

Small changes,
big differences.



Parenting now comes with
an instruction manual!





Kids don't come with an instruction manual

There *is* no hard-and-fast rule book for raising children but it's surprising how many familiar parenting problems have very simple solutions.

From infants' sleeping difficulties to toddler tantrums; fighting at school to a teenager's defiance; even the struggle to set up healthy eating patterns or a regular homework routine — the issues you face aren't peculiar to your family. In fact, they're commonplace. That's why Triple P can help.

Triple P is one of the few parenting programs in the world that's based on evidence from clinical research. For more than 30 years, Triple P's easy-to-understand and practical strategies have been shown to help families in all types of situations.

Parents can choose from tip sheets, books, DVDs, seminars, courses or one-on-one sessions to arm themselves with the tools that can make parenting a little less 'trial and error'.

And because Triple P works in the majority of cases, Triple P has the seal of approval of parents, practitioners and experts internationally.

We look forward to helping you.

For every parent

The three Ps in 'Triple P' stand for 'Positive Parenting Program' Triple P helps you understand how your family works so you can use the things you already think, feel, say and do in new ways.

Triple P helps you:

- Create a stable, supportive, harmonious family environment
- Teach your children the skills they need to get along with others
- Deal positively, consistently and decisively with problem behaviour should it arise
- Encourage behaviour you like
- Develop realistic expectations of your children and yourself
- Take care of yourself as a parent.

I just want to know if I'm doing the right thing

Everyone has an opinion! With so much conflicting advice and misinformation about, it's understandable that parents often feel stressed about their capabilities. Fortunately, Triple P cuts through the confusion and gives you clear and simple strategies to turn problems around and also prevent problems from developing in the first place.

- Imagine being able to spend all that time and energy you usually devote to sorting out kids' behaviour problems on something enjoyable
- Imagine having an organised, orderly family routine with ground rules that everyone knows and follows
- Imagine being able to balance work and family without constant stress and worry
- Imagine living in a harmonious family where conflict with your kids is low
- Imagine being confident your parenting is giving your kids the best start to life

Where it began

Professor Matt Sanders still remembers the hurt and embarrassment on a mother's face after her 5-year-old son swung a plastic lawn mower at her during a consultation more than 30 years ago.



"The child was definitely on track for serious behaviour problems and you could see the major impact on the family," says Sanders. "The mother was depressed and the parents fought over how best to handle the child. *It struck me how many parents were raising their kids in an information vacuum*".

It was after this and many other similar consultations, that Professor Sanders and colleagues from the Parent and Family Support Centre at the University of Queensland, began the development of an effective parenting program. After decades of rigorous research, Triple P was eventually given a name in 1992, and is now used in 17 countries worldwide.

How do I "do" Triple P?

The great thing is that you can choose how you "do" Triple P. You might like the interactivity and peer support of a group course. Perhaps you'd rather to talk to a Triple P practitioner on an individual basis. You may enjoy a public seminar, or you may prefer to do Triple P at home using the self help resources. It's up to you! You choose a Triple P option to suit your needs.

From Parents:

"Thank you for giving me other ways to deal with problem behaviour instead of screaming at the kids and getting nowhere."

"Life will never be the same again, only better!"

"It has helped me to see that not all the problems were my son's behaviour, but how I dealt with them. The biggest changes came in my own behaviour."

'Great program – thanks, you saved us!'

"Excellent. Has helped my husband and I to work together with the same treatment for the kids from both of us."

"The best part was meeting with other people, discussing your problems and finding out about little things you can do – star charts, praise and spending quality time, and I don't want to leave the group!"

"We didn't have any major problems. I just wanted some tips and strategies and Triple P was great. So easy to use."

From Professionals:

"Triple P offers straight forward, sensible techniques that have proven to be very effective."

Professor Fiona Stanley AC
Telethon Institute for Child Health Research;
2003 Australian of the Year

"My colleagues and I regard Triple P as the world standard of best practice."

Professor Kurt Hahlweg
Technical University of Braunschweig, Germany

"The program is the best in the world. I recommend Triple P without reservation."

Professor Patrick McGrath
Dalhousie University Canada

"There is no question that Triple P has been the bright beacon lighting the way toward worldwide dissemination of empirically-based parent training programs."

Dr Gerald Patterson
World pioneer in evidence-based parenting programs and co-founder of the Oregon Social Learning Center

For more information visit
www.triplep.net
or email contact@triplep.net

