



Triple P takes the guesswork out of parenting

Parents all over the world have the same kinds of problems. Toddler tantrums. Fighting at home or school. A child who won't go to bed. A child who never seems to listen. The good news is the Triple P – Positive Parenting Program can help.



What is Triple P?

Triple P is a parenting program that helps make raising kids easier. It gives you tips and ideas to help you deal with the big and small problems of family life. But Triple P is **not** "one size fits all." You can do as much, or as little, as you like. There are group sessions, private sessions and seminars. You can even do Triple P at home online. You choose what works best for you.

Triple P Positive Parenting helps you

- Raise happy, confident kids
- Manage kids' behaviour so everyone enjoys life more
- Set family routines and rules that everyone follows
- Get along well with your kids and argue less
- Balance work and family without stress

Small changes, big differences

Triple P doesn't tell you how to be a parent. It gives you a range of practical strategies and you choose the ones that fit your family. You will be surprised how quickly you will see results!



Will Triple P work for me?

Triple P is one of the few parenting programs in the world with evidence to show it works. More than 100 research trials and studies show Triple P can help families in all types of situations. It's already helped millions of children and their families in more than 20 countries.

How can I get Triple P?

Triple P is available in your community at no cost. To find a Triple P trained provider, ask your doctor or other family support agency, or go to www.triplep-parenting.net

 Triple P – Positive Parenting Program Yorkton & Area

> Parents say...

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

"Has helped my husband and I work together, treating the kids the same way."

"I'm happier. The children are happier."

> Find out more:

www.triplep-parenting.net



Yorkton & Area Triple P
306-783-3080

Parents, stay positive!



Triple P is brought to parents by the
Ministry of Social Services in Saskatchewan.



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A parenting program
that can help every family

www.triplep-parenting.net

