

POSITIVE PARENTING

Helping parents raise happy, healthy and confident children

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DISCLAIMER

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Dr Studman is a co-author of Stepping Stones Triple P and is employed by Triple P International.

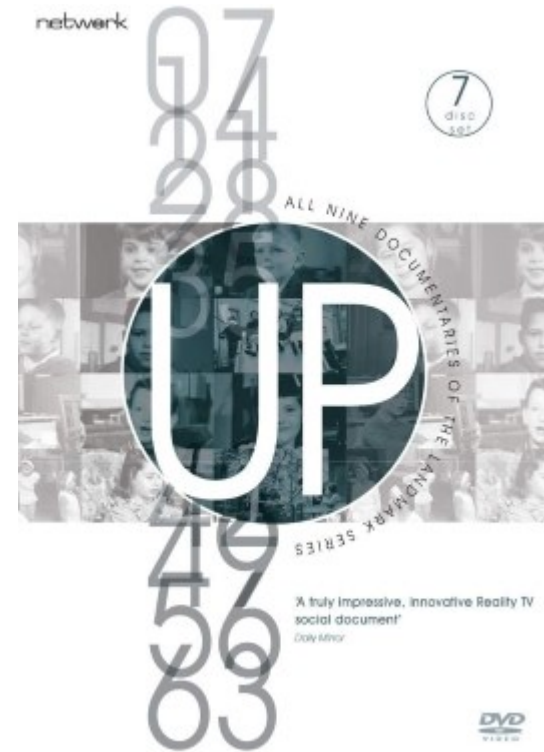
I acknowledge the Traditional Owners of the land on which we are meeting. I pay my respects to their Elders, past and present, and the Aboriginal Elders of other communities who may be here today.



WHO REMEMBERS THE 7 UP SERIES?

“GIVE ME THE CHILD
AT SEVEN AND I WILL
SHOW YOU THE MAN.”

ARISTOTLE



Video clip: Seven Up

REFLECTION

- What are key aspects of your childhood home life that contributed to who you are?
- What family interactions and routines made you feel connected to your family, carers and friends?
- What taught you self-regulation (the ability to cope with emotions, deal with challenges, and control your actions to cooperate with others)?

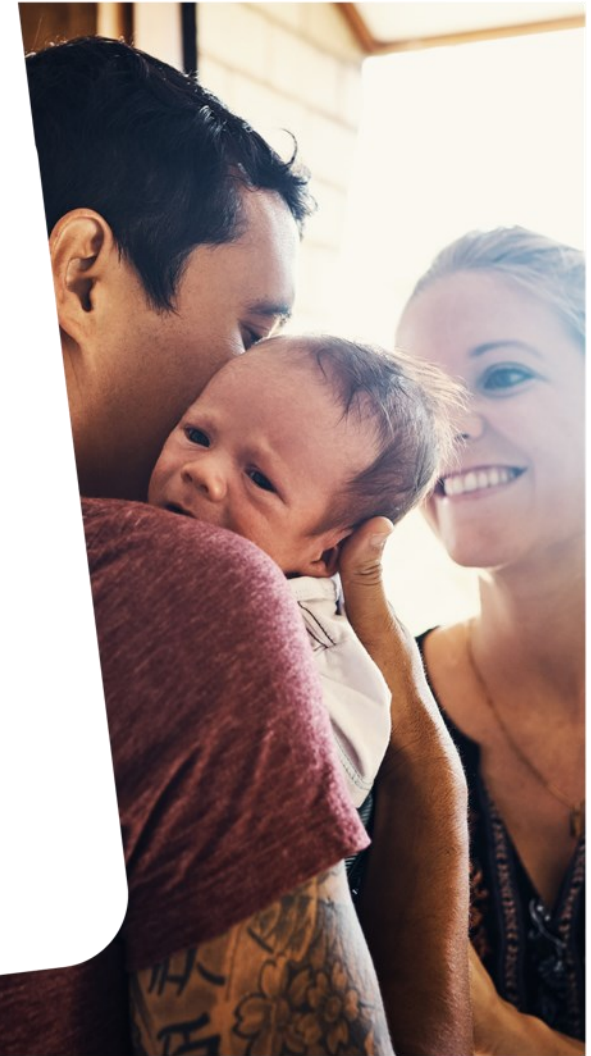


PRESENTATION CONTENT

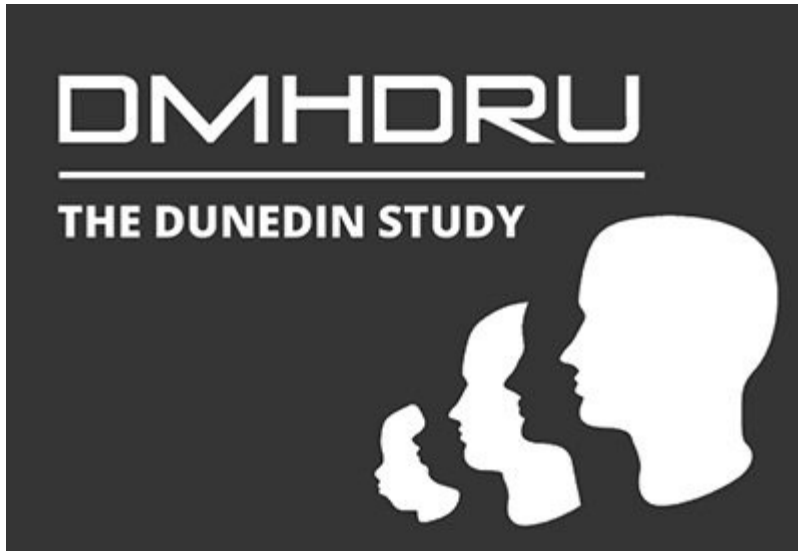
- What is important for children's development?
- What is positive parenting?
- The Triple P system
- Triple P in W.A.
- Supporting parents in the school context
- Resources available

Interactive activities –

- Chatting in small groups to share ideas and plan ahead
- Q & A



THE DUNEDIN STUDY



WHAT DID THEY MEASURE?

