

## Triple P Positive Parenting

Research tells us:

Triple P Parenting Works!



Parents Report . . .

- Increased confidence in parenting
- Positive behaviour from their children
- Better understanding of their children
- Happier families

Triple P Parenting builds on your own strengths as a parent.

Developed by Professor Matt Sanders at the University of Queensland, Australia.

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

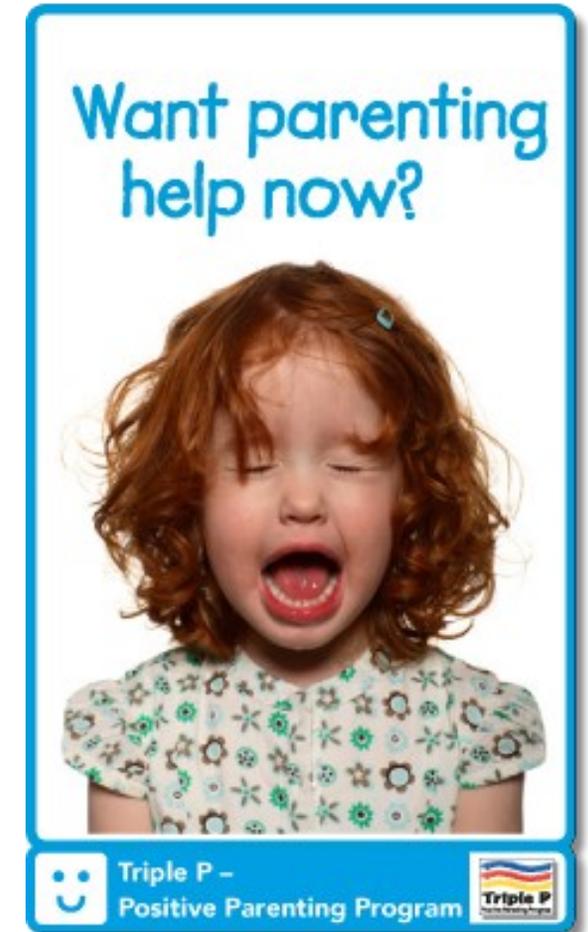
For more information on the Triple P Positive Parenting Program contact one of our qualified staff at the Parent Link Centre by:

Phone: 403.652.8633

Email:

[parentlinkcentre@highriver.ca](mailto:parentlinkcentre@highriver.ca)

The logo for the Government of Alberta, featuring the word "Alberta" in a stylized script font with a small red and white flag icon to the right, and the word "Government" in a simple sans-serif font below it.



High River & District  
Parent Link Centre  
#106 303 9th Ave SW, High River, AB  
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# What is Triple P?

Triple P Parenting is:

- Free
- Flexible to meet the unique needs of your family
- Aware that parenting can be difficult
- Parent and child focused
- Available to you in a group setting
- Available to you one on one with a trained parenting expert
- confidential

# What does Triple P offer?

Triple P offers suggestions and ideas to help parents:

-  Build positive relationships with their children
-  Praise and encourage behaviour that they like
-  Teach children new skills
-  Set rules and give instructions that their children will follow
-  Respond to misbehaviour immediately, consistently and decisively
-  Use discipline strategies that work

*It's all about making Triple P work for you.*



Triple P shows that

*small changes*

can make a

*big difference*

for families.

