



Brief Primary Care 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 best suit you and your family.

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 you?

Most of the time, parenting is great fun. You know you are doing a pretty good job. But there are times when things get a little tricky.

Like when your toddler won't eat her dinner. Or your six year old won't pick up his toys. Maybe your child never seems to listen. If only someone could give you some ideas to make those times easier!

If this sounds like you, then Brief Primary Care Triple P may suit.

What is Brief Primary Care Triple P?

This is a very quick way to get specific parenting information. You get together with a Triple P trained professional to talk about the particular parenting problem you're having. You'll probably be given a tip sheet explaining the problem, what may be causing it, how you can prevent it and how to manage or solve the problem. You may watch a DVD that shows other parents dealing with the problem.

Where do I get Brief Primary Care Triple P?

In your daily life you may meet many people who are trained in Triple P and can help you with your parenting. It could be your local doctor or school guidance counsellor, a child health nurse, a community leader or someone from your church. If they are trained in Brief Primary Care Triple P they may be able to help you.

How long will it take?

You will have just one or two sessions that last around 15 minutes. You'll be surprised how a few small changes can make big differences to your family life.