



FARNHAM FAMILY SERVICES

Hope Starts Today.

GET IN TOUCH

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What is Triple P?

Triple P gives parents the skills they need to raise confident, healthy children and teenagers and to build strong family relationships.



TRIPLE P- POSITIVE PARENTING PROGRAM

FARNHAM FAMILY
SERVICES



About Triple P

WHAT HAPPENS AT A DISCUSSION GROUP?

In a relaxed group session, your provider will give you tips and suggestions for dealing with your child's problem behavior.

Each session takes approximately two hours.

0-12 TRIPLE P DISCUSSION GROUP TOPICS

- Dealing with disobedience
- Developing good bedtime routines
- Managing fighting and aggression
- Hassle-free shopping with children

TEEN TRIPLE P DISCUSSION GROUP TOPICS

- Getting teenagers to cooperate
- Coping with teenagers emotions
- Building teenagers survival skills
- Reducing family conflict

What are Triple P Discussion Groups?

Triple P Discussion Groups are short, small group sessions that offer practical advice for tackling a specific problem behavior.

A discussion group is run by a trained Triple P provider. Each session brings together about 10-12 parents who are experiencing the same parenting problem, and covers one of four topics listed to the right.

Triple P can help you in:

- Developing a positive relationship
- Increasing desirable behaviors
- Teaching new skills and behaviors
- Managing problem behavior