Psychosocial	Physical Health
<ul style="list-style-type: none"> • Childhood socioeconomic background • Family structure, stability • Paediatric neurological examinations and motor tests • Child temperament • Ratings of child's health, ill-health checklists • Parental mental health • Family functioning, parent-child relationship • Adverse experiences: abuse, neglect, household dysfunction • Teacher/school reports • Peers: rejection by, attachment to, activities with • Pubertal timing: girls' menarche, boys' height spurt • Neuropsychological testing, IQ testing, language • Parental loss, familial death, divorce • Mental disorders and psychopathology • Self-harm and suicide attempts • Antisocial behaviours • Academic attainment, literacy tests, degrees earned, skills • Physical exercise/activity • Substance abuse, dependence: smoking, alcohol, cannabis, narcotics • Personality: Multidimensional Personality Questionnaire and big-5 • Sexual and reproductive health, behaviour, attitudes • Intimate partner relationship status, quality, commitment, children • Intimate partner violence: psychological and physical • Parent relationship quality • Work status, type, characteristics, and experiences • Financial status, credit rating, knowledge, attitudes, behaviour • Diet • Sleep • New Zealand identity and society 	<ul style="list-style-type: none"> • Foetal/newborn perinatal health • Adiposity and anthropometrics • Blood pressure, heart rate • Injuries • Dental: periodontal disease, caries, alignment, attitudes • Respiratory: asthma, allergy, and lung function tests • Aerobic fitness • Overall health status, health problems, diagnoses • Medications • Grip strength, balance • Step-in-place, chair stands, Gaitrite walking tests • Endothelial function • Facial photography, ratings of facial aging • Digital imaging of retinal micro-vasculature • Optical coherence tomography (OCT): optical nerve scan • Dry eye: eyelid glands, eye lipid layer • Vision: peripheral visual field testing, acuity, contrast perception • Hearing: speech-in-noise test, hearing tests • Pain: sensitivity, thresholds, experiences • Dual-energy X-ray absorptiometry (DXA) scan: bone density

WHAT WERE THEIR RESEARCH INTERESTS?

- Mental health and wellbeing
- Early life risk factors
- Impact of interventions, and best time to implement them
- Childhood factors related to poor physical wellbeing
- Nature vs nurture, and risk and resilience for mental wellbeing
- Determinants or causes for children developing antisocial behaviour, and later criminal behaviour



LONG TERM OUTCOMES

Children who had low self-control showed higher rates at age 38 of:

- Metabolic abnormalities (e.g. obesity, blood pressure, cholesterol)
- Periodontal disease, stroke and neurovascular disease
- Dependence on tobacco, alcohol, cannabis and other illegal substances
- Criminal convictions.
- They also earned less money, were less orientated towards saving, and had accrued fewer assets than the high self-control participants.



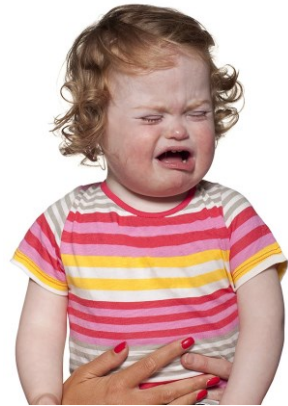
SELF CONTROL AND LATER LIFE OUTCOMES

- Self control in children predicted their health, wealth and happiness as adults
- What does a lack of self control in children look like?
 - Emotional lability
 - Proclivity for flying off the handle
 - Low frustration tolerance
 - Lacking persistence
 - Short attention span
 - Distractibility
 - Shifting from activity to activity
 - Restlessness
 - Being overactive
 - Poor impulse control
 - Acting before thinking
 - Difficulty waiting
 - Difficulty in turn-taking



REFLECTION

- What is positive parenting?
- What can parents do and provide to promote their child's health, development and lifelong happiness?



PRINCIPLES OF POSITIVE PARENTING

1. A loving, safe, nurturing environment
2. Positive learning opportunities
3. A predictable and positive approach to discipline
4. Realistic expectations and goal-setting
5. Family and self care
6. Family adaptation and community inclusion when children had additional needs



