



Child and Family Centre

Triple P

Positive Parenting Program

Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of 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.

The three Ps in 'Triple P' stand for 'Positive Parenting Program' which means your family life is going to be much more enjoyable.

Triple P is intended to help you:

- Raise happy, confident kids
- Manage misbehaviour so everyone in the family enjoys life more
- Set rules and routines that everyone respects and follows
- Encourage behaviour you like
- Take care of yourself as a parent
- Feel confident you're doing the right thing

