



# Primary Care Triple P

**The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.**

## **Who is this for?**

- parents of children birth–12
- parents of teenagers
- parents of children with a disability (Stepping Stones Triple P)

## **Triple P can help you**

- encourage behavior you like
- deal with problem behavior
- become confident as a parent
- be realistic about parenting
- take care of yourself

## **Is this you?**

Being a parent should be easier than this! Perhaps you can't take your daughter shopping because she throws a tantrum every time. Or maybe you have a child who makes bedtime a nightmare. Or one who's getting into fights at school.

If your child has a particular behavior problem that is making family life more difficult than it should be, then Primary Care Triple P can help. Primary Care Triple P provides guidance that is tailored to deal with specific problems.

## **What is Primary Care?**

This is a very brief and private way for parents to get Triple P support.

There are usually about four sessions (although sometimes more, sometimes less). It will just be you (and your partner, if you wish) and a Triple P provider. There will be no other parents at these sessions.

## **Where do I get it?**

Your provider will be someone in your local community – perhaps a doctor, school guidance officer, a kindergarten teacher or a health service worker, for example. It will be someone you will feel comfortable talking to.

## **What happens at the sessions?**

You will talk with your provider about the problem you have. You will discuss what might be causing your child to behave this way and work out what changes you would like to see in your child's behavior.

You will be given suggestions to deal with the problem. You will also be given a tip sheet to take home. The tip sheet will remind you of the things you have discussed. You may also be shown a DVD that shows other parents dealing with similar problems with their children.

## **How long do the sessions take?**

A session can last anything from 15 minutes to half an hour. Over four sessions that's a maximum of two hours. Just two hours that could help you turn your family life around!