying and swearing
- Disobedience
- Bullying
- And more

Triple P also helps parents learn new skills to:

- Reduce the stress of parenting
- Set realistic expectations
- Balance work and family
- Feel more confident
- Take time for themselves

## HOW DOES TRIPLE P WORK?

Whether you want a little support—or a lot of personal guidance—Triple P can help you find ideas that will work best for you and your child.



Getting started with Triple P is easy. You can:

- Sign up for a class or workshop
- Talk one-on-one with a counselor or practitioner who is trained in the Triple P philosophy
- Get some short, useful tips at [www.triplepct.com](http://www.triplepct.com)

Most Triple P  services are **FREE**.

Check the website for a practitioner and upcoming Triple P events in your area.