A LOVING, SAFE, NURTURING ENVIRONMENT



A LOVING, SAFE, NURTURING ENVIRONMENT – VIDEO CLIP

POSITIVE LEARNING OPPORTUNITIES



POSITIVE LEARNING ENVIRONMENT – VIDEO CLIP

A PREDICTABLE AND POSITIVE APPROACH TO DISCIPLINE



REALISTIC EXPECTATIONS AND GOAL SETTING



REALISTIC EXPECTATIONS AND GOAL SETTING – VIDEO CLIP

FAMILY AND SELF CARE



FAMILY AND SELF CARE – VIDEO CLIP

FAMILY ADAPTATION AND COMMUNITY INCLUSION



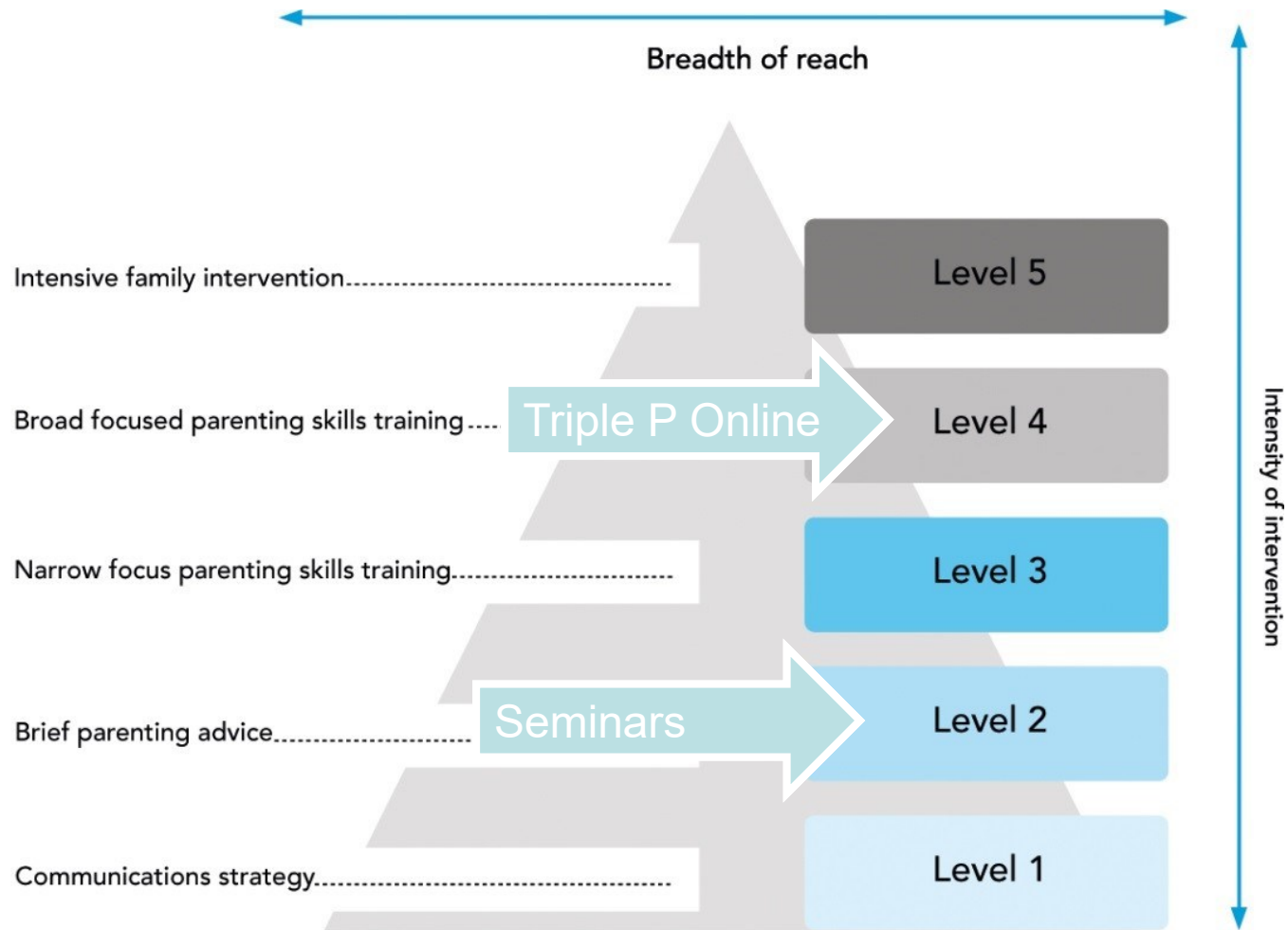
FAMILY ADAPTATION AND COMMUNITY INCLUSION – VIDEO CLIP

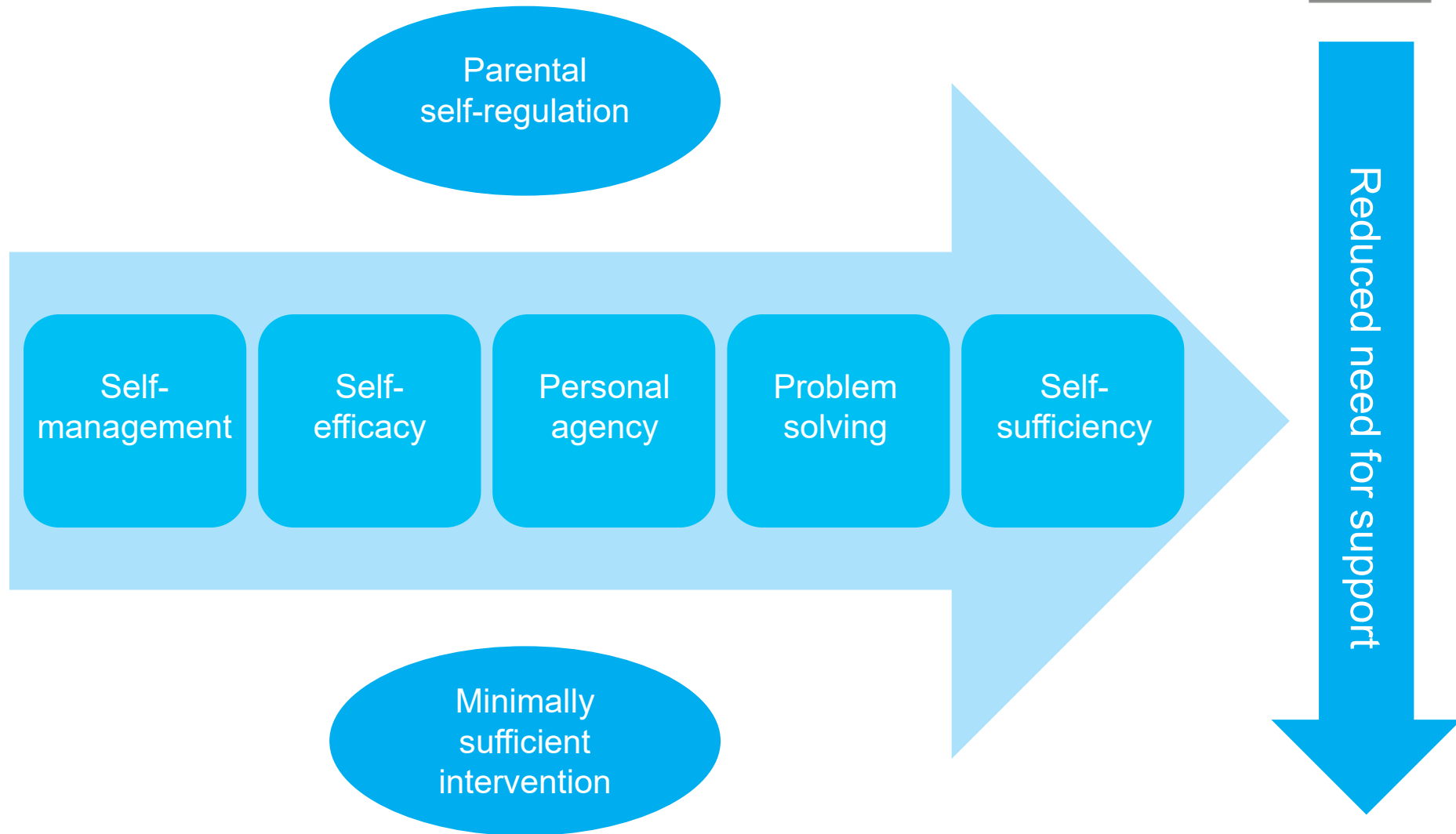
REFLECTION

- What aspects of positive parenting come easy and what's a challenge?
- How are knowledge and skills in parenting learned and passed on?
- What type of parenting support really helps?



THE TRIPLE P SYSTEM: NOT 'ONE SIZE FITS ALL'





BENEFITS OF POSITIVE PARENTING

Benefits for children	Benefits for parents	Benefits for communities
<ul style="list-style-type: none"> • Increased quality of parent-child attachment • Increased pro-social behaviour and emotional wellbeing • Like likely to be abused or neglected • Higher levels of school readiness (social skills and language) • Less chance of having adolescent problems (health risks, drugs/alcohol, offending) 	<ul style="list-style-type: none"> • More confidence, skill, and knowledge about raising children • More positive interactions with their children • Improved depression, stress, and anxiety levels • Improvements in couple conflict over parenting issues • Improved work and family life balance 	<ul style="list-style-type: none"> • Less stigma associated with seeking parenting support • Common language with other parents and teachers • Reductions in out-of-home placements • Reductions in hospital-maltreatment injuries • Reduction in child maltreatment cases • Improvements in psychosocial adjustment of children across the community



400+ EVALUATION
STUDIES



WORKS
ACROSS DIVERSE
CULTURAL,
LINGUISTIC AND
GEOGRAPHIC
COMMUNITIES



IMPROVES
HEALTH AND
WELLBEING FOR
PARENTS AND
CHILDREN



IMPROVES
CHILD BEHAVIOUR



190+ RANDOMISED
CONTROLLED
TRIALS

THE TRIPLE P WESTERN AUSTRALIA TRIAL

- Triple P was associated with a 15.9% reduction in the rate of ED admissions across childhood/adolescence
- Triple P was associated with a 1.83 times increase in odds of utilising community mental health services during childhood; particularly from 5 to 9 years of age
- Strongly suggested that Triple P resulted in a lasting, long-term positive effect on literacy and numeracy achievement
