



Free parenting help and advice

There is no one way to be a parent, but Child Health Services offer information, support and practical answers to everyday parenting concerns.

What is Triple P?

Triple P is a Positive Parenting program offered free to Queensland Mums and Dads. Triple P promotes good communication between parents and children, and helps parents recognise causes of common child behavioural problems and encourage desirable behaviour in their children.

Can a Parenting Program help me?

The program aims to make parenting easier. If you would like help to deal with common child behaviour problems such as tantrums, disobedience, aggression, anxiety and fear, coping with homework, meal or bedtime battles, then Positive Parenting offers advice that works.

There is a variety of help available, either in groups or one on one, depending on your and your child's needs.

Positive Parenting Programs offer suggestions and ideas to help Mums and Dads:

- build positive relationships with their children
- praise and encourage behaviour they like
- teach children new skills
- set rules and give instructions their children will follow
- respond to misbehaviour immediately, consistently and decisively
- use discipline strategies that work
- take care of themselves as parents

Parenting support and advice is available free of charge

Parenting programs are offered by trained health staff in your local area.

For more information on how and where to access Triple P

Local childhealth centre –
Bernadette Piccolo 40 615 381
Parent Line 1300 301 300
Local School
GP
Child Health Website
www.health.qld.gov.au.cchs

Positive Parenting Program Triple P

Available at

- **Silkwood State School**

We are seeking Expressions of Interest from parents who would be willing to attend an

- Introductory 2 hour Session of Triple P
- at the school on
- **Tuesday morning 25 August**

If parents find the session helpful we can host a further two sessions.

This is a unique opportunity not often offered at school, so please phone Mrs Diery if you would like; to participate.

We need 6-8 parents for the program to proceed