

Early Start

Some comments from parents who have completed the Triple P Program:

- *I think it's an excellent program overall and an excellent way to help people gain awareness of 'self' and their children. It did help me get focused on 'consistency'.*
- *Would like to see it widely available.*
- *Very good Program.*
- *This Program has helped me a great deal and it was great working with my family support worker.*
- *Well worthwhile and beneficial.*
- *It was very good to learn how to deal with parenting my daughter.*
- *Thank you very much, I appreciated the benefit of Triple P. My family support worker helped me so much to improve my parenting skills and her knowledge and wisdom were a great comfort.*



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Positive
Parenting
Program
(Triple P)



What is Triple P?

Triple P teaches positive parenting and has been developed by Dr Matt Sanders & his team over the past 20 years. This program has been offered to families in New Zealand and Australia and research results show that:

- Parents like it
- Parents find it works
- Children respond well

Is Triple P for you?

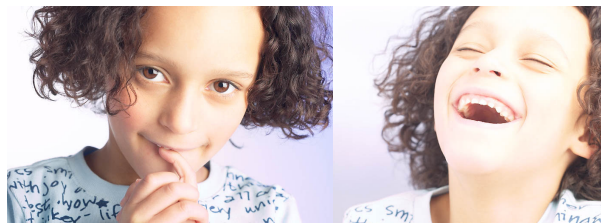
We all know that it is a big job being a parent. Parenting can be rewarding and enjoyable, but it is not always easy.

Most of us try really hard but are often unprepared for what lies ahead and learn through trial and error.

The challenge for all parents is to raise healthy, well-adjusted children in a loving & nurturing way.



Triple P will help you develop positive parenting skills and teach you how to manage when your children are not listening to you.



What is Positive Parenting?

Positive parenting helps you to manage your children's behaviour in a constructive and non-hurtful way. It is based on good communication and positive attention to help children develop. Children who grow up with positive parenting feel good about themselves. There are five key aspects to positive parenting:

1. Ensuring a safe, interesting environment for your child(ren)
2. Creating a positive learning environment for your child(ren)
3. Learning how to use assertive discipline
4. Having realistic expectations of your children & yourself
5. Taking care of yourself as a parent

My Time Investment

The number of sessions to complete the Program varies from 6-10 depending on the learning style of each family. A qualified Triple P Provider from Early Start will deliver one session each week in your home. This usually takes between 1-2 hrs per session.

On completion of the Program you will receive a Certificate of Completion

What To Do If you Want to Take Part in the Triple P Program

Your Family Support Worker will contact you soon to see if you'd like to take part in the Program.

Your Family Support Worker will then arrange to either visit you at home or meet you here at Early Start. She will then give you more detailed information about the Program.