





**TRIPLE P
POSITIVE
PARENTING
PROGRAM**





The Triple P Program evidence-based curriculum, used in more than 20 countries, is designed to prevent social, emotional, behavioral and developmental problems in children by enhancing parent's knowledge, skills, and confidence. It aims to prevent problems in the family, school and community before they arise and to create family environments that encourage children to realize their potential. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. And while it is almost universally successful in improving behavioral problems, more than half of Triple P's 17 parenting strategies focus on developing positive relationships, attitudes and conduct. Triple P is delivered to parents of children up to 12 years, with Teen Triple P for parents of 12 to 16 year olds. It is delivered at different levels, depending on assessment of the parent's needs by a certified provider.

Triple P does not tell people how to parent. Rather it gives parents the simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long lasting.

What happens at each session- You talk with your provider about the problem you are having with your child or teen. We will discuss what might be causing the child or teenager to behave this way, and work out changes you would like to see in your child/teen's behavior. You will be given a different parenting tool at each session and will get a chance to practice the tools.

LEVEL 2- TRIPLE P SELECTED SEMINAR SERIES:

Level 2 is a “light touch” intervention providing brief one-off assistance to parents who are generally coping well but have one or two concerns with their child’s behavior or development. It is available for parents of children from birth to 12 years and for parents of teenagers.

Parents attend any number of three 90-minute seminars (Power of Positive Parenting; Raising Confident, Competent Children; and Raising Resilient Children) or any of the three seminars in the Teen Triple P Seminar Series (Raising Responsible Teenagers; Raising Competent Teenagers; and Getting Teenagers Connected). Take-home tip sheets are given to all parents who attend Triple P seminars.

LEVEL 2- BRIEF PRIMARY CARE AND BRIEF PRIMARY CARE TEEN:

Level 2 combines advice, rehearsal, and self-evaluation to teach parents to manage a discrete child problem behavior. May involve telephone or face-to-face clinician contact or group sessions.

Delivered opportunistically by a practitioner who provides regular support to parents of children or teenagers. A brief one-on-one consultation of 15–30 minutes targets a specific issue. If required, there can be a follow-up visit or phone call.

LEVEL 4- STANDARD TEEN TRIPLE P AND GROUP TEEN TRIPLE P:

Level 4 is for parents of children with severe behavioral difficulties (or in the case of Group Triple P/Group Teen Triple P, for motivated parents interested in gaining a more in-depth understanding of Positive Parenting). It is available for parents of children from birth to 12 years and 12–16 years and covers Triple P’s 17 core positive parenting skills that can be adapted to a wide range of parenting situations.

DELIVERED AS:

Group Triple P/Group Teen Triple P – Groups of no more than 12 parents attend five sessions and are supported with three phone counselling/catch-up sessions at home. Uses DVDs and workbook to engage parents and reinforce strategies.

Standard Triple P/Standard Teen Triple P – For parents who need intensive support. Individual counselling delivered over ten (1 hour) sessions. Uses DVD, workbook.

If you are interested in participating in the program, please contact Behavioral Health at 253-4526 or stop by our office in Building 411, Room 219. Classes are scheduled quarterly, and one-on-one consultations are scheduled on an ongoing basis. We can also schedule classes as needed to fit the needs of the clients.

Triple P is offered to active duty personnel and families, civilians employees and families