



Triple P is proven to help you raise happy and confident children

The program is based on extensive research that shows the importance of positive, effective parenting.

“I really enjoyed it! Excellent facilitators and a really supportive environment.”

The programs include strategies to help you prevent or deal effectively with unwanted behaviours when they arise.

“It was good to be reminded of how a positive relationship with my child can really benefit them.”

You will receive a workbook or tipsheets to refer to after the program, and as your children get older.

How to register

To register your interest in a type of Triple P, go to www.pmh.health.wa.gov.au/services/TripleP

If you do not have access to the internet, or you have a specific enquiry, please phone 1300 550 879, leave a message and your call will be returned.

Five key principles of positive parenting

Triple P is based on five key principles of positive parenting:

1. Ensuring a safe, interesting environment where children can explore, experiment and develop their skills.
2. Creating a positive learning environment by being available when children need help, care or attention.
3. Using assertive discipline by being consistent and acting quickly when children misbehave.
4. Having realistic expectations for children and for yourself as a parent.
5. Taking care of yourself as a parent and ensuring personal needs are met.

This document can be made available in alternative formats on request for a person with a disability.

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Positive Parenting Program



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What is The Positive Parenting Program (Triple P)?

Parents want to have a positive relationship with their child, but sometimes this can be challenging.

Triple P is a multilevel system of parenting and family support for every parent.

Triple P teaches practical, effective ways to manage common issues which most parents will face, such as:

- tantrums
- meal time and bed time difficulties
- whingeing
- disobedience
- hurting others
- wandering.

Grandparents and other carers are welcome to attend Triple P too.

Parents are invited to learn:

- effective parenting strategies
- ways to encourage behaviour you like
- how to promote your child's development
- how to prevent or manage common child behaviour problems.



How will Triple P help me?

Triple P provides parents and carers with the ability to teach their children important social skills, such as how to:

- communicate their needs and wants
- be polite and use good manners
- control their temper
- share and play cooperatively
- play independently
- have healthy lifestyle behaviours.

“The program clarified for me that I was doing a good job but could improve in certain areas – every parent should do it.”

Parenting themes that are discussed:

- giving affection
- talking and listening to your child
- promoting desirable behaviour
- encouraging independence
- providing engaging activities.

Course options are listed on:

www.pmh.health.wa.gov.au/services/TripleP

Programs

There are three styles of Triple P offered by the Department of Health, at no cost to parents or carers. Courses are organised during school terms and a free crèche may be available.

Seminar Series

For parents of children aged 3–8 years.

Delivered as three individual two-hour lecture style sessions covering:

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

Group Triple P

For parents of children aged 3–8 years.

Delivered as a two-hour group session once a week for four weeks; followed by four follow-up phone calls.

Lifestyle Triple P

For parents of children aged 5–10 years who are overweight or obese.

This course is run over 17 weeks and will provide information and strategies to promote healthy eating and encourage physical activity in your family.