



Kids don't come with an instruction manual

As we all know, kids don't come with an instruction manual, so chances are you're looking for practical help with some common parenting problems. You might be concerned about an infant's sleep-patterns or persistent crying, toddler tantrums or mayhem at mealtimes, fighting and aggression or trouble with homework, teasing, a teenager's defiance, signs of depression or drugs and drinking.

Or there might be no problem at all. You might be thinking about how best to support your child as he or she starts school, to set a homework pattern, to encourage healthy eating or set a bedtime routine. And if you're expecting, it's never too early to learn what to expect!

Whatever your parenting need, no matter how simple or complex, Triple P has the information, tip sheet, book, DVD, seminar, course or practitioner to help you.

And as one of the few evidence-based parenting programs available worldwide, with over 25 years of proven clinical research to back it up, you can be sure Triple P works for the majority of families.

Triple P has helped many thousands of families and has the seal of approval of parents, practitioners and experts, worldwide. We look forward to helping you.

For every parent

The three Ps in 'Triple P' stand for 'Positive Parenting Program'.

Triple P helps you understand the way your family works, and uses the things you already think, feel, say and do in new ways that nurture relationships, parenting skills and confidence, as well as supporting your wellbeing.

Triple P helps you:

- Create a stable, supportive, harmonious family environment.
- Teach your children the skills they need to get along with others.
- Deal positively, consistently and decisively with problem behaviour should it arise.
- Encourage behaviour you like.
- Develop realistic expectations of your children and yourself.
- Take care of yourself as a parent.

How do I "do" Triple P

The great thing is that you can choose how you "do" Triple P. You might like the interaction of a group course. Perhaps you'd rather talk to a Triple P practitioner on an individual basis. You may enjoy a public seminar, or you may prefer to do Triple P at home using the self-help resources. Check what's available in your local area and choose a Triple P option to suit your needs.

I just want to know if I'm doing the right thing

There is often a high level of stress involved in parenting, with confusion and misinformation coming from every direction. Triple P cuts through that confusion and gives you clear and simple strategies to turn problems around and also to prevent problems from developing in the first place.

- Imagine being able to spend all that time and energy you usually devote to sorting out kids' behaviour problems on something enjoyable.
- Imagine having an organized, orderly family routine with ground rules that everyone knows and follows.
- Imagine being able to balance work and family without constant stress and worry.
- Imagine being confident your parenting is giving your kids the best start to life.



Where it began

Professor Matt Sanders still remembers the hurt and embarrassment on a mother's face after her 5-year-old son swung a plastic lawn mower at her during a consultation more than 20 years ago. "The child was definitely on track for serious behaviour problems — he threw massive tantrums,

wouldn't sleep in bed, taking him shopping was a nightmare and he wouldn't play independently," said Sanders. "You could see the major impact on the family — the mother was depressed and the parents fought over how best to handle the child. It struck me how many parents were raising their kids in an information vacuum"

It was after this and many other similar consultations, that Professor Sanders and colleagues from the Parenting and Family Support Centre at the University of Queensland, began research into the development of an effective parenting program for children 0–16 years, with Triple P eventually given a name in 1992.



From Parents:

"Thank you for giving me other ways to deal with problem behaviour instead of screaming at the kids and getting nowhere."

"Life will never be the same again, only better!"

"It has helped me to see that not all the problems were my son's behaviour, but how I dealt with them. The biggest changes came in my own behaviour."

'Great programme – thanks, you saved us!'

"Excellent. Has helped my husband and I to work together with the same treatment for the kids from both of us."

"The best part was meeting with other people, discussing your problems and finding out about little things you can do – star charts, praise and spending quality time, and I don't want to leave the group!"

"We didn't have any major problems. I just wanted some tips and strategies and Triple P was great. So easy to use."

From Practitioners:

"Triple P offers straight forward, sensible techniques that have proven to be very effective."

Professor Fiona Stanley AC
Telethon Institute for Child Health Research;
2003 Australian of the Year

"My colleagues and I regard Triple P as the world standard of best practice."

Professor Kurt Hahlweg
Technical University of Braunschweig, Germany

"Triple P is a great programme. To my mind it is the best in the world..."

Dr Stephen Scott
Institute of Psychiatry, Kings College, London

Small changes, big differences.



For more information visit
www.triplep.net

Parenting now comes with
an instruction manual!



Add details

