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The Triple P—Positive Parenting Program knows all parents have different needs. That's why Triple P offers a range of ways for you to get your parenting help. You can choose anything from a quick private session to longer courses of specialized counseling. It all depends on how much help you need and what best suits your family.

Who is this for?

- Parents of school age children
- Parents of teenagers

How can Triple P help you?

- Encourage behavior you like
- Deal with problem behavior
- Become a confident parent
- Be a realistic about parenting
- Take care of yourself

www.lewescounseling.com

www.triplep.net

Is this you?

Being a parent should be easier than this! Perhaps you can't take your daughter shopping because she throws a tantrum every time. Or maybe you have a child who makes bedtime a nightmare. Or one who's getting into fights at school.

If your child has a particular behavior problem that is making family life more difficult than it should be, then Triple P can help. Triple P provides guidance that is tailored to deal with specific problems.

What is Triple P?

This is a very brief and private way for parents to get support. There are four sessions with just you (and your partner) and a Triple P practitioner.

What happens at the session?

Over four sessions, you will talk with your practitioner about the problem you have. You will discuss what might be causing your child to behave this way and work out what changes you would like to see in your child's behavior.

You will be given suggestions to deal with the problem. You will also be given a tip sheet to take home. The Tip Sheet will remind you of the things you have discussed. You may also be shown a DVD that shows other parents dealing with similar problems with their children.

How long does it take?

A session can last anything from 15 minutes to half an hour. Over four sessions, that's a maximum of two hours. Just two hours that could help you turn your family life around!