



FREE

PARENTING PROGRAMMES

Effective Parenting Approach to Raising Your Child!



TRIPLE P POSITIVE PARENTING PROGRAMME

Level 3 Consultation Sessions

INDIVIDUAL SESSIONS

SIGNPOSTS

SMALL GROUP SESSIONS

What is Triple P ?

The Positive Parenting Programme (Triple P) is a parenting and family support strategy designed to prevent behavioural and emotional problems in children.

Triple P Consultation Sessions are for parents who are facing difficult parenting issues on a regular basis and require one-on-one help or coaching.

What does it offer?

Simple and practical strategies to help you confidently manage your children's behaviour, prevent problems developing and build strong, healthy relationships.

How is it delivered?

Triple P Consultation Sessions consist of 4 one-to-one consultation sessions (30 – 45 min per session) to help parents manage one or two specific behaviour problems that are a current concern.

Why is it effective?

- ▶ One of the most effective evidence-based* parenting programmes in the world.
- ▶ It offers parents preventive programmes of different intensity to meet their needs.
- ▶ Effective in reducing child behavioural problems and improving parental self-efficacy and satisfaction.
- ▶ Implemented in 25 countries such as Australia, Japan and Hong Kong.

For more information on Triple P Programme, please visit <http://www.triplep.net/global/home/>

What is Signposts?

Signposts is an evidence-based* parenting programme to help parents understand and manage their child's difficult behaviour, and prevent further development of behavioural concerns.

Why is it effective?

- ▶ parents to design their own programme to suit the needs of their child and develop strategies to prevent and manage current difficult behaviour.
- ▶ Studies show parents are more confident in managing their children and feel less stressed after attending the programme.

How is it delivered?

Signposts is delivered in a small group sessions consisting of 5 weekly sessions (2 – 2.5 hours per session) to help and equip parents with tools to build effective ways to manage current difficult behaviours.

For more information on Signposts, please visit <http://www.signposts.net.au/>