Now available through our trained and accredited staff.

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Free sessions are provided to all Peter Ballantyne Cree Nation members. For more information, call your local Peter Ballantyne Child and Family Services office.

*The **P**ositive **P**arenting **P**rogram provides simple solutions to make parenting easier.*

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PETER BALLANTYNE CHILD & FAMILY SERVICES

Triple P Positive Parenting Program for every parent

TRIPLE P

POSITIVE PARENTING PROGRAM

"Enhancing the Knowledge and Confidence of Parents in Preventing Severe Behavioural, Emotional and Developmental Problems in Children."

VISION

Safe and happy children living in healthy families and vibrant communities

Small Changes, Big Differences

What is Triple P?

The Triple P-Positive Parenting Program® is a multi-level, parenting and family support strategy. Triple P aims to prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents.

Parenting is a very rewarding and enjoyable experience. It is also sometimes challenging, frustrating and exhausting. As parents we play an important role in raising the next generation in a positive and nurturing environment. Most people who become parents do not realize the challenges and are not prepared for the parenting role. There are various ways in raising children and there is no one "right" way, there are different parents with different strategies.

It is up to you as a parent to decide what you want to teach your children. Which values, skills, and behaviors you want to encourage in your child is up to you and how you want to develop your approach, including how you deal with your Childs behavior.

Triple P is helpful for many parents, making parenting much easier and more enjoyable.

Triple P Programs

Triple P Primary Care

This program focuses on parenting the 0 to 12 year old child. It is for parents to take part in individual sessions with an accredited practitioner, which we have in each of our PBCN communities. Parents participating in these sessions are provided with specific developmental and child management advice to optimize their child's development. It consists of four 15 to 30 minute sessions. The overall aim is to increase parents confidence in their parenting ability and to promote parents self sufficiency in managing future difficulties with misbehavior.

Triple P Teen

This is an eight week program for parents who have difficulties raising children ages 11 to 15 years old. This program address issues related to raising responsible teenagers in the context of positive family relationships; raising competent teenagers who will make the most of their time at school, and getting teenagers connected in socially appropriate recreational activities in their community.

TOP 10 TIPS FOR PARENTS

1. When your child wants to show you something, stop what you are doing and pay attention to your child. It is important to spend frequent, small amounts of time with your child doing things that you both enjoy.

2. Give your child lots of physical affection – children often like hugs, cuddles, and holding hands.

3. Talk to your child about things he/she is interested in and share aspects of your day with your child.

4. Give your child lots of descriptive praise when they do something that you would like to see more of, e.g., "Thank you for doing what I asked straight away".

5. Children are more likely to misbehave when they are bored so provide lots of engaging indoor and outdoor activities for your child,

6. Teach your child new skills by first showing the skill yourself, then giving your child opportunities to learn the new skill. For example, speak politely to each other in the home. Then, prompt your child to speak politely (e.g., say "please" or "thank you"), and praise your child for their efforts.

7. Set clear limits on your child's behaviour. Sit down and have a family discussion on the rules in the home. Let your child know what the consequences will be if they break the rules.

8. If your child misbehaves, stay calm and give them a clear instruction to stop misbehaving and tell them what you would like them to do instead (e.g., "Stop fighting; play nicely with each other." Praise your child if they stop. If they do not stop, follow through with an appropriate consequence.

9. Have realistic expectations. All children misbehave at times and it is inevitable that you will have some discipline hassles. Trying to be the perfect parent can set you up for frustration and disappointment.

10. Look after yourself. It is difficult to be a calm, relaxed parent if you are stressed, anxious, or depressed. Try to find time every week to let yourself unwind or do something that you enjoy.