- The intervention had a statistically significant effect at each year level



TRIPLE P IN WA SCHOOLS

- Clip from DoE webpage

RECOMMENDATION FROM WA DEPARTMENT OF EDUCATION



Action 7

Support programs for parents with clear expectations

- Internationally-recognised Triple P – Positive Parenting Program offered free to all Western Australian parents.
- Clear expectations for parents to engage respectfully with schools.

DEPARTMENT OF EDUCATION WA – TRIPLE P STAY POSITIVE WEBSITE

- Live demo
- www.triplep-parenting.net.au/wa

SEMINARS

Under 12's Triple P	Teen Triple P	Stepping Stones Triple P
<ul style="list-style-type: none"> Principles of positive parenting Raising confident and competent children Raising resilient children 	<ul style="list-style-type: none"> Raising responsible teenagers Raising competent teenagers Getting teenagers connected 	<ul style="list-style-type: none"> Positive parenting for children with a disability Helping your child reach their potential Changing challenging behaviour into positive behaviour
Fear-Less Triple P	Disaster Recovery Triple P	Workplace Triple P for FIFO Families
<ul style="list-style-type: none"> Understanding anxiety Promoting emotional resilience Avoidance and exposure Responding to children's anxiety Constructive problem solving 	<ul style="list-style-type: none"> Common childhood responses Natural course of recovery Predictable triggers and risk factors Parenting traps Managing responses and answering questions Referral pathways 	<ul style="list-style-type: none"> Why is striking a balance challenging Preventing work affecting family life Preventing family responsibilities disrupting work Preventing and managing stress Supporting your partner Focus on sharing parenting and staying connected

BRIEF CONSULTATIONS FOR PARENTS



DISCUSSION GROUP TOPICS

Triple P 0 – 12 topics –

- Shopping
- Cooperation and disobedience
- Aggression / sibling rivalry
- Bedtime routines
- Mealtimes

Teen Triple P topics –

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

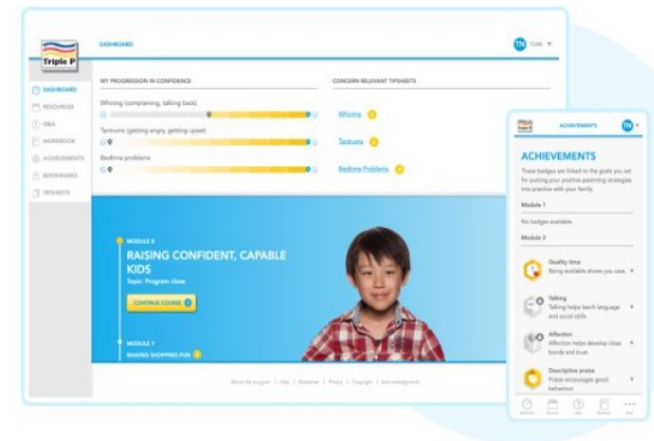


GROUP PROGRAMS



TRIPLE P ONLINE PROGRAMS

- Video clips of families in action
- Interactive exercises
- Individual goal setting, feedback and weekly check-in
- Downloadable worksheets
- Personalise and printable parent workbook
 - Email, full text, and bullet point versions
- Review and reminder strategies
 - Text messages and emails



