



Government of **Western Australia**
Child and Adolescent Health Service

Triple P

Positive Parenting Program



Triple P Positive Parenting helps you:

- raise happy, confident kids
- manage kids' behaviour so everyone enjoys life more
- set family rules and routines that everyone follows
- get along well with your kids and argue less
- balance work and family without stress.

Parents, carers and grandparents with children aged between 3 and 8 years are welcome to attend a Triple P course.

Small changes, big difference

Triple P gives you a range of simple strategies – you choose the ones that fit your family.

It is one of the world's most effective parenting programs, proven to help families in all sorts of situations.



Free Triple P courses

Triple P isn't 'one size fits all'.

It offers increasing levels of support to meet the different needs of families.

The courses (below) are held during school terms and a crèche may be available.

Seminar Series

A series of three 90-minute talks on:

- children's behaviour – the tough part of parenting
- raising confident children
- raising emotionally resilient children.

Discussion Group

Small, 2-hour groups on common topics such as misbehaving, fighting and aggression, and hassle-free shopping with children.

Group Triple P

An eight week course including five 2-hour group sessions and three weeks of telephone support.

For information visit:

- healthywa.wa.gov.au/parentgroups



This document can be made available in alternative formats on request for a person with a disability.