

What is Triple P?

Triple P is the proven parenting program that doesn't tell you how to be a parent, it provides you with a toolbox of parenting skills and ideas.

You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you!

'Triple P' stands for 'Positive Parenting Program' which may help make your family life more enjoyable.

All families are different, and Triple P offers a wide range of methods for you to engage with the positive parenting program. Choose the parenting support that fits your situation. From a single session to seminars, or intensive group courses, you can even take Triple P programming online!



The parenting program proven to work!

Small changes,

BIG DIFFERENCES

Contact Us

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To learn more about Triple P programming available through Kinark, go to kinark.on.ca/resources or visit:

triplep-parenting.ca



Triple P Positive Parenting Program





GREAT PARENTS DO GREAT PARENTING PROGRAMS

Triple P creates healthier communities

- Puts evidence-based parenting education into the hands of parents.
- Encourages and supports parents in feeling comfortable asking for help.
- Delivers the exact amount of support a parent needs; enough, but not too much.
- Gives parents the confidence and skills to be self-sufficient; to manage concerns independently.
- Provides communities with prevention and early intervention to reduce social, emotional and behavioural issues.

Why seek parenting help?

- Infant concerns such as persistent crying or sleeping routines.
- Toddler behaviours such as tantrums, non-compliance or mealtime challenges.
- Preschool issues such as aggression, nightmares or bed-wetting.
- School age concerns such as bullying, low self-esteem or homework.
- Teenage concerns such as dating, peer relationships, depression or anxiety.
- Supports specific to children living with Attention Deficit Hyperactivity Disorder, Autism Spectrum Disorder or Down Syndrome.
- Marital conflict or family separation strategies.

The benefits of Triple P

Triple P helps you understand the way your family works and uses the things you already say, think, feel, and do in new ways.

- Create a stable, supportive and harmonious family.
- Encourage behaviours you like.
- Deal positively, consistently and decisively with your child's behaviour.
- Build positive relationships with your children, so that conflict can be resolved.
- Avoid or manage potentially difficult situations.
- Promotes taking care of yourself as a parent.

