



Every parent wants children to:



Be considerate



Communicate well



Learn good skills



Have healthy self-esteem

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Web sites:
peaceparentlink.ca
parentlinkalberta.ca
triplep.net or tpinfo.sc.edu

Government of Alberta

DO YOU DO TRIPLE P?



for every parent

Because kids don't come with instructions.



What is Triple P ?

Triple P helps build:
positive behaviours in children
(0 to 16), confidence in
parents' abilities, and
community support for
raising children.



Triple P shows that

small changes

can make a

big difference

for families.

What does Triple P offer ?

Triple P offers suggestions
and ideas to help parents:



- * build positive relationships with their children
- * praise and encourage behavior they like
- * teach children new skills
- * set rules and give instructions that their children will follow
- * respond to misbehaviour immediately, consistently and decisively and
- * use discipline strategies that work

How does Triple P work ?

There is no one right way to be a parent, whatever your need, no matter how simple or complex, Triple P offers parents practical, easy-to-use information and support, from simple tip sheets and individual advice, to group session and family coaching.

Triple P is based on five main building blocks:

1. Creating a safe, interesting environment
2. Create a positive learning environment
3. Assertive discipline
4. Having realistic expectations
5. Taking care of yourself as a parent.

