

Triple P is designed to give parents the skills they need to raise confident, healthy children and teenagers and to build stronger family relationships. Triple P doesn't tell people how to parent. Rather, it gives parents simple and practical strategies they can adapt to suit their own values, beliefs and needs. The benefits can be dramatic and long-lasting.

Triple P is distinctive in that it is not a "one-size-fits-all" course. Rather, it is a system that offers increasing levels of support to meet parents' different needs. Participants will attend ten individual one-on-one sessions with a Triple P Instructor. You will set your own goals and workout what changes you would like to see in your child's behavior. You'll learn the strategies you can use and you can adapt them to suit your family's needs.

## About Triple P

The Triple P – Positive Parenting Program® is one of the world's most effective parenting programs. It is one of the few based on evidence from ongoing scientific research.



## Triple P Program





Triple P can help you

- improve parenting practices and increases use of positive practices.
- become confident as a parent be realistic about parenting take care of yourself.
- Improves family social support network.
- Reduces child behavior difficulties (including emotional symptoms, hyperactivity and other difficulties)

“Children who grow up with positive parenting are more likely to develop the skills they need to do well at school, build friendships, and feel good about themselves,”

## CONTACT INFORMATION

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