

What is Triple P?

Triple P is a Positive Parenting Program that promotes good communication and strong relationships between parents and children.

This positive approach to parenting helps parents promote their children's development and manage their children's behaviour in a constructive and caring way.

Triple P helps parents recognise causes of common child behaviour problems and encourage desirable behaviour in their children.

There are five key principles of positive parenting:

- ensuring a safe, interesting environment where children can explore, experiment and develop their skills
- creating a positive learning environment by being available when children need help, care or attention
- using assertive discipline by being consistent and acting quickly when children misbehave
- having realistic expectations for children and for yourself as a parent
- taking care of yourself as a parent and ensuring personal needs are met

What does Triple P offer?

Triple P offers suggestions and ideas to help parents:

- build positive relationships with their children
- praise and encourage behaviour they like
- teach children new skills
- set rules and give instructions their children will follow
- respond to misbehaviour immediately, consistently and decisively
- use discipline strategies that work
- take care of themselves as parents

A variety of programs are available, depending on parents' and children's needs.

There are also parenting videos, tip sheets, workbooks and other helpful materials available.

There is no one right way to be a parent, but Triple P offers information, support and practical answers to everyday parenting concerns.



What do the parents say?

"I am so glad I did this program. I feel a lot more confident as a parent and my son knows what to expect. Consistency is the key for me. Thank you."

"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."

"I want to thank you for giving me other ways to deal with problem behaviour instead of yelling and getting no-where. I am definitely feeling more confident."

"Excellent. Every parent should do this course. Many thanks."

"The best part was meeting with other people, discussing your problems and finding out about little things you can do... I don't want to leave the group."

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

What do the Experts say?

“Triple P was an excellent choice of parenting programme for our national demonstration project due to its strong evidence base ability to be quickly implemented, first class resources and training, plus support and backup.”

Dr Linda de Caestecker
Consultant in Public Health Medicine – Child Health, Glasgow Greater Health Board

“This program is a revolution by which ordinary families will have access to the best that the past 30 years of research on families can offer. The materials are outstanding, the program design is excellent and the science is superb. The program is the best in the world. I would recommend Triple P without reservation.”

Professor Patrick McGrath
School of Psychology, Psychiatry and Biomedical Engineering
Dalhousie University

“Triple P is a great program. To my mind it is the best in the world at addressing the needs of the whole community. The different components are carefully tailored to the needs of a range of parents... The content is based on best scientific practice, and is accessible and fun. Above all, it has been proven in numerous controlled trials to be highly effective.”

Dr Stephen Scott
Consultant Child and Adolescent Psychiatrist
National Specialist Team for Parenting and Antisocial Behaviour
Maudsley Hospital, London

When and where is the course running?

The next course will be at:

Kings Furlong Junior School

In the Community Room

The course will consist of 5 group sessions on:

Session 1 Tues 3rd Nov
Session 2 Tues 10th Nov
Session 3 Tues 17th Nov
Session 4 Tues 24th Nov
Telephone Sessions ! / 8th Dec.
Session 7 Tues 15th Dec

(All sessions 12.30-3.00pm)

Please contact

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We look forward to seeing you



Positive Parenting Programme



Small changes, big differences