



Empowering Families, Nurturing Thriving Children: *The Triple P Approach*

Learn how Triple P – Positive Parenting Program® helps parents and caregivers build confidence at home, supporting better behavior, emotional well-being, and healthy development for every child.



WHAT IS TRIPLE P?

Triple P – Positive Parenting Program® is a world-renowned, evidence-based system of parenting support designed to enhance the knowledge, skills, and confidence of parents and caregivers, while reducing rates of child maltreatment and behavioral challenges. The program includes ten flexible sessions — seven one-hour meetings and three shorter practice sessions — offering families practical tools they can apply right away.

WHO IS THIS FOR?

Parents, grandparents, and caregivers of children ages 0 - 17

WHY IT MATTERS

Strengthens Family Connections

Triple P equips caregivers with positive, practical strategies that improve communication, deepen relationships, and support children's emotional well-being — at home and beyond.

Boosts Student Readiness & Academic Success

Children whose families engage in Triple P programs show better focus, emotional regulation, and resilience, supporting a positive learning environment.

Reduces Stress for the Whole Family

By addressing challenges proactively, Triple P helps create a calmer, more consistent home environment — reducing conflict and building lasting positive change.

HOW IT WORKS

Triple P – Positive Parenting Program® provides parents and caregivers with practical tools to improve child behavior and emotional well-being. **Here's how it supports families:**

- **Individualized goal-setting** to address specific child behavior concerns
- **Evidence-based strategies** for promoting positive behavior at home
- **Flexible techniques** tailored to each family's needs and cultural values
- **Interactive sessions** with video modeling, practical exercises, and guided discussions
- **Ongoing progress tracking** through workbooks and provider support

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