

Triple P

Brief Meeting

The Triple P—Positive Parenting Program is here to help!

Who is this for?

- parents of children birth – 12

Triple P can help you

- encourage behavior you like
- deal with problem behavior
- become confident as a parent
- be realistic about parenting
- take care of yourself

Is this you?

Are you frustrated by your child's behavior?

- temper tantrums
- whining
- fighting
- disobedience
- lying and swearing
- bullying
- drama at bedtime and mealtime
- not doing homework or chores
- and more

What is a brief meeting of Triple P?

A session with just you (and/or your partner) and a Triple P Practitioner can last anywhere from 15 minutes to half an hour. There may be four sessions...that's a maximum of two hours. Just two hours that could help you turn your family life around!

Where do I get it?

Your practitioner will be someone who works at a school, library, family resource center or a community agency. It will be someone you will feel comfortable talking to.

What happens at the sessions?

You will be asked what changes you would like to see in your child's behavior. You will be given suggestions to deal with the problem. You will also be given a Tip Sheet to take home. You pick the ideas you want to try. You may also be shown a DVD that shows other parents dealing with similar problems with their children.

www.triplepct.com

