



Five steps to positive parenting

The Triple P – Positive Parenting Program has more than 35 years' research to back it up. These are Triple P's five steps to a happier family life.

1

Create a safe, interesting environment

Children need to play and explore their world so remove potential dangers from your home and teach basic safety. Provide plenty of interesting things for kids to do.

2

Have a positive learning environment

When your child comes to you for help or to talk, they're ready to learn. Give them positive attention, even if only for a minute or so.

3

Use assertive discipline

Children do best in a predictable, stable environment so set clear rules and boundaries and follow through with appropriate consequences. Encourage behaviour you like with praise.

4

Have realistic expectations

Nobody's perfect – children or adults – so don't expect your child to do more than they're capable of. And remember, *all* parents make mistakes sometimes.

5

Take care of yourself as a parent

It's all about balance. You've got to look after your own needs too so make sure you're getting some support, time with friends, fun – and maybe even a little time to yourself!

To find out more:
www.triplep-parenting.net.au/wa

Triple P provides simple ideas to help you raise confident, healthy children and build stronger family relationships.