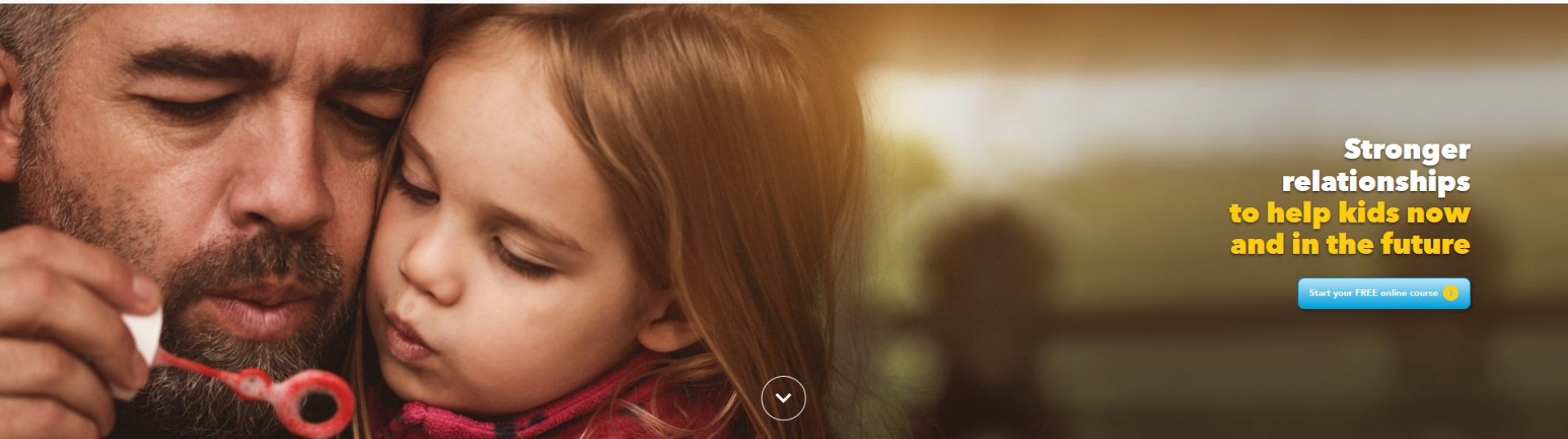
TRIPLE P ONLINE WEBSITE



[ABOUT TRIPLE P](#) |
 [TOPICS](#) |
 [BLOG & MORE](#) |
 [FREE PARENTING COURSES](#)

[Already started? Log in here!](#)
[📍](#)
[🔍](#)

[Free parenting Courses](#) >
 [Triple P Online under 12](#)



**Stronger
relationships
to help kids now
and in the future**

[Start your FREE online course](#)

Why Triple P Online can make all the difference

Stay calm under pressure. Strengthen your relationship, fix issues before they become real problems, and positively influence your child's skills and development. This full toolkit of tips and ideas really works!

- 17 effective strategies – the world's first proven-to-work online parenting program
- You choose what works for you - adapt to suit your family,



TRIPLE P ONLINE – PERSONALISE YOUR COURSE

SELECT YOUR TOPIC(S) 0/3

List of common parenting issues

Disobedience (not listening, not following instructions)



Tantrums (getting angry, getting upset)



Fighting, aggression (hitting, biting)



Whining (complaining, talking back)



Interrupting, demanding attention



Mealtime problems



TRIPLE P ONLINE – ESTIMATES OF CONFIDENCE

RATE YOUR CONFIDENCE

**GREAT! NOW LET'S RATE HOW
CONFIDENT YOU ARE DEALING WITH
THAT BEHAVIOUR**

Place the marker where you would put yourself on the
scale.

RATE YOUR CONFIDENCE ➤

NEXT ➤

TRIPLE P ONLINE – INITIAL AND ONGOING LEVELS OF CONFIDENCE

MY PROGRESSION IN CONFIDENCE

Disobedience (not listening, not following instructions)



Tantrums (getting angry, getting upset)



Bedtime problems



TRIPLE P ONLINE – MODULES

Course
8 modules

Resources

Q&A

Workbook

Achievements

Bookmarks

Tipsheets

COVID-19

Your Account

Use this page to fast track to resources that you have collected. Select a module title to access the resources you have collected so far.

MODULE 1
WHAT IS POSITIVE PARENTING?

MODULE 2
ENCOURAGING BEHAVIOUR YOU LIKE

MODULE 3
TEACHING NEW SKILLS

MODULE 4
MANAGING MISBEHAVIOUR

MODULE 5
DEALING WITH DISOBEDIENCE

MODULE 6
PREVENTING PROBLEMS BY PLANNING AHEAD

MODULE 7
MAKING SHOPPING FUN

MODULE 8
RAISING CONFIDENT, CAPABLE KIDS


Course: 100% complete

813 day(s) left.

YOUR TPOL MENTOR: PROFESSOR MATT SANDERS



TRIPLE P ONLINE – RESOURCES



- Home
- Course
8 modules
- Resources**
- Q&A
- Workbook
- Achievements
- Bookmarks
- Tipsheets
- COVID-19
- Your Account >

Course: 100% complete

813 day(s) left.

MODULE 1: WHAT IS POSITIVE PARENTING? ▼

RESOURCES

MODULE 1: WHAT IS POSITIVE PARENTING?

IN THIS MODULE:

What is positive parenting?

- A safe, interesting environment
- A positive learning environment
- Assertive discipline
- Realistic expectations
- Taking care of yourself

Common parent traps


Get active

DOWNLOAD WORKSHEETS

- Positive Parenting Principles and Infants
- Positive Parenting Principles and Toddlers
- Positive Parenting Principles and Preschoolers
- Positive Parenting Principles and Elementary School Children

- Download podcast
An audio only podcast of this module.
- Email me a summary
Send yourself a summary of this module.
- SMS me key points
Send yourself the key points of this module.

