



# Standard Triple P

**The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.**

## Who is this for?

- parents of children birth–12

## Triple P can help you

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

## Is this your family?

Other parents don't seem to have it as tough as you. Your child constantly misbehaves. Your family life is full of anger and tears. There's probably a lot of shouting and your child may even be aggressive – perhaps hitting you, the furniture or his or her brothers and sisters. In fact, every day – from breakfast to bedtime – is a battle.

If this sounds familiar, then Standard Triple P can help. Standard Triple P gives you support to help you manage your child's behaviour and prevent the kinds of problems that make your family life stressful.

## What happens?

This is a private and very thorough way to find out about the Triple P way of parenting.

Over ten individual sessions with a Triple P provider, you will set your own goals and work out what changes you would like to see in your child's behaviour. You'll learn the strategies you can use and you can adapt them to suit your family's needs. You'll see examples of positive parenting on DVD and you'll show your provider what you've learned. You'll have a workbook to help you record your goals and achievements.

## How long will it take and who will I see?

There will be ten meetings altogether. Seven will take about one hour, and three practice sessions will last about 40 minutes each.

When you're finished Standard Triple P you should feel confident to tackle most of the problem situations in your home – and, in fact, anywhere!