TRIPLE P ONLINE – Q&A LIBRARY



- Home
- Course
8 modules
- Resources
- Q&A**
- Workbook
- Achievements
- Bookmarks
- Tipsheets
- COVID-19
- Your Account

Course: 100% complete

Q&A LIBRARY

8

Q&A LIBRARY

This library includes common questions and answers posted by other parents, so check to see if your question has already been asked and answered.

You can sort the library by module to find questions you may be interested in.

Select module

Module 1: What is positive parenting?
Module 2: Encouraging behaviour you like
Module 3: Teaching new skills
Module 4: Managing misbehaviour
Module 5: Dealing with disobedience
Module 6: Preventing problems by planning ahead
Module 7: Making shopping fun
Module 8: Raising confident, capable kids

Q Where we live isn't very safe. The highway is right there. ▼

Q We can't afford a fire extinguisher. Who can? ▼

...nting is the responsibility of other relatives as well as parents and not all

TRIPLE P ONLINE – WORKBOOK



Home

Course
8 modules

Resources

Q&A

Workbook

Achievements

Bookmarks

Tipsheets

COVID-19

Your Account >

Course: 100% complete

ALL MODULES ▼



▼ 8

WORKBOOK

MODULE 1: WHAT IS POSITIVE PARENTING?

INTRODUCTION

The areas that seem to be of most concern to you right now are:

(Scale = Certain I can't manage it = 0/10; Certain I can manage it = 10/10)


- Disobedience (not listening, not following instructions). How I rate my confidence: 5/10
- Tantrums (getting angry, getting upset). How I rate my confidence: 5/10
- Bedtime problems. How I rate my confidence: 5/10

Keeping these concerns in mind can help you stay focused on what is important for you as we work through the program.

WHAT IS POSITIVE PARENTING?

Positive parenting aims to promote children's development and guide their behaviour. It's about strong relationships, good communication and positive attention to help children develop well.

FEAR-LESS TRIPLE P ONLINE MODULES




- Home
- Course
6 modules
- Resources**
- Workbook
- Bookmarks
- COVID-19
- Your Account >

Course: 98% complete

363 day(s) left.


MODULE 1

Understanding Anxiety >




MODULE 2

Promoting Emotional Resilience >




MODULE 3

Setting a Good Example and Encouraging Flexible, Realistic Thinking >




MODULE 4

Overcoming Avoidance >




MODULE 5

Responding to Children's Anxiety >



MODULE 6

Constructive Problem Solving and Maintaining Progress >



YOUR FEAR-LESS TRIPLE P MENTOR

DR. VANESSA COBHAM



WORKBOOK



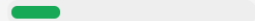
ALL MODULES ▼

▼ 2



- Home
- Course
6 modules
- Resources
- Workbook**
- Bookmarks
- COVID-19
- Your Account >

Course: 20% complete



985 day(s) left.

WORKBOOK



MODULE 1: UNDERSTANDING ANXIETY

INTRODUCTION

Anxiety can cause physical as well as emotional problems, but there are ways to manage it.

HOW FEAR-LESS TRIPLE P CAN HELP

Set yourself up for success

PROGRAM GOALS

Fear-Less Triple P helps parents to:

- Provide a good model of anxiety management → Set a good example
- Help children become more resilient → Help your children learn to express and manage uncomfortable emotions
- Help children learn to manage their anxiety → Encourage your children to become flexible thinkers and face their fears
- Respond to their children's anxiety effectively → Review different ways to respond to children's anxiety

RESOURCES



- Home
- Course
6 modules
- Resources**
- Workbook
- Bookmarks
- COVID-19
- Your Account >

Course: 2% complete



985 day(s) left.

MODULE 1: UNDERSTANDING ANXIETY ▼



▼ 1

RESOURCES

Module 1: Understanding Anxiety

DOWNLOAD WORKSHEETS



[Anxious Behavior Diary](#)



[Anxious Behavior Record](#)



[Example Anxious Behavior Diary](#)



[Example Anxious Behavior Record](#)

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TRIPLE P ONLINE FOR BABY

Intro: video clip

TRIPLE P ONLINE FOR BABY MODULES

MODULE 1 INTRODUCTION TO TRIPLE P ONLINE FOR BABY ➔	
MODULE 2 UNDERSTANDING YOUR BABY'S DEVELOPMENT ➔	
MODULE 3 PROMOTING YOUR BABY'S DEVELOPMENT ➔	
MODULE 4 RESPONDING TO YOUR BABY ➔	
MODULE 5 SURVIVAL SKILLS ➔	
MODULE 6 PARTNER SUPPORT ➔	
MODULE 7 REVIEWING AND MAINTAINING PROGRESS ➔	

POSITIVE EARLY CHILDHOOD EDUCATION (PECE)



PROMOTION TO PARENTS



RESOURCES AVAILABLE



BUILD A CLOSER BOND, AND HELP CHILDREN REACH THEIR POTENTIAL

You want to support your baby and child's development, grow closer and solve problems – positively. Now you can do the parenting program developed here in Australia, and used around the world. It's backed by research, proven by parents. And it's free!

- Create a positive foundation, right from the start.
- Boost children's emotional wellbeing and maintain a good relationship – now, and in the years to come.
- Make family life less stressful and more enjoyable – even in tough times.
- Practical, simple strategies you can start using straight away – backed by 35+ years of research studies.
- Set good habits early and nip problems in the bud – you tailor the program to suit your child.
- Raise happier, more capable kids who can meet life's challenges.
- Join a million+ parents/carers in Australia who've been helped by the Triple P – Positive Parenting Program®

Free support for your positive parenting journey

Now, you can do Triple P programs online, at no cost. Choose what works for you, to help you manage the transition to parenthood, give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can also do Triple P, so everyone's on the same page and there's less conflict.

- Interactive, easy-to-use online programs with videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

The Triple P – Positive Parenting Program® system includes the following online programs:

TRIPLE P ONLINE FOR BABY
for parents/carers to be or with a
baby under 12 months old

TRIPLE P ONLINE
for parents/carers of
children under 12

FEAR-LESS TRIPLE P ONLINE
for parents/carers of children (6+) who are often anxious

START YOUR FREE PROGRAM TODAY!

triplep-parenting.net.au

Funded by the Australian Government Department of Health and Aged Care.



Triple P International acknowledges the Traditional Custodians of the lands on which we live and work. We respectfully acknowledge Elders, past and present who continue to guide us with their wisdom on our journey to support and build strong healthy families.

TRIPLE P FOR BABY



**Build a
positive foundation
for your baby,
and for you**

Proven, positive strategies to help every family

Now free in Australia

WHY TRIPLE P ONLINE FOR BABY MAKES ALL THE DIFFERENCE

Create the best environment for your baby's development, as a new life begins! Positively nurture your baby's potential, with a full toolkit of tips and ideas. And learn strategies for coping with changing emotions and relationship strains, too.

- Promote your baby's social, emotional, and cognitive development.
- Be empowered and have confidence in your own choices – different options to cope with crying, sleeping problems, partner conflict and more.
- Read your baby's cues and encourage their language learning.
- Take better care of your own emotional and mental health.
- Enjoy life as a new parent a lot more!
- Join a million+ parents and carers in Australia who've been helped by the Triple P – Positive Parenting Program®.

Free support for your positive parenting journey

Build a closer bond as you create a positive start to family life. This is your toolkit for new parents, now yours at no cost. Choose what works for you and feel more confident and happier as a new parent/carer. Partners and other family members can do the program free too, so everyone's on the same page and there's less conflict.

- Interactive, easy-to-use online program, including videos and activities and a downloadable workbook.
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Help give your baby the best start in life with Triple P Online for Baby – for parents/carers to be, or with a baby under 12 months old.



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TRIPLE P (FOR AGES 1 – 12)



WHY TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

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Your complete positive parenting toolkit, now yours at no cost. Choose what works for you, to help give your kids key life skills and help the whole family stay calm and positive. Partners and other family members can do the program free too, so everyone's on the same page and there's less conflict.

- Interactive, easy-to-use online program, including videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

Help give your child the life skills they need with Triple P Online – for parents/carers of children under 12.



START YOUR FREE PROGRAM TODAY!

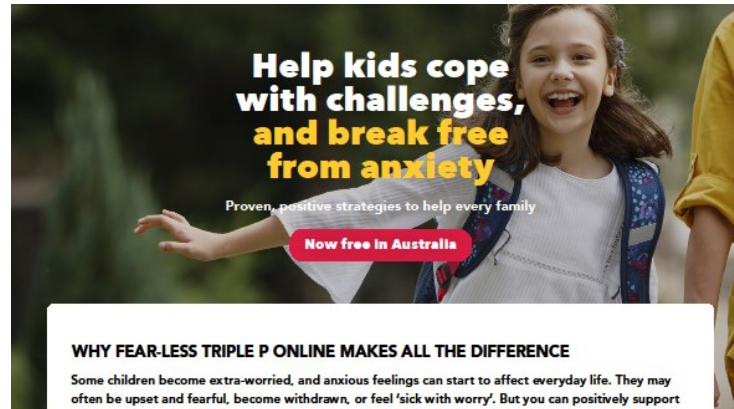
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FEAR-LESS TRIPLE P



WHY FEAR-LESS TRIPLE P ONLINE MAKES ALL THE DIFFERENCE

Some children become extra-worried, and anxious feelings can start to affect everyday life. They may often be upset and fearful, become withdrawn, or feel 'sick with worry'. But you can positively support your child to develop their own toolkit of coping skills. It'll bring you closer and help them manage anxiety and deal with difficult emotions in healthy ways – now, and in the future.

- Understand more about anxiety (and how to reduce it).
- Know how to respond to your child when they're anxious.
- Help your child develop skills to cope with challenging situations and solve problems.
- Teach them a range of strategies based on proven principles.
- Raise happier, more capable kids who can meet life's challenges.
- Join a million+ parents and carers in Australia who've been helped by the Triple P – Positive Parenting Program®.

Free support for your positive parenting journey

Practical steps you can take to help your child or teenager to feel calmer and more capable. When you know how, you can help them be more emotionally resilient, and teach them new skills. Watch them gain confidence as they learn to tackle fears and situations they've been avoiding.

- Interactive, easy-to-use online program, including videos and activities and a downloadable workbook.
- Each module only takes about an hour or less, and you can do just a few minutes at a time.
- Available anytime, at your place, at your pace!

Help give your child the life skills they need with Fear-Less Triple P Online – for parents/carers of children (6+) who are often anxious.



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TEEN TRIPLE P ONLINE



How free online parenting support helps families in schools

In a complex, changing world with anxiety rising among school-age children, school leaders know firsthand the everyday challenges parents and carers face raising calm, resilient and happy children. They also know how this can significantly affect school environments.

Ideally, children would be able to make friends easily, resolve disputes without fights, follow directions, feel confident tackling challenges, listen well and plan for things like homework. But it can be hard for parents to know where to turn to get trusted, evidence-based support.

Now, parents and carers can get proven support with free access to online parenting courses developed in Australia by the Triple P – Positive Parenting Program®, thanks to funding from the Australian Government Department of Health and Aged Care.

In addition to strengthening the bonds between home and school, the programs can reinforce your school's commitment to creating a caring environment for students to learn, grow and thrive.

What does this mean for children and families at your school?

Triple P's free online programs help parents and carers to:

- Feel more confident in their parenting skills
- Tackle problems before they grow
- Promote children's resilience, self-regulation, problem-solving and social skills
- Encourage children to express and cope with emotions in healthy ways
- Build strong relationships with their children

Families can easily choose a program course that's right for them, whether it's navigating common challenges during childhood, helping children who often feel anxious or preparing for pre-teen and teen years. Plus, an upcoming program will provide positive parenting strategies for those going through separation or divorce.

How do the programs help schools?

As anxiety and difficult behaviours become more prevalent in school-age children, Triple P can contribute to the solution. It empowers parents and carers with helpful strategies and can also be used in educational settings to:

- Reduce teacher stress
- Increase prosocial behaviour
- Improve numeracy and literacy levels in primary years
- Improve attendance in secondary schools
- Give teachers more confidence responding to difficult student behaviour

Triple P online programs are easy to use and flexible for any family, backed by over four decades of ongoing research and over 125,000 families in Australia have already joined.

We encourage you to share information about Triple P's free online programs with other school leaders, parents, carers, teachers and guidance counsellors.

Recommending the programs can have a positive ripple effect on your school community.

For more information about how Triple P can continue to support families in schools, please get in touch with us at contact@triplep.net

All free online programs can be accessed at www.triplep-parenting.net.au

Triple P – Positive Parenting Program® Backed by research. Proven by parents.

TIP COLUMNS

Triple P – Positive Parenting Program®

Positive Parenting

By Professor Matt Sanders



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Positive Parenting

By Professor Matt Sanders

As a parent, you want to do the best for your child, but how do you know what's right? What do you do when your child answers back? Or is being bullied at school? Or starts telling obvious lies?

Over coming weeks in [NAME OF PUBLICATION (your newsletter)], I will share some of Triple P's proven tips for the best ways to handle common behavioural and developmental problems in children. From battling disobedience to encouraging homework routines, I'll cover those everyday issues to help you work out some strategies to suit your family.

I'll highlight common "parent traps" and hopefully make the very important job of raising kids as enjoyable and rewarding as possible.

But remember, parenting is sometimes hard work and it may take time to tackle more difficult problems. The good news is that help is always at hand.

Throughout town/caseal (insert details about your regional rollout here) are offering parenting support with Triple P, one of the world's most highly-regarded parenting programs.

Professor Matt Sanders is founder of the Triple P – Positive Parenting Program®. For more information go to www.triplep-parenting.net or (INSERT LOCAL CONTACT DETAILS/INFORMATION HERE).

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Triple P – Positive Parenting Program®

Dealing with Disappointment

By Professor Matt Sanders



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Dealing with Disappointment

By Professor Matt Sanders

Despite what certain sport shoe commercials might have you believe, life isn't always about winning.

It is equally important for the development of healthy self-esteem that children learn how to deal with disappointment.

As a reaction to not getting what they want, such as being chosen for a team, children may sometimes put themselves down, saying things like: "I'm dumb", "you hate me" or "I'm just stupid". If this happens, try to avoid being too sympathetic. Instead encourage your child to try again after the set-back and to enjoy the activity or game even if they aren't the winner.

Rather than simply reassuring your child that everything will be okay, you can help your child develop their own sense of worth by letting them know that you understand their feelings of disappointment and that you are there to help them work out a reasonable way of dealing with that disappointment.

Remember too, when you're helping your child with an activity or with homework concentrate on effort not results. Praising your child for trying and making an improvement will motivate them to continue trying at a difficult task.

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Triple P – Positive Parenting Program®

Homework Habits

By Professor Matt Sanders



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Homework Habits

By Professor Matt Sanders

Homework is an accepted part of every child's schooling. However, it doesn't have to become a family battle. The key is for parents and children to be prepared.

Your child should have a set, regular time for homework that fits in around your schedule and your child's other commitments such as sport or music lessons.

Homework should come at a time after your child has had a chance to relax after arriving home and before they are allowed to play or watch television.

Relaxing immediately after school is as important for children as it is for adults who want to wind down after coming home from work. Give your child an afternoon snack and use that time to find out what their homework tasks are, whether they need any special materials for projects, and when it needs to be ready.

While children don't have to have absolute quiet when working, they should have a homework area that has clear table space, is well lit, and is free from obvious distractions (like the television).

If your child wants your opinion on how good their homework is don't feel that you have to make sure the work is perfect before they hand it in. They may feel discouraged if you point out all the spelling and punctuation mistakes. Instead, say something positive about the work and, if you must make corrections, just choose one or two mistakes.

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In a complex world, parents and carers face a wide range of everyday challenges when it comes to raising calm, resilient and happy kids. Schools can be affected by this, too.

Ideally, children would be able to make friends easily, resolve disputes without fights, follow directions, feel confident tackling challenges, listen well and plan for things like homework. But it can be hard for parents to know where to turn to get trusted, evidence-based support.

Now parents, carers, families and school communities can get proven support with free online parenting courses developed by the Triple P – Positive Parenting Program®. All are world-acclaimed resources that strengthen home-school relationships and help create caring environments where kids can learn, grow and thrive.

The free online programs give parents and carers the knowledge and skills to feel more confident in their parenting skills, tackle problems before they grow, and promote children's resilience, self-regulation, problem-solving and social skills.

Whether it's navigating common challenges during childhood, helping anxious kids, or preparing for pre-teen and teen years, families can easily find a free online program that's right for them. Plus, an upcoming program will offer positive parenting strategies for those going through a divorce or separation.



“ The Fear-Less program has helped us not only build our children's emotional resilience and given us a better understanding of what anxiety looks like, but also given us some tools that the whole family can use in the long term.

Jules J.

With anxiety and difficult behaviour on the rise in school-age kids, Triple P can help: the programs empower parents and carers with proven strategies, and can be used to reduce teacher stress, increase prosocial behaviour, improve numeracy and literacy levels – and much more.

School leaders, teachers, P&C members, parents or carers can create a positive ripple effect when they use and recommend Triple P's free online programs.



All the FREE online parenting programs can be accessed now

triplep-parenting.net.au



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Triple P International acknowledges the Traditional Custodians of the lands on which we live and work. We respectfully acknowledge Elders, past and present who continue to guide us with their wisdom on our journey to support and build strong healthy families.

TRIPLE P PROMOTIONAL RESOURCE ORDER



REFLECTION

- Did I know that Triple P supports are available to all parents in my school?
- How can I promote Triple P to parents in my school?
- Do teachers in my school need to hear about PECE?



- Short DoE Triple P clip

QUESTIONS?

THANK